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Ser paz en un mundo en conflicto Marshall B. Rosenberg 2019-04-01 Ser paz en un mundo en conflicto está repleto de historias, lecciones e ideas inspiradoras procedentes de más de cuarenta años de experiencia mediando en conflictos y sanando relaciones en algunos de los rincones más violentos del mundo. Encontrará capítulos completos sobre cómo resolver conflictos, transformar la cultura empresarial y las estructuras autoritarias, transformar las imágenes de enemigo, abordar el terrorismo, expresar y recibir gratitud y promover un cambio social efectivo. Marshall B. Rosenberg, pacifista, mediador y sanador internacional le muestra cómo desarrollar una conciencia interna de paz arraigada en el lenguaje que utiliza cada día. Ser paz en un mundo en conflicto aporta conocimientos, habilidades prácticas y recursos eficaces que cambiarán profundamente a mejor sus relaciones y el curso de su vida.

Massive Change Bruce Mau 2004-10 Massive Change is a modern illustrated primer on the new inventions, technologies, and events that are affecting the human race worldwide. The book is a part of a broader research project by Bruce Mau Design intended to provoke debate and discussion about the familiar objects and techniques that are transforming our lives. In essays, interviews, and provocative imagery aimed at a broad audience, Massive Change explores the changing force of design in the contemporary world, and in doing so expands the definition of design to include the built environment, transportation technologies, revolutionary materials, energy and information systems, and living organisms. The book is divided into 11 heavily illustrated sections covering major areas of change in contemporary society - such as urbanism and architecture, the military, health and living, and wealth and politics. introductory essay, extended captions, and interviews with leading thinkers, including engineers, designers, philosophers, scientists, architects, artists, and writers. Concluding the book is a graphic timeline of significant inventions and world events from 10,000 B.C. to the present. Massive Change is the umbrella name for wide-ranging research project initiated by Bruce Mau Design and the Institute Without Boundaries, a new post-graduate design program headquartered at his studio. The project will include not only this book but also a travelling exhibition, public events, an on-line forum, a documentary television project, posters, and a product line. The overall aim of the project is to explore the changing force of design in the contemporary world. The book focuses on the powerful, newly designed technologies and systems (and the failure of outmoded ones) that increasingly influence our

daily lives. the debate about genetically modified foods, the race to decode human the human genome, the development and worldwide trafficking of sophisticated military weapons - even the increasingly intrusive security systems at airports: all are examples of massive changes that involve the field of design. The book presents images and text that explore the impact of these subjects, both the seemingly mundane as well as the mind-boggling and microscopic. As the text in *Massive Change* explains: No longer associated simply with objects and appearances, design is increasingly understood in a much wider sense as the human capacity to plan and produce desired outcomes. The book is divided into 11 sections, each focusing on a specific economy at work in the world today, both the traditional (such as manufacturing), and the often-invisible (globalization and politics). The pages combine images, extended captions, general essays, and interviews in a clean, simple design. The imagery in *Massive Change* is irresistible, and stands alone as a compelling reason to own this book. beautiful. For example, a photo of a smoky blue blob, as the caption explains, is really Aerogel, a material developed by NASA to collect fast-moving space dust. And a featherless, naked chicken staring at us from the page is just that: a new, genetically engineered broiler that requires no plucking and yields more meat, a boon to poultry producers yet a frightening harbinger of our future food supply. *Massive Change* is a well designed, intelligent, visually provocative exploration of the myriad subjects percolating through popular culture: those we read about in magazines and on Web sites but rarely understand in any meaningful way. It poses the question: Now that the human race can do almost anything, what will we do next?

