

Unstable Netflix Parents Guide



Unstable Netflix: A Parents' Guide to Navigating the Turbulent Waters of Family Dysfunction

Are you considering watching Netflix's "Unstable"? This darkly comedic series starring Rob Lowe and his real-life son John Owen Lowe offers a unique blend of humor and heartfelt drama centered around a family struggling with mental health. But before you hit play, you might be wondering: is this show appropriate for your family? This comprehensive parents' guide provides a detailed breakdown of "Unstable," addressing its mature themes, language, and overall suitability for different age groups. We'll equip you with the information you need to make an informed decision about whether or not this show is right for your household.

H2: Content Overview: What to Expect in "Unstable"

"Unstable" follows the tumultuous relationship between Ellis Dragon (Rob Lowe), a brilliant but eccentric CEO of a pharmaceutical company, and his son, Jackson (John Owen Lowe), who unexpectedly joins his father's company after a personal crisis. The show delves into themes of mental illness, family dysfunction, and workplace dynamics, often using dark humor to navigate these sensitive topics. Expect to encounter:

Mental Health Portrayals: The series tackles various mental health challenges, including anxiety, depression, and obsessive-compulsive disorder (OCD), sometimes in a comedic, yet insightful, way. However, the portrayal isn't always lighthearted and includes moments of genuine struggle.

Mature Language: "Unstable" utilizes adult language, including frequent swearing and crude humor.

This is a significant element of the show's comedic style.

Complex Family Dynamics: The core of the narrative revolves around a deeply flawed but loving father-son relationship. Expect to see moments of conflict, tension, and vulnerability.

Workplace Intrigue: The show unfolds within the high-pressure environment of a pharmaceutical company, depicting office politics, rivalries, and the challenges of maintaining work-life balance.

H2: Age Appropriateness: Who Should Watch "Unstable"?

Determining the appropriate age for viewing "Unstable" depends heavily on your family's values and your children's maturity levels. The show's mature themes and language make it unsuitable for younger viewers.

Children Under 16: We strongly advise against children under 16 watching "Unstable." The mature themes, language, and some potentially disturbing situations are not appropriate for this age group.

Teenagers (16-18): Teenagers might find aspects of "Unstable" relatable, particularly those dealing with familial challenges and navigating their own identities. However, parental guidance is highly recommended due to the show's mature content. Open discussion about the themes presented is crucial.

Adults (18+): Adults are the target audience for "Unstable." The show's complexities and mature humor are best appreciated by viewers with a higher level of emotional maturity.

H2: Discussion Points for Families:

After watching "Unstable," initiating conversations with your family about the show's themes can be beneficial. These discussions can offer opportunities for:

Mental Health Awareness: Discuss the different mental health struggles portrayed in the show and the importance of seeking help when needed.

Family Relationships: Analyze the complex and sometimes dysfunctional relationships depicted, encouraging open communication about family dynamics within your own home.

Workplace Ethics: Discuss the ethical considerations presented within the pharmaceutical company setting and the importance of integrity in the workplace.

Humor and Sensitivity: Examine how the show uses dark humor to tackle sensitive topics and whether this approach is effective or potentially insensitive.

H2: Alternatives to "Unstable":

If "Unstable" seems too mature for your family, consider these alternative comedies with less mature content:

"The Good Place": Offers philosophical humor and explores ethical dilemmas without excessive language or violence.

"Brooklyn Nine-Nine": A workplace comedy with lighter themes and a strong ensemble cast.

"Ted Lasso": A heartwarming comedy with positive messages about kindness and resilience.

Conclusion:

"Unstable" is a darkly comedic series with mature themes that require careful consideration before family viewing. While it offers insightful portrayals of mental health and family relationships, its mature language and potentially disturbing moments make it unsuitable for younger audiences. Parental guidance and open communication are crucial if you choose to watch it with older teenagers. Weigh the show's content against your family's values and maturity levels to make an informed decision.

FAQs:

Q1: Is "Unstable" suitable for binge-watching? A: While it's possible, the show's emotional weight might make binge-watching challenging for some viewers. Spacing out episodes could be beneficial.

Q2: Does "Unstable" contain any graphic violence? A: No, "Unstable" doesn't contain graphic violence. The focus is primarily on the characters' emotional struggles and interpersonal conflicts.

Q3: Is the show realistic in its depiction of mental health? A: "Unstable" utilizes creative license, and while it touches upon real mental health issues, it's not intended to be a clinical representation.

Q4: How many seasons of "Unstable" are there? A: Currently, there is only one season of "Unstable" available on Netflix.

Q5: What is the overall tone of the show? A: The overall tone is darkly comedic with moments of genuine emotion and vulnerability. It's a blend of humor and heartfelt drama.

unstable netflix parents guide: When She Was Good Norma Fox Mazer, 2013-04-30 Norma Fox Mazer's remarkable story of two sisters fighting to survive against a world without caring. In the sad, shabby trailer where Em Thurkill lived her first fourteen years, suffering her father's alcoholic rages and her mother's deathly silence, and in the three she lived trapped with her violent, unstable sister, there seems more than enough to end even the dream of hope. Yet Em Thurkill's story is a

story of how hope outlives brutality. It is a story of one girl's sweetness, and almost unbearable pain. Heartbreaking, mesmerizing, and ultimately transcendent, this novel is a tribute to the astonishing resilience of the human soul.

unstable netflix parents guide: *The Silver Linings Playbook* Matthew Quick, 2010-04-27 A New York Times bestseller, *The Silver Linings Playbook* was adapted into the Oscar-winning movie starring Bradley Cooper and Jennifer Lawrence. It tells the riotous and poignant story of how one man regains his memory and comes to terms with the magnitude of his wife's betrayal. During the years he spends in a neural health facility, Pat Peoples formulates a theory about silver linings: he believes his life is a movie produced by God, his mission is to become physically fit and emotionally supportive, and his happy ending will be the return of his estranged wife, Nikki. When Pat goes to live with his parents, everything seems changed: no one will talk to him about Nikki; his old friends are saddled with families; the Philadelphia Eagles keep losing, making his father moody; and his new therapist seems to be recommending adultery as a form of therapy. When Pat meets the tragically widowed and clinically depressed Tiffany, she offers to act as a liaison between him and his wife, if only he will give up watching football, agree to perform in this year's Dance Away Depression competition, and promise not to tell anyone about their contract. All the while, Pat keeps searching for his silver lining. In this brilliantly written debut novel, Matthew Quick takes us inside Pat's mind, deftly showing us the world from his distorted yet endearing perspective. The result is a touching and funny story that helps us look at both depression and love in a wonderfully refreshing way.

