

Desert Retreats Sedona Style

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California 1989

Desert Retreats Linda Leigh Paul 2003 Two hundred full-color photographs complement a stunning survey of the remarkable domestic architecture and interior design of the desert country of Sedona, capturing a rich variety of stylish dwellings in this beautiful but harsh environment. 12,500 first printing.

The Call of Sedona Ilchi Lee 2012-07-10 The Call of Sedona speaks to anyone seeking greater fulfillment and deeper meaning in their lives. With practical advice on meditation and profound insights on the healing power of the earth, this book gives you the guidance you need to embark on your own journey of the heart. If you haven't been to Sedona, this book will urge you to travel to this blessed place. If you have been to Sedona—or even if you live there now— this book will deepen the love you hold for the wonders of the land. Wherever you are, let this book show you how to experience the spirit of Sedona and make a true connection with your heart.

Yoga Journal 1993-07 For more than 30 years, Yoga Journal has been helping readers achieve the balance and well-being they seek in their everyday lives. With every issue, Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds. We are dedicated to providing in-depth, thoughtful editorial on topics such as yoga, food, nutrition, fitness, wellness, travel, and fashion and beauty.

SPA. 2004

Architectural Inspiration Richard Skinulis 2007 Presents an overview of domestic architectural styles and details along with information on products available for all areas of a home.

Gifts of the Desert Kyriacos C. Markides 2007-12-18 In Kyriacos C. Markides's newest book, Eastern Orthodox mysticism meets Western Christianity as the internationally renowned author takes readers on a deep journey back in time to unveil the very roots of authentic spirituality. In his previous book *The Mountain of Silence*, Markides introduced us to the essential spiritual nature of Eastern Orthodoxy in a series of lively conversations with Father Maximos, the widely revered charismatic Orthodox bishop and former abbot of the isolated monastery on Mount Athos. In *Gifts of the Desert*, Markides continues his examination of Eastern Orthodox mystical teachings and practices and captures its living expression through visits to monasteries and hermitages in Greece and America and interviews with contemporary charismatic elders, both male and female. Markides's pursuit of a deeper understanding of Orthodoxy

takes him to the deserts of Arizona and a stay at a new monastery in Sedona; to the island of Cyprus and a reunion with Father Maximos; on a pilgrimage to holy shrines aboard a cruise ship in the Aegean Sea; and finally to the legendary Mount Athos, home to more than two thousand Orthodox monks. Markides relates his journey and reflections in a captivating style while providing important background material and information on historical events to give readers a highly accessible, in-depth portrait of a tradition little known in the West. Gifts of the Desert will appeal to a wide range of people, from Christians seeking insights into their religion and its various expressions to scholars interested in learning more about the mystical way of life and wisdom that have been preserved on Mount Athos since the fall of the Byzantine Empire and the Great Schism that separated the Eastern and Western Churches. Perhaps most important, however, is the bridge it offers contemporary readers to a Christian life that is balanced between the worldly and the spiritual.

Waking Up in the Great Recession Mormon Desert Sheryl Karas 2011

The Invention of the American Desert Lyle Massey 2021-11-02 Introduction / Lyle Massey and James Nisbet -- Desolate dreams / Joseph Masco -- Air, wind, breath, life : desertification and Will Wilson's AIR (Auto-Immune Response) / Jessica L. Horton -- Notes from bioteknika / Albert Narath -- Troglodyte modernists / Lyle Massey -- Explosive modernism : Hiram Hudson Benedict's Bouldereign and Zabriskie Point at 50 / Edward Dimendberg -- Point Omega/Omega Point : desert In three parts / Stefanie Sobelle - - The desert in fine grain / Emily Eliza Scott -- The desert as black mythology / Bridget R. Cooks -- On the recalcitrance of the desert island, by way of Andrea Zittel's A-Z West / James Nisbet -- Four theses for the coming deserts / Hans Baumann and Karen Pinkus.