Motherland Elissa Altman 2020-09-08 "I'm reading this book right now and loving it!"—Cheryl Strayed, #1 New York Times bestselling author of *Wild* How can a mother and daughter who love (but don't always like) each other coexist without driving each other crazy? "Vibrating with emotion, this deeply honest account strikes a chord."—People "A wry and moving meditation on aging and the different kinds of love between women."—O: The Oprah Magazine After surviving a traumatic childhood in nineteen-seventies New York and young adulthood living in the shadow of her flamboyant mother, Rita, a makeup-addicted former television singer, Elissa Altman has managed to build a very different life, settling in Connecticut with her wife of nearly twenty years. After much time, therapy, and wine, Elissa is at last in a healthy place, still orbiting around her mother but keeping far enough away to preserve the stable, independent world she has built as a writer and editor. Then Elissa is confronted with the unthinkable: Rita, whose days are spent as a flâneur, traversing Manhattan from the Clinique counters at Bergdorf to Bloomingdale's and back again, suffers an incapacitating fall, leaving her completely dependent upon her daughter. Now Elissa is forced to finally confront their profound differences, Rita's yearning for beauty and glamour, her view of the world through her days in the spotlight, and the money that has mysteriously disappeared in the name of preserving youth. To sustain their fragile mother-daughter bond, Elissa must navigate the turbulent waters of their shared lives, the practical challenges of caregiving for someone who refuses to accept it, the tentacles of narcissism, and the mutual, frenetic obsession that has defined their relationship. *Motherland* is a story that touches every home and every life, mapping the ferocity of maternal love, moral obligation, the choices women make about motherhood, and the possibility of healing. Filled with tenderness, wry irreverence, and unforgettable characters, it is an exploration of what it means to escape from the shackles of the past only to have to face them all over again. Praise for *Motherland* "Rarely has a mother-daughter relationship been excavated with such honesty. Elissa Altman is a beautiful, big-hearted writer who mines her most central subject: her gorgeous, tempestuous, difficult mother, and the terrain of their shared life. The result is a testament to the power of love and family."—Dani Shapiro, author of *Inheritance*

Ненасильственное общение в конфликтах и разногласиях: Говорить мирно в мире, полном

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конфликтов Маршалл Розенберг 2022-05-30 Эта книга наполнена вдохновляющими историями, уроками и идеями, почерпнутыми автором из более чем 40-летнего опыта посредничества в конфликтах и исцеления отношений в некоторых из самых разоренных войной, бедных и жестоких уголков мира. Здесь вы найдете полные главы, посвященные практике ненасильственного общения, эффективному разрешению конфликтов, преобразованию деловой культуры, изменению образа врага, борьбе с терроризмом, преобразованию авторитарных структур, выражению и получению благодарности, а также социальным изменениям. Ранее книга издавалась под названием «Говорить мирно в мире, полном конфликтов»

Come As You Are Michael Azerrad 2013-01-23 “Amazingly raw and candid . . . Come As You Are is as good as rock bios get” —Billboard Nirvana came out of nowhere in 1991 to sell nearly five million copies of their landmark album Nevermind, whose thunderous sound and indelible melodies embodied all the confusion, frustration, and passion of the emerging Generation X. Come As You Are is the close-up, intimate story of Nirvana—the only book with exclusive in-depth interviews with bandmembers Kurt Cobain, Krist Noveselic, and Dave Grohl, as well as friends, relatives, former bandmembers, and associates—now updated to include a final chapter detailing the last year of Kurt Cobain's life, before his tragic suicide in April 1994.

How Big Is Your God? Paul Coutinho 2011-09-29 Do you have a real relationship with God, or do you just have a religion? Do you know God, or do you just know about God? In *How Big Is Your God?* Paul Coutinho, SJ, challenges us to grow stronger and deeper in our faith and in our relationship with God—a God whose love knows no bounds. To help us on our way, Coutinho introduces us to people in various world religions—from Hindu friends to Buddhist teachers to St. Ignatius of Loyola—who have shaped his spiritual life and made possible his deep, personal relationship with God.

Mindfulness Yoga Frank Jude Boccio 1993-01-09 Drawing on several forms of yoga, a student of Thich Nhat Hanh serves up an accessible introduction to yoga from a Buddhist perspective that outlines the movements, poses, and breathing technique in seventy-five illustrations. Original.

The Complete Tolkien Companion J. E. A. Tyler 2014-03-18 For all those who journey to J.R.R. Tolkien's Middle Earth, here is the complete guide to its lands, legends, histories, languages, and people. The Complete Tolkien Companion explains, translates, and links every single reference - names, dates, places, facts, famous weapons, even food and drink - to be found in Tolkien's world, which includes not only *The Hobbit* and *The Lord of the Rings* but also *The Silmarillion* and many other posthumously published works. A detailed explanation of the various Elvish writing systems, together with maps, charts, and genealogical tables, bring the remarkable genius of Tolkien and the unforgettable world and wonder of Middle Earth to life with focus and accuracy. Presented in alphabetical order for quick and easy reference, this is an indispensable accompaniment for anyone who embarks on the reading journey of a lifetime. First published in 1976, this edition has been fully revised and updated for a new century of Tolkien lovers.

