

best netflix series to binge watch right now

best netflix series to binge watch right now is a quest many of us embark on weekly, seeking compelling narratives and captivating characters to fill our viewing hours. With Netflix's ever-expanding library, the options can feel overwhelming, making it challenging to discover your next obsession. This comprehensive guide aims to cut through the noise, offering meticulously curated recommendations across various genres. We'll explore critically acclaimed dramas, laugh-out-loud comedies, thrilling mysteries, and mind-bending science fiction that are perfect for extended viewing sessions. Prepare to add some serious contenders to your watchlist as we delve into the finest Netflix has to offer for the ultimate binge.

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Critically Acclaimed Dramas for the Discerning Viewer

When seeking out the best Netflix series to binge watch right now, the realm of drama often yields the most rewarding and emotionally resonant experiences. These are the shows that weave intricate plots, develop complex characters, and tackle profound themes, leaving a lasting impact long after the credits roll. From historical epics to contemporary sagas, Netflix offers a rich tapestry of dramatic storytelling.

The Crown: A Royal Affair in the Making

Few series have garnered as much acclaim and widespread viewership as "The Crown." This meticulously crafted historical drama chronicles the reign of Queen Elizabeth II, offering an intimate and often poignant look into the personal lives of the royal family against the backdrop of significant global events. The series is renowned for its impeccable production design, stellar acting performances, and its ability to balance historical accuracy with compelling narrative drama. Each season typically features a new cast to portray the characters at different stages of their lives, ensuring a fresh yet consistent quality.

Stranger Things: Nostalgia Meets the Supernatural

A global phenomenon, "Stranger Things" has redefined the science fiction drama genre with its potent blend of 1980s nostalgia, thrilling mystery, and heartwarming coming-of-age stories. Set in the fictional town of Hawkins, Indiana, the series follows a group of young friends as they encounter a mysterious girl with psychokinetic abilities and uncover a dangerous supernatural realm. Its compelling characters, expertly paced plot, and masterful use of retro aesthetics make it an undeniably addictive watch for anyone looking for the best Netflix series to binge watch right now.

Ozark: Dark Twists and Moral Ambiguity

For those who crave a darker, more intense viewing experience, "Ozark" delivers in spades. This crime drama follows a financial planner who relocates his family to the Missouri Ozarks to launder money for a Mexican drug cartel. The series is characterized by its morally complex characters, sharp dialogue, and escalating tension. The performances, particularly from Jason Bateman and Laura Linney, are exceptional, anchoring the show's descent into the criminal underworld and its exploration of family dynamics under duress. Its compelling narrative arc and unexpected plot twists make it a perfect candidate for a sustained binge.

Hilarious Comedies to Lift Your Spirits

In times when a good laugh is needed more than ever, the comedy genre on Netflix shines brightly. These series are designed to provide escapism and lighthearted entertainment, making them ideal for unwinding and enjoying some pure, unadulterated fun. From witty banter to absurd situations, these comedies offer a welcome respite.

The Good Place: Philosophical Fun and Existential Laughter

This unique comedy series offers a refreshing take on morality and the afterlife. "The Good Place" follows Eleanor Shellstrop, a morally questionable woman who finds herself in a utopian afterlife. As she tries to hide her past misdeeds and earn her place, the series delves into philosophical concepts with surprising depth, all while maintaining a consistently hilarious and inventive tone. Its clever writing, charming characters, and unexpected plot developments make it one of the most original and binge-worthy comedies available.

Schitt's Creek: A Fish-Out-of-Water Fairy Tale

The journey of the formerly wealthy Rose family after losing their fortune and being forced to live in a dilapidated motel in the titular town of Schitt's Creek is a masterclass in comedic character development. What begins as a satire of privilege quickly evolves into a heartwarming story of self-discovery and found family. The chemistry between the cast, the impeccable comedic timing, and the genuine emotional growth of the characters make "Schitt's Creek" an absolute joy to watch, solidifying its place as one of the best Netflix series to binge watch right now for pure feel-good entertainment.