Women, Ritual, and Power Elizabeth Ursic 2014-09-30 Reveals the triumphs and struggles of contemporary Christian congregations to express female imagery of God in worship. Many Christians do not know the Bible contains female images of God because they have never heard nor seen them in church. In *Women, Ritual, and Power*, Elizabeth Ursic gives the reader insight into four Christian communities that worship God with female imagery, both as a worship focus and a community identity. These Methodist, Presbyterian, Lutheran, and Catholic congregations operate within their established church denominations and are led by either ordained Protestant ministers or vowed Catholic sisters. Because expressing God-as-She can expose strident claims for maintaining God-as-He, this book shows not only how patriarchy continues to operate in churches today, but also how it is being successfully challenged through liturgy. □ *Women, Ritual, and Power* is an important contribution to the theological world. Elizabeth Ursic sheds light on what has enabled churches to include female images for the divine and provides multiple narratives of the negative reactions to such images. As she displays how gender is understood in Christian worship with evidence that some churches do include feminist imagery, the continuing presence of patriarchy is also revealed. The book is basically about the constructive function of the inclusion of feminine images for all. One of the main reasons we need this book is that Ursic perceives there is a much wider/larger group of Christians who would love to have more feminist images than is recognized in churches and church practices. □ □ Mary McClintock Fulkerson, author of *Changing the Subject: Women's Discourses and Feminist Theology*

Best Places to Stay in the Southwest Anne E. Wright 1995-04 Recommends cabins, condominiums, inns, family resorts, guest ranches, spas, lodges, and one-of-a-kind hotels in Arizona, New Mexico, Oklahoma, and Texas

The 4 Day Diet Ian K. Smith, M.D. 2010-04-01 Take weight off fast with Dr. Ian Smith's Customized 4 Day Diet Modules! You can follow The 4 Day Diet straight through for a month with stunning results.

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But only you know how you eat—and how you diet. Customize your own program in whatever order works best for you—or just repeat the modules you like best. Only the first two are doctor's orders: Induction (detox/cleansing) Transition (to reintroduce food groups) Protein Stretch (to avoid plateaus) Smooth (eat pizza or even French fries!) Push (the sprint—you're almost there) Pace (catch your breath and keep going) Vigorous (lose those last few pounds—for good!) Dr. Ian Smith's diets really work. And his motivating tips and tricks will help you stay on the program, enjoy your progress, and feel your success from day one. Features more than 60 recipes for meals and snacks—food that will make you forget you're on a diet!

The Gift of Presence Caroline Welch 2021-05-04 A practical, user-friendly guide for women seeking focus and calm in the midst of life's storms. Overwhelmed by the demands of family, work, and multiple responsibilities, many women find themselves feeling scattered, and distracted. In this eye-opening book, co-founder and CEO of the Mindsight Institute, Caroline Welch takes readers on a mindfulness journey to help them de-stress and cultivate inner peace. According to Welch, you do not need countless hours sitting in silence to be more present in your life--the key is to practice mindfulness wherever you are and whenever you can. The Gift of Presence guides readers in developing four innate capacities we all possess that will allow us to become more resilient and centered in our lives--even when life is throwing all that it has at us: Presence: the ability to remain firmly in the present moment; to be fully aware of what's happening as it's happening. Purpose: the personal meaning that gets us going and gives direction to our lives. Pivoting: an openness to change that allows you to switch direction if that is what is needed. Pacing: the awareness that it is impossible to do everything we want or need to do all at once; the ability to take life one step at a time. This life-changing book reveals that you already hold in your hands the keys to a more harmonious life--you simply need to look within.

Fido's Finest Bridgette Maxwell 2009-06-08 365 of the finest pet-friendly hotels and destination resorts in the southwest. This travel guide also lists 200+ dog-friendly parks. Travel tips, pet nutrition info and other great pet resources are listed in the book.

Contest Favorites Leisure Arts 2002-12-01 These awesome afghans will inspire you to pick up your hook and start right away! Choose from 40 projects, including a one-piece throw, a mile-a-minute wrap, and join-as-you-go squares, each designed by a reader of Crochet With Heart magazine.

Log Home Living 1990-02 Log Home Living is the oldest, largest and most widely distributed and read publication reaching log home enthusiasts. For 21 years Log Home Living has presented the log home lifestyle through striking editorial, photographic features and informative resources. For more than two decades Log Home Living has offered so much more than a magazine through additional resources--shows, seminars, mail-order bookstore, Web site, and membership organization. That's why the most serious log home buyers choose Log Home Living.