Setting Your Heart on Fire Raphael Cushnir 2007-12-18 “To live in accord with love is to set your heart on fire. In the crucible of such an inferno all convention burns away. What’s left is an entirely new kind of existence, one full of passion, presence, and infinite possibility.” This book is a wake-up call from your own heart. It is a roadmap to love—not the romantic, familial or platonic kind, but a love that most of us have rarely tasted. This love exists prior to and apart from any specific type of expression. It is a dynamic, primal force that connects us with the surrounding universe, and provides the key to our deepest and most lasting fulfillment if we can learn to tap into its awesome power. Raphael Cushnir’s

own experience has taught him that we often close ourselves to love—that life’s challenges, losses, and disappointments can shut us down emotionally and physically, leaving us stagnant in our work and relationships, and feeling empty and alone. *Setting Your Heart on Fire* presents his invigorating, step-by-step process for reopening and reawakening your heart and spirit, and for learning to use this ever-present love to blaze through any obstacle you may face. The Seven Invitations in this book will guide you through a courageous assessment of your choices, emotions, behaviors, and beliefs, revolutionizing your approach to stress and adversity, and revealing a brand new way of thinking and being. In accepting the Invitations, you will learn how to let go of harmful thoughts and heal deeply rooted emotional wounds. You will begin to open yourself to love’s creativity and wisdom, struggling less yet achieving more. You will discover how to infuse everyday experiences with a breathtaking sense of joy and wonder. And your relationships - with family, friends, co-workers and romantic partners - will become a vehicle for profound and thrilling change. Each Invitation provides practical, easy-to-grasp examples that allow you to put its teachings immediately into practice. Over time, you will learn to access love in even the most difficult situations, unlocking the door to a fearless, authentic life. When your heart is on fire, the whole world is transformed by its light.

WBCN and the American Revolution Bill Lichtenstein 2021-11-30 How Boston radio station WBCN became the hub of the rock-and-roll, antiwar, psychedelic solar system. While San Francisco was celebrating a psychedelic Summer of Love in 1967, Boston stayed buttoned up and battened down. But that changed the following year, when a Harvard Law School graduate student named Ray Riepen founded a radio station that played music that young people, including the hundreds of thousands at Boston-area colleges, actually wanted to hear. WBCN-FM featured album cuts by such artists as the Mothers of Invention, Aretha Franklin, and Cream, played by announcers who felt free to express their opinions on subjects that ranged from recreational drugs to the war in Vietnam. In this engaging and generously illustrated chronicle, Peabody Award-winning journalist and one-time WBCN announcer Bill Lichtenstein tells the story of how a radio station became part of a revolution in youth culture. At WBCN, creativity and countercultural politics ruled: there were no set playlists; news segments anticipated the satire of *The Daily Show*; on-air interviewees ranged from John and Yoko to Noam Chomsky; a telephone “Listener Line” fielded questions on any subject, day and night. From 1968 to Watergate, Boston’s WBCN was the hub of the rock-and-roll, antiwar, psychedelic solar system. A cornucopia of images in color and black and white includes concert posters, news clippings, photographs of performers in action, and scenes of joyousness on Boston Common. Interwoven through the narrative are excerpts from interviews with WBCN pioneers, including Charles Laquidara, the “news dissector” Danny Schechter, Marsha Steinberg, and Mitchell Kertzman. Lichtenstein’s documentary *WBCN and the American Revolution* is available as a DVD sold separately.

Darkest Hour Virginia Andrews 2012-12-25 DARKEST HOUR takes us back to the story of Dawn's grandmother Lillian, and a thriving plantation called The Meadows. Lillian's happy life is shattered when her sister Emily reveals the shocking secret of her birth. And her heart is torn anew when, in a drunken haze, her father subjects her to the most brutal degradation. Then he loses The Meadows in a card game, and Lillian is faced with a new and terrifying prospect: arrogant, handsome playboy Bill Cutler will return the plantation - only if Lillian will marry him. Too frightened to defy her father, Lillian is forced to leave her childhood home behind, and make a bold new beginning as the mistress of a hotel called Cutler's Cove.