Gripping Thrillers and Mysteries to Keep You on the Edge

If your idea of a perfect binge involves suspense, intrigue, and plot twists that leave you guessing, then these thrillers and mysteries are precisely what you need. They are crafted to hook viewers from the first episode and maintain a relentless pace that encourages continuous viewing.

Mindhunter: Unraveling the Psychology of Crime

For fans of true crime and psychological drama, "Mindhunter" is an absolute must-watch. Set in the late 1970s, the series follows two FBI agents who pioneer the field of criminal profiling by interviewing imprisoned serial killers to understand their motives. The show is lauded for its authentic portrayal of early criminal psychology, its atmospheric tension, and its stellar performances. Its methodical exploration of the darkest corners of the human psyche makes for a deeply compelling and thought-provoking binge.

The Queen's Gambit: A Strategic Masterclass

This visually stunning miniseries captivated audiences worldwide with its tale of chess prodigy Beth Harmon. "The Queen's Gambit" follows Beth's rise from an orphanage to the pinnacle of the chess world, all while battling addiction and personal demons. The series excels in its elegant cinematography, its immersive period detail, and Anya Taylor-Joy's mesmerizing performance. The strategic brilliance of chess is conveyed with gripping intensity, making each match a nail-biting event and the entire series an irresistible binge.

Immersive Science Fiction and Fantasy Worlds

Transport yourself to other dimensions and explore the boundless possibilities of imagination with Netflix's incredible science fiction and fantasy offerings. These series build intricate worlds, introduce unique concepts, and present epic narratives that are perfect for losing yourself in for hours on end.

Black Mirror: Dystopian Visions of Technology

While an anthology series with each episode telling a standalone story, "Black Mirror" is consistently ranked among the best Netflix series to binge watch right now for its chillingly prescient explorations of technology and its impact on society. Each episode presents a unique, often dark, and thought-provoking scenario that serves as a cautionary tale. The series is known for its ingenious concepts, its sharp social commentary, and its ability to provoke deep reflection on our relationship with the digital age.

The Witcher: A Dark Fantasy Epic

Based on the best-selling book series, "The Witcher" plunges viewers into a rich, complex fantasy world filled with monsters, magic, and morally ambiguous characters. The series follows Geralt of Rivia, a solitary monster hunter, as his destiny becomes intertwined with a powerful sorceress and a young princess. Its impressive visual effects, intricate lore, and thrilling action sequences make it an immersive experience for any fantasy enthusiast looking for their next great binge.

Must-Watch Documentaries for Curious Minds

For those who prefer to explore real-world stories and expand their knowledge, Netflix's documentary selection is unparalleled. These films and series offer in-depth looks at fascinating subjects, presented in engaging and often eye-opening ways, perfect for a more informative binge.

Our Planet: A Spectacle of Nature

Narrated by the legendary David Attenborough, "Our Planet" is a breathtaking nature documentary series that showcases the sheer beauty and biodiversity of our planet's habitats. Each episode focuses on a different ecosystem, highlighting the incredible wildlife and the urgent challenges of conservation. Its stunning cinematography and compelling storytelling make it an essential watch for anyone who appreciates the natural world and wishes to understand its fragility.

Making a Murderer: A Deep Dive into Justice (or Injustice)

This groundbreaking docuseries captivated audiences with its in-depth investigation into the case of Steven Avery, a man wrongly convicted of murder. "Making a Murderer" meticulously presents evidence, interviews, and legal proceedings, prompting viewers to question the justice system. Its compelling narrative and the ethical dilemmas it raises have made it a defining example of binge-worthy documentary television, sparking widespread debate and discussion.

Q: What are some of the newest highly anticipated Netflix series that are perfect for binge-watching?

A: While "newest" can be subjective, series like "The Gentlemen" (a spin-off of the Guy Ritchie film), "Baby Reindeer" (a dark comedy-drama based on true events), and continuing seasons of established hits like "Bridgerton" or "The Diplomat" are generating significant buzz and are excellent candidates for immediate binge-watching.