Yoga Journal 1997-07 For more than 30 years, Yoga Journal has been helping readers achieve the balance and well-being they seek in their everyday lives. With every issue, Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds. We are dedicated to providing in-depth, thoughtful editorial on topics such as yoga, food, nutrition, fitness, wellness, travel, and fashion and beauty.

Sacred Pregnancy Anni Daulter 2012-05-01 In today's western cultures, the typical pregnancy focuses on the baby to the exclusion of the woman herself, so that the entire experience has become more about

preparing for the baby's arrival than looking closely at oneself to prepare emotionally for all of the changes that creating a new life brings. Sacred Pregnancy was written to help the pregnant woman journey within herself to prepare for the birth of her baby. Sacred Pregnancy is a gorgeous four-color book especially created for mothers-to-be to reflect on the many personal milestones of the full gestation period of a pregnancy. With beautiful professional photos that correspond to each topic, Sacred Pregnancy also features a journal space for the pregnant woman to record her thoughts and feelings. Each week the mother-to-be is given information on her baby, her body, and her spirit and is asked to reflect on these via the topic of the week, which touches on a variety of issues such as sexuality, fears about labor, becoming a mother, courage, rite of passage, adornment, body image, meditation, and sisterhood to name a few. Mothers-to-be are invited to look deeply at the issues unique to their journey and find a centered, peaceful place to live their pregnancy fully. Lastly, Sacred Pregnancy includes place for the new mother to record her birth story and a large resource section on various birthing options and supports for pregnant women. "From the spiritual (how to visualize your perfect birth) to the practical (a large section on birthing options), this pregnancy journal is a spiritual adviser and supportive doula all in one." —Fit Pregnancy magazine For more information, visit the Sacred Pregnancy website.

Los Angeles Magazine 1996-05 Los Angeles magazine is a regional magazine of national stature. Our combination of award-winning feature writing, investigative reporting, service journalism, and design covers the people, lifestyle, culture, entertainment, fashion, art and architecture, and news that define Southern California. Started in the spring of 1961, Los Angeles magazine has been addressing the needs and interests of our region for 48 years. The magazine continues to be the definitive resource for an affluent population that is intensely interested in a lifestyle that is uniquely Southern Californian.

One Simple Idea Mitch Horowitz 2014-01-07 From the millions-strong audiences of Oprah and The Secret to the mass-media ministries of evangelical figures like Joel Osteen and T. D. Jakes, to the motivational bestsellers and New Age seminars to the twelve-step programs and support groups of the recovery movement and to the rise of positive psychology and stress-reduction therapies, this idea--to think positively--is metaphysics morphed into mass belief. This is the biography of that belief. No one has yet written a serious and broad-ranging treatment and history of the positive-thinking movement. Until now. For all its influence across popular culture, religion, politics, and medicine, this psycho-spiritual movement remains a maligned and misunderstood force in modern life. Its roots are unseen and its long-range impact is unacknowledged. It is often considered a cotton-candy theology for New Agers and self-help junkies. In response, One Simple Idea corrects several historical misconceptions about the positive-thinking movement and introduces us to a number of colorful and dramatic personalities, including Napoleon Hill and Norman Vincent Peale, whose books and influence have touched the lives of tens of millions across the world.

A Surrealist Stratigraphy of Dorothea Tanning's Chasm Catriona McAra 2016-11-10 Bobbing in the underworld -- When the artist's away ... -- Tanning's astonishing gaze -- Conclusion: An infinite Abyss? -- Notes -- Bibliography -- Books and Articles -- Reviews -- Fiction and poetry -- Film -- Appendices -- Appendix 1 -- Note -- Appendix 2 -- Appendix 3 -- Index

The Call of the Canyon

Perfect Health Deepak Chopra 1990 The author's Quantum Healing: Exploring the Frontiers of Mind/Body Medicine, aimed to show how health and sickness are controlled by awareness at the level of quantum physics, where mind and body are one. Now Dr Chopra has written a practical guide to

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harnessing that healing power of the mind, a book based on the principles of Ayurveda, a 5000-year-old system of mind/body medicine that has recently been rediscovered. The book provides a step-by-step programme of mind/body medicine tailored to the individual's need. The result is a plan for re-establishing the body's essential balance with nature.