unstable netflix parents guide: *I Am Not Your Perfect Mexican Daughter* Erika L. Sánchez, 2017-10-17 National Book Award Finalist! Instant New York Times Bestseller! The Absolutely True Diary of a Part-Time Indian meets Jane the Virgin in this poignant but often laugh-out-loud funny contemporary YA about losing a sister and finding yourself amid the pressures, expectations, and stereotypes of growing up in a Mexican-American home. Perfect Mexican daughters do not go away to college. And they do not move out of their parents' house after high school graduation. Perfect Mexican daughters never abandon their family. But Julia is not your perfect Mexican daughter. That was Olga's role. Then a tragic accident on the busiest street in Chicago leaves Olga dead and Julia left behind to reassemble the shattered pieces of her family. And no one seems to acknowledge that Julia is broken, too. Instead, her mother seems to channel her grief into pointing out every possible way Julia has failed. But it's not long before Julia discovers that Olga might not have been as perfect as everyone thought. With the help of her best friend Lorena, and her first love, first everything boyfriend Connor, Julia is determined to find out. Was Olga really what she seemed? Or was there more to her sister's story? And either way, how can Julia even attempt to live up to a seemingly impossible ideal? "Alive and crackling—a gritty tale wrapped in a page-turner." —The New York Times "Unique and fresh." —Entertainment Weekly "A standout." —NPR

unstable netflix parents guide: *Fallout* Ellen Hopkins, 2013-08-06 Written in free verse, explores how three teenagers try to cope with the consequences of their mother's addiction to crystal meth and its effects on their lives.

unstable netflix parents guide: *In the Wild Light* Jeff Zentner, 2021-08-10 NAMED ONE OF THE BEST BOOKS OF THE YEAR BY The New York Times • Buzzfeed • Kirkus Reviews • Publishers Weekly • Chicago Public Library "Redefines friendship as something that must be protected, sacrificed for, and tended to with wisdom, patience, and love." —Ocean Vuong, New York Times bestselling author of *On Earth We're Briefly Gorgeous* A poignant coming-of-age novel about two best friends whose friendship is tested when they get the opportunity to leave their impoverished small town for an elite prep school. For fans of *Looking for Alaska*. Life in a small Appalachian town is not easy. Cash lost his mother to an opioid addiction and his Papaw is dying slowly from emphysema. Dodging drug dealers and watching out for his best friend, Delaney, is second nature. He's been spending his summer mowing lawns while she works at Dairy Queen. But when Delaney manages to secure both of them full rides to an elite prep school in Connecticut, Cash will have to grapple with his need to protect and love Delaney, and his love for the grandparents who saved him

and the town he has to leave behind. Jeff Zentner's new novel is a beautiful examination of grief, found family, and young love.

unstable netflix parents guide: *My Friend Dahmer (Movie Tie-In Edition)* Derf Backderf, 2017-10-03 “A well-told, powerful story. Backderf is quite skilled in using comics to tell this tale of a truly weird and sinister 1970s adolescent world.” —R. Crumb NATIONAL BESTSELLER Named a BEST OF 2012 by Time, The Village Voice, A.V. Club, comiXology, Boing Boing, Publishers Weekly, MTV Geek, and more! “ASTOUNDING.” —Lev Grossman, Time You only think you know this story. In 1991, Jeffrey Dahmer—the most notorious serial killer since Jack the Ripper—seared himself into the American consciousness. To the public, Dahmer was a monster who committed unthinkable atrocities. To Derf Backderf, Dahmer was a much more complex figure: a high school friend with whom he had shared classrooms, hallways, and car rides. In *My Friend Dahmer*, a haunting and original graphic novel, writer-artist Backderf creates a surprisingly sympathetic portrait of a disturbed young man struggling against the morbid urges emanating from the deep recesses of his psyche—a shy kid, a teenage alcoholic, and a goofball who never quite fit in with his classmates. With profound insight, what emerges is a Jeffrey Dahmer that few ever really knew, and readers will never forget. This new paperback edition will coincide with the release of the movie adaptation of *My Friend Dahmer* and will include additional bonus content from the author archives.

unstable netflix parents guide: *Extraordinary Birds* Sandy Stark-McGinnis, 2019-04-30 Eleven-year-old December knows everything about birds, and everything about getting kicked out of foster homes. All she has of her biological mum is the book she left behind, *The Complete Guide to Birds*, Volume One, and a photo with a message: 'In flight is where you'll find me.' December knows she's truly a bird, just waiting for the day she transforms and flies away to reunite with her mum. The scar on her back must be where her wings have started to blossom – she just needs to practise and to find the right tree. She has no choice; it's the only story that makes sense. When she's placed with Eleanor, a new foster mum who runs a taxidermy business and volunteers at a wildlife rescue, December begins to see herself and what home means in a new light. But the story she tells herself about her past is what's kept December going this long, and she doesn't know if she can let go of it ... even if changing her story might mean that she can finally find a place where she belongs.

unstable netflix parents guide: *Efrén Divided* Ernesto Cisneros, 2020-03-31 Winner of the Pura Belpré Award! “We need books to break open our hearts, so that we might feel more deeply, so that we might be more human in these unkind times. This is a book doing work of the spirit in a time of darkness.” —Sandra Cisneros, author of *The House on Mango Street* Efrén Nava’s Amá is his Superwoman—or Soperwoman, named after the delicious Mexican sopes his mother often prepares. Both Amá and Apá work hard all day to provide for the family, making sure Efrén and his younger siblings Max and Mía feel safe and loved. But Efrén worries about his parents; although he’s American-born, his parents are undocumented. His worst nightmare comes true one day when Amá doesn’t return from work and is deported across the border to Tijuana, México. Now more than ever, Efrén must channel his inner Soperboy to help take care of and try to reunite his family. A glossary of Spanish words is included in the back of the book.

