

How Life Imitates Chess Garry Kasparov Filetype

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The Attacker's Advantage

Few people know better than Viswanathan Anand how to think strategically at lightning speed and work under immense pressure to overcome the toughest odds. From the time he learnt to move pieces on a chessboard as a six-year-old, Vishy ? as Anand is fondly called ? has racked up innumerable accolades. The first World Chess Champion from Asia, he emerged on to the world stage when chess was largely a Soviet preserve, climbed the ranks to become World No. 1, bagged five World Championship titles and won tournaments across all formats of the game. A peerless ambassador of chess, his is one of the most revered names in the sport. In Mind Master, Vishy looks back on a lifetime of games played, opponents tackled and circumstances overcome, and draws from its depths significant tools that will help every reader navigate life?s challenges: What role do tactics and strategy play in the preparation for achieving a goal? How can emotions be harnessed to your advantage in tricky situations? What precautions should you take before you decide to leave your comfort zone and embrace risk? What do you need to do to stay relevant in the face of rapidly changing realities? Is unlearning really the only way to learn? These are just some of the nuggets Vishy touches upon with characteristic wit, easy wisdom and disarming candour in Mind Master ? a delightful and invaluable exploration into the self that will thrill, inspire and motivate readers as few books have done before.

The Immortal Game

"Chess gets a hold of some people, like a virus or a drug," writes Robert Desjarlais in this absorbing book. Drawing on his lifelong fascination with the game, Desjarlais guides readers into the world of twenty-first-century chess to help us understand its unique pleasures and challenges, and to advance a new "anthropology of passion." Immersing us directly in

chess's intricate culture, he interweaves small dramas, closely observed details, illuminating insights, colorful anecdotes, and unforgettable biographical sketches to elucidate the game and to reveal what goes on in the minds of experienced players when they face off over the board. Counterplay offers a compelling take on the intrigues of chess and shows how themes of play, beauty, competition, addiction, fanciful cognition, and intersubjective engagement shape the lives of those who take up this most captivating of games.

Mind Master

The stunning story of Russia's slide back into a dictatorship-and how the West is now paying the price for allowing it to happen. The ascension of Vladimir Putin-a former lieutenant colonel of the KGB-to the presidency of Russia in 1999 was a strong signal that the country was headed away from democracy. Yet in the intervening years-as America and the world's other leading powers have continued to appease him-Putin has grown not only into a dictator but an international threat. With his vast resources and nuclear arsenal, Putin is at the center of a worldwide assault on political liberty and the modern world order. For Garry Kasparov, none of this is news. He has been a vocal critic of Putin for over a decade, even leading the pro-democracy opposition to him in the farcical 2008 presidential election. Yet years of seeing his Cassandra-like prophecies about Putin's intentions fulfilled have left Kasparov with a darker truth: Putin's Russia, like ISIS or Al Qaeda, defines itself in opposition to the free countries of the world. As Putin has grown ever more powerful, the threat he poses has grown from local to regional and finally to global. In this urgent book, Kasparov shows that the collapse of the Soviet Union was not an endpoint-only a change of seasons, as the Cold War melted into a new spring. But now, after years of complacency and poor judgment, winter is once again upon us. Argued with the force of Kasparov's world-class intelligence, conviction, and hopes for his home country, *Winter Is Coming* reveals Putin for what he is: an existential danger hiding in plain sight.

Unlimited Challenge

A surprising, charming, and ever-fascinating history of the seemingly simple game that has had a profound effect on societies the world over. Why has one game, alone among the thousands of games invented and played throughout human history, not only survived but thrived within every culture it has touched? What is it about its thirty-two figurative pieces, moving about its sixty-four black and white squares according to very simple rules, that has captivated people for nearly 1,500 years? Why has it driven some of its greatest players into paranoia and madness, and yet is hailed as a remarkably powerful intellectual tool? Nearly everyone has played chess at some point in their lives. Its rules and pieces have served as a metaphor for society, influencing military strategy, mathematics, artificial intelligence, and literature and the arts. It has been condemned as the devil's game by popes, rabbis, and imams, and lauded as a guide to proper living by other popes,