Bird Watcher's Digest 1996

With the Bark Off Neal Spelce 2021-09-07 What if you got a call from Lyndon Johnson to be in Washington DC tomorrow to take a trip around the world? If you are twenty-four-year-old broadcast journalist Neal Spelce, you buckle up. A two-week diplomatic dream trip turned into a lifelong rollercoaster ride. Spelce began his career as a part-time journalist in the LBJ family-owned Austin TV station in 1956, which vaulted him into a lifetime of memorable experiences with Johnson and many icons of the twentieth century. From his live reporting during the UT Tower shooting tragedy to his lifelong association with LBJ, Spelce found himself behind the scenes in many of the twentieth century's crucial moments. The Austin-based journalist shares candid moments with LBJ and five other US presidents, including a rare interview with father and son presidents George Bush while the three were cramped together in a small bass boat on a Texas lake. During his lengthy media career, Spelce saw Austin grow from a college town to a thriving city. Along the way he interacted with Texas legends such as Darrell Royal, Willie Nelson, Dan Rather, and more, all part of entertaining stories that he tells, as LBJ liked to say, "with the bark off."

Yoga Journal 2005-01 For more than 30 years, Yoga Journal has been helping readers achieve the balance and well-being they seek in their everyday lives. With every issue, Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds. We are dedicated to providing in-depth, thoughtful editorial on topics such as yoga, food, nutrition, fitness, wellness, travel, and fashion and beauty.

The Wigwam Resort Lance W. Burton 2007 The evolution of an arid desert area into the verdant oasis that is the Wigwam Resort was ultimately brought about by an unlikely crop needed by an important American corporation in the early 20th century. The crop was long-staple cotton and the corporation was the Goodyear Tire and Rubber Company. When the U.S. Department of Agriculture discovered that Arizona's Salt River Valley was an ideal location to domestically grow long-staple cotton, Goodyear purchased 16,000 acres in the desert west of Phoenix to cultivate the crop for their newly developed pneumatic tire. The company built a three-room lodge, originally called the "Organization House," for the executives that came to oversee the farming operations. The location became a popular winter retreat within the company, and in 1929, Goodyear expanded the facilities and opened "The Wigwam" as a hotel. As the years progressed, amenities such as golf and fine dining were added, and the Wigwam Resort became one of the premier luxury destinations in the Southwest.

Scientific Vortex Information Pete A. Sanders, Jr. 2005-04-01 This book was originally written to help those visiting Sedona, Arizona who could not attend my regular Scientific Vortex Information Training Class (see www.freesoul.net). It teaches how to rapidly, easily, and effectively tap Sedona's famous meditation sites. It also contains a system for finding vortexes closer to your home area. Understanding vortexes and how to tap them is a key asset for exploring your "dimensions beyond" described in Superstrings Physics. Even more important, however, is knowing how to weave that knowledge into a method for "Living life AS a Soul." When you are having difficulty accessing deeper spiritual skills, or are facing intense inner hurts, vortex energies can provide portals to new insights. People tend to be drawn to upflow areas to feel the exhilaration of tapping those dimensions beyond.

What they are also craving (in many cases without even realizing it) is to escape the worries, hurts, angers, and fears created by the Limbic Brain. The Soul-shift technique (contained in this book) makes tapping the vortexes easier, primarily because it gets the meditator out of their limbic brain focus. It allows you to create an inner upflow vortex, where ever you are. The brain science technique for natural mood elevation contained in my book, *Access Your Brain's Joy Center* (soon also available as an e-book), teaches how to counter limbic brain effects anywhere, anytime without having be in a meditative state. That makes it possible to self-generate that inner upflow effect in ALL of life (eyes open, moving, etc.). As you read through this book, see the bigger picture. Imagine having the ability to live accessing ALL of your dimensions beyond and ALL your spiritual skills, without having to physically be in the enhanced energy sites. Enjoy exploring the unlimited potentials that ARE your birthright As a Free Soul.