unstable netflix parents guide: *The Revolt of The Public and the Crisis of Authority in the New Millennium* Martin Gurri , 2018-12-04 How insurgencies—enabled by digital devices and a vast information sphere—have mobilized millions of ordinary people around the world. In the words of economist and scholar Arnold Kling, Martin Gurri saw it coming. Technology has categorically reversed the information balance of power between the public and the elites who manage the great hierarchical institutions of the industrial age: government, political parties, the media. *The Revolt of the Public* tells the story of how insurgencies, enabled by digital devices and a vast information sphere, have mobilized millions of ordinary people around the world. Originally published in 2014, *The Revolt of the Public* is now available in an updated edition, which includes an extensive analysis of Donald Trump’s improbable rise to the presidency and the electoral triumphs of Brexit. The book concludes with a speculative look forward, pondering whether the current elite class can bring about a reformation of the democratic process and whether new organizing

principles, adapted to a digital world, can arise out of the present political turbulence.

unstable netflix parents guide: *The Girl Next Door* Jack Ketchum, 2005 A teenage girl is held captive and brutally tortured by neighborhood children. Based on a true story, this shocking novel reveals the depravity of which we are all capable.

unstable netflix parents guide: *Birdie and Me* J. M. M. Nuanez, 2020-02-18 * Belongs alongside Holly Goldberg Sloan's *Counting by 7s*, Cindy Baldwin's *Where the Watermelons Grow*, and Ali Benjamin's *The Thing about Jellyfish*. Highly recommended.--School Library Journal, starred review An emotional and uplifting debut about a girl named Jack and her gender creative little brother, Birdie, searching for the place where they can be their true and best selves. After their mama dies, Jack and Birdie find themselves without a place to call home. And when Mama's two brothers each try to provide one--first sweet Uncle Carl, then gruff Uncle Patrick--the results are funny, tender, and tragic. They're also somehow . . . spectacular. With voices and characters that soar off the page, J. M. M. Nuanez's debut novel depicts an unlikely family caught in a situation none of them would have chosen, and the beautiful ways in which they finally come to understand one another. Perfect for fans of *The Thing about Jellyfish* and *Counting By Sevens*. A luminous debut.--Ashley Herring Blake, author of *Ivy Aberdeen's Letter to the World*, Stonewall Honor book

unstable netflix parents guide: *If He Had Been with Me* Laura Nowlin, 2013-04-02 If he had been with me everything would have been different... I wasn't with Finn on that August night. But I should've been. It was raining, of course. And he and Sylvie were arguing as he drove down the slick road. No one ever says what they were arguing about. Other people think it's not important. They do not know there is another story. The story that lurks between the facts. What they do not know—the cause of the argument—is crucial. So let me tell you...

unstable netflix parents guide: *The Night and Its Moon* Piper CJ, 2022-09-20 An addictive fantasy romance from TikTok sensation Piper CJ, now newly revised and edited. Two orphans grow into powerful young women as they face countless threats to find their way back to each other. Farleigh is just an orphanage. At least, that's what the church would have the people believe, but beautiful orphans Nox and fae-touched Amaris know better. They are commodities for sale, available for purchase by the highest bidder. So when the madame of a notorious brothel in a far-off city offers a king's ransom to purchase Amaris, Nox ends up taking her place — while Amaris is drawn away to the mountains, home of mysterious assassins. Even as they take up new lives and identities, Nox and Amaris never forget one thing: they will stop at nothing to reunite. But the threat of war looms overhead, and the two are inevitably swept into a conflict between human and fae, magic and mundane. With strange new alliances, untested powers, and a bond that neither time nor distance could possibly break, the fate of the realms lies in the hands of two orphans — and the love they hold for each other.

unstable netflix parents guide: *Orbiting Jupiter* Gary D. Schmidt, 2015 The two-time Newbery Honor winner Gary D. Schmidt delivers the shattering story of Joseph, a father at thirteen, who has never seen his daughter, Jupiter. After spending time in a juvenile facility, he's placed with a foster family on a farm in rural Maine. Here Joseph, damaged and withdrawn, meets twelve-year-old Jack, who narrates the account of the troubled, passionate teen who wants to find his baby at any cost. In this riveting novel, two boys discover the true meaning of family and the sacrifices it requires.

unstable netflix parents guide: *Gem & Dixie* Sara Zarr, 2018-09-25 “A story that broke my heart and put it back together again. You won’t want to let Gem and Dixie go.” —Sarah Dessen, New York Times bestselling author of *Saint Anything* From renowned author and National Book Award finalist Sara Zarr comes a deep, nuanced, and gorgeously written story about the complex relationship between two sisters from a broken home. Gem has never known what it is to have security. She’s never known an adult she can truly rely on. But the one constant in her life has been Dixie. Gem grew up taking care of her sister when no one else could: not their mother, whose issues make it hard for her to keep food on the table, and definitely not their father, whose intermittent presence is the only thing worse than his frequent absence. Even as Gem and Dixie have grown apart, they’ve always had each other. When their dad returns home for the first time in years and

tries to insert himself back into their lives, Gem finds herself with an unexpected opportunity: three days with Dixie—on their own in Seattle and beyond. But this short trip soon becomes something more, as Gem discovers that to save herself, she may have to sever the one bond she's tried so hard to keep. A complex and gripping story centered around the relationship of two sisters from a broken home. This book was so meaningful and realistic (from the Brightly.com review, which named Gem and Dixie one of the best books of 2017).