Q: I'm looking for a lighthearted and funny Netflix series to binge. What are your top recommendations?

A: For pure comedic joy, consider "Schitt's Creek" for its heartwarming evolution and witty dialogue, "The Good Place" for its clever philosophical humor, or "Never Have I Ever" for a charming and relatable teen comedy.

Q: What are some of the most critically acclaimed dramas on Netflix that are worth a long binge?

A: "The Crown" continues to be a benchmark for historical drama, offering deep dives into royal

history. "Ozark" provides a tense, morally complex crime drama, while "Squid Game" offers a globally popular, high-stakes survival thriller.

Q: Are there any sci-fi or fantasy series on Netflix that are particularly good for binge-watching?

A: "Stranger Things" remains a massive draw with its nostalgic sci-fi adventure. For a darker, more mature fantasy experience, "The Witcher" is highly recommended. For thought-provoking dystopian futures, "Black Mirror" is a go-to, though episodes are standalone.

Q: I enjoy mysteries and thrillers. What Netflix series would you suggest for a suspenseful binge?

A: "Mindhunter" offers a fascinating look into criminal profiling. "The Queen's Gambit," while not a traditional thriller, is incredibly suspenseful due to its strategic chess matches and Beth Harmon's personal journey. For a more straightforward mystery, consider "Knives Out" (as a film, though it offers a similar binge experience) or series like "The Sinner" if available in your region.

Q: What are some compelling documentary series on Netflix that lend themselves to binge-watching?

A: "Our Planet" offers stunning visuals and important ecological insights. "Making a Murderer" is a classic example of a deeply engaging true-crime documentary series. For a look into historical events or fascinating individuals, series like "The Last Dance" (about Michael Jordan) or "Tiger King" (for its sheer absurdity) are also popular binge options.

Q: Can you recommend a Netflix series that appeals to a broad audience and is generally considered a safe bet for a group binge?

A: "Stranger Things" is a strong contender due to its broad appeal, blending genres that entertain many. "Wednesday" has also been a massive hit, offering a dark comedy with a familiar character reimagined. For something universally praised for its warmth and humor, "Schitt's Creek" is an excellent choice for a group.

Q: What if I'm looking for something a bit more niche or unconventional to binge on Netflix?

A: Consider exploring shows like "Dark" (a complex German sci-fi thriller with intricate timelines), "Love, Death & Robots" (an animated anthology with diverse genres and stunning visuals), or "Russian Doll" (a darkly comedic mystery involving time loops). These offer unique storytelling that can be incredibly rewarding for a binge.

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best netflix series to binge watch right now: The Happiness Revolution Andy Cope, Paul McGee, 2021-06-09 A new book by two of the biggest powerhouses in positive psychology and personal development – Dr Andy Cope and Professor Paul McGee Happiness. We chase it, we crave it...it's so in demand... yet so scarce and fleeting. But here's the good news. In The Happiness Revolution: A Manifesto For Living Your Best Life, bestselling authors Dr Andy Cope and Professor Paul McGee deliver a page-turning self-help book of the times, for the times. As the world wakes up to a new kind of normal, The Happiness Revolution challenges readers to sign up to an uprising of wellbeing and to making the most of the privilege of being on this planet. The book outlines a 10-point Happiness Manifesto. Grounded in the science of human flourishing and the reality of life, the principles are simple, do-able and above all make a difference not only to yourself but to others too. Let the fight back to mental wealth start right here. Welcome to global domination of the happiness kind! Discover: How to regain your sanity, clarity, and wellbeing, even when your smartphone, kids, spouse, job, and possessions seem to be conspiring to keep you from doing just that. Why it can be so hard to maintain a happy outlook when the outside world has never been so fast, complex, and unpredictable. How to be at your best in a world that is doing its worst. Happiness is the #1 thing you want for yourself and your family. The Happiness Revolution is an indispensable guide for everyone trying to live their best life and to spread some happiness whilst doing so. Rise Up and Be Happy! Vive la revolution!