Forthcoming Books Rose Army 2003-12

Refuge Recovery Noah Levine 2014-06-10 Bestselling author and renowned Buddhist teacher Noah Levine adapts the Buddha's Four Noble Truths and Eight Fold Path into a proven and systematic approach to recovery from alcohol and drug addiction—an indispensable alternative to the 12-step program. While many desperately need the help of the 12-step recovery program, the traditional AA model's focus on an external higher power can alienate people who don't connect with its religious tenets. *Refuge Recovery* is a systematic method based on Buddhist principles, which integrates scientific, non-theistic, and psychological insight. Viewing addiction as cravings in the mind and body, Levine shows how a path of meditative awareness can alleviate those desires and ease suffering. *Refuge Recovery* includes daily meditation practices, written investigations that explore the causes and conditions of our addictions, and advice and inspiration for finding or creating a community to help you heal and awaken. Practical yet compassionate, Levine's successful *Refuge Recovery* system is designed for anyone interested in a non-theistic approach to recovery and requires no previous experience or knowledge of Buddhism or meditation.

I've Decided to Live 120 Years Ilchi Lee 2017-11-06 The Ancient Secret to Longevity, Vitality, and Life Transformation

Moon Phoenix, Scottsdale & Sedona Lilia Menconi 2020-05-19 Whether you're hiking red rock trails in the Valley of the Sun or relaxing in Scottsdale's resorts, take Arizona at your own speed with *Moon Phoenix, Scottsdale & Sedona*. Inside you'll find: Strategic, flexible itineraries like a luxurious desert getaway, a family road trip, and the 4-day best of the Valley of the Sun Unique experiences and can't-miss sights: Explore the local art scene, from Native American exhibits to contemporary galleries, and taste the best Sonoran-style cuisine this side of the Mexican border. Luxuriate in five-star resorts, world-class spas, and gourmet restaurants. Go stargazing in Sedona or bar-hopping in Scottsdale. Hike water-carved canyons and climb mountains or hit the links in the golf capital of the West. Discover the rich culture of the Native American people who first settled the Valley, and venture to the leafy respite of Oak Creek Canyon to picnic between trout-filled ponds and towering red-rock monoliths The top spots for outdoor adventures, from rock climbing and hiking along hidden mountain trails to sunset hot air ballooning and exhilarating desert Jeep tours Expert advice from Phoenix local Lilia Menconi on when to go, how to get around, and where to stay, with special focus on the best resorts in the area Full-color, vibrant photos and detailed maps throughout Thorough background on the culture, environment, wildlife, and history With Moon's practical tips and local know-how, you can experience Phoenix, Scottsdale, and Sedona your way. Expanding your trip? Try *Moon Arizona & the Grand Canyon*. Hitting the road? Try *Moon Southwest Road Trip*.

Boundless Compassion Joyce Rupp 2018-03-02 "Living compassionately is rarely convenient and often downright challenging," writes Joyce Rupp, bestselling and award-winning author and retreat leader. The definitive Christian guide to compassion, *Boundless Compassion* is the culmination of Rupp's research and work as codirector of the Servite Center of Compassionate Presence. Through this six-week personal transformation process for developing and deepening compassion, Rupp nudges, encourages, and inspires you to grow in the kind of love that motivated Jesus' life and mission for his disciples. With master teacher Joyce Rupp, you will learn to develop compassion as never before. You will discover compassion from science, medicine, theology, spirituality, sociology, and psychology. You will be encouraged to explore personal and professional expressions of compassion, and to re-energize your ability to offer loving kindness to those around you. Rupp has felt the call to walk with others in their suffering since she was a young member of the Servants of Mary, whose charism is compassion. She eventually cofounded the *Boundless Compassion* program with Sr. Margaret Stratman, O.S.M. Based on the format and theme of Rupp's bestselling books like *Open the Door* and her popular workshops conducted by the Center of Compassionate Presence, *Boundless Compassion* has the power to transform your life, giving you wisdom, confidence, understanding, and inspiration to be a more caring presence. It will help you build on relational skills, learn self-care, gain wisdom for incorporating loss and suffering into your active life, and find ways to show compassion at work. By the book's end, you will feel prepared to live with a renewed commitment to a compassionate presence for yourself and those who are in the midst of pain, struggle, and transition.