unstable netflix parents guide: CLOSE ENCOUNTERS Down Home Pamela Yenser, 2021-02-12 Everything abandoned comes alive Pamela Yenser writes in CLOSE ENCOUNTERS Down Home, which becomes an invocation for resilience in a world filled with disaster at every turn: whether it's the wreckage of flying saucers in Roswell, or a brother and a mother who are irrevocably changed after a complicated birth, or an abusive father who is always in the driver's seat-whether it's by plane or car. Yenser does the difficult work of reckoning with trauma and the family / history slamming the lid on truth. And though there's comfort in escape, and beauty to be found in the landscapes these poems traverse in a wide range of traditional and open poetic forms, Yenser reminds us As long as you live / you won't forget, and there's danger everywhere. Lucky for us, we have a wonderful guide who knows her way around language and line, and is cunning enough to have razor blades sewn / into the hem of every poem. -Gary Jackson Pamela Yenser is a learned poet who knows the context, history, and texts of literature. Here she uses her supple and strict prosody to tell a family story about an abusive, daredevil father, a denying-praying mother, her little retarded brother (She is her brother's keeper) and more. In airplanes and Airstream trailers one catastrophe after another happens to mark a childhood where Visions of the devil / made you tithe, trade in the family silver. This astonishing chapbook delivers one revelation after another in poems exquisitely structured: The past is a trap the Jaws of Life / can't break, she writes, ... but isn't this the work a poet is meant to do? One poem in exact rhyming couplets is called In the Garden of Demented Parents. Another, also in couplets, ends: Look! I have razor blades sewn / into the hem of every poem. Read this brilliant and triumphant chapbook by a poet who limns the tragedy and triumph of her life. -Hilda Raz Pamela Yenser's brave and tender poems spin together family history, personal resilience, and imaginative perseverance sharp as that wreckage/ strewn like tinsel on glitter-/fields of tumbled rock (as she writes in the title poem). Encompassing everything from a bad weather balloon made of Kryptonite to a pineapple/ ruffled doily, Yenser juxtaposes the images and dreams of the otherworldly and the day-to-day life while also writing deeply of love and survival, monsters and angels, magic tricks and memories. This is a captivating and sparkling collection. -Caryn Mirriam-Goldberg Pamela Yenser's CLOSE ENCOUNTERS refers to, yes, the Roswell UFO, as well as family relationships that are a parallel encounter. The poems' narrator sees the flying saucer wreckage as a four-year-old. She writes about this iconic disruption of the skies as a way to reveal the workings of memory itself. This is an exciting personal fable that blends journalism, verse, and narration. -Denise Lowe

unstable netflix parents guide: *Maid* Stephanie Land, 2019-01-22 A single mother's personal, unflinching look at America's class divide (Barack Obama), this New York Times bestselling memoir is the inspiration for the Netflix limited series, hailed by Rolling Stone as a great one. At 28, Stephanie Land's dreams of attending a university and becoming a writer quickly dissolved when a summer fling turned into an unplanned pregnancy. Before long, she found herself a single mother, scraping by as a housekeeper to make ends meet. *Maid* is an emotionally raw, masterful account of Stephanie's years spent in service to upper middle class America as a nameless ghost who quietly shared in her clients' triumphs, tragedies, and deepest secrets. Driven to carve out a better life for her family, she cleaned by day and took online classes by night, writing relentlessly as she worked toward earning a college degree. She wrote of the true stories that weren't being told: of living on food stamps and WIC coupons, of government programs that barely provided housing, of aloof government employees who shamed her for receiving what little assistance she did. Above all else, she wrote about pursuing the myth of the American Dream from the poverty line, all the while slashing through deep-rooted stigmas of the working poor. *Maid* is Stephanie's story, but it's not

hers alone. It is an inspiring testament to the courage, determination, and ultimate strength of the human spirit. A single mother's personal, unflinching look at America's class divide, a description of the tightrope many families walk just to get by, and a reminder of the dignity of all work.

-PRESIDENT BARACK OBAMA, Obama's Summer Reading List

unstable netflix parents guide: A Simple Favor Darcey Bell, 2017-03-21 Riveting and brilliantly structured, *A Simple Favor* is an edge-of-your seat domestic thriller about a missing wife and mother that relies on a rotating cast of unreliable narrators to ingeniously examine the cost of competitive mom-friends, the toll of ordinary marital discontent and the fallacy of the picture-perfect, suburban family.—Kimberly McCreight, New York Times bestselling author *She's your best friend. She knows all your secrets. That's why she's so dangerous.* A single mother's life is turned upside down when her best friend vanishes in this chilling debut thriller in the vein of *Gone Girl* and *The Girl on the Train*. It starts with a simple favor—an ordinary kindness mothers do for one another. When her best friend, Emily, asks Stephanie to pick up her son Nicky after school, she happily says yes. Nicky and her son, Miles, are classmates and best friends, and the five-year-olds love being together—just like she and Emily. A widow and stay-at-home mommy blogger living in woodsy suburban Connecticut, Stephanie was lonely until she met Emily, a sophisticated PR executive whose job in Manhattan demands so much of her time. But Emily doesn't come back. She doesn't answer calls or return texts. Stephanie knows something is terribly wrong—Emily would never leave Nicky, no matter what the police say. Terrified, she reaches out to her blog readers for help. She also reaches out to Emily's husband, the handsome, reticent Sean, offering emotional support. It's the least she can do for her best friend. Then, she and Sean receive shocking news. Emily is dead. The nightmare of her disappearance is over. Or is it? Because soon, Stephanie will begin to see that nothing—not friendship, love, or even an ordinary favor—is as simple as it seems. *A Simple Favor* is a remarkable tale of psychological suspense—a clever and twisting free-fall of a ride filled with betrayals and reversals, twists and turns, secrets and revelations, love and loyalty, murder and revenge. Darcey Bell masterfully ratchets up the tension in a taut, unsettling, and completely absorbing story that holds you in its grip until the final page. Don't miss the film version starring Anna Kendrick, Blake Lively and Henry Golding!

unstable netflix parents guide: The Glass Castle Jeannette Walls, 2007-01-02 A triumphant tale of a young woman and her difficult childhood, *The Glass Castle* is a remarkable memoir of resilience, redemption, and a revelatory look into a family at once deeply dysfunctional and wonderfully vibrant. Jeannette Walls was the second of four children raised by anti-institutional parents in a household of extremes.