best netflix series to binge watch right now: The Age of Netflix Cory Barker, Myc Wiatrowski, 2017-09-19 In 2016, Netflix--with an already enormous footprint in the United States--expanded its online streaming video service to 130 new countries, adding more than 12 million subscribers in nine months and bringing its total to 87 million. The effectiveness of Netflix's content management lies in its ability to appeal to a vastly disparate global viewership without a unified cache of content. Instead, the company invests in buying or developing myriad programming and uses sophisticated algorithms to narrowcast to micro-targeted audience groups. In this collection of new essays, contributors explore how Netflix has become a cultural institution and transformed the way we consume popular media.

best netflix series to binge watch right now: The Witches of Hollow Cove Series: Books 1-7 Kim Richardson, 2023-12-07 This bundle contains books 1- 7 in The Witches of Hollow Cove series by USA Today Bestselling author Kim Richardson. If you like fast-paced urban fantasy adventure with a kick-butt heroine and plenty of action, suspense, and humor, you'll love The Witches of Hollow Cove series! Being dumped by my boyfriend was not how I expected to start my day. Or suddenly homeless and broke. So, when my three eccentric aunts make me an offer to join the family business—the business of protecting our town and killing anything that would want to harm it—I take it. I'm back in Hollow Cove, the flamboyant paranormal community, where nymphs, werewolves, trolls, shifters, witches, and other paranormals live comfortable lives away from prying human eyes. Enter Marcus, the town chief, who's as powerful and deadly as he is handsome. The downside? He hates my guts. I should not be attracted to him. Moving on... Things soon spiral down the crapper when people in our community start dropping like flies. And when demons start showing up in Hollow Cove, it's up to me to take care of them. Permanently. Get ready for this

heart-pounding and laugh-out-loud magical adventure! This bundle includes: Shadow Witch
Midnight Spells Charmed Nights Magical Mojo Practical Hexes Wicked Ways Witching Whispers

best netflix series to binge watch right now: The Witches of Hollow Cove Series, Books 1-3 Kim Richardson, 2025-09-24 Are you ready for your next magical adventure? Okay, so I'm in trouble. Big trouble. I'm broke. Worse, my boyfriend of five years just dumped me. What do I do? I move in with my three eccentric aunts in their family home, Davenport House. Sounds exciting, only this massive farmhouse likes to eat men. Yup. If I were a regular human, I would have run out screaming like a banshee. As a witch—I do absolutely nothing. Hey, maybe they deserved it? I'm back in Hollow Cove, the flamboyant paranormal community, where nymphs, werewolves, trolls, shifters, witches, and other paranormals live comfortable lives away from prying human eyes. As I settle into my new life, I decide to accept my aunts' proposal and join the family business—the business of protecting our town and killing anything that would want to harm it. But I've been away from the paranormal world for quite some time, and my magical abilities are a little bit rusty. Heck, they're practically invisible. Things soon spiral down the crapper when people in our community start dropping like flies. And when demons start showing up in Hollow Cove, it's up to me to take care of them. Permanently. This is going to be awesome. I just know it. Get ready for this heart-pounding and laugh-out-loud magical adventure! This bundle includes: Shadow Witch, Book 1 Midnight Spells, Book 2 Charmed Nights, Book 3 If you like fast-paced urban fantasy adventure with a kick-butt heroine and plenty of action, suspense, and humor, you'll love The Witches of Hollow Cove series