Odessa Recollected Patricia Herlihy 2019-01-29 Odessa, a Black Sea port founded by Catherine the Great in 1794, shortly after the territory was wrested from the Ottoman Empire, became a boomtown on the southern fringe of the Russian Empire. Catherine and the early administrators of the city, such as the Duke de Richelieu, promoted settlement by Europeans in addition to the Greek, Italians, and Jews who came on their own initiative to take advantage of economic opportunities in the robust grain trade with Europe. More ethnically diverse by far than St. Petersburg, Odessa became a remarkable independent-minded, large cosmopolitan city, attracting and producing noted writers, artists, musicians and scholars. Imperial Russian tsars and Soviet leaders maintained an ambivalent attitude towards the maverick city, appreciating the fame and fortune it generated, but also leery of the activities of secret foreign national societies, pogromists, revolutionaries and simply the perceived lack of patriotism in the singular city so far away from the heart of Russia. With the withering of the lucrative grain trade by the time of the Soviet Union, Odessa became a neglected city, drained of its foreign flavor. With the independence of Ukraine in 1991, there were hopes raised that the architectural beauty and economic prospects of the city would be revived. Given the current hostilities in Eastern Ukraine with the potential of the Odessa area becoming a possible land bridge to the Crimean Peninsula, the fate of the former Pearl of the Black Sea hangs in suspension. The present book brings together--indeed, re-collects--some of the most valuable and thought-provoking research on Odessa and its culture, community, and economy published by Patricia Herlihy over several decades of her work. Scholars of Ukraine, Russia, and the former Soviet Union will find in this book a helpful resource for their research and teaching.

The Complete Guide to Bed and Breakfasts, Inns and Guesthouses in the U. S. A. , Canada and Worldwide Pamela Lanier 2000-11 Featuring more than 22,000 listings for the best accommodations in every state in the Union and beyond, this guide for the most recognized name in the bed & breakfast industry is ideal for travelers seeking quaint and cozy lodgings. Features e-mail addresses and Websites.

Kismet Amina Akhtar 2022-08 From Amina Akhtar comes a viciously funny thriller about wellness--the

smoothies, the secrets, and the deliciously deadly impulses. Lifelong New Yorker Ronnie Khan never thought she'd leave Queens. She's not an "aim high, dream big" person--until she meets socialite wellness guru Marley Dewhurst. Marley isn't just a visionary; she's a revelation. Seduced by the fever dream of finding her best self, Ronnie makes for the desert mountains of Sedona, Arizona. Healing yoga, transcendent hikes, epic juice cleanses...Ronnie consumes her new bougie existence like a fine wine. But is it, really? Or is this whole self-care business a little sour? When the glam gurus around town start turning up gruesomely murdered, Ronnie has her answer: all is not well in wellness town. As Marley's blind ambition veers into madness, Ronnie fears for her life.

Moon Arizona & the Grand Canyon Tim Hull 2022-09-20 Vast open spaces, dreamy canyons, and colorful culture: experience it all with Moon Arizona & the Grand Canyon. Inside you'll find: Flexible itineraries from a Grand Canyon adventure to two weeks exploring the whole state The best road trips in Arizona, including historic Route 66 and scenic byways The top hikes, whether you're looking for treks near Phoenix or Tucson, a multi-day expedition into the depths of the Grand Canyon, or trails in Red Rock Country, complete with distance, duration, difficulty level, and elevation gain Can't-miss highlights and unique experiences: Discover hidden streams on a hike through high-desert forests or find the best spots to hit the slopes in winter. Visit Ancestral Puebloan cliff cities and learn about Arizona's indigenous cultures or stroll through charming historic towns. Marvel at the red rock cliffs around Sedona, watch your favorite MLB team play during Spring Training, and sample Southwest cuisine from spicy enchiladas to Sonoran hot dogs Expert insight from Arizona local Tim Hull on when to go, where to stay, and how to get around, including detailed coverage of gateway cities to the Grand Canyon and sustainable travel tips Helpful resources on Covid-19 and traveling to Arizona Full-color photos and detailed maps throughout Practical background on Arizona's landscape, climate, wildlife, and culture Find your adventure with Moon Arizona & the Grand Canyon. Seeing more of the Southwest? Check out Moon New Mexico or Moon Phoenix, Scottsdale & Sedona. Hitting the road? Try Moon Southwest Road Trip or Moon Route 66 Road Trip. About Moon Travel Guides: Moon was founded in 1973 to empower independent, active, and conscious travel. We prioritize local businesses, outdoor recreation, and traveling strategically and sustainably. Moon Travel Guides are written by local, expert authors with great stories to tell—and they can't wait to share their favorite places with you. For more inspiration, follow @moonguides on social media.

