Let’s talk about the work/life balance. And no, I’m not talking about a morphine drip. I’m talking about how to not lose your mind with how much you have on your work plate versus your life plate, and how to find moments of stillness to enjoy.

Sometimes, we as booksellers pride ourselves in overworking. Pushing ourselves to do more, read more, interact more, participate more. And I think it’s brilliant and lovely. Yet, this often comes at great cost to our mental health. We feel burnt out, tired, exhausted, and overwhelmed with the sheer load of work that has to be done. So how do we find a way to not let that tidal wave crash over us and wash us away? How do we figure out how to balance it out?

I’m very young, but I think I’ve done a pretty good job at figuring out how to avoid burn out in the work place. I’ve found something that is almost the exact opposite of bookselling, but in a lot of ways has some similarities. To strengthen my mind I have books, and for my body and spirit I have martial arts. At least 4 days a week, I put on my gi, tie my belt around my waist, and bow onto the tatami to focus on myself for a few hours at a time. No phones, no emails, no distractions. I practice jiu-jitsu – an ancient and complete fighting system that was brought to mainstream popularity through mixed martial arts competitions like the UFC. When you’re learning how to fight, and how to defend yourself, there is no room for stressful thoughts, or debilitating moments of panic because you have so much to accomplish at work the next day. I can step on the mats, and for a few blissful hours, everything else falls away. I focus on the technique and live in the moment with a clear mind.

One of the pillars of jiu-jitsu is philosophy, and at the core of that philosophy are three terms that all jiu-jitsu practitioners seek to understand; Mushin, Zanshin, and Fudoshin. Mushin is a state of no-mind – being open to everything around you and not fixated on one particular thing. Zanshin is our state of awareness and alertness – being aware of our surroundings. And Fudoshin, my personal favorite, is our state of equanimity and imperturbability – emotional balance. This last philosophy has helped me in my personal life in so many ways. It has seeped into my problem solving in the work place and in my personal life. It’s helping me understand how to separate extreme emotion from action, and act based on reason and judgement.
Now, is it a perfect answer? Hell no. Do I still lose my top once in a while? Oh yeah. But, finding an activity that demands my full attention, with no cell phone, no computer, no distractions, has really helped me balance out the crap. Hopefully, my fellow booksellers, you have found such an activity, and if not, I encourage you to do so!

**REMINDER: Indie Presses for Indie Stores**

Catapult, Europa Editions, and Seven Stories Press have two Indie Playlist promotions currently in play for independent bookstores. Stores not only reap the benefits of special discounts on titles from the *Prize-Winning* and *Quick Reads* lists, but the presses are also backing a related display contest that should spur sales and could net cash!

A prize of $500 will be awarded to be split between the store and its lead display crafter who best build around the lists (displays must contain at least some of the curated titles but may incorporate additional titles as well) and project "inventiveness and selling effectiveness" in their designs.

Contest will be judged by marketing experts from Seven Stories Press and New Atlantic Independent Booksellers Association. Send a photo to NAIBA Executive Director Eileen Dengler. The April promotion runs from March 28th through April 29th. Additional promotions will be offered in June and October.

**NEIBA Receives Library of Congress State Literacy Award**

At last week’s All About the Book event in Cambridge, MA the Massachusetts Center for the Book presented NEIBA with the Library of Congress State Literacy Award. The Award comes with a $1,000 grant, which will be used to sponsor first-time bookseller attendance at the NEIBA Fall Conference.

As part of Independent Bookstore Day An Unlikely Story, Plainville MA will host a fundraiser for the Binc Foundation! At the event, authors, publisher sales reps, and independent booksellers from MA, RI, and CT will go head to head in a game show-style trivia contest. Join in the fun and cheer everybody on!

Proceeds from the general admission tickets and the cash bar will go to Binc. An Unlikely Story will also provide complimentary snacks, so come out to support a great cause, mingle with authors & booksellers, and generally have a fabulous time!

**Tickets**
Here's what else is happening at NEIBA bookstores!

NECBA Meeting
May 2, 2019
Candlewick Press, Somerville MA

DETAILS
Registration Deadline April 15
**NECBA Windows & Mirrors Project 2019 Book Submissions**
Deadline April 30, 2019