unstable netflix parents guide: The Mosquito Coast Paul Theroux, 2011-12-15 Winner of the Stanford Dolman Lifetime Contribution to Travel Writing Award 2020 *The Mosquito Coast* - winner of the James Tait Black Memorial Prize - is a breathtaking novel about fanaticism and a futile search for utopia from bestseller Paul Theroux. Allie Fox is going to re-create the world. Abominating the cops, crooks, junkies and scavengers of modern America, he abandons civilisation and takes the family to live in the Honduran jungle. There his tortured, messianic genius keeps them alive, his hoarse tirades harrying them through a diseased and dirty Eden towards unimaginable darkness. 'Stunning. . . exciting, intelligent, meticulously realised, artful' Victoria Glendinning, Sunday Times 'An epic of paranoid obsession that swirls the reader headlong to deposit him on a black mudbank of horror' Christopher Wordsworth, Guardian 'Magnificently stimulating and exciting' Anthony Burgess American travel writer Paul Theroux is known for the rich descriptions of people and places that is often streaked with his distinctive sense of irony; his novels and collected short stories, *My Other Life*, *The Collected Stories*, *My Secret History*, *The Lower River*, *The Stranger at the Palazzo d'Oro*, *A Dead Hand*, *Millroy the Magician*, *The Elephant Suite*, *Saint Jack*, *The Consul's File*, *The Family Arsenal*, and his works of non-fiction, including the iconic *The Great Railway Bazaar* are available from Penguin.

unstable netflix parents guide: Bunny Mona Awad, 2019-06-11 NATIONAL BESTSELLER Soon to be a major motion picture Jon Swift + *Witches of Eastwick* + Kelly 'Get In Trouble' Link +

Mean Girls + Creative Writing Degree Hell! No punches pulled, no hilarities dodged, no meme unmangled! O Bunny you are sooo genius! —Margaret Atwood, via Twitter A wild, audacious and ultimately unforgettable novel. —Michael Schaub, Los Angeles Times *Awad* is a stone-cold genius. —Ann Bauer, The Washington Post *The Vegetarian* meets *Heathers* in this darkly funny, seductively strange novel from the acclaimed author of *13 Ways of Looking at a Fat Girl* and *Rouge* We were just these innocent girls in the night trying to make something beautiful. We nearly died. We very nearly did, didn't we? Samantha Heather Mackey couldn't be more of an outsider in her small, highly selective MFA program at New England's Warren University. A scholarship student who prefers the company of her dark imagination to that of most people, she is utterly repelled by the rest of her fiction writing cohort—a clique of unbearably twee rich girls who call each other Bunny, and seem to move and speak as one. But everything changes when Samantha receives an invitation to the Bunnies' fabled Smut Salon, and finds herself inexplicably drawn to their front door—ditching her only friend, Ava, in the process. As Samantha plunges deeper and deeper into the Bunnies' sinister yet saccharine world, beginning to take part in the ritualistic off-campus Workshop where they conjure their monstrous creations, the edges of reality begin to blur. Soon, her friendships with Ava and the Bunnies will be brought into deadly collision. The spellbinding new novel from one of our most fearless chroniclers of the female experience, *Bunny* is a down-the-rabbit-hole tale of loneliness and belonging, friendship and desire, and the fantastic and terrible power of the imagination. Named a Best Book of 2019 by TIME, Vogue, Electric Literature, and The New York Public Library

unstable netflix parents guide: *I Know This Much Is True* Wally Lamb, 1998-06-03 With his stunning debut novel, *She's Come Undone*, Wally Lamb won the adulation of critics and readers with his mesmerizing tale of one woman's painful yet triumphant journey of self-discovery. Now, this brilliantly talented writer returns with *I Know This Much Is True*, a heartbreaking and poignant multigenerational saga of the reproductive bonds of destruction and the powerful force of forgiveness. A masterpiece that breathtakingly tells a story of alienation and connection, power and abuse, devastation and renewal—this novel is a contemporary retelling of an ancient Hindu myth. A proud king must confront his demons to achieve salvation. Change yourself, the myth instructs, and you will inhabit a renovated world. When you're the same brother of a schizophrenic identical twin, the tricky thing about saving yourself is the blood it leaves on your hands—the little inconvenience of the look-alike corpse at your feet. And if you're into both survival of the fittest and being your brother's keeper—if you've promised your dying mother—then say so long to sleep and hello to the middle of the night. Grab a book or a beer. Get used to Letterman's gap-toothed smile of the absurd, or the view of the bedroom ceiling, or the influence of random selection. Take it from a godless insomniac. Take it from the uncrazy twin—the guy who beat the biochemical rap. Dominick Birdsey's entire life has been compromised and constricted by anger and fear, by the paranoid schizophrenic twin brother he both deeply loves and resents, and by the past they shared with their adoptive father, Ray, a spit-and-polish ex-Navy man (the five-foot-six-inch sleeping giant who snoozed upstairs weekdays in the spare room and built submarines at night), and their long-suffering mother, Concettina, a timid woman with a harelip that made her shy and self-conscious: She holds a loose fist to her face to cover her defective mouth—her perpetual apology to the world for a birth defect over which she'd had no control. Born in the waning moments of 1949 and the opening minutes of 1950, the twins are physical mirror images who grow into separate yet connected entities: the seemingly strong and protective yet fearful Dominick, his mother's watchful monkey; and the seemingly weak and sweet yet noble Thomas, his mother's gentle bunny. From childhood, Dominick fights for both separation and wholeness—and ultimately self-protection—in a house of fear dominated by Ray, a bully who abuses his power over these stepsons whose biological father is a mystery. I was still afraid of his anger but saw how he punished weakness—pounced on it. Out of self-preservation I hid my fear, Dominick confesses. As for Thomas, he just never knew how to play defense. He just didn't get it. But Dominick's talent for survival comes at an enormous cost, including the breakup of his marriage to the warm, beautiful Dessa, whom he still loves. And it will be put to the ultimate test when Thomas, a Bible-spouting zealot, commits an unthinkable act that