Confessions of an Event Planner Judy Allen 2009-03-26 For anyone planning events—student, novice, or experienced professional—*Confessions of an Event Planner* is an “apprenticeship in a book.” This insider’s guide takes you on a narrative journey, following a fictional event planning company that stages various types of events around the world for many different clients. While other books, college courses, and training programs give you the theory and how-to of the profession, *Confessions of an Event Planner* reveals the real world of event planning and what can happen—usually the unexpected—on an event program when actual participants are added to the event planning design and execution mix. In a climate of media scrutiny and corporate scandals, event planners must be masters of discretion, knowing how to avoid and deal with everything from sexual romps to financial shenanigans, to chainsaw wielding salesmen dead set on “re-landscaping” the grounds of the resort they’re staying at. From an event planner who’s seen it all and knows how to deal with it all, comes practical first-hand advice delivered in an entertaining and accessible format. Each chapter is set in a unique location, with a cast of characters, and a host of challenges and problems to overcome—from the boardroom to the resort guest bedrooms. Readers learn what they can come up against, how to problem solve creatively on the fly, get ideas for staging spectacular events, and see the principles of event planning in action. The scenario in each chapter is introduced by an outline of what will be covered in the chapter, and each chapter concludes with a series of review questions to explore key issues and stimulate reflection

or discussion for individuals or groups. Ideal as a companion to Judy Allen's six other event planning books, as a textbook in event planning courses, or as a professional training tool *Confessions of an Event Planner* prepares planners for what they can expect once they start working in the world of corporate and social event planning, and will help decision-makers set company policies, procedures and protocol and promote discussion about codes of conduct in the office and offsite.

Water Up Fire Down Ilchi Lee 2020-11-09 An in-depth and up-close look at the ONE energy principle you need to know to take care of your health simply and naturally. What is the one thing you should know to have a lifetime of abundant health? Just as the sun rises in the east and sets in the west due to Earth's rotation, there are natural laws your body follows. One law, discerned by traditional Asian medicine, can decide the health of your body, mind, and spirit. *Water Up Fire Down* by New York Times bestselling author Ilchi Lee reveals this golden rule of health. Know it, feel it, and use it in your daily life to: -- Manage your stress -- Balance your emotions -- Maintain your focus -- See situations clearly -- Maximize your immunity -- Have abundant energy and passion -- Sleep soundly How can one rule affect all this? Because it is an essential principle of energy circulation in the body. No matter what physical or mental issues you may have, if you apply the Water Up, Fire Down energy principle in your daily life, you can make progress toward clearing them up. Ilchi Lee gives you proven mind-body exercises and lifestyle recommendations so you can apply this energy principle to your body and your life. These simple yet effective exercises are shown with full-color illustrations so you can easily do them on your own right away.

Arizona's Sanctuaries, Retreats, and Sacred Places 2002-10 With ancient ruins sacred to Native Americans, historic Catholic churches, Buddhist hideaways, and the New Age mecca of Sedona, Arizona offers an unmatched variety of destinations for both the spiritually curious and those seeking religious affirmation. Through written profiles, regional maps, and color photographs, this book profiles 100 of the state's best. Sanctuaries perfect for day visits, retreats that accommodate overnight guests, and sacred places that capture the glory of nature and ancient human history inspire soul-stirring journeys for the mind and spirit.