



## Patience

2012-01-05

as founder and guiding teacher of the community meditation center in new york allan lokos has an arsenal of tools for coping with stressful situations rachel lee harris new york times to survive the roller coaster ride of life with its ever changing shifts from pleasure to pain gain to loss and praise to blame requires a substantial depth of patience in this life changing book allan lokos sheds new light on this much sought after state of mind and provides a road map for cultivating greater patience in one s life according to lokos to develop a depth of patience we must first acknowledge the unhappiness caused by our impatience and anger in its many manifestations from mild annoyance to rage in this revelatory book lokos draws on his many years as a buddhist practitioner and spiritual teacher as well as interviews with a wide range of individuals who have had their patience tested often dramatically so and lays out a compelling path to the heart of patience

## Pocket Peace

2010-02-18

an elegantly packaged pocket size guide to weathering life s storms as founder and guiding teacher of the community meditation center in new york allan lokos has an arsenal of tools for coping with stressful situations rachel lee harris new york times we live in a turbulent world in which we are often forced to respond on a dime to challenging or even life altering situations to react wisely in difficult moments one needs to be quick on one s feet but also quick of mind in pocket peace interfaith minister and buddhist practitioner reverend allan lokos provides readers with

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concise yet incisive daily pocket practices that will enable them to act in accordance with their truest and best selves if you want to run a marathon you must train slowly and purposefully for months likewise if you want to be your best self and learn to confront whatever comes your way with kindness compassion and generosity you need to practice this elegantly packaged little book is full of wisdom and teachings the reader can literally pull from their pocket each day a small yet powerful spiritual companion that intertwines personal anecdotes and age old wisdom with practical guidance pocket peace sets readers on the path to inner peace and lasting happiness

## Daily Zen Doodles

2014-10-28

in this one of a kind mindfulness workbook for teens new york times bestselling artist and author of start where you are meera lee patel presents an entire year of calming stress relieving zentangle style drawings for young first time zen drawers to help relax and enjoy a truly mindful moment of creativity few activities are as spiritually satisfying as the art of the meditative tangle drawing with this book teens can find a quiet moment to craft an intaglio of intricate mandala like drawings that will calm and bring on a peaceful state that clears the mind and facilitates creativity and relaxation offering a different hand illustrated prompt for each day of the year daily zen doodles inspires kids to lose themselves in the contemplative act of sketching beautifully repeating patterns and abstract designs whether it s the outline of a nautilus shell the petals of a lotus blossom or the spokes of the buddhist wheel the mindfulness inspiring ideas in this book foster focus and help unlock that budding inner artist accompanied by an entire 1 for 2023-04-29 leaders and famed 3/21 philosophers to provide you with an added spark of inspiration each drawing prompt technical notes

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## ***The Profit of Kindness***

2017-01-23

when kindness becomes your primary goal everything changes how you look at life what you get from it and how others interact with and relate to you the profit of kindness will help you master the art of building trusting long lasting relationships through open nonadversarial interchanges that result in mutually beneficial outcomes a basic adjustment in attitude and approach can substantially improve virtually every facet of your life each chapter provides specific examples for improving skills such as communication building integrity team work influencing others and more in order to connect with new clients or future business partners and transform your potential into success you need to establish trust and build strong relationships the key is to focus more on giving and working with others rather than simply on winning because doing so is guaranteed to help you actually win the profit of kindness is a practical guide that teaches you how to connect with others using the global asset known as kindness you will learn kindness does not mean weakness kindness can help you stay competitive anticipate pitfalls and stay one step ahead of your rivals success achieved through kindness can indeed be yours

## **Reframing PTSD as Traumatic Grief**

2015-03-01

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an estimated eight percent of americans are thought to be  
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suffering from posttraumatic stress disorder at physiological notes  
many are victims of or witnesses to violence others have been  
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neglected or abused some have experienced a traumatic accident or natural disaster still others have experienced the sudden and perhaps violent death of someone they love no matter the cause ptsd results in symptoms of acute stress including anxiety persistent thoughts or flashbacks and a host of other physical emotional cognitive social and spiritual challenges in this guide for counselors and caregivers dr alan wolfelt reframes ptsd as a form of grief helping ptsd sufferers mourn their unacknowledged and carried grief over the traumatic events that caused their symptoms is the key to helping them heal rather than seeking to quickly treat away symptoms of ptsd caregivers who follow dr wolfelt s companioning philosophy will instead see the natural and necessary ptsd symptoms as indications that the sufferer needs additional support and encouragement to express himself this holistic new approach acknowledges clinical ptsd treatments as part of the solution while emphasizing that authentic mourning is the primary and most essential healer