rabbis, and imams. Marcel Duchamp was so absorbed in the game that he ignored his wife on their honeymoon. Caliph Muhammad al-Amin lost his throne (and his head) trying to checkmate a courtier. Ben Franklin used the game as a cover for secret diplomacy. In his wide-ranging and ever-fascinating examination of chess, David Shenk gleefully unearths the hidden history of a game that seems so simple yet contains infinity. From its invention somewhere in India around 500 A.D., to its enthusiastic adoption by the Persians and its spread by Islamic warriors, to its remarkable use as a moral guide in the Middle Ages and its political utility in the Enlightenment, to its crucial importance in the birth of cognitive science and its key role in the aesthetic of modernism in twentieth-century art, to its twenty-first-century importance in the development of artificial intelligence and use as a teaching tool in inner-city America, chess has been a remarkably omnipresent factor in the development of civilization. Indeed, as Shenk shows, some neuroscientists believe that playing chess may actually alter the structure of the brain, that it may be for individuals what it has been for civilization: a virus that makes us smarter.

Solitaire Chess

In this book for players of all ages, world champion Garry Kasparov teaches the chess newcomer the moves and fundamental principles of the game.

Imagination in Chess

Do you need to be a genius to be good at chess? What does it take to become a Grandmaster? Can computer programmes beat human intuition in gameplay? The Psychology of Chess is an insightful overview of the roles of intelligence, expertise, and human intuition in playing this complex and ancient game. The book explores the idea of 'practice makes perfect', alongside accounts of why men perform better than women in international rankings, and why chess has become synonymous with extreme intelligence as well as madness. When artificial intelligence researchers are increasingly studying chess to develop machine learning, The Psychology of Chess shows us how much it has already taught us about the human mind.

Garry Kasparov on Modern Chess. Part One: Revolution in the 70s

Alexander Kotov's trilogy, of which this is the second volume and now available in digital format for the first time, marks a landmark in chess literature. For the first time, a leading player managed to tackle the important elements of chess mastery in a methodical way which all chess players could understand, spiced with insight and colourful observation. Furthermore, his ideas and approach are as relevant to players today as they were when the books were first published. Alexander Kotov was one of the strongest players of the immediate post-war period, twice reaching the Candidates stage of

the World Championship. He was also one of the leading Soviet trainers but is primarily remembered for his trilogy of classic works on chess coaching, of which Think Like a Grandmaster, one of the best-selling chess books of all time, was the first volume, and Play Like a Grandmaster the second.

The Moves That Matter: a Chess Grandmaster on the Game of Life

In his landmark bestseller Listening to Prozac, Peter Kramer revolutionized the way we think about antidepressants and the culture in which they are so widely used. Now Kramer offers a frank and unflinching look at the condition those medications treat: depression. Definitively refuting our notions of "heroic melancholy," he walks readers through groundbreaking new research—studies that confirm depression's status as a devastating disease and suggest pathways toward resilience. Thought-provoking and enlightening, Against Depression provides a bold revision of our understanding of mood disorder and promises hope to the millions who suffer from it.

Checkmate!

A top-ranked chess player whose famous IBM Big Blue computer match was featured in the award-winning documentary Game Over shares the life lessons he learned throughout his career, explaining how chess strategies can help people overcome difficult challenges and outmaneuver their competitors. 60,000 first printing.

The Psychology of Chess

Tempo is a modern treatment of decision-making that weaves together concepts and principles from the mathematical decision sciences, cognitive psychology, philosophy and theories of narrative and metaphor. Drawing on examples from familiar domains such as the kitchen and the office, the author, Venkatesh Rao, illustrates the subtleties underlying everyday behavior, and explains how you can strengthen the foundations of your decision-making skills."TEMPO is one of the most insightful and original books on decision-making I've ever read" -- Daniel H. Pink, author of DRIVE and A WHOLE NEW MIND"An uncannily accurate analysis of our choice-making behaviors" -- David Allen, author of GETTING THINGS DONE"Tempo is a highly original and engaging bookIn a world where timing is increasingly central to success, this is an essential read, not just for executives, but for everyone."-- John Hagel, co-author of THE POWER OF PULL