threatens the tenuous balance of both his and Dominick's lives. To save himself, Dominick must confront not only the pain of his past but the dark secrets he has locked deep within himself, and the sins of his ancestors—a quest that will lead him beyond the confines of his blue-collar New England town to the volcanic foothills of Sicily's Mount Etna, where his ambitious and vengefully proud grandfather and a namesake Domenico Tempesta, the *sostegno del famiglia*, was born. Each of the stories Ma told us about Papa reinforced the message that he was the boss, that he ruled the roost, that what he said went. Searching for answers, Dominick turns to the whispers of the dead, to the pages of his grandfather's handwritten memoir, *The History of Domenico Onofrio Tempesta, a Great Man from Humble Beginnings*. Rendered with touches of magic realism, Domenico's fablelike tale—in which monkeys enchant and religious statues weep—becomes the old man's confession—an unwitting legacy of contrition that reveals the truth's of Domenico's life. Dominick learns that power, wrongly used, defeats the oppressor as well as the oppressed, and now, picking through the humble shards of his deconstructed life, he will search for the courage and love to forgive, to expiate his and his ancestors' transgressions, and finally to rebuild himself beyond the haunted shadow of his twin. Set against the vivid panoply of twentieth-century America and filled with richly drawn, memorable characters, this deeply moving and thoroughly satisfying novel brings to light humanity's deepest needs and fears, our aloneness, our desire for love and acceptance, our struggle to survive at all costs. Joyous, mystical, and exquisitely written, *I Know This Much Is True* is an extraordinary reading experience that will leave no reader untouched.

unstable netflix parents guide: The Hungry Brain Stephan J. Guyenet, Ph.D., 2017-02-07 A Publishers Weekly Best Book of the Year From an obesity and neuroscience researcher with a knack for engaging, humorous storytelling, *The Hungry Brain* uses cutting-edge science to answer the questions: why do we overeat, and what can we do about it? No one wants to overeat. And certainly no one wants to overeat for years, become overweight, and end up with a high risk of diabetes or heart disease—yet two thirds of Americans do precisely that. Even though we know better, we often eat too much. Why does our behavior betray our own intentions to be lean and healthy? The problem, argues obesity and neuroscience researcher Stephan J. Guyenet, is not necessarily a lack of willpower or an incorrect understanding of what to eat. Rather, our appetites and food choices are led astray by ancient, instinctive brain circuits that play by the rules of a survival game that no longer exists. And these circuits don't care about how you look in a bathing suit next summer. To make the case, *The Hungry Brain* takes readers on an eye-opening journey through cutting-edge neuroscience that has never before been available to a general audience. *The Hungry Brain* delivers profound insights into why the brain undermines our weight goals and transforms these insights into practical guidelines for eating well and staying slim. Along the way, it explores how the human brain works, revealing how this mysterious organ makes us who we are.

unstable netflix parents guide: White Noise Don DeLillo, 1999-06-01 NATIONAL BOOK AWARD WINNER • An “eerie, brilliant, and touching” (*The New York Times*) modern classic about mass culture and the numbing effects of technology. “Tremendously funny . . . A stunning performance from one of our most intelligent novelists.”—*The New Republic* The inspiration for the award-winning major motion picture starring Adam Driver and Greta Gerwig Jack Gladney teaches Hitler Studies at a liberal arts college in Middle America where his colleagues include New York expatriates who want to immerse themselves in “American magic and dread.” Jack and his fourth wife, Babette, bound by their love, fear of death, and four ultramodern offspring, navigate the usual rocky passages of family life to the background babble of brand-name consumerism. Then a lethal black chemical cloud floats over their lives, an “airborne toxic event” unleashed by an industrial accident. The menacing cloud is a more urgent and visible version of the “white noise” engulfing the Gladney family—radio transmissions, sirens, microwaves, ultrasonic appliances, and TV murmurings—pulsing with life, yet suggesting something ominous.

unstable netflix parents guide: Seeing Like a State James C. Scott, 2020-03-17 “One of the most profound and illuminating studies of this century to have been published in recent decades.”—John Gray, *New York Times Book Review* Hailed as “a magisterial critique of top-down

social planning” by the New York Times, this essential work analyzes disasters from Russia to Tanzania to uncover why states so often fail—sometimes catastrophically—in grand efforts to engineer their society or their environment, and uncovers the conditions common to all such planning disasters. “Beautifully written, this book calls into sharp relief the nature of the world we now inhabit.”—New Yorker “A tour de force.”— Charles Tilly, Columbia University

unstable netflix parents guide: The Girl He Used to Know Tracey Garvis Graves, 2019-04-02 New York Times bestselling author of *On the Island*, Tracey Garvis Graves, presents the compelling, hopelessly romantic novel of unconditional love. Annika Rose is an English major at the University of Illinois. Anxious in social situations where she finds most people's behavior confusing, she'd rather be surrounded by the order and discipline of books or the quiet solitude of playing chess. Jonathan Hoffman joined the chess club and lost his first game—and his heart—to the shy and awkward, yet brilliant and beautiful Annika. He admires her ability to be true to herself, quirks and all, and accepts the challenges involved in pursuing a relationship with her. Jonathan and Annika bring out the best in each other, finding the confidence and courage within themselves to plan a future together. What follows is a tumultuous yet tender love affair that withstands everything except the unforeseen tragedy that forces them apart, shattering their connection and leaving them to navigate their lives alone. Now, a decade later, fate reunites Annika and Jonathan in Chicago. She's living the life she wanted as a librarian. He's a Wall Street whiz, recovering from a divorce and seeking a fresh start. The attraction and strong feelings they once shared are instantly rekindled, but until they confront the fears and anxieties that drove them apart, their second chance will end before it truly begins.

unstable netflix parents guide: The Secret of Our Success Joseph Henrich, 2017-10-17 How our collective intelligence has helped us to evolve and prosper Humans are a puzzling species. On the one hand, we struggle to survive on our own in the wild, often failing to overcome even basic challenges, like obtaining food, building shelters, or avoiding predators. On the other hand, human groups have produced ingenious technologies, sophisticated languages, and complex institutions that have permitted us to successfully expand into a vast range of diverse environments. What has enabled us to dominate the globe, more than any other species, while remaining virtually helpless as lone individuals? This book shows that the secret of our success lies not in our innate intelligence, but in our collective brains—on the ability of human groups to socially interconnect and learn from one another over generations. Drawing insights from lost European explorers, clever chimpanzees, mobile hunter-gatherers, neuroscientific findings, ancient bones, and the human genome, Joseph Henrich demonstrates how our collective brains have propelled our species' genetic evolution and shaped our biology. Our early capacities for learning from others produced many cultural innovations, such as fire, cooking, water containers, plant knowledge, and projectile weapons, which in turn drove the expansion of our brains and altered our physiology, anatomy, and psychology in crucial ways. Later on, some collective brains generated and recombined powerful concepts, such as the lever, wheel, screw, and writing, while also creating the institutions that continue to alter our motivations and perceptions. Henrich shows how our genetics and biology are inextricably interwoven with cultural evolution, and how culture-gene interactions launched our species on an extraordinary evolutionary trajectory. Tracking clues from our ancient past to the present, *The Secret of Our Success* explores how the evolution of both our cultural and social natures produce a collective intelligence that explains both our species' immense success and the origins of human uniqueness.