## ***The Mindfulness Response***

2014-10-30

want to be happy despite what life throws your way learn the secrets of developing inner happiness every day by changing the way you see the glass half full half empty or simply as a glass the mindfulness response inner happiness every day will give you the tools that you will need to live a life that is both enriching and meaningful the mindfulness response technique that you will easily learn and adapt into your daily life will assist you in dealing with everyday problems that we all face as well as major issues that will eventually come your way believe or not you already have everything you need right now to bring the mindfulness response into your own life it is easier than you think to restore balance and happiness in life dr moore provides excellent step by step instructions for this technique

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~~step techniques and activities for you to begin your own mindful~~  
practice you will quickly see results we cannot change everything we might wish to change in our lives but through a mindfulness response we can learn to accept our experiences perceive events differently and respond more effectively to the everyday hassles of life if you think that this is worth ten minutes a day please read this book

## ***Pop's Advice***

2022-10-31

grandchildren are a wonderful blessing and they need the best advice possible for their lives to turn out well as a proud granddad dr chris thurman passes along advice he has gleaned from his many years as a person of faith and psychologist while written for his grandkids this book can be helpful to all young people and the parents and grandparents helping them live a fuller and healthier life some of the biblically solid advice offered in this book includes hang around good people think the right thoughts be angry but don t act the fool be content with little guard your heart let others toot your horn be grateful even for your problems do the hard things first in pop s advice dr chris thurman guides our children and those of us raising them in a time tested direction so their lives can be all god intended the advice in this book can help not only our young people but those of us who are older trying to make our way through life regardless of age or situation pop s advice can guide all of us to live life in a way that goes beyond all we could have ever hoped for or imagined

## **Through the Flames**

~~2015~~  
2023-04-29

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in through the flames allan lokos shares the story of his long and painful recovery process after miraculously surviving a plane crash in myanmar as the founder of the community meditation center in new york city lokos has spent decades cultivating detachment from the human suffering that his buddhist faith teaches is unavoidable in life lokos use his experience as a window to examine human suffering and humanity s ability to survive and even thrive in the midst of pain and uncertainty

## *Inspired & Unstoppable*

2012-08-30

you are meant to succeed in the work you love your desire will take you all the way tama j kieves what if everything you thought you needed to do to succeed was actually standing in the way of your success tama kieves harvard lawyer turned career coach has spent the last decade crossing the united states and canada speaking to tens of thousands of people and sharing her inspiring story of moving from a career that was killing her to a life that has uplifted her chronicled in her first book this time i dance creating the work you love she has mentored thousands of people who with her help have followed their passion and now live their dream lives and now she takes us to the next step in our journey within you is your purpose your destiny that will lead you to your greatest fulfillment and your greatest success what kieves discovered in her own journey is that the way to success is an inspired path not a linear one she brings her mentoring ideas and actions together in her latest work inspired and unstoppable in this motivating book kieves teaches that it is only in unleashing this purpose that you can become truly happy and satisfied through these teachings she will help you move into your brilliant power she shares the mental and emotional impact of this journey by the fears of physiological notes boogeymen that arise and how to become an unstoppable warrior

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~~for your life's work and desires this book will help you stay~~  
connected to your desires and shift your innermost thinking when you do inspired actions will seem to fall directly out of the sky and onto your plate you will naturally outpace anything any expert could ever tell you you don't need the steps when you have the moves beautifully written inspired unstoppable also includes success stories from tama's life and the lives of others who have made their dreams their reality as well as practices that will create positive momentum and inspired successisms delightful quick bites of wisdom peppered throughout the book it also includes guidelines on how to create your own inspired success circle a way of moving forward with the support of friends and loved ones practical empowering inspirational galvanizing inspired unstoppable is the touchstone to finally living your wildest dreams and greatest desires