**NEIBA Best Sellers**
for the week ended
Sunday April 7, 2019

Based on reporting from the independent booksellers of NEIBA and IndieBound

### HARDCOVER FICTION
1. *Where the Crawdads Sing*
   Delia Owens, Putnam, $26, 9780735219090
2. *The American Agent*
   Jacqueline Winspear, Harper, $27.99, 9780062436665
3. *Circe*
   Madeline Miller, Little Brown, $27, 9780316556347
4. *There There*
   Tommy Orange, Knopf, $25.95, 9780525520375
5. *Women Talking New*
   Miriam Toews, Bloomsbury, $24, 9781635572582
6. *The River*
   Peter Heller, Knopf, $25.95, 9780525521877
7. *The Silent Patient*
   Alex Michaelides, Celadon Books, $26.99, 9781250301697
8. *Daisy Jones & The Six*
   Taylor Jenkins Reid, Ballantine, $27, 9781524798628
9. *Black Leopard, Red Wolf*
   Marlon James, Riverhead Books, $30, 9780735220171
10. *Devotions New*
    Mary Oliver, Penguin Press, $30, 9780399563249
11. *The Island of Sea Women*
    Lisa See, Scribner, $27, 9781501154850
12. *Unto Us a Son Is Given*
    Donna Leon, Atlantic Monthly Press, $26, 9780802129116
13. *Sing to It*
    Amy Hempel, Scribner, $25, 9781982109110
14. *Run Away New*
    Harlan Coben, Grand Central, $29, 9781538748466
15. *Gingerbread*
    Helen Oyeyemi, Riverhead Books, $27, 9781594634659

### HARDCOVER NONFICTION
1. *Becoming*
   Michelle Obama, Crown, $32.50, 9781524763138
2. *Educated*
   Tara Westover, Random House, $28, 9780399590504
3. *Say Nothing*
   Patrick Radden Keefe, Doubleday, $28.95, 9780385521314
   Susan Page, Twelve, $32.50, 9781538713648
5. *Dreyer's English*
   Benjamin Dreyer, Random House, $25, 9780812995701
6. *Women Rowing North*
6. Women Rowing North
Mary Pipher, Bloomsbury, $27, 9781632869609
7. Save Me the Plums: My Gourmet Memoir New
Ruth Reichl, Random House, $27, 9781400069996
8. Maybe You Should Talk to Someone New
Lori Gottlieb, Houghton Mifflin Harcourt, $28, 9781328662057
9. Bad Blood
John Carreyrou, Knopf, $27.95, 9781524731656
10. Why Don't You Write My Eulogy Now So I Can Correct It?: A Mother's Suggestions New
Patricia Marx, Roz Chast (Illus.), Celadon Books, $20, 9781250301963
11. Doing Justice
Preet Bharara, Knopf, $27.95, 9780525521129
12. Mama's Last Hug
Frans de Waal, Norton, $27.95, 9780393635065
13. Shortest Way Home: One Mayor's Challenge and a Model for America's Future
Pete Buttigieg, Liveright Publishing, $27.95, 9781631494369
14. Inheritance New
Dani Shapiro, Knopf, $24.95, 9781524732714
15. Salt, Fat, Acid, Heat New
Samin Nosrat, Wendy MacNaughton (Illus.), S&S, $35, 9781476753836

TRADE PAPERBACK FICTION
1. A Gentleman in Moscow
Amor Towles, Penguin, $17, 9780143110439
2. The Tattooist of Auschwitz
Heather Morris, Harper, $16.99, 9780062797155
3. The Lost Girls of Paris
Pam Jenoff, Park Row, $16.99, 9780778330271
4. Eleanor Oliphant Is Completely Fine
Gail Honeyman, Penguin, $16, 9780735220690
5. The Woman in the Window
A.J. Finn, Morrow, $16.99, 9780062678423
6. The Overstory New
Richard Powers, Norton, $17.95, 9780393356687
7. Warlight New
Michael Ondaatje, Vintage, $16, 9780525562962
8. The Immortalists
Chloe Benjamin, Putnam, $16, 9780735215092
9. The Power
Naomi Alderman, Back Bay, $16.99, 9780316547604
10. An American Marriage
Tayari Jones, Algonquin Books, $16.95, 9781616208684
11. Pachinko
Min Jin Lee, Grand Central, $15.99, 9781455563920
12. Less
Andrew Sean Greer, Back Bay, $15.99, 9780316316132
13. The Huntress
Kate Quinn, Morrow, $16.99, 980062740373
14. The Friend
Sigrid Nunez, Riverhead Books, $16, 9780735219458
15. The Alice Network New
Kate Quinn, Morrow, $16.99, 9780062654199

TRADE PAPERBACK NONFICTION
1. Born a Crime
Trevor Noah, Spiegel & Grau, $18, 9780399588198
2. My Own Words
Ruth Bader Ginsburg, S&S, $18, 9781501145254
3. Sapiens
Yuval Noah Harari, Harper Perennial, $22.99, 9780062316110
4. Killers of the Flower Moon
David Grann, Vintage, $16.95, 9780307742483
5. White Fragility
Robin DiAngelo, Beacon Press, $16, 9780807047415
6. The Collected Schizophrenias
Esmé Weijun Wang, Graywolf Press, $16, 9781555978273
7. I'll Be Gone in the Dark
7. *I'll Be Gone in the Dark*  
Michelle McNamara, Harper Perennial, $17.99, 9780062319791
8. *Fly Girls*  
Keith O'Brien, Eamon Dolan/Mariner Books, $15.99, 9781328592798
9. *Just Mercy*  
Bryan Stevenson, Spiegel & Grau, $16, 9780812984965
10. *Pleasure Activism*  
Adrienne Maree Brown (Ed.), AK Press, $20, 9781849353267
John Lewis Gaddis, Penguin Books, $18, 9780143132516
12. *Searching for Stars on an Island in Maine* **New**  
Alan Lightman, Vintage, $15.95, 9780525432593
13. *Braiding Sweetgrass* **New**  
Robin Wall Kimmerer, Milkweed Editions, $18, 9781571313560
Steven Levitsky, Daniel Ziblatt, Broadway, $15, 9781524762940
15. *The Body Keeps the Score* **New**  
Bessel van der Kolk, Penguin, $18, 9780143127741