No Cheating, No Dying

Garry Kasparov's 1997 chess match against the IBM supercomputer Deep Blue was a watershed moment in the history of

technology. It was the dawn of a new era in artificial intelligence: a machine capable of beating the reigning human champion at this most cerebral game. That moment was more than a century in the making, and in this breakthrough book, Kasparov reveals his astonishing side of the story for the first time. He describes how it felt to strategize against an implacable, untiring opponent with the whole world watching, and recounts the history of machine intelligence through the microcosm of chess, considered by generations of scientific pioneers to be a key to unlocking the secrets of human and machine cognition. Kasparov uses his unrivaled experience to look into the future of intelligent machines and sees it bright with possibility. As many critics decry artificial intelligence as a menace, particularly to human jobs, Kasparov shows how humanity can rise to new heights with the help of our most extraordinary creations, rather than fear them. Deep Thinking is a tightly argued case for technological progress, from the man who stood at its precipice with his own career at stake.

Essays After Eighty

Jonathan Rowson's competitive success as a chess Grandmaster and work as an applied philosopher have given him a unique perspective on why the great game is more important than ever for understanding the conflicts and uncertainties of the modern world. In sixty-four witty and addictive vignettes, Rowson takes us on an exhilarating tour of the game of life, from the psychology of gang violence, to the aesthetics of cyborgs, the beauty of technical details, and the endgame of death. Chess emerges as a singularly powerful metaphor for the thrills and set-backs that invest our daily lives with meaning and complexity.

Counterplay

From the world-renowned chess teacher, a guide to applying the principles of the game to beating the competition in any endeavor fluid and elegant, yet rigorous and rule-bound, chess is a game that seduces, confounds, and hooks. Now, world-renowned chess master and Fortune 500 business consultant Bruce Pandolfini shows readers how chess principles can be simply and logically applied to any business or life situation. No specific chess knowledge is needed, but after reading Every Move Must Have a Purpose, you will share with the most astute chess players the secret to thinking on your feet. From the celebrated 'chairman of the board' comes the secrets of strategy that everyone will find useful. n Be aggressive, but don't take unnecessary chances n Answer all threats with a counterthreat n When exchanging, always get at least as much as you give up Crisply and engagingly written, with entertaining examples and chess anecdotes, Every Move Must Have a Purpose will improve your strategic thinking so you'll never again debate your next move.

The Mental Game of Poker

Winter Is Coming

Garry Kasparov on Garry Kasparov

This book is the first in a brand new series that follows on from My Great Predecessors and sees chess legend Garry Kasparov reflecting on a pivotal time in chess history. Bobby Fischer's spurt towards the chess summit (1970-1972) marked the approach of a new era affecting all aspects of the game and opening theory in particular. Fischer demonstrated the need for deep preparation with both colours, expanded the range of openings knowledge, and laid the foundations for present-day professional chess. The leader of the new generation, Anatoly Karpov, fully reaped the benefits of the Fischer revolution by mastering the lessons of his great predecessor. Of the players of the older generation, only Victor Korchnoi was able to achieve such a high level of professionalism. Alas, Fischer then left the chess stage. However, the tectonic shifts he had brought about led to the beginning of a genuine revolution in opening theory and a revolution that overturned traditional impressions about many typical positions. Between 1972 and 1975 alone, progress in the field of opening theory was more significant than in the entire preceding decade! Under Fischer's influence chess was radically regenerated, a process which then continued to accelerate. As a result, from the 1972 Fischer-Spassky world championship match to 1984 and the Kasparov-Karpov matches, the overall picture of chess openings changed almost beyond recognition. This fascinating book tells the story of this opening revolution. This story is told not only with the insight of Garry Kasparov, but also as seen through the eyes of the leading players who were at the forefront of the development of chess theory during those key years. The reader will witness at first hand how rapidly and inexorably chess development approached the coming computer era.

Tempo

This book is the original and much imitated Solitaire Chess by I.A. Horowitz. Sixty two master games are presented. The reader is asked to guess the next move by the player of the white pieces. If he guesses correctly, he is awarded points. At the end of the game, his score is graded according to how many points he has earned. All the great grandmasters of chess, from Bobby Fischer on down, have used and have recommended the "Solitaire Chess" method to study and improve their play. This book presents a collection of 62 of the greatest attacking games ever played. Games by Fischer, Capablanca, Alekhine, Lasker, Botvinnik, Smyslov, Steinitz, Reti, Marshall, Pillsbury and almost all the other great masters are included here. The author, International Master I.A. Horowitz, provides notes to every game. In addition, the book has been expanded. All the games have been translated into algebraic notation, although the notes are in descriptive.