[Speak Peace in a World of Conflict](#) Marshall B. Rosenberg (Phd) 2005

Don't Go Lisa Scottoline 2013-04-09 Fleeing home from his military service in Afghanistan when his

wife dies in an apparent freak household accident, Dr. Mike Scanlon struggles with the tragedy, his inability to bond with his new baby daughter and a downsizing in his medical practice only to discover a shocking secret that changes his understanding of everything. By the Edgar Award-winning author of *Come Home*. 300,000 first printing.

Die Sprache des Friedens sprechen - in einer konfliktreichen Welt : was Sie als Nächstes sagen, wird Ihre Welt verändern Marshall B. Rosenberg 2006

Omega Jus Accardo 2017-08-01 One mistake can change everything. Ashlyn Calvert finds that out the hard way when a bad decision leads to the death of her best friend, Noah Anderson. Only Noah isn't really gone. Thanks to his parents' company, the Infinity Division, there is a version of him skipping from one dimension to another, set on revenge for the death of his sister, Kori. When a chance encounter brings him face-to-face with Ash, he's determined to resist the magnetic pull he's felt for her time and time again. Because falling for Ash puts his mission in danger. But there's more going on in Ash's alternate universe than either of them knows: a mysterious project called Omega. A conspiracy spanning multiple Earths and revolving around none other than Ash. Its creators would do anything to keep Omega secret... Anything. The Infinity Division series is best enjoyed in order. Reading Order: Book #1 Infinity Book #2 Omega Book #3 Alpha

Black Hills Nora Roberts 2009-07-07 In this #1 New York Times bestseller, Nora Roberts takes readers deep into the rugged hills of South Dakota, where the shadows keep secrets, hunters stalk the land, and a friendship matures into something more.... Cooper Sullivan spent the summers of his youth on his grandparents' South Dakota ranch, sharing innocent games and stolen kisses with the neighbor girl, Lil Chance. Now, twelve years after they last walked together hand in hand, fate has brought them back to the Black Hills. Though the memory of Coop's touch still haunts her, Lil has let nothing stop her dream of opening the Chance Wildlife Refuge, but something—or someone—has been keeping a close watch. When small pranks and acts of destruction escalate into a heartless attack on Lil's beloved cougar, memories of an unsolved murder have Coop springing to action to keep Lil safe. Both of them know the natural dangers that lurk in the wild landscape of the Black Hills. But a killer of twisted and unnatural instincts has singled them out as prey....

Earth Bound Christine Feehan 2015-07-07 #1 New York Times bestselling author Christine Feehan returns to the mysterious coastal town of Sea Haven where a woman is stalked by her inescapable past in the fourth novel in the Sisters of the Heart series. On the shores of Sea Haven, six women touched by great loss have come together in a sisterhood strengthened by the elements—a bond each will need as new love and danger enter their lives... After escaping from a cult, Lexi found refuge with her sisters on the farm that more than sustained her body—it nurtured her soul as well. But she never forgot the terror she left behind or the always present fear that the cult would find her again, and claim her. Then her nightmare came true. Lexi was discovered and threatened—only to be suddenly saved by a stranger. He is Gavriil Prakenskii, and he's awestruck by the woman he's rescued. She is destined for him. He can feel it in his soul. But how can Lexi find happiness with a man steeped in secrets and shadows, one intimately acquainted with violence, and whose very love could be the death of them?

The Gift of Logos David Jones 2009-12-14 The Continental tradition has always placed great emphasis on the Logos. *The Gift of Logos: Essays in Continental Philosophy* celebrates and situates this emphasis in the genre of the gift and its giving. The process of receiving, or giving, of the gift overcomes the existential alienation and separation that is so present in the human condition. To ritualize giving and its gifting is to provide a syntax of solidarity that bespeaks our desire for cohesion and need for

identities beyond our own. To give a gift is to befriend. The gift of logos is more than a gift from the gods and goddesses; it is an act of giving for those friends of wisdom—for those philosophers who give to each other and to their worlds and receive the blessings of logos from each other. The increasing objectification of human being has mobilized a regressive narcissism that shows the ego's reassertion in the light of the meaningless quantifying forces from without. By not reflecting deeply enough upon its conditions of existence in the modern world and on its ordinary moments, philosophy itself has not been immune from this besotted sense of self. Although not an invective against thinking nor against modern and contemporary philosophy's genuine advances, *The Gift of Logos* portends to shed the delusion that theoretical re-description is somehow the same as transforming who we are. This transformation is our greatest gift to each other. To give it voice is the gift of Logos and what this collection of essays commemorates.