best netflix series to binge watch right now: e-Pedia: Captain America: Civil War Contributors, Wikipedia, 2017-02-11 This carefully crafted ebook is formatted for your eReader with a functional and detailed table of contents. Captain America: Civil War is a 2016 American superhero film based on the Marvel Comics character Captain America, produced by Marvel Studios and distributed by Walt Disney Studios Motion Pictures. It is the sequel to 2011's Captain America: The First Avenger and 2014's Captain America: The Winter Soldier, and the thirteenth film of the Marvel Cinematic Universe (MCU). The film is directed by Anthony and Joe Russo, with a screenplay by Christopher Markus & Stephen McFeely, and features an ensemble cast, including Chris Evans, Robert Downey Jr., Scarlett Johansson, Sebastian Stan, Anthony Mackie, Don Cheadle, Jeremy Renner, Chadwick Boseman, Paul Bettany, Elizabeth Olsen, Paul Rudd, Emily VanCamp, Tom Holland, Frank Grillo, William Hurt, and Daniel Brühl. In Captain America: Civil War, disagreement over international oversight of the Avengers fractures them into opposing factions—one led by Steve Rogers and the other by Tony Stark. This book has been derived from Wikipedia: it contains the entire text of the title Wikipedia article + the entire text of all the 634 related (linked) Wikipedia articles to the title article. This book does not contain illustrations.

best netflix series to binge watch right now: Search Stefan Weitz, 2016-11-03 Search is as old as language. We've always needed to find something in the jumble of human creation. The first web was nothing more than passing verbal histories down the generations so others could find and remember how not to get eaten; the first search used the power of written language to build simple indexes in printed books, leading to the Dewey Decimal system and reverse indices in more modern times. Then digital happened. Besides having profound societal impacts, it also made the act of searching almost impossibly complex for both engines and searchers. Information isn't just words; it is pictures, videos, thoughts tagged with geocode data, routes, physical world data, and, increasingly, the machines themselves reporting their condition and listening to others'. Search: How the Data Explosion Makes Us Smarter holds up a mirror to our time to see if search can keep up. Author Stefan Weitz explores the idea of access to help readers understand how we are inventing new ways to search and access data through devices in more places and with more capabilities. We are at the cusp of imbuing our generation with superpowers, but only if we fundamentally rethink what search is, how people can use it, and what we should demand of it. Search: How The Data Explosion Makes Us Smarter is the first title from GreenHouse Collection. Created by the founders of Insight Labs, the world's first philanthropic think tank, GreenHouse

Collection features books that encourage deeper exploration and inquiry to inform new models for social good.

best netflix series to binge watch right now: Business, Economy, and Society: Tales from the Pandemic Days Boidurjo Rick Mukhopadhyay, PhD, 2022-04-24 'Business, Economy, and Society: Tales from the Pandemic Days' provides a timely and focused examination of how firms, particularly SMEs, responded to the vicissitudes of the COVID-19 pandemic. It nicely combines overall economic implications with firm-specific issues. Human resource and technological issues are rightly identified as the central ingredient in resolving firm performance. Throughout, though, the nexus of these two ingredients to success are highlighted – they do not stand alone. This point is made in multiple contexts and with pointed examples of how to best proceed. Perhaps the strongest reason to engage with this collection of 'think pieces' about how businesses are, could, and should be responding to the world pandemic, is because they collectively offer a powerful reflective tonic. We need to learn through these experiences of crisis, and so we need to be willing to reconsider new ways of doing business; indeed, at times, some of these articles' subtlety ask the reader to reconsider what business is for.

best netflix series to binge watch right now: Falling in Love Maria Grant, 2017-01-02 Landon was just looking for a job so he wouldn't have to start university right away. When he accepted the role as Reid Micahelson's personal assistant, he had no idea he would find a lot more than work. This is a boss/employee story involving a lawyer, Reid Michaelson, who's convinced he's straight, since he has a girlfriend, but soon discovers that sexuality means nothing when love is involved.

