

## **Have Fun in New York: A Guide to the Living City**

By William Jiang, MLS

I was talking to a friend when I had the idea for the focused and unique guide in your hands. He is a Master of Business Administration, but he was new to New York and he felt he had nothing to do earlier in the day. I gave him a bunch of ideas of things to do. I know New York probably better than anybody because I was a Columbia University Library Chief and I have been a native New Yorker for more than forty years. So, I thought I could share with you what I taught him that day. I wanted to write a guide that would make meeting people in NYC easy and fun, and I think I've done just that! After you use the book, please let me know if you agree!

The guide in your hands is quite unique. Most guides to New York tell you about how great the food in Chinatown is, where the Statue of Liberty is, and much more. This is not that kind of guide. This is a guide to the social and cultural life of NYC. If you are in NYC and feel you don't have something to do or people to meet, you are very mistaken. Every day there are thousands of opportunities for you to meet and socialize with New Yorkers. Why stay home, alone, and bored? There is no reason!

I like numbers. NYC had 56 million visitors in 2014, yet New York City has only eight million residents. NYC is truly a city that belongs to the world. By 2015 it is estimated that tourists spent seventy billion dollars in NYC. So, whenever I see someone who looks like a lost tourist, I do my best to make them feel right at home. I feel that it is such a gift that they are visiting my city of dreams. I hope this book will make them feel even more at home.

Whether you are a first-time visitor or a native New Yorker of more than fifty years, I guarantee you will learn new ways to meet people and socialize with this brief but powerful guide. Use common sense when socializing in this City, because bad things can happen if you do not use your head. But, that being said, enjoy the metropolis! Nobody is going to do it for you! In this guide, there are 90 very useful websites that will help you enjoy the Big Apple as a big social mixer! Make no mistake, this is not the last generation's guide to New York. This is a list of the City's living websites which cannot be captured in any printed book.

To use this guide you will need an Internet connection on your Kindle Reader and the ability to use a web browser. All Windows phones and tablets, Android smartphones, Android Tablets, iPads, and iPhones are appropriate. Kindle Fire tablets also can use this guide. Alternatively, you can use the Kindle Cloud Reader with a PC or Mac in Chrome, Internet Explorer, Safari, or Firefox.

Have Fun in New York is also great for students, singles, and business people who may wish to stay a spell in New York. There are useful websites listed for those who may wish to call the city home, at least for a bit. There are many great resources included to get education, jobs, real estate, and cars among other resources.

Oh, and I invite you to check out my thirty other special books about travel, psychology, history, language study, business, and much more!

Enjoy yourself!  
William Jiang, MLS

## Curated New York City Links

### Learn English for Your Trip

- [Inglés Fácilmente](#) (Kindle)
- [Inglés Fácilmente](#) (Audible.com)

### How to Get to NYC and How to Get Around NYC by Air, Rail, Bus, Taxi, Lodging, and Maps

- Train: <https://www.amtrak.com>
- Bus: <https://www.greyhound.com>
- Uber Car Service: <https://www.uber.com>
- Lyft Car Service: <https://lyft.com>
- Maps and Directions from Google: <https://www.google.com/maps>
- Google Airfare Finder: <https://www.google.com/flights>
- Meta Airfare and Hotel Finder: <http://www.kayak.com>
- Hostels: <http://www.hostelworld.com>
- Lodging: <http://www.airbnb.com>
- City of New York Information: <http://nyc.gov>
- City of New York Bus and Rapid Transit: <http://mta.info>

### Meet New Yorkers

- Craigslist: <http://newyork.craigslist.org>
- Backpage: <http://manhattan.backpage.com>
- Meet New Yorkers by Common Interest: <http://meetup.com>
- Meet New Yorkers at Discount- Groupon Classes & Events: <http://www.groupon.com>
- Meet New Yorkers at Discount- Living Social Classes & Events: <https://www.livingsocial.com>
- Speed Dating in New York: <http://www.nyminutedating.com>
- Date New Yorkers- Free: <http://www.okcupid.com>
- Date New Yorkers- Free: <http://www.pof.com>