## **The 99 Day Challenge**

2016-08-24

the 99 day challenge provides a step by step program guided journal and the fundamental lessons of self mastery that will help you to achieve anything from diets fitness challenges new entrepreneur goals and reach your true purpose dennis van der heijden shows you how to take control of your life using scientifically proven effective strategies and techniques for mastering your goals perspective on life your body your relationships and your life with gratitude the guided journal is a daily checklist with the aim to spend a couple of minutes every morning and a couple of minutes every evening reflexing on what you want to achieve and move your project or goal forward in micro steps daily triggers split over 99 days with your

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kindness exercise and gratitude

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## **The Living Age**

1863

directory containing updated bibliographic information on all in print new zealand books 33rd edition of an annual publication the 12 500 book entries are listed by title and there is an index to authors also provided are details of 975 publishers and distributors and local agents of overseas publishers the book trade directory includes contacts for trade organisations booksellers public libraries and specialised suppliers nz literary awards and past winners and sources of financial assistance for writers and publishers

## **Littell's Living Age**

1863

iron sharpened leadership transforming hard fought leadership lessons into action is a leadership book the reader will find valuable and inspiring this leadership book is based on real world operational experience including life and death decisions from the caldron of fierce combat the book is peppered with inspirational stories along with actions one can take to become a more effective leader each chapter stands on its own and a leader will find valuable life changing leadership lessons with the turn of every page gronski takes a values based approach to leadership effectiveness and the book is oriented along the lines of his leadership philosophy which includes character competence and resilience

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***New Zealand Books in Print 2004***

2004-06

this bundle of 5 e books guides us through a journey of positive affirmations focusing on self leadership spirit finance wealth and fame fortune indulge in a detailed step by step guide that includes 11 bonus articles

## ***Iron-Sharpened Leadership***

2021-06-23

this jam packed new edition offers practical strategies that will develop a number of important life skills to help defuse negative situations encourage classroom participation and instill the joy of learning with over 75 new material the 200 activities in this remarkable resource will guide students through a myriad of challenging situations from understanding technology to defusing anger and stress to giving a controlled escape for excess energy to practicing cooperation and collaboration this practical book has everything teachers and students need to cope with frustration and boredom have fun and get back to learning

## ***I AM: A Five Part Series***

2020-12-29

in this exciting new book experienced author professor and teacher gregory j privitera 2013 advisor of the applied physiology in bonaventure university and recipient of the sbu award for intensive care professional excellence in teaching in 2014 draws on his extensive 2023-04-29 10/21 physiological notes expertise to give students a step by step plan for success in preparing for and applying to graduate school broad in scope and technical notes seminal studies in intensive care

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rich in detail getting into graduate school includes insights into how graduate school selection committees decide on candidates a concrete freshman to senior year plan and samples of application materials resumes and cover letters this empowering book provides everything students in psychology and the behavioral sciences need to map their course to academic and professional success privitera helps students to keep their eye on a goal and a prize from day one of college and he helps them to understand that long term thinking can enhance all areas of life ramani durvasula california state university los angeles the single most impressive aspect is the concrete plan outlined for how students can plan for applying to graduate school as early as their freshman year stacy bender alfred university

## **3-Minute Motivators, Revised and Expanded Edition**

2014-07-28

the first five minutes of a classroom experience are critical the tone set in a session s opening minutes can significantly impact and influence in both positive and negative ways the quality and nature of the subsequent learning experience how students spend that time can also have a positive impact on their learning in both the short and long term when the opening minutes of a class are approached as an opportunity to build student connections collaboration and community all learners benefit as more and more learning experiences occur in synchronous and asynchronous online learning environments strategies that both welcome students to online sessions and support student learning are increasingly important traditional ice breakers while typically shared with a goal of building community and student engagement can sometimes have unintended or even negative consequences on students this text shares a collection of powerful

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classroom as well as in the larger community

## The Ethos of Europe

2010-03-11

corporations in conflict zones and their provision of security are particularly relevant for understanding whether private actors are increasingly sources of governance contributions that regulate public goods feil highlights the discrepancies between political and theoretical expectations of corporate engagement and governance contributions

## Catalog of Copyright Entries

1974

includes index

## *Black Ants and Buddhists*

2006

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## Global Governance and Corporate Responsibility in Conflict Zones