unstable netflix parents guide: House of Leaves Mark Z. Danielewski, 2000-03-07 “A novelistic mosaic that simultaneously reads like a thriller and like a strange, dreamlike excursion into the subconscious.” —The New York Times Years ago, when *House of Leaves* was first being passed around, it was nothing more than a badly bundled heap of paper, parts of which would occasionally surface on the Internet. No one could have anticipated the small but devoted following this terrifying story would soon command. Starting with an odd assortment of marginalized youth -- musicians, tattoo artists, programmers, strippers, environmentalists, and adrenaline junkies -- the

book eventually made its way into the hands of older generations, who not only found themselves in those strangely arranged pages but also discovered a way back into the lives of their estranged children. Now this astonishing novel is made available in book form, complete with the original colored words, vertical footnotes, and second and third appendices. The story remains unchanged, focusing on a young family that moves into a small home on Ash Tree Lane where they discover something is terribly wrong: their house is bigger on the inside than it is on the outside. Of course, neither Pulitzer Prize-winning photojournalist Will Navidson nor his companion Karen Green was prepared to face the consequences of that impossibility, until the day their two little children wandered off and their voices eerily began to return another story -- of creature darkness, of an ever-growing abyss behind a closet door, and of that unholy growl which soon enough would tear through their walls and consume all their dreams.

unstable netflix parents guide: Fever Dream Samanta Schweblin, 2017-01-10 "A wonderful nightmare of a book: tender and frightening, disturbing but compassionate. Fever Dream is a triumph of Schweblin's outlandish imagination." -Juan Gabriel Vasquez, author of *The Sound of Things Falling* and *Reputations* A young woman named Amanda lies dying in a rural hospital clinic. A boy named David sits beside her. She's not his mother. He's not her child. Together, they tell a haunting story of broken souls, toxins, and the power and desperation of family. Fever Dream is a nightmare come to life, a ghost story for the real world, a love story and a cautionary tale. One of the freshest new voices to come out of the Spanish language and translated into English for the first time, Samanta Schweblin creates an aura of strange psychological menace and otherworldly reality in this absorbing, unsettling, taut novel.

unstable netflix parents guide: The Devil In The White City Erik Larson, 2010-09-30 'An irresistible page-turner that reads like the most compelling, sleep defying fiction' TIME OUT One was an architect. The other a serial killer. This is the incredible story of these two men and their realization of the Chicago World's Fair of 1893, and its amazing 'White City'; one of the wonders of the world. The architect was Daniel H. Burnham, the driving force behind the White City, the massive, visionary landscape of white buildings set in a wonderland of canals and gardens. The killer was H. H. Holmes, a handsome doctor with striking blue eyes. He used the attraction of the great fair - and his own devilish charms - to lure scores of young women to their deaths. While Burnham overcame politics, infighting, personality clashes and Chicago's infamous weather to transform the swamps of Jackson Park into the greatest show on Earth, Holmes built his own edifice just west of the fairground. He called it the World's Fair Hotel. In reality it was a torture palace, a gas chamber, a crematorium. These two disparate but driven men are brought to life in this mesmerizing, murderous tale of the legendary Fair that transformed America and set it on course for the twentieth century . . .

unstable netflix parents guide: The New Sultan Soner Çağaptay, 2017 In a world of rising tensions between Russia and the United States, the Middle East and Europe, Sunnis and Shiites, Islamism and liberalism, Turkey is at the epicentre. And at the heart of Turkey is its right-wing populist president, Recep Tayyip Erdoğan. Since 2002, Erdoğan has consolidated his hold on domestic politics while using military and diplomatic means to solidify Turkey as a regional power. His crackdown has been brutal and consistent - scores of journalists arrested, academics officially banned from leaving the country, university deans fired and many of the highest-ranking military officers arrested. In some senses, the nefarious and failed 2016 coup has given Erdoğan the licence to make good on his repeated promise to bring order and stability under a 'strongman'. Here, leading Turkish expert Soner Çağaptay will look at Erdoğan's roots in Turkish history, what he believes in and how he has cemented his rule, as well as what this means for the world. The book will also unpick the 'threats' Erdogan has worked to combat - from the liberal Turks to the Gulen movement, from coup plotters to Kurdish nationalists - all of which have culminated in the crisis of modern Turkey.--Bloomsbury Publishing.

unstable netflix parents guide: Progress and Poverty Henry George, 1898

unstable netflix parents guide: The Last Shot Darcy Frey, 2004 It ought to be just a game, but

basketball on the playgrounds of Coney Island is much more than that -- for many young men it represents their only hope of escape from a life of crime, poverty, and despair. In *The Last Shot*, Darcy Frey chronicles the aspirations of four of the neighborhood's most promising players. What they have going for them is athletic talent, grace, and years of dedication. But working against them are woefully inadequate schooling, family circumstances that are often desperate, and the slick, brutal world of college athletic recruitment. Incisively and compassionately written, *The Last Shot* introduces us to unforgettable characters and takes us into their world with an intimacy seldom seen in contemporary journalism. The result is a startling and poignant expose of inner-city life and the big business of college basketball.