**MASS MARKET**

1. *Dune*  
Frank Herbert, Ace, $9.99, 9780441172719
2. *Cave of Bones* **New**  
Anne Hillerman, Harper, $9.99, 9780062391933
3. *Good Omens*  
4. *American Gods*  
Douglas Adams, Del Rey, $7.99, 9780345391803
6. *Slaughterhouse-Five*  
Kurt Vonnegut, Laurel Leaf, $7.99, 9780440180296
7. *The Catcher in the Rye*  
J.D. Salinger, Little Brown, $8.99, 9780316769488
8. *Animal Farm* **New**  
George Orwell, Signet, $9.99, 9780451526342
9. *Neuromancer* **New**  
William Gibson, Ace, $8.99, 9780441569595
10. *Guards! Guards!* **New**  
Terry Pratchett, HarperTorch, $9.99, 9780062225757

**CHILDREN'S ILLUSTRATED**

1. *Goodnight Moon*  
Margaret Wise Brown, Clement Hurd (Illus.), Harper, $8.99, 9780694003617
2. *Make Way for Ducklings*  
Robert McCloskey, Puffin, $7.99, 9780140564341
3. *Little Blue Truck's Springtime* **New**  
Alice Schertle, Jill McElmurry (Illus.), HMH Books for Young Readers, $12.99, 9780544938090
4. *We Don't Eat Our Classmates* **New**  
Ryan T. Higgins, Disney/Hyperion, $17.99, 9781368003551
5. *The Very Hungry Caterpillar*  
Eric Carle, Putnam, $10.99, 9780399226908
Jory John, Pete Oswald (Illus.), Harper, $17.99, 9780062866004
Kate DiCamillo, Chris Van Dusen (Illus.), Candlewick, $18.99, 9780763677534
8. *Hello Lighthouse*  
Sophie Blackall, Little, Brown Books for Young Readers, $18.99, 9780316362382

**CHILDREN'S INTEREST**

1. *On the Come Up*  
Angie Thomas, Balzer + Bray, $18.99, 9780062498564
2. *New Kid*
2. New Kid
Jerry Craft, Harper, $12.99, 9780062691194

3. SHOUT
Laurie Halse Anderson, Viking Books for Young Readers, $17.99, 9780670012107

4. Astrophysics for Young People in a Hurry
Neil DeGrasse Tyson, Norton Young Readers, $11.95, 9780393356502

5. Five Feet Apart New
Rachael Lippincott, Simon & Schuster Books for Young Readers, $18.99, 9781534451568

6. The Hate U Give
Angie Thomas, Balzer + Bray, $18.99, 9780062871350

7. Max and the Midknights New
Lincoln Peirce, Crown Books for Young Readers, $13.99, 9781101931080

8. A Beautiful Day in the Neighborhood: The Poetry of Mister Rogers New

9. White Rose New
Kip Wilson, Versify, $17.99, 9781328594433

10. Rumple Buttercup: A Story of Bananas, Belonging, and Being Yourself New
Matthew Gray Gubler, Random House Books for Young Readers, $14.99, 9780525648444

CHILDREN’S SERIES TITLES
1. Dog Man: Brawl of the Wild
Dav Pilkey, Graphix, $9.99, 9781338236576

2. Diary of a Wimpy Kid: The Meltdown
Jeff Kinney, Abrams, $13.95, 9781419727436

3. Big Nate: Payback Time!
Lincoln Peirce, Andrews McMeel, $9.99, 9781449497743

4. Dog Man
Dav Pilkey, Graphix, $9.99, 9780545581608

5. Dog Man: Lord of the Fleas
Dav Pilkey, Graphix, $9.99, 9780545935173

6. Supernova (Amulet, #8)
Kazu Kibuishi, Graphix, $12.99, 9780545828604

7. Dog Man: A Tale of Two Kitties New
Dav Pilkey, Graphix, $9.99, 9780545935210

8. Dog Man Unleashed
Dav Pilkey, Graphix, $9.99, 9780545935203

9. Harry Potter and the Sorcerer’s Stone New
J.K. Rowling, Scholastic, $10.99, 9780590353427

10. Crush (Berrybrook Middle School, #3) New
Svetlana Chmakova, JY, $11, 9780316363242

New - NOT on last weeks list

NOTE: NEIBA is having WordPress issues so the bestseller list on our web site will be updated when that's resolved.