## Best Restaurants- Nightlife - Shopping- Reviews

- The ORIGINAL and Oldest Restaurant Reviews: <http://www.zagat.com>
- Zagat's Best Restaurants List: <http://www.zagat.com/best-restaurants/new-york>
- Microsoft's Answer to Zagat and More: <http://citysearch.com>
- Yelp- Like Yellow Pages, but not weak: <http://www.yelp.com>
- South Street Seaport <http://www.southstreetseaport.com>
- Best Spas in NYC <http://www.timeout.com/newyork/travel/best-spa-hotels>
- Black Friday Deals NYC - [Shopping](#)
- Luxury Shopping in NYC <http://www.nycgo.com/articles/luxury-flagship-shopping>
- Electronics Shopping - [Yelp Recommendations](#)
- Diamond District <http://www.diamonddistrict.org>
- Tiffany & Co. <http://www.tiffany.com>
- Lord & Taylor <http://www.lordandtaylor.com>
- Macy's <http://www1.macys.com>
- Century 21 <http://www.c21stores.com>
- Bloomingdale's <http://www1.bloomingdales.com>
- Best Buy <http://www.bestbuy.com>
- Apple 5th Avenue <http://www.apple.com/retail/fifthavenue>

## A Huge List of Cultural Stuff to Do in the City that Never Sleeps

- NYC Official City Database of Things to Do: <http://www.nyc.gov/nyculture>
- NY Times Database of Cultural Stuff to Do: <http://www.nytimes.com/events>
- Huge Database of NYC Cultural Events by PBS: <http://www.nyc-arts.org/events>
- Huge List of Free and low-cost Activities <http://www.clubfreetime.com>
- New York Public Library has many Cultural Events and Exhibitions: <http://nypl.org>
- Brooklyn Public Library has many Cultural Events and Exhibitions:  
<http://www.bklynlibrary.org>
- Queens Library's Classes and Cultural Events: <http://queenslibrary.org>
- New York Book Events: <http://www.pw.org/calendar>
- More New York Book Events: <http://www.timeout.com/newyork/books>
- New York Poetry Headquarters: <http://www.poetshouse.org>
- Free Stuff to Do: <http://www.nycgo.com/free>
- Kids Stuff to Do: <http://www.timeout.com/new-york-kids>
- Time Out New York: <http://www.timeout.com/newyork>
- New York Film Festivals: [http://www.nyc.gov/html/film/html/for\\_fans/film\\_festivals.shtml](http://www.nyc.gov/html/film/html/for_fans/film_festivals.shtml)
- Broadway Theatre Listing: <http://www.broadway.com>
- Broadways Listings and More: <http://www.ticketmaster.com>

- TKTS Discount Theater Tickets <https://www.tdf.org>
- The Village Voice is a NY Newspaper with an Edge: <http://www.villagevoice.com>
- The New York Times Arts Section is one Good Place to see what's Hot: <http://www.nytimes.com>
- What's Hot at the Movies, Big List: <http://www.boxofficemojo.com>
- Indie Movie Theatre Angelika: <https://www.angelikafilmcenter.com/nyc>
- Indie Movie Theater Quad Cinema: <http://www.quadcinema.com>
- Independent Film Center: <http://www.ifccenter.com>
- Indie Movie Theater Lincoln Plaza Cinema: <http://www.lincolnplazacinema.com>
- Art Gallery Directory:300+ Art Galleries in NYC: <http://nycgallerydirectory.com>
- [Historical](#) New York
- Fun in Upper Manhattan <http://www.heightsites.com/events/>

### **Free or Low-Cost, Great Musical Events**

- [Julliard School of Music Calendar](#)
- [Manhattan School of Music Calendar](#)
- [NYU Music School of Music Calendar](#)
- [Mannes New School of MusicMannes](#)

### **Find Yourself: NYC Parks, Tours, and Spiritual Venues**

- NYC Parks Main Portal: <http://www.nycgovparks.org>
- NYC's Midtown Park: <http://www.bryantpark.org>
- Brooklyn's Most Popular Park: <http://www.prospectpark.org>
- Best Tours of NYC <http://www.timeout.com/newyork/things-to-do/walks-tours>
- [10 Best Synagogues](#) in NYC
- [200+ Most Beautiful Churches](#) in NYC
- [10 Best Mosques](#) in NYC
- [10 Best Buddhist Temples](#) in NYC
- [1344 Yoga Studios](#) from Yelp