Be Your Best! a Roadmap to Living a Healthy, Balanced and Fulfilling Life Jeff Thibodeau 2007-01 Everyone wants to be their best at all times. You do. I do. We all do. But most of us don't always know how. If only there was a roadmap to help point the way. Well now there is one! *Be Your Best-A Roadmap to Living a Healthy, Balanced and Fulfilling Life* provides discussion, inspiration and practical guidance to help you become the best that you can be in every daily life experience, with particular attention given to the major issues that most people grapple with. It is the first book of its kind to offer 12 books within a book- chapters that can stand on their own but together comprise a truly comprehensive and comprehensible, practical and spiritual guide to being your best in life's most universally challenging situations. *Be Your Best* is useful as a quick reference when time is short and the need is specific and also as a more comprehensive guidebook for life. *Be Your Best - A Roadmap to Living a Healthy, Balanced and Fulfilling Life*, is based on the Author's study, experience, introspection and teaching related to spirituality, nature, creativity and healing. His passionate interest and experience in these disciplines led him to create Helios Cape Cod, LLC, a center for personal and planetary healing, which has two branches. Helios Natural Therapeutics offers services and classes in natural therapeutics, hands on healing therapies, and lifestyle counseling/coaching. Helios Land Design provides landscape design and planning services including sacred space design. Jeff earned a Master's Degree in Landscape Architecture from Cornell University, and Certification as a Natural Therapeutic Specialist, Licensed Massage Therapist, and Cranial-Sacral/Core Synchronism Therapist from the New Mexico School of Natural Therapeutics. He also earned a Black Belt and Instructor Certification in Kung Fu from the U.S.A. Kung Fu Academy, and is an accomplished singer-songwriter. He lives and works on Cape Cod. Please visit his website at www.jeffthibodeau.com for more information or to contact him about speaking engagements and consultations.

Crossing the Wire Will Hobbs 2009-10-13 In this riveting, action-packed novel from award-winning author Will Hobbs, a teenage boy hoping to help his loved ones must fight for his life as he makes the dangerous journey across the Mexican border into the United States. When falling crop prices threaten his family with starvation, fifteen-year-old Victor Flores heads north in an attempt to "cross the wire" from Mexico into America so he can find work and help ease the finances at home. But with no coyote money to pay the smugglers who sneak illegal workers across the border, Victor struggles to survive as he jumps trains, stows away on trucks, and hikes grueling miles through the Arizona desert. Victor's passage is fraught with freezing cold, scorching heat, hunger, and dead ends. It's a gauntlet run by many attempting to cross the border, but few make it. Through Victor's desperate perseverance, Will Hobbs brings to life a story that is true for many, polarizing for some, but life-changing for all who read it. Acclaim for *Crossing the Wire* includes the following: New York Public Library Books for the Teen Age, Junior Library Guild Selection, Americas Awards Commended Title, Heartland Award, Southwest Book Award, and Notable Books for Global Society.

Michael, we really have to talk . . . Michael O'Neill 2015-07-14 Human Resources worker Michael O'Neill describes his long march through the institutions of the Australian public service. "He was explaining why he had just taken a very well-paid public service position in the upper echelon of the Education Department. "Comrades," he said, "I have been on the long march through the institutions." There was enough auld lang syne in his phrase to resonate with our shared ratbag past, enough residue of our onetime reverence for Mao, enough nostalgia for 1968 to dissolve the tension and turn the talk to other things.

Living with a Wild God Barbara Ehrenreich 2014-04-08 From the New York Times bestselling author of *Nickel and Dimed* comes a brave, frank, and exquisitely written memoir that will change the way you see the world. Barbara Ehrenreich is one of the most important thinkers of our time. Educated as a scientist, she is an author, journalist, activist, and advocate for social justice. In *LIVING WITH A WILD GOD*, she recounts her quest-beginning in childhood-to find "the Truth" about the universe and everything else: What's really going on? Why are we here? In middle age, she rediscovered the journal she had kept during her tumultuous adolescence, which records an event so strange, so cataclysmic, that she had never, in all the intervening years, written or spoken about it to anyone. It was the kind of event that people call a "mystical experience"-and, to a steadfast atheist and rationalist, nothing less than shattering. In *LIVING WITH A WILD GOD*, Ehrenreich reconstructs her childhood mission, bringing an older woman's wry and erudite perspective to a young girl's impassioned obsession with the questions that, at one point or another, torment us all. The result is both deeply personal and cosmically sweeping-a searing memoir and a profound reflection on science, religion, and the human condition. With her signature combination of intellectual rigor and uninhibited imagination, Ehrenreich offers a true literary achievement-a work that has the power not only to entertain but amaze.