Stress-Proof

"Alternately lyrical and laugh-out-loud funny."—New York Times "Deliciously readable . . . Donald Hall, if abandoned by the muse of poetry, has wrought his prose to a keen autumnal edge." —The Wall Street Journal His entire life, Donald Hall dedicated himself to the written word, putting together a storied career as a poet, essayist, and memoirist. Here, in the "unknown, unanticipated galaxy" of very old age, his essays startle, move, and delight. In *Essays After Eighty*, Hall ruminates on his past: "thirty was terrifying, forty I never noticed because I was drunk, fifty was best with a total change of life, sixty extended the bliss of fifty . . ." He also addresses his present: "When I turned eighty and rubbed testosterone on my chest, my beard roared like a lion and gained four inches." Most memorably, Hall writes about his enduring love affair with his ancestral Eagle Pond Farm and with the writing life that sustains him every day: "Yesterday my first nap was at 9:30 a.m., but when I awoke I wrote again." "Alluring, inspirational hominess . . . *Essays After Eighty* is a treasure . . . balancing frankness about losses with humor and gratitude." —The Washington Post "A fine book of remembering all sorts of things past, *Essays After Eighty* is to be treasured." —The Boston Globe

Corporate Governance Matters

Feng-hsiung Hsu provides a behind-the-scenes look at the two matches between the Deep Blue chess machine and world champion Garry Kasparov, and discusses his quest to develop the machine at IBM's T.J. Watson Research Center.

Against Depression

A study of the unique role played by chess in the Cold War examines the significance of the game as a symbol of Soviet power, from the Russian Revolution, to the epic 1972 contest between Bobby Fischer and Boris Spassky, to the collapse of the Soviet Union.

Deep Thinking

An influential economist challenges popular opinions about the superiority of locally grown and expensive foods, demonstrating how to eat responsibly without submitting to fashion-driven trends. By the author of the best-selling e-book, *The Great Stagnation*. 35,000 first printing.

Chess Metaphors

Garry Kasparov was the highest-rated chess player in the world for over twenty years and is widely considered the greatest player that ever lived. In *How Life Imitates Chess* Kasparov distills the lessons he learned over a lifetime as a Grandmaster to offer a primer on successful decision-making: how to evaluate opportunities, anticipate the future, devise winning strategies. He relates in a lively, original way all the fundamentals, from the nuts and bolts of strategy, evaluation, and preparation to the subtler, more human arts of developing a personal style and using memory, intuition, imagination and even fantasy. Kasparov takes us through the great matches of his career, including legendary duels against both man (Grandmaster Anatoly Karpov) and machine (IBM chess supercomputer Deep Blue), enhancing the lessons of his many experiences with examples from politics, literature, sports and military history. With candor, wisdom, and humor, Kasparov recounts his victories and his blunders, both from his years as a world-class competitor as well as his new life as a political leader in Russia. An inspiring book that combines unique strategic insight with personal memoir, *How Life Imitates Chess* is a glimpse inside the mind of one of today's greatest and most innovative thinkers.

White King and Red Queen

Written with charm and wit, *No Cheating, No Dying* investigates one of the most universal human institutions—marriage. Elizabeth Weil and her husband Dan have two basic ground rules for their marriage: no cheating, no dying. For ten years it's worked fine, but Elizabeth started to wonder if it could be better. Elizabeth Weil believes that you don't get married in a white dress, in front of all your future in-laws and ex-boyfriends but gradually, over time, through all the road rage incidents and pre-colonoscopy enemas, good and bad dinners, and all the small moments you never expected to happen or much less endure. In this book, Weil examines the major universal marriage issues—sex, money, mental health, in-laws, children—through bravely recounting her own hilarious, messy, and sometimes difficult relationship. She seeks out the advice of financial planners, psychoanalysts, therapists, household management consultants, priests, rabbis, and the United States government. Woven into this funny and forthright narrative is Weil's extensive research on marriage and marriage improvement. The result is an illuminating and entertaining read that is a fresh addition to the body of literature about marriage.