### **Best Ethnic Cultural Centers**

- Spanish Cultural Center Instituto Cervantes: <http://nyork.cervantes.es/en/default.shtm>
- French Cultural Center: <http://fiaf.org>
- German Cultural Center [Goethe-Institut](#): <http://www.goethe.de>
- Irish Arts Center: <http://www.irishartscenter.org>
- Hungarian Cultural Center: <http://www.newyork.balassiintezet.hu/en/>
- Asia Society <http://www.asiasociety.org>
- Scandinavian Society: <http://www.scandinaviahouse.org>
- Ukrainian Institute: <http://www.ukrainianinstitute.org>
- Italian Cultural Center: <http://icnewyork.esteri.it>

## For Those Who Wish To Stay Longer in NYC

- CIA World Factbook- [United States](#)
- Buy or Rent an Apartment <http://www.zillow.com>
- Buy or Rent an Apartment <http://www.trulia.com>
- Rent an Apartment or Room (Beware Scams) <http://newyork.craigslist.org/search/hhh>
- Get a Job <http://www.indeed.com>
- Get Some Education- CUNY- The City University of New York <http://cuny.edu>
- Kelley Blue Book for Cars <http://www.kbb.com>
- Rent a Car By the Hour <http://www.zipcar.com>

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### ***About the author:***

Will is the author of thirty popular Kindle books in English, Spanish, and French which have gone to #1 in the USA and have sold in Canada, the United Kingdom, Spain, Mexico, Argentina, France, Germany, India, Australia, Italy, and Japan. He is a former Columbia University/NYSPI Medical Library Chief, designer, and he is a speaker of English, Spanish, French, and Portuguese.

Mr. Jiang's critically-acclaimed autobiography is "A Schizophrenic Will: A Story of Madness, A Story of Hope." Mr Jiang and his intense 20+ year struggle with schizophrenia is iconoclastic because he challenges us to think differently about stereotypes of mental illness. His peers would be world movers like Philip K. Dick, John Nash, and Elyn Saks. Most movies and media news paint one-dimensional, thinly drawn caricatures of mentally ill people, instilling fear. Refreshingly, words that could describe Mr. Jiang's life and work include: brilliant, passionate, artistic, profound, knowledgeable, inspirational, and even "wise teacher". Mr. Jiang's magnum opus in the field of psychiatry is "Guide to Natural Mental Health: Anxiety, Bipolar, Depression, Schizophrenia, and Digital Addiction: Nutrition, and Complementary Therapies" where Mr. Jiang shares deep insights into non-pharmaceutical natural strategies that are all-too-needed in this world of Big Macs and XBoxes.

William Jiang BA MLS Mental Health Author and Advocate

Facebook Group: [Living Well With Schizophrenia](#)

Author Blog: <http://www.mentalhealthbooks.net>

## Discover other titles by William Jiang, MLS

### Kindle Books in English

#### World Traveller Social Travel Guides

- [Have Fun in Hong Kong: A Guide to the Living City \(Have Fun World Collection\)](#)
- [Have Fun in Paris: A Guide to the Living City \(Have Fun World Collection\)](#)
- [Have Fun in London: A Guide to the Living City \(Have Fun World Collection\)](#)
- [Have Fun in New York A Guide to the Living City \(Have Fun World Connection\)](#)
- [Have Fun in Rio de Janeiro: A Guide to the Living City \(Have Fun World Collection\)](#)
- [Have Fun in Madrid: A Guide to the Living City \(Have Fun World Collection\)](#)
- [Have Fun in Miami: A Guide to the Living City \(Have Fun World Collection\)](#)
- [Have Fun in Boston: A Guide to the Living City \(Have Fun World Collection\)](#)

#### About Health

- [A Schizophrenic Will: A Story of Madness, A Story of Hope](#)
- [Guide to Natural Mental Health: Anxiety, Bipolar, Depression, Schizophrenia, and Digital Addiction: Nutrition, and Complementary Therapies, 3rd edition](#)
- [Guide to Natural Intelligence Enhancement: The Medical Librarian's Annotated Guide](#)
- [Natural Weight Loss and Diabetes Control: The Medical Librarian's Annotated Guide](#)
- [The Medical Librarian's Guide to the Best Medicine in America](#)

#### Language Guides

- [Tackling Spanish The Easy Way](#)
- [Tackling French The Easy Way](#)
- [Tackling Portuguese the Easy Way](#)

#### Literature and Poetry

- [The Poet of Washington Heights: A Scrapbook of Poetry, Photography, Digital Art, and Social Media](#)