2011-12-02

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how do writers and artists represent the climate catastrophe so that their works stir audiences to political action or at least raise their environmental awareness without however appearing  
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~~didactic storytelling the ecocatastrophe attempts to answer this~~  
question while interrogating the potential of narrative to become a viable political force the collection of essays achieves this by examining the representational strategies and ideological goals of contemporary cultural productions about climate change these productions have been created across different genres such as the traditional novel dance performance solarpunk economic report collage and space opera as well as across different languages and cultures the volume s twelve chapters demonstrate that rising temperatures erratic weather extinction of species depletion of resources and coastal erosion and flooding are an effect of our abusive relationship with nature they also show that our use of nuclear power extraction of natural resources and extensive farming including heavy reliance on pesticides intersect with intrahuman violence as fleshed out by heteropatriarchy racism neo colonialism and capitalism they finally argue that human activity has indirectly contributed to other contemporary crises namely the migrant crisis and the spread of contagious diseases such as covid 19

## **Catalog of Copyright Entries, Third Series**

1978

explores the relevance of romero s films within american cultural traditions and explains the potency of such work beyond splatter movie models

## **A History of the Irish Nation**

1876  
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black cat the murders in the rue morgue the vampyre the legend  
of sleepy hollow melmoth the wanderer the private memoirs and  
confessions of a justified sinner the hunchback of notre dame the  
phantom ship st john s eve viy the mysterious portrait jane eyre  
wuthering heights sweeney todd the demon barber of fleet street  
the house of the seven gables rappaccini s daughter the birth  
mark the lifted veil the woman in white strange case of dr jekyll  
and mr hyde the mystery of edwin drood carmilla uncle silas the  
hound of the baskervilles the picture of dorian gray the horla the  
forsaken inn the yellow wallpaper the great god pan lilith the lost  
stradivarius the island of doctor moreau the beetle the turn of the  
screw dracula the jewel of seven stars original 1903 edition the  
monkey s paw the necromancers the phantom of the opera  
clarimonde the mummy s foot the house on the borderland the  
boats of the glen carrig wolverden tower

## The Illustrated History of Ireland

1875

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mariner christabel zastrozzi st irvyn manfred northanger abbey  
frankenstein isabella or the pot of basil la belle dame sans merci  
the raven the tell tale heart the fall of the house of usher the cask  
of amontillado the vampyre the private memoirs and confessions  
of a justified sinner porphyria s lover st john s eve the viy jane  
eyre wuthering heights sweeney todd the demon barber of fleet  
street the house of the seven gables the woman in white goblin  
market the headless horseman strange case of dr jekyll and mr  
hyde carmilla uncle silas the man wolf the great amherst mystery  
the hound of the baskervilles the picture of dorian gray the horla  
the forsaken inn the yellow wallpaper the island of doctor moreau  
the invisible man the beetle the turn of the screw dracula the  
necromancers the house on the borderland the phantom of the  
opera wolverden tower

## **Illustrated History of Ireland, from the Earliest Period**

1873

this volume contains a parade of exciting events written in a lively readable style with the purpose of pleasantly instructing the intermediate grade student in north carolina history the scene offered represents a variety of state geography and historical periods a diversity of occupations and types of people originally published in 1966 a unc press enduring edition unc press enduring editions use the latest in digital technology to make available again books from our distinguished backlist that were previously out of print these editions are published unaltered from the original and are presented in affordable paperback formats bringing readers both historical and cultural value

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## Catalog of Copyright Entries

1968

hayden challenges everything readers know or think they know about human nature life and death and revenge not since the classic tales of twilight zone and alfred hitchcock presents have readers enjoyed such tension and horror

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2016-12

digicat publishing presents to you this special edition of an illustrated history of ireland from ad 400 to 1800 by mary francis cusack digicat publishing considers every written word to be a legacy of humankind every digicat book has been carefully reproduced for republishing in a new modern format the books are available in print as well as ebooks digicat hopes you will treat this work with the acknowledgment and passion it deserves as a classic of world literature

## Storying the Ecocatastrophe

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## **The Cinema of George A. Romero**

2003

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# **60 Gothic Classics**

2018-12-21

## **When Peace Comes**

1941

## **INTO ETERNAL DARKNESS: 100+ Gothic Classics in One Edition**

2018-12-21

## **Speaking of Peace**

1949

## **North Carolina Parade**

2012-09-01

## **The Drums of Gerald Hurd**

2004-05

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## ***The Overland Monthly***

1891

## ***Overland Monthly***

1891

## ***An Illustrated History of Ireland from AD 400 to 1800***

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