The Rookie

How the moves of thirty-two chess pieces over sixty-four squares can help us understand the workings of the mind. When we play the ancient and noble game of chess, we grapple with ideas about honesty, deceitfulness, bravery, fear, aggression, beauty, and creativity, which echo (or allow us to depart from) the attitudes we take in our daily lives. Chess is an activity in which we deploy almost all our available cognitive resources; therefore, it makes an ideal laboratory for investigation into the workings of the mind. Indeed, research into artificial intelligence (AI) has used chess as a model for

intelligent behavior since the 1950s. In *Chess Metaphors*, Diego Rasskin-Gutman explores fundamental questions about memory, thought, emotion, consciousness, and other cognitive processes through the game of chess, using the moves of thirty-two pieces over sixty-four squares to map the structural and functional organization of the brain. Rasskin-Gutman focuses on the cognitive task of problem solving, exploring it from the perspectives of both biology and AI. Examining AI researchers' efforts to program a computer that could beat a flesh-and-blood grandmaster (and win a world chess championship), he finds that the results fall short when compared to the truly creative nature of the human mind.

Ten Words

The author, who, at age twenty-two, became the youngest world chess champion, looks back on his childhood and education, recounts his rivalry with Anatoly Karpov, and discusses the changes sweeping Russia

Bobby Fischer Goes to War

Josh Waitzkin combines personal anecdotes with solid instruction in this unique introduction to the game of chess. Concentrating on teaching young or new players how to beef up their attacks, Waitzkin presents 40 different chess challenges. He introduces each problem with a brief description of the game from which it was drawn. 50 line drawings.

The Shereshevsky Method to Improve in Chess

Drawing on access to the band's members and their families and associates, recreates the feminist punk activists' fierce act of political confrontation in Moscow, which made national headlines as they were punished for their act of defiance.

How Life Imitates Chess

Two instructional classics condensed into one practical volume! In 2014 the Russian Chess Federation started a wide-ranging programme aimed at the revival of chess in Russia. One of the first actions that were taken was commissioning legendary Belarusian chess coach Mikhail Shereshevsky to recapitulate and condense his famous training methods. In doing so Shereshevsky has created a totally reworked compendium of his acclaimed classics *Endgame Strategy* and *The Soviet Chess Conveyor*, with many new examples, exercises and discussions of various training methods. Furthermore, he has added a new and highly effective approach on how to calculate variations. Club players all over the world who wish to improve their game now have access to Shereshevsky's famous training programme in one volume and can learn: How to build an opening repertoire How to study the chess classics to maximum benefit How to master the most important

endgame principles How to effectively and efficiently calculate variations The Shereshevsky Method offers a unique opportunity to improve your game with one of the supreme examples of Russian chess training excellence. Studying this manual will enrich your understanding of chess enormously and help your progress on the way to chess mastery.

Garry Kasparov on Garry Kasparov, Part 2

"In this book, chess is a teacher, and I aim to show it is a great one." Garry Kasparov, World Chess Champion Garry Kasparov shares the powerful secrets of strategy he has learned from dominating the world's most intellectually challenging game for two decades: lessons about mastering the strategic and emotional skills to navigate life's toughest challenges and maximize success no matter how tough the competition. Drawing on a wealth of revealing and instructive stories, not only from his finest games, but also from a wide-ranging and perceptive knowledge of current affairs, Kasparov reveals the strategic ways of thinking that always give a player in life as in chess - the edge. We learn about the great figures of the game, and how their contests have shaped chess history; from Capablanca and Alekhine to Bobby Fischer and Kasparov's own nemesis, Vladimir Kramnik. With a raconteur's engaging charm, a great chess strategist takes us inside a brilliant strategic mind. As Sun Tzu distilled the secrets of the art of war and Machiavelli unveiled the lessons to be learned from courtly intrigue, Garry Kasparov, a player whose record is likely never to be rivaled, reveals how and why

The Test of Time

Records and analyzes the chess player's greatest games from 1985 to 1993, a period during which he defended his world title three times against Anatoly Karpov.