#### Kindle Books about Ecommerce - History - Library Science

- [How to Shop Online like A Boss: How to do Online Consumer Shopping Right in the United States](#)
- [A Historical Reader: The New York Times and Madness, 1851-1922](#)
- [The English Virtual Library](#)

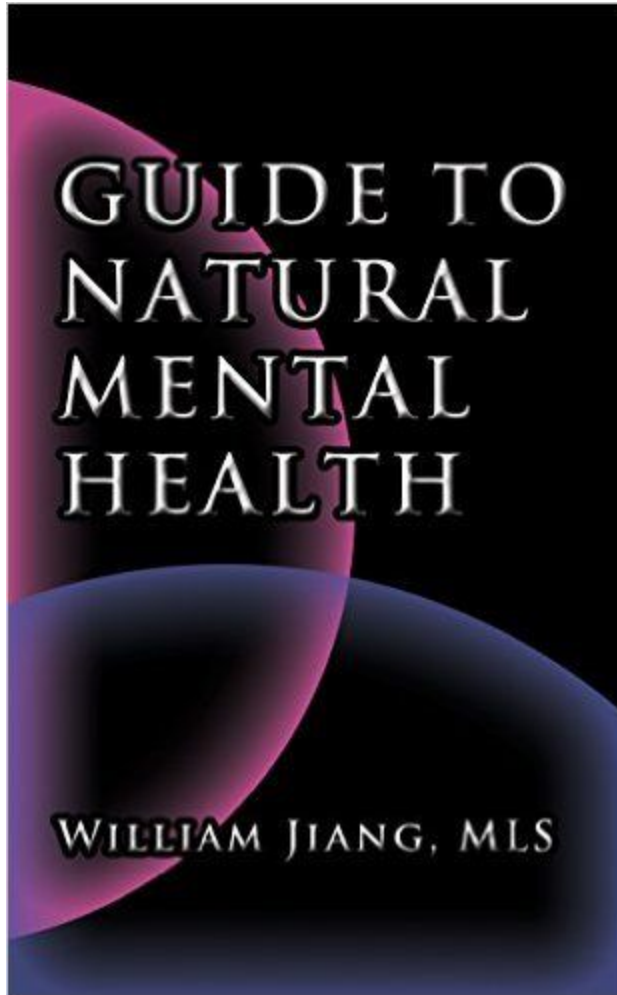
## **Spanish**

- [Entre la Esquizofrenia y Mi Voluntad: Una Historia de Locura y Esperanza - Jorge Alvarado, Traductor](#)
- [La guía del Bibliotecario Médico: Ansiedad, Depresión, Bipolar, y Esquizofrenia: Nutrición y Terapias Complementarias, Jorge Alvarado, Traductor](#)
- [Inglés Fácilmente](#)
- [La Guía del Bibliotecario Médico: Sobre las Ciberadicciones](#)
- [La Guía del Bibliotecario Médico: la Mejor Medicina en los Estados Unidos](#)
- [Guía para Divertirse en Nueva York: Conozcan a los Neoyorquinos, Comer en los Restaurantes Mejores, Hagan Shopping Como un Jefe, Disfruten Eventos Culturales Fantásticos, y Mucho Más](#)

## **French**

- [Un Homme New Yorkais avec la Schizophrénie: Une Autobiographie](#)

## ***Book Teaser...***



**Guide to Natural Mental Health:**  
**Anxiety, Bipolar, Depression, Schizophrenia, and Digital Addiction:**  
**Nutrition, and Complementary Therapies, 3rd Edition**  
By William Jiang, MLS

Foreword to the Third Edition  
By William Jiang, MLS

Mental illness is still a widespread and serious problem. Currently, the the National Institute for Mental Health (NIMH) estimates about 26.2 percent of Americans ages 18 and older meet the criteria for at least one serious mental disorder, more than one in four Americans. According to another source as of 2014, the incidence of mental illness has doubled for children since the nineties. The World Health Organization (WHO) estimates that by the year 2020, depression will be the second most common cause of disability and premature death worldwide.



The statistics are grim and the problem is real and growing, but what can we do? This book tackles that very question for those who are currently suffering and those who may wish to avoid serious mental problems in the future. The good news is there is hope for many to better live with, and for some, completely avoid mental problems. The book is not meant to be seen as a panacea; rather, it offers strategies to cope with and possibly prevent mental disease that are backed up by current medical and scientific knowledge.