best netflix series to binge watch right now: Write, don't beg! Dra. Eva Gina, Write, Don't Beg: A Survival Guide for Writers Who Want to Be Taken Seriously □ Are you a writer? Great. Are you annoying people? Let's fix that. Let's face it—being a writer is hard enough without making things worse for yourself. If you've ever: □ Asked a casual acquaintance to read your 700-page manuscript "real quick" □ Thought "self-promotion" meant spamming every group chat with your Amazon link □ Convinced yourself that anyone who doesn't love your book is just jealous □ Had a small (read: massive) meltdown over a bad review ...then this book was written specifically for you. Write, Don't Beg is the brutally honest, laugh-out-loud guide every writer needs. Packed with sarcastic wisdom, practical advice, and just the right amount of literary side-eye, this book will teach you: □ How to promote your book without driving everyone away □ The art of networking—without looking desperate □ Why rejection isn't a personal attack (seriously, it's not) □ How to take criticism like a pro (no Twitter meltdowns allowed) □ The real reason no one is buying your book (spoiler: it's not a conspiracy) Whether you're an aspiring novelist, a self-published dreamer, or a seasoned writer wondering why people keep ignoring your emails, this book is your wake-up call. □ Write. Promote. Get taken seriously. But for the love of literature—don't beg. □ Available now! Grab your copy and start acting like a professional (or at least pretending convincingly).

best netflix series to binge watch right now: Internet Addiction Kathryn Vercillo, 2020-02-24 The internet has transformed the world we live in, but it also poses new risks to our psychological well-being. This book provides an introduction to the issue of internet addiction, an increasingly common problem. All day, every day, we are connected to the internet, putting most people at some level of risk for internet addiction. Problematic internet use can take many forms, including overuse of social media and addictions to online shopping, gaming, or pornography. Such behaviors can cause anxiety, depression, sleep deprivation, loneliness, and physical health problems. People can lose their jobs and families, and in a few extreme cases, internet addiction has directly led to the death of the addicted individual or a child in their care. Internet Addiction is the latest volume in Greenwood's Health and Medical Issues Today series. Part I explores what internet addiction is, the many forms it can take, and the serious consequences it can have. Part II examines a number of controversies and issues, such as balancing the internet's benefits against its addictive nature. Part III provides a variety of useful materials, including case studies, a timeline of critical events, and a directory of resources.

best netflix series to binge watch right now: Weblike Tales of Cold RK Bates, 2024-08-02 I once met a mysterious being named The Operator. The first time I heard of him was from a patient at the hospital where I worked in Atlanta, Georgia. His organs were shutting down and everyone knew he was not going to live to tell the tale of being run down on the streets by his girlfriend's ex-boyfriend. All I pray for is a miracle! I'd heard him scream to the ceiling when he thought he was alone. So much for a savior. The Operator, my ass. He won't save me, he told his girlfriend, who spent the whole visit with wet eyes. I did my research on The Operator and learned of his legend, a legend that was said to have originated in the Dominican Republic. The legend speaks of a mysterious godlike being who built a magical tri-rail with four magical trains that journeyed to places beyond dreams. It also says if you're lucky, he'll call you in times of need and set you free from Earth. So much for that, I thought after I heard that the poor boy died and no magical being called him. Later on in life, I learned that The Operator was not a made-up tale after all.

best netflix series to binge watch right now: Mind Detox Sie Fanciulli, 2024-11-05 Mind Detox: A 21-Day Journey to Fresh Thoughts Clear your mind. Change your life. In a world filled with mental clutter, Mind Detox offers a refreshing escape into clarity and peace. This transformative 21-day journey is designed to help you identify and release negative thought patterns, reframe limiting beliefs, and create space for empowering new perspectives. Through guided exercises, thought-provoking narratives, and daily affirmations, you'll uncover practical tools to align your thoughts with the life you truly desire. Drawing on principles from Positive Psychology and the transformative power of Spontaneous Transformation Technique (STT), Mind Detox helps you unlock fresh thoughts that energize your mind and elevate your life. Whether you're overwhelmed, stuck, or simply ready for a change, this book provides a clear path to mental renewal in small, achievable steps. Discover the power of a clear mind and start your transformation today.

best netflix series to binge watch right now: Hollow Gods Charles Eric Turner, 2016-12-22 There is little doubt that we are quick in Western culture to follow after idols. Why are we so easily led astray? Could it be because postmodern thinking has masked idols so that we do not recognize them? What if you really are an idolater at heart? What can you do to remedy this cultural disease? Do you want answers? If so, then Hollow Gods offers a glimpse into the connections between postmodern culture and its rapid decline into idolatry, providing the biblical reasons and solutions to this problem for both your Christian life and church health.