An Economist Gets Lunch

Corporate Governance Matters gives corporate board members, officers, directors, and other stakeholders the full spectrum of knowledge they need to implement and sustain superior governance. Authored by two leading experts, this comprehensive reference thoroughly addresses every component of governance. The authors carefully synthesize current academic and professional research, summarizing what is known, what is unknown, and where the evidence remains inconclusive. Along the way, they illuminate many key topics overlooked in previous books on the subject. Coverage includes: International corporate governance. Compensation, equity ownership, incentives, and the labor market for CEOs. Optimal board structure, tradeoffs, and consequences. Governance, organizational strategy, business models, and risk management. Succession planning. Financial reporting and external audit. The market for corporate control. Roles of institutional and activist shareholders. Governance ratings. The authors offer models and frameworks demonstrating how

the components of governance fit together, with concrete examples illustrating key points. Throughout, their balanced approach is focused strictly on two goals: to “get the story straight,” and to provide useful tools for making better, more informed decisions.

Every Move Must Have a Purpose

There is much published on chess tactics, strategy, openings and endings, but little on how to come up with imaginative solutions through logical thinking and evaluation. This book is dedicated to that task and provides over 700 'fresh' positions, incorporating a variety of schemes of thought for the reader to solve. The examples emphasise the power of logical and resourceful thinking, quick wit and imagination. In each chapter the author presents little-explored concepts, such as progressive and reciprocal thinking, to help the reader achieve decisive results and to make fewer mistakes in calculation. The material has been accumulated by the author over many years as a trainer and will be of great benefit to competitive players seeking to improve their methods of thinking.

Behind Deep Blue

In the summer of 1972, with a presidential crisis stirring in the United States and the cold war at a pivotal point, two men—the Soviet world chess champion Boris Spassky and his American challenger Bobby Fischer—met in the most notorious chess match of all time. Their showdown in Reykjavik, Iceland, held the world spellbound for two months with reports of psychological warfare, ultimatums, political intrigue, cliffhangers, and farce to rival a Marx Brothers film. Thirty years later, David Edmonds and John Eidinow, authors of the national bestseller Wittgenstein’s Poker, have set out to reexamine the story we recollect as the quintessential cold war clash between a lone American star and the Soviet chess machine—a machine that had delivered the world title to the Kremlin for decades. Drawing upon unpublished Soviet and U.S. records, the authors reconstruct the full and incredible saga, one far more poignant and layered than hitherto believed. Against the backdrop of superpower politics, the authors recount the careers and personalities of Boris Spassky, the product of Stalin’s imperium, and Bobby Fischer, a child of post-World War II America, an era of economic boom at home and communist containment abroad. The two men had nothing in common but their gift for chess, and the disparity of their outlook and values conditioned the struggle over the board. Then there was the match itself, which produced both creative masterpieces and some of the most improbable gaffes in chess history. And finally, there was the dramatic and protracted off-the-board battle—in corridors and foyers, in back rooms and hotel suites, in Moscow offices and in the White House. The authors chronicle how Fischer, a manipulative, dysfunctional genius, risked all to seize control of the contest as the organizers maneuvered frantically to save it—under the eyes of the world’s press. They can now tell the inside story of Moscow’s response, and the bitter tensions within the Soviet camp as the anxious and frustrated apparatchiks strove to

prop up Boris Spassky, the most un-Soviet of their champions—fun-loving, sensitive, and a free spirit. Edmonds and Eidinow follow this careering, behind-the-scenes confrontation to its climax: a clash that displayed the cultural differences between the dynamic, media-savvy representatives of the West and the baffled, impotent Soviets. Try as they might, even the KGB couldn't help. A mesmerizing narrative of brilliance and triumph, hubris and despair, *Bobby Fischer Goes to War* is a biting deconstruction of the Bobby Fischer myth, a nuanced study on the art of brinkmanship, and a revelatory cold war tragicomedy.

Words Will Break Cement

Experiencing short bursts of stress is an inevitable aspect of life in the 21st century. Emerging research is uncovering a delicate balance between two aspects of the brain that decides if a short stressful episode will turn into a systemic overload, eventually leading to inflammation, anxiety, depression, and other chronic health issues. This practical and groundbreaking guide reveals what happens in our brains and bodies when stress gets out of control—and what we can do to strengthen our natural defenses so that our minds remain sharp, clear, and resilient, no matter what life throws at us. Each chapter examines a stress agent—including inflammation, an out-of-sync body clock, cortisol, and emotional triggers—and presents simple ways to minimize effects with everyday changes in diet, lifestyle, behavior and exercise. The book tells you how to plan for a bad day, an afternoon slump, a stressful encounter, a bout of insomnia or jetlag, and other stress triggers with everyday changes in diet, lifestyle, behavior, and exercise, and includes surprising strategies involving music, eye movements, body temperature, and more. Translating complex scientific findings into straightforward and actionable advice, *Stress-Proof* is a game-changing book that moves our understanding—and wellness—forward in a meaningful way.