The Book of the Damned Charles Fort 1972 "Time travel, UFOs, mysterious planets, stigmata, rock-throwing poltergeists, huge footprints, bizarre rains of fish and frogs-nearly a century after Charles Fort's *Book of the Damned* was originally published, the strange phenomenon presented in this book remains largely unexplained by modern science. Through painstaking research and a witty, sarcastic style, Fort captures the imagination while exposing the flaws of popular scientific explanations. Virtually all of his material was compiled and documented from reports published in reputable journals, newspapers and periodicals because he was an avid collector. Charles Fort was somewhat of a recluse who spent most of his spare time researching these strange events and collected these reports from publications sent to him from around the globe. This was the first of a series of books he created on unusual and unexplained events and to this day it remains the most popular. If you agree that truth is often stranger than fiction, then this book is for you"--Taken from Good Reads website.

The Daily Show (The Book) Chris Smith 2016-11-22 NEW YORK TIMES BESTSELLER The complete, uncensored history of the award-winning *The Daily Show* with Jon Stewart, as told by its correspondents, writers, and host. For almost seventeen years, *The Daily Show* with Jon Stewart brilliantly redefined the borders between television comedy, political satire, and opinionated news coverage. It launched the careers of some of today's most significant comedians, highlighted the hypocrisies of the powerful, and garnered 23 Emmys. Now the show's behind-the-scenes gags, controversies, and camaraderie will be chronicled by the players themselves, from legendary host Jon Stewart to the star cast members and writers-including Samantha Bee, Stephen Colbert, John Oliver, and Steve Carell - plus some of *The Daily Show*'s most prominent guests and adversaries: John and Cindy McCain, Glenn Beck, Tucker Carlson, and many more. This oral history takes the reader behind the curtain for all the show's highlights, from its origins as Comedy Central's underdog late-night program to Trevor Noah's succession, rising from a scrappy jester in the 24-hour political news cycle to

become part of the beating heart of politics—a trusted source for not only comedy but also commentary, with a reputation for calling bullshit and an ability to effect real change in the world. Through years of incisive election coverage, passionate debates with President Obama and Hillary Clinton, feuds with Bill O'Reilly and Fox, and provocative takes on Wall Street and racism, *The Daily Show* has been a cultural touchstone. Now, for the first time, the people behind the show's seminal moments come together to share their memories of the last-minute rewrites, improvisations, pranks, romances, blow-ups, and moments of Zen both on and off the set of one of America's most groundbreaking shows.

The Happiness Project (Revised Edition) Gretchen Rubin 2015-12-29 “This book made me happy in the first five pages.” —AJ Jacobs, author of *The Year of Living Biblically: One Man's Humble Quest to Follow the Bible as Literally as Possible* Award-winning author Gretchen Rubin is back with a bang, with *The Happiness Project*. The author of the bestselling *40 Ways to Look at Winston Churchill* has produced a work that is “a cross between the Dalai Lama’s *The Art of Happiness* and Elizabeth Gilbert’s *Eat, Pray, Love*.” (Sonya Lyubomirsky, author of *The How of Happiness: A Scientific Approach to Getting the Life You Want*) In the vein of *Julie and Julia*, *The Happiness Project* describes one person’s year-long attempt to discover what leads to true contentment. Drawing at once on cutting-edge science, classical philosophy, and real-world applicability, Rubin has written an engaging, eminently relatable chronicle of transformation.

Tricycle 2003

What the Buddha Taught Walpola Rahula 2007-12-01 This indispensable volume is a lucid and faithful account of the Buddha’s teachings. “For years,” says the *Journal of the Buddhist Society*, “the newcomer to Buddhism has lacked a simple and reliable introduction to the complexities of the subject. Dr. Rahula’s *What the Buddha Taught* fills the need as only could be done by one having a firm grasp of the vast material to be sifted. It is a model of what a book should be that is addressed first of all to ‘the educated and intelligent reader.’ Authoritative and clear, logical and sober, this study is as comprehensive as it is masterly.” This edition contains a selection of illustrative texts from the Suttas and the *Dhammapada* (specially translated by the author), sixteen illustrations, and a bibliography, glossary, and index.