best netflix series to binge watch right now: The Billionaire's Bargain Bride Gia Hunter, 2022-02-24 Sadie Greer just turned nineteen when her father arranged her marriage to a Crypto developer Cenric Wolff over a business deal. As soon as she finished college, she finally met him, marrying the evil wrapped in a pretty thousand-dollar suit the same day. Unknown to Sadie, her husband has his own motives. Cenric Wolff has been sleeping with his enemy for years just to help take down the man behind his brothers' death, even if it means sacrificing his own freedom. He married the daughter of his enemy. Sadie is only a part of his plan, his subject, the weak link. He's supposed to charm her, seduce her in his bed, use her as his pawn. When he gets to know her, she's nothing like her father. Cenric starts to feel something afraid he's losing control over. He falls deeper. Contrary to what Sadie's brother has fed her over the years, she doesn't sense danger in the air. Cenric likes to take control to keep her safe, but nothing dark and deadly, just thrills and crazy chemistry. When she starts to get to know him, something else resurfaces. They both fall into their own trap. Cenric's true intentions and her family secrets prevail. But nothing Cenric wouldn't do to prove that there's more to it than their arranged marriage, even if it means befriending the man who hurts his wife.

best netflix series to binge watch right now: Self-Improvement Mark Coeckelbergh, 2022-07-29 We are obsessed with self-improvement; it's a billion-dollar industry. But apps, workshops, speakers, retreats, and life hacks have not made us happier. Obsessed with the endless task of perfecting ourselves, we have become restless, anxious, and desperate. We are improving ourselves to death. The culture of self-improvement stems from philosophical classics, perfectionist religions, and a ruthless strain of capitalism—but today, new technologies shape what it means to

improve the self. The old humanist culture has given way to artificial intelligence, social media, and big data: powerful tools that do not only inform us but also measure, compare, and perhaps change us forever. This book shows how self-improvement culture became so toxic—and why we need both a new concept of the self and a mission of social change in order to escape it. Mark Coeckelbergh delves into the history of the ideas that shaped this culture, critically analyzes the role of technology, and explores surprising paths out of the self-improvement trap. Digital detox is no longer a viable option and advice based on ancient wisdom sounds like yet more self-help memes: The only way out is to transform our social and technological environment. Coeckelbergh advocates new “narrative technologies” that help us tell different and better stories about ourselves. However, he cautions, there is no shortcut that avoids the ancient philosophical quest to know yourself, or the obligation to cultivate the good life and the good society.

best netflix series to binge watch right now: 5-Star Career Penelope Przekop, 2021-11-08 Industries across the globe manufacture products and provide services that you deem 5-star worthy; their goal is to satisfy your needs and desires. They follow the proven science of quality management to make that happen because it is common sense, and its effectiveness is irrefutable. 5-Star Career: Define and Build Yours Using the Science of Quality Management provides common-sense, strategic context for personally implementing quality concepts that reflect your goals as well as your own definition of a 5-star life and career. This book provides the following benefits: Explains how the science of quality management can ensure customer satisfaction, which is what industry uses to gauge the quality of products and services. Relates that explanation to you on a personal level including how the basic concepts and components of the science apply to your career/job, the path it has taken, and can take. Challenges you to identify your authentic needs and desires following the thorough process, research methodology, and data analysis corporations rely on to understand their customers. It tells you how to do all of that, and provides a unique tool to help you gather and analyze the right type of data and information. Clarifies the critical role that controlled systems and processes play in the science of quality management, the role they play in the personal application of quality management, and their surprising power to ensure intended outcomes. Explains how to apply the proven decision-making methodology (used by industry) to identify the best possible process that leads to the career you deem as 5-star worthy, and to address the career elements that will satisfy your authentic needs and desires. Relays how risk-based decision-making is key not only to identifying a process that ensures success but also to addressing the unexpected curveballs that will surely come your way. Penelope Przekop built a 30-year career around the science of quality management while struggling to overcome the uniquely disturbing childhood she shared with her brother. Along the way, she internalized the science used to build quality into products and services and discovered how it can be personally applied to build and manage not only the quality of a career but also the quality of a life.