Although renamed, like the first edition, this book is what librarians call an annotated bibliography. This annotated bibliography picks the "best" information from the medical literature, includes commentary as well as the source, title, and abstract of the article from MEDLINE. In this case, the strength of this particular annotated bibliography is the concentration of the knowledge of world-class experts from many medical disciplines, all in one small volume, with **FREE FULLTEXT** for further exploration often available for more in-depth reading and learning.

This third edition includes the new topic of Digital Addiction. Complementary and alternative treatments for Digital Addiction are not included as they would most likely resemble a mixture of treatments for depression and anxiety, mostly. Digital Addiction is included to raise awareness of the relatively new and increasingly problematic constellation of electronic addictions ranging from out-of-control texting via cellular telephone to Facebook addiction to video game addiction and beyond.

To your health!

*William Jiang, MLS*

I was the Chief Librarian of the New York State Psychiatric Institute Patient and Family Library, affiliated with Columbia University, for seven years. This book focuses on the knowledge about Complementary and Alternative Health treatments for select mental issues that I gleaned over seven years of following the mental health literature during that time. The thrust of the book is mental health, nutrition, and complementary therapies.

## **Grandma Was Right**

By William Jiang, MLS

Today everything is about Facebook, Twitter, and the PlayStation 3. Yet, the incidence of autism is rising, the incidence of depression is rising, the incidence of diabetes is rising, and the incidence of many other illnesses are rising. I'm not saying that grandma knew everything, but she knew what she was talking about.

Grandma said, "Go out and play!" She was so right! By going out and playing you got: one, exercise and two, sunshine. Both exercise and sunshine have been shown efficacious for treating depression once a person has it. Might it also not be a preventative? Kids these days are eating too many unhealthy foods and playing their Xbox too long. So not only do they not get exercise or Sun, they compound the problems with unhealthy foods which can cause even

more problems. Childhood obesity rates are through the roof. Johnny, get off the Xbox and go play some basketball.

Grandma said, "People who live near the equator are happier." She was so right. It turns out that people in Scandinavian countries as well as other countries that don't get enough light suffer more from seasonal affective disorder which is a type of depression. However, there are many people in countries that do have enough light that also suffer from a type of seasonal affective disorder. Because they are in their offices and homes so much they don't get enough light, so the outcome is the same. There is an entire field that studies the effects of light on people's moods is called chronotherapeutics. It is a young field; but it has been shown that light has powerful antidepressant properties and in some cases is more efficacious, faster working, with a much better side effect profile than antidepressant drugs.

Grandma said, "Eat your fish; it's brain food." Boy was she right! It turns out that the Omega-3 in fish is not only good for the heart but also for the nervous system and brain. Omega-3s in fish oil has been shown to be good for mood disorders such as depression and bipolar disorder; however, less than a year ago the fish oils were shown to be efficacious in stopping schizophrenia in its tracks for people who are at high risk of developing it. Finally, fish oil also seems to have anti-inflammatory properties which can fight against the development of diabetes.

Grandma said, "Go to sleep, it's late." Grandma was right to encourage a healthy sleep schedule. It has been shown that children who go to sleep later than 10 o'clock at night are prone to more psychological problems than children who go to sleep earlier. Also, in our stressful society, it has been shown that people that get less sleep, function worse on the job. When there is a sleep deficit for many years, it can cause lasting physical problems.

Grandma said, "Eat your veggies." People do not get enough roughage these days. So, there are many people who have gastrointestinal problems that might have been prevented. Not only do the vitamins and minerals in the vegetables promote good health, the roughage is extremely important for people with bowel disorders. Eating enough fruits and vegetables decreases an unhealthy appetite so that people can lose unhealthy weight if they are overweight.

Call me a Luddite, but I think it's time to get back to basics. Don't forget to give granny a call to thank her for her wisdom.

## **Digital Addiction**

The DSM, the Diagnostic and Statistical Manual of Mental Disorders, has been the standard for psychiatric diagnosis for the psychological and psychiatric communities since the Office of the US Surgeon General and the US Department of War published the DSM-I as a technical bulletin in 1952. The DSM was created, in large part, to help mental health workers classify shellshocked and otherwise mentally ill combat veterans who fought in World War II. The Current DSM, the DSM-V, was released at the..