unstable netflix parents guide: *Hidden Valley Road* Robert Kolker, 2020-04-07 #1 NEW YORK TIMES BESTSELLER • OPRAH'S BOOK CLUB PICK • ONE OF GQ's TOP 50 BOOKS OF LITERARY JOURNALISM IN THE 21st CENTURY • The heartrending story of a midcentury American family with twelve children, six of them diagnosed with schizophrenia, that became science's great hope in the quest to understand the disease. Reads like a medical detective journey and sheds light on a topic so many of us face: mental illness. —Oprah Winfrey Don and Mimi Galvin seemed to be living the American dream. After World War II, Don's work with the Air Force brought them to Colorado, where their twelve children perfectly spanned the baby boom: the oldest born in 1945, the youngest in 1965. In those years, there was an established script for a family like the Galvins--aspiration, hard work, upward mobility, domestic harmony--and they worked hard to play their parts. But behind the scenes was a different story: psychological breakdown, sudden shocking violence, hidden abuse. By the mid-1970s, six of the ten Galvin boys, one after another, were diagnosed as schizophrenic. How could all this happen to one family? What took place inside the house on Hidden Valley Road was so extraordinary that the Galvins became one of the first families to be studied by the National Institute of Mental Health. Their story offers a shadow history of the science of schizophrenia, from the era of institutionalization, lobotomy, and the schizophrenogenic mother to the search for genetic markers for the disease, always amid profound disagreements about the nature of the illness itself. And unbeknownst to the Galvins, samples of their DNA informed decades of genetic research that continues today, offering paths to treatment, prediction, and even eradication of the disease for future generations. With clarity and compassion, bestselling and award-winning author Robert Kolker uncovers one family's unforgettable legacy of suffering, love, and hope.

unstable netflix parents guide: *Behind Closed Doors* B.A. Paris, 2016-08-09 First published in Great Britain by MIRA/Harlequin, HarperCollins UK--Title page verso.

unstable netflix parents guide: *You (Export)* Caroline Kepnes, 2020-01-28

unstable netflix parents guide: *Life, Animated* Ron Suskind, 2016-07-12 Now an award winning motion picture! Imagine being trapped inside a Disney movie and having to learn about life mostly from animated characters dancing across a screen of color. A fantasy? A nightmare? This is the real-life story of Owen Suskind, the son of the Pulitzer Prize-winning journalist Ron Suskind and his wife, Cornelia. An autistic boy who couldn't speak for years, Owen memorized dozens of Disney movies, turned them into a language to express love and loss, kinship, brotherhood. The family was forced to become animated characters, communicating with him in Disney dialogue and song; until they all emerge, together, revealing how, in darkness, we all literally need stories to survive. This edition has been updated with additional material from the Suskind family.

unstable netflix parents guide: *Why We're Polarized* Ezra Klein, 2020-01-28 ONE OF BARACK OBAMA'S FAVORITE BOOKS OF 2022 One of Bill Gates's "5 books to read this summer," this New York Times and Wall Street Journal bestseller shows us that America's political system isn't broken. The truth is scarier: it's working exactly as designed. In this "superbly researched" (The Washington Post) and timely book, journalist Ezra Klein reveals how that system is polarizing us—and how we are polarizing it—with disastrous results. "The American political system—which includes everyone from voters to journalists to the president—is full of rational actors making rational decisions given the incentives they face," writes political analyst Ezra Klein. "We are a collection of functional parts

whose efforts combine into a dysfunctional whole.” “A thoughtful, clear and persuasive analysis” (The New York Times Book Review), *Why We’re Polarized* reveals the structural and psychological forces behind America’s descent into division and dysfunction. Neither a polemic nor a lament, this book offers a clear framework for understanding everything from Trump’s rise to the Democratic Party’s leftward shift to the politicization of everyday culture. America is polarized, first and foremost, by identity. Everyone engaged in American politics is engaged, at some level, in identity politics. Over the past fifty years in America, our partisan identities have merged with our racial, religious, geographic, ideological, and cultural identities. These merged identities have attained a weight that is breaking much in our politics and tearing at the bonds that hold this country together. Klein shows how and why American politics polarized around identity in the 20th century, and what that polarization did to the way we see the world and one another. And he traces the feedback loops between polarized political identities and polarized political institutions that are driving our system toward crisis. “Well worth reading” (New York magazine), this is an “eye-opening” (O, The Oprah Magazine) book that will change how you look at politics—and perhaps at yourself.

unstable netflix parents guide: Shatter Me Tahereh Mafi, 2011-11-15 The gripping first installment in New York Times bestselling author Tahereh Mafi’s *Shatter Me* series. One touch is all it takes. One touch, and Juliette Ferrars can leave a fully grown man gasping for air. One touch, and she can kill. No one knows why Juliette has such incredible power. It feels like a curse, a burden that one person alone could never bear. But The Reestablishment sees it as a gift, sees her as an opportunity. An opportunity for a deadly weapon. Juliette has never fought for herself before. But when she’s reunited with the one person who ever cared about her, she finds a strength she never knew she had. And don’t miss *Defy Me*, the shocking fifth book in the *Shatter Me* series!

unstable netflix parents guide: The Stationery Shop Marjan Kamali, 2019-06-18 A poignant, heartfelt new novel by the award-nominated author of *Together Tea*—extolled by the Wall Street Journal as a “moving tale of lost love” and by Shelf Awareness as “a powerful, heartbreaking story”—explores loss, reconciliation, and the quirks of fate. Roya, a dreamy, idealistic teenager living amid the political upheaval of 1953 Tehran, finds a literary oasis in kindly Mr. Fakhri’s neighborhood stationery shop, stocked with books and pens and bottles of jewel-colored ink. Then Mr. Fakhri, with a keen instinct for a budding romance, introduces Roya to his other favorite customer—handsome Bahman, who has a burning passion for justice and a love for Rumi’s poetry—and she loses her heart at once. Their romance blossoms, and the little stationery shop remains their favorite place in all of Tehran. A few short months later, on the eve of their marriage, Roya agrees to meet Bahman at the town square when violence erupts—a result of the coup d’état that forever changes their country’s future. In the chaos, Bahman never shows. For weeks, Roya tries desperately to contact him, but her efforts are fruitless. With a sorrowful heart, she moves on—to college in California, to another man, to a life in New England—until, more than sixty years later, an accident of fate leads her back to Bahman and offers her a chance to ask him the questions that have haunted her for more than half a century: Why did you leave? Where did you go? How is it that you were able to forget me?

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