The Last Cowboys: A Pioneer Family in the New West John Branch 2018-05-15 “A can't-put-it-down modern Western.” —Kirk Siegler, NPR Longlisted for the PEN/ESPN Award for Literary Sports Writing *The Last Cowboys* is Pulitzer Prize-winning reporter John Branch’s epic tale of one American family struggling to hold on to the fading vestiges of the Old West. For generations, the Wrights of southern Utah have raised cattle and world-champion saddle-bronc riders—many call them the most successful rodeo family in history. Now they find themselves fighting to save their land and livelihood as the West is transformed by urbanization, battered by drought, and rearranged by public-land disputes. Could rodeo, of all things, be the answer? Written with great lyricism and filled with vivid scenes of heartache and broken bones, *The Last Cowboys* is a powerful testament to the grit and integrity that fuel the American Dream.

The Heroin Diaries: Ten Year Anniversary Edition Nikki Sixx 2007-09-18 The shocking, gripping, and at times darkly hilarious bestselling memoir of Nikki Sixx’s yearlong war with a vicious heroin addiction, featuring exclusive new content. When Mötley Crüe was at the height of its fame, there wasn’t any drug Nikki Sixx wouldn’t do. He spent days—sometimes alone, sometimes with other addicts, friends, and lovers—in a coke- and heroin-fueled daze. The highs were high, and Nikki’s journal entries reveal some euphoria and joy. But the lows were lower, often ending with Nikki in his closet,

surrounded by drug paraphernalia and wrapped in paranoid delusions. Here, Nikki shares the diary entries—some poetic, some scatterbrained, some bizarre—of those dark times. Joining him are Tommy Lee, Vince Neil, Mick Mars, Slash, Rick Nielsen, Bob Rock, and a host of ex-managers, ex-lovers, and more. Brutally honest, utterly riveting, and surprisingly moving, *The Heroin Diaries* follows Nikki during the year he plunged to rock bottom—and his courageous decision to pick himself up and start living again.

Seven Days of Us Francesca Hornak 2018-10-16 A family can't escape their secrets when they're forced to spend a week in quarantine in this "sharply funny" (People) novel—an Indie Next and #1 Library Reads Pick! It's Christmas, and for the first time in years the entire Birch family will be under one roof. Even Emma and Andrew's elder daughter—who is usually off saving the world—will be joining them at Weyfield Hall. But Olivia, a doctor, is only coming home because she has to. She's just returned from treating an epidemic abroad and has been told she must stay in quarantine for a week...and so too should her family. For the next seven days, the Birches are locked down, cut off from the rest of humanity, and forced into each other's orbits. Younger, unabashedly frivolous daughter Phoebe is fixated on her upcoming wedding, while Olivia deals with the culture shock of first-world problems. As Andrew sequesters himself in his study writing scathing restaurant reviews and remembering his glory days as a war correspondent, Emma hides a secret that will turn the whole family upside down. In close proximity, not much can stay hidden for long, and as revelations and long-held tensions come to light, nothing is more shocking than the unexpected guest who's about to arrive....

[Scary Stories for Young Foxes](#) Christian McKay Heidicker 2019-07-30 A 2020 Newbery Honor Recipient! Christian McKay Heidicker, author of the *Thieves of Weirdwood* trilogy, draws inspiration from Bram Stoker, H. P. Lovecraft and Edgar Allan Poe for his debut middle-grade novel, a thrilling portrait of survival and an unforgettable tale of friendship. "Clever and harrowing." —The Wall Street Journal "Into the finest tradition of storytelling steps Christian McKay Heidicker with these highly original, bone-chilling, and ultimately heart-warming stories. All that's needed is a blazing campfire and a delicious plate of peaches and centipedes." —Kathi Appelt, Newbery Award honoree and National Book Award finalist The haunted season has arrived in the Antler Wood. No fox kit is safe. When Mia and Uly are separated from their litters, they discover a dangerous world full of monsters. In order to find a den to call home, they must venture through field and forest, facing unspeakable things that dwell in the darkness: a zombie who hungers for their flesh, a witch who tries to steal their skins, a ghost who hunts them through the snow . . . and other things too scary to mention. Featuring eight interconnected stories and sixteen hauntingly beautiful illustrations, *Scary Stories for Young Foxes* contains the kinds of adventures and thrills you love to listen to beside a campfire in the dark of night. Fans of Neil Gaiman, Jonathan Auxier, and R. L. Stine have found their next favorite book. A Booklist 2019 Editors' Choice Selection