Lessons in Chess

One of the world's foremost chess players distills the lessons he has learned while playing the game to offer a definitive guide to the art of successful decision-making, covering such topics as how to evaluate opportunities, anticipate the future, and devise winning strategies, and incorporating keen business insights and personal reflections.

Attacking Chess

Chess was invented more than 1,500 years ago, and is played in every country in the world. Stephen Moss sets out to master its mysteries, and unlock the secret of its enduring appeal. What, he asks, is the essence of chess? And what will it reveal about his own character along the way? In a witty, accessible style that will delight newcomers and irritate purists, Moss imagines the world as a board and marches across it, offering a mordant report on the world of chess in 64 chapters –

64 of course being the number of squares on the chessboard. He alternates between “black” chapters – where he plays, largely uncomprehendingly, in tournaments – and “white” chapters, where he seeks advice from the current crop of grandmasters and delves into the lives of great players of the past. It is both a history of the game and a kind of “Zen and the Art of Chess”; a practical guide and a self-help book: Moss's quest to understand chess and become a better player is really an attempt to escape a lifetime of dilettantism. He wants to become an expert at one thing. What will be the consequences when he realises he is doomed to fail? Moss travels to Russia and the US – hotbeds of chess throughout the 20th century; meets people who knew Bobby Fischer when he was growing up and tries to unravel the enigma of that tortured genius who died in 2008 at the inevitable age of 64; meets Garry Kasparov and Magnus Carlsen, world champions past and present; and keeps bumping into Armenian superstar Levon Aronian in the gents at tournaments. He becomes champion of Surrey, wins tournaments in Chester and Bury St Edmunds, and holds his own at the famous event in the Dutch seaside resort of Wijk aan Zee (until a last-round meltdown), but too often he is beaten by precocious 10-year-olds and finds it hard to resist the urge to punch them. He looks for spiritual fulfilment in the game, but mostly finds mental torture.

How Life Imitates Chess

Kasparov Teaches Chess

In Checkmate! readers are invited to learn chess with Garry Kasparov, the World number one and the most famous figure in chess history, as their teacher. In this book chess players can discover all the various pieces and how they move, how to attack and how to defend, how to capture, and, crucially, how to give check and deliver checkmate.

How Life Imitates Chess

Garry Kasparov on Garry Kasparov: Part II is the second volume in a major three-volume series made unique by the fact that it records the greatest chess battles played by the greatest chessplayer of all-time. Kasparov's series of historical volumes have received great critical and public acclaim for their rigorous analysis and comprehensive detail regarding the developments in chess that occurred both on and off the board. Part I of this series saw Kasparov emerging as a huge talent and eventually toppling his great rival Anatoly Karpov to gain the world title. This volume focuses on the period from 1985-1993 which witnessed three title defences against Karpov as well as a number of shorter matches against elite players including Hübner, Anderssen, Timman and Miles. This period also saw Kasparov achieve spectacular results in both individual and team events. Kasparov won the board gold medal in three Olympiads (Dubai 1986, Thessaloniki 1988 and

Manila 1992). The late 1980s also saw the emergence of the World Cup series which Kasparov utterly dominated, finishing either clear first or equal first at Belfort 1988 (11½/15), Reykjavik 1988 (11/17), Barcelona 1989 (11/16) and Skelleftea 1989 (9½/15). Other major tournament victories include Brussels 1987 (8½/11), Amsterdam 1988 (9/12), Tilburg 1989 (12/14), Belgrade 1989 (9½/11) and Linares 1990 (8/11). During the late 1980s and early 1990s Kasparov emphasized his huge superiority over his rivals. Despite generally adopting an uncompromising, double-edged attacking style he almost never lost. The games in this volume feature many masterpieces of controlled aggression played against the world's absolute best.

Play Like a Grandmaster

Retrospektief herziene analyses van belangrijke partijen van de wereldkampioen schaken uit de jaren 1978-1984.

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