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The Practice of Not Thinking Ryunosuke Koike 2021-06-10 THE INTERNATIONAL BESTSELLER 'Practical and life-changing ways to get out of our heads and back into really living' YOU Magazine What if we could learn to look instead of see, listen instead of hear, feel instead of touch? Former monk Ryunosuke Koike shows how, by incorporating simple Zen practices into our daily lives, we can reconnect with our five senses and live in a more peaceful, positive way. When we focus on our senses and learn to re-train our brains and our bodies, we start to eliminate the distracting noise of our minds and the negative thoughts that create anxiety. By following Ryunosuke Koike's practical steps on how to breathe, listen, speak, laugh, love and even sleep in a new way, we can improve our interactions with others, feel less stressed at work and make every day calmer. Only by thinking less, can we appreciate more.

Unleashed Gavin Calver 2020-06-09 What can the church today learn from the experience of the early church, particularly as recorded in the Book of Acts?

The Horse, the Wheel, and Language David W. Anthony 2010-07-26 Roughly half the world's population speaks languages derived from a shared linguistic source known as Proto-Indo-European. But who were the early speakers of this ancient mother tongue, and how did they manage to spread it around the globe? Until now their identity has remained a tantalizing mystery to linguists, archaeologists, and even Nazis seeking the roots of the Aryan race. The Horse, the Wheel, and Language lifts the veil that has long shrouded these original Indo-European speakers, and reveals how their domestication of horses and use of the wheel spread language and transformed civilization. Linking prehistoric archaeological remains with the development of language, David Anthony identifies the prehistoric peoples of central Eurasia's steppe grasslands as the original speakers of Proto-Indo-European, and shows how their innovative use of the ox wagon, horseback riding, and the warrior's chariot turned the Eurasian steppes into a thriving transcontinental corridor of communication, commerce, and cultural exchange. He explains how they spread their traditions and gave rise to important advances in copper mining, warfare, and patron-client political institutions, thereby ushering in an era of vibrant social change. Anthony also describes his fascinating discovery of how the wear from bits on ancient horse teeth reveals the origins of horseback riding. The Horse, the Wheel, and Language solves a puzzle that has vexed scholars for two centuries--the source of the Indo-European languages and English--and recovers a magnificent and influential civilization from the past.

Imogene's Antlers David Small 2013-11-27 This whimsical story of a little girl who wakes one morning to discover she has grown antlers has delighted children since it was first published 15 years ago. The perfect Christmas present for any kid looking forward to a visit from Santa's reindeer--or any reader looking for some year-long fun! The family doctor, the school principal, and even Imogene's know-it-all brother, Norman, fail to resolve her dilemma. Imogene, the cook, and the kitchen maid, however, make the best of things, finding unusual uses for Imogene's new horns. Meanwhile, the problem appears to be solved when Imogene awakes the next morning antler-free. But the family (and the reader) are in for a surprise when Imogene comes down to breakfast. . . .

Atlas of the world's languages in danger of disappearing Wurm, Stephen A. 2001-07-17 Close to half of the 6,000 languages spoken in the world are doomed or likely to disappear in the foreseeable future. The disappearance of any language is an irreparable loss for the heritage of all humankind. This new edition of the Atlas, first published in 1996, is intended to give a graphic picture of the magnitude of the problem and a comprehensive list of languages in danger.

Taking Charge of Your Fertility Toni Weschler 2015-07-14 This new edition for the twentieth anniversary of the groundbreaking national bestseller

provides all the information you need to monitor your menstrual cycle--along with updated information on the latest reproductive technologies Are you unhappy with your current method of birth control? Or demoralized by your quest to have a baby? Do you experience confusing signs and symptoms at various times in your cycle? This invaluable resource provides the answers to your questions while giving you amazing insights into your body. Taking Charge of Your Fertility has helped literally hundreds of thousands of women avoid pregnancy naturally, maximize their chances of getting pregnant, or simply gain better control of their gynecological and sexual health. Toni Weschler thoroughly explains the empowering Fertility Awareness Method (FAM), which in only a couple of minutes a day allows you to: Enjoy highly effective and scientifically proven birth control without chemicals or devices Maximize your chances of conception before you see a doctor or resort to invasive high-tech options Expedite your fertility treatment by quickly identifying impediments to pregnancy achievement Gain control and a true understanding of your gynecological and sexual health This new edition includes: A fully revised and intuitive charting system A selection of personalized master charts for birth control, pregnancy achievement, breastfeeding, and menopause An expanded sixteen-page color insert that reflects the book's most important concepts Six brand-new chapters on topics including balancing hormones naturally, preserving your future fertility, and three medical conditions all women should be aware of

Sex Checks Potter Gift 2009-01-06 Who says money can't buy you love? Issued by the "World Bank of Savings and Love" these playful checks offer a diverse portfolio of options for the shy and adventurous alike, with fill-in-the-blanks and check-box prompts. The checkbook includes 30 IOUs and 30 UOMEs, making it easy for you to get back what you give. Best of all, these checks are guaranteed not to bounce (unless you're into that)!

60 Ready-to-Use Coding Projects Ellyssa Kroski 2019-11-19 This book's structured presentation will help both school librarians and programming staff at public libraries quickly scan for projects that fit their needs.

Self-Awareness (HBR Emotional Intelligence Series) Harvard Business Review 2018-11-13 Self-awareness is the bedrock of emotional intelligence that enables you to see your talents, shortcomings, and potential. But you won't be able to achieve true self-awareness with the usual quarterly feedback and self-reflection alone. This book will teach you how to understand your thoughts and emotions, how to persuade your colleagues to share what they really think of you, and why self-awareness will spark more productive and rewarding relationships with your employees and bosses. This volume includes the work of: Daniel Goleman Robert Steven Kaplan Susan David HOW TO BE HUMAN AT WORK. The HBR Emotional Intelligence Series features smart, essential reading on the human side of professional life from the pages of Harvard Business Review. Each book in the series offers proven research showing how our emotions impact our work lives, practical advice for managing difficult people and situations, and inspiring essays on what it means to tend to our emotional well-being at work. Uplifting and practical, these books describe the social skills that are critical for ambitious professionals to master.

Get Some Headspace Andy Puddicombe 2012 'If you're thinking about trying mindfulness, this is the perfect introduction....I'm grateful to Andy for helping me on this journey.' BILL GATES 'It's kind of genius' EMMA WATSON Feeling stressed about Christmas/Brexit/everthing? Try this... Demystifying meditation for the modern world: an accessible and practical route to improved health, happiness and well being, in as little as 10 minutes. Andy Puddicombe, founder of the celebrated Headspace, is on a mission: to get people to take 10 minutes out of their day to sit in the now. Here he shares his simple to learn, but highly effective techniques of meditation. * Rest an anxious, busy mind * Find greater ease when faced with difficult emotions, thoughts, circumstances * Improve focus and concentration * Sleep better * Achieve new levels of calm and fulfilment. The benefits of mindfulness and meditation are well documented and here Andy brings this ancient practice into the modern world, tailor made for the most time starved among us. First published as Get Some Headspace, this reissue shows you how just 10 minutes of mediation per day can bring about life changing results.