best netflix series to binge watch right now: The Pretty One Keah Brown, 2019-08-06 From the disability rights advocate and creator of the #DisabledAndCute viral campaign, a thoughtful, inspiring, and charming collection of essays exploring what it means to be black and disabled in a mostly able-bodied white America. Keah Brown loves herself, but that hadn't always been the case. Born with cerebral palsy, her greatest desire used to be normalcy and refuge from the steady stream of self-hate society strengthened inside her. But after years of introspection and reaching out to others in her community, she has reclaimed herself and changed her perspective. In *The Pretty One*, Brown gives a contemporary and relatable voice to the disabled—so often portrayed as mute, weak, or isolated. With clear, fresh, and light-hearted prose, these essays explore everything from her relationship with her able-bodied identical twin (called “the pretty one” by friends) to navigating romance; her deep affinity for all things pop culture—and her disappointment with the media's distorted view of disability; and her declaration of self-love with the viral hashtag #DisabledAndCute. By “smashing stigmas, empowering her community, and celebrating herself” (Teen Vogue), Brown and *The Pretty One* aims to expand the conversation about disability and inspire self-love for people of all backgrounds.

best netflix series to binge watch right now: The Selfish Romantic Michelle Elman, 2023-01-24 • How many people are walking through the world convinced that they have to settle? • How many people are being treated badly because they think they don't tick desirable boxes? • What would happen if you didn't limit yourself by seeing yourself as a bunch of labels, and instead saw yourself as a catch? • How fun would it be to be single without questioning your loveability, to date without taking rejection personally, and to have sex without hating your body? Nearly every question life coach and queen of boundaries Michelle Elman is asked relates to one subject: dating. Including unravelling myths about single life, changing your dating mindset, dealing with ghosting, text etiquette and taking relationships offline, The Selfish Romantic will teach you how to empower your love life like never before. Combining Michelle's expertise in boundaries and body positivity, this is your guide to navigating the modern dating landscape.

best netflix series to binge watch right now: Let Go of Emotional Overeating and Love Your Food Arlene B. Englander, 2018-08-24 Let Go of Emotional Overeating and Love Your Food is for anyone who would like to eat whatever they like, yet stop just at the point of satisfaction without overeating. Written by a Columbia University trained psychotherapist and former emotional overeater, Let Go of Emotional Overeating and Love Your Food offers psychologically sound techniques for recognizing the symptoms of emotional overeating and methods for addressing it in ways that are both effective and enjoyable. Readers will learn how to become aware of the difference between eating in a healthy way and eating emotionally – neither to satisfy hunger, nor for enjoyment, but in a desperate attempt to distract oneself from painful thoughts and feelings. Diets don't work for people who eat through their emotions. Instead, learning to recognize the stressors that lead to emotional eating and to address those tensions through other methods besides eating is the goal. When we handle stress well away from the table, we're free to relax and really savor our food when we choose to eat. Proven techniques like Cognitive Behavioral Therapy (CBT) are presented in an innovative, easy-to-remember way. Learning to eat mindfully, for health and enjoyment, becomes the goal, and Arlene Englander walks readers through table techniques designed to make mindful eating easier, habitual, and ultimately second-nature. Allowing for both fun foods and healthy foods, Englander's approach emphasizes eating healthfully and being aware of best practices and the behavioral objectives of coping with stress, exercising regularly, mindful eating, good nutrition and hydration, and controlling overeating situations. She addresses late-night eating, parties, vacation, and other situations where overindulging may be a risk. She concludes with a prescription that is meant to last so that readers can love their food for a lifetime.

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