Mindfulness, Day by Day Josh Baran 2018 If you think that enlightenment is reserved for only a chosen few and requires decades of spiritual practice--think again. The awakened state--that place of peace and bliss--is present and available to you, right here, right now, and this is the book that can point you to it. This themed collection of passages by ancient Buddhist sages, Christian and Jewish mystics, contemporary teachers, philosophers, and poets celebrates the perfection of the present moment. This book was originally published by Hampton Roads under the title *The Tao of Now* in 2008, and an earlier edition was published by HarperCollins UK under the title *365 Nirvana*.

The Wisdom of a Broken Heart Susan Piver 2009-12-29 The New York Times bestselling author of *The Hard Questions* presents "an ideal guide for anyone suffering from a broken heart" (Tara Branch,

author of *Radical Acceptance*), complete with a practical and compassionate guide for emerging bolder and happier. When a relationship ends, the anguish and disappointment can be devastating. A broken heart is genuinely traumatic. Typical recommendations to keep busy, move on, repair your hidden flaws, and then forget about it may not be helpful. In these pages, Susan Piver reveals that heartbreak actually creates an opportunity for genuine emotional and spiritual transformation, enabling you to emerge on the other side stronger, softer, and capable of loving with renewed confidence. In the years following her own experience, relationship writer Susan Piver searched the world's wisdom traditions and discovered that heartbreak can be an uncompromising teacher of authenticity, power, and even joy. She shares that wisdom here, with instantaneously recognizable anecdotes, insights, on-the-spot practices, exercises, meditations, and down-to-earth advice that make *The Wisdom of a Broken Heart* a steadying prescription of solace and encouragement, wisdom and humor during the hardest time of your life. Like an infinitely patient, trusted friend, Piver tells you in a thousand different ways the most important thing to remember and the easiest to forget: "You're going to be okay."

A Little History of the World E. H. Gombrich 2014-10-01 E. H. Gombrich's *Little History of the World*, though written in 1935, has become one of the treasures of historical writing since its first publication in English in 2005. The Yale edition alone has now sold over half a million copies, and the book is available worldwide in almost thirty languages. Gombrich was of course the best-known art historian of his time, and his text suggests illustrations on every page. This illustrated edition of the *Little History* brings together the pellucid humanity of his narrative with the images that may well have been in his mind's eye as he wrote the book. The two hundred illustrations—most of them in full color—are not simple embellishments, though they are beautiful. They emerge from the text, enrich the author's intention, and deepen the pleasure of reading this remarkable work. For this edition the text is reset in a spacious format, flowing around illustrations that range from paintings to line drawings, emblems, motifs, and symbols. The book incorporates freshly drawn maps, a revised preface, and a new index. Blending high-grade design, fine paper, and classic binding, this is both a sumptuous gift book and an enhanced edition of a timeless account of human history.

Whole World is a Single Flower Seung Sahn 2011-09-13 This remarkable Zen book is of great importance not only for the variety of the 365 kong-ans, but for Zen Master Seung Sahn's own questions and commentary which accompany each kong-an. This prodding and guidance serve as guideposts along a difficult road to enlightenment. The kong-ans themselves and practice for life-practice for life-practice for answering the questions which are profound and practical arising everyday. One of the distinctive qualities of *The Whole World Is a Single Flower* is its ecumenism. Dae Soen Sa Nim has included not only kong-ans from Chinese and Korean Zen, but also from Lao-tzu and the Christian tradition.

A Concise Introduction to Tibetan Buddhism John Powers 2008-04-28 A concise, succinct version of one of Snow Lion's top ten bestsellers. This slimmed-down, 144-page introduction covers all of the important topics necessary to understand the Tibetan Buddhist tradition.

365 Nirvana Here and Now Josh Baran 2003 This book helps readers experience the power of enlightenment moment by moment.

The British National Bibliography Arthur James Wells 2006

Shambhala Sun 2003

