

Her Dark Retreat: A Psychological Thriller With A Twist You Won't See Coming

An English village appears peaceful—but terror lurks beneath the surface—in this chilling psychological thriller by the author of *The Face of Clara Morgan*. When Ray moves to a new house in the village of Whitchurch, he leaves behind a relationship and a luxury apartment in search of a better life in the countryside. However, he soon realises that sleepy Whitchurch has its own fair share of problems. Last year, a woman’s body was discovered in the woods nearby. The killer was never caught. Soon suspicious things start to happen. Threatening letters are sent, cars are vandalised, and headstones are desecrated. But who is responsible for these acts and why? As the tension in the village builds, Ray begins to feel the pressure. Someone is out to cause trouble—and that someone might be closer to Ray than he ever imagined.

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When Ray moves to a new house in the village of Whitchurch, he leaves behind a relationship and a luxury apartment in search of a better life in the countryside. However, he soon realises that sleepy Whitchurch also has its own fair share of problems. Last year, a woman’s body was discovered in the woods nearby. The killer was never caught. Soon suspicious things start to happen. Threatening letters are sent, cars are vandalised and headstones are desecrated. But who is responsible for these acts and why? As the tension in the village builds, Ray begins to feel the pressure. Someone is out to cause trouble and that someone might be closer to Ray than he ever imagined.

Written by practicing social workers and social work educators, this text analyzes modern psychoanalytic and psychosocial approaches to social work and relates them to current practices and values. Focusing on working with children and families, the text covers salient issues in social work practice including risk assessment, dealing with parents with drug and alcohol problems, supervision and management of emotional stress. Throughout the book there is an emphasis on the realities of frontline practice, and looking at what can realistically be achieved. It also addresses the research evidence for this approach. With psychoanalytic and psychosocial approaches becoming increasingly popular, this text will be a welcome addition for professionals, students and social work educators.

Toxic Couples: The Psychology of Domestic Violence

Hergenhahn's An Introduction to the History of Psychology Redefining the Journey Through Depression The Woman at Number 19

Chapters in the Psychology of Insights

Reading St. John of the Cross's Dark Night can be daunting; living the dark experience of purification it describes can be much more so. The description of the dark nights (yes, there is more than one!) which St. John presents seems so stark and painful that one might be tempted to just close the book and stop reading. On top of that, both the process St. John describes and the language he uses can be confusing and intimidating. The language of 16th-century scholasticism is not easily understood by 21st-century readers living in a completely different culture and context. Perhaps even more challenging is that fact that our modern lives, filled with the non-stop clutter of social media and technology, as well as comfort and ease, do not prepare most of us well to honestly look into our own depths to see who we are and who we are intended to become as fully alive human beings. Fortunately we now have this helpful book to guide us to that full life which St. John invites us to in The Dark Night. Father Marc Foley here combines his own theological and psychological background, as well as his experience as a spiritual guide, to help modern readers understand the experiences, challenges, and graced events of the purifying nights of sense and spirit. In addition to exploring certain key terms that John uses in Spanish and their meaning in the saint's time and today, Father Marc includes pertinent selections from a wide range of writers, ancient to modern, that illustrate the themes he covers. Each chapter concludes with insightful questions for personal reflection or group discussion. The book has a comprehensive index.

Three women share one deadly secret in this thrilling novel of psychological suspense for fans of Gone Girl, The Sister, and The Girl on the Train. Lissy and her daughter, Rosie, live a quiet life in Yorkshire. However when events at Rosie's school come to light, their peaceful existence is shattered. Meanwhile, middle-aged women Erica and Beverley appear to have perfect lives but behind closed doors things are not as they seem. All three women are tied together by a dark past that goes back to their school days. A child was murdered and one of the women is to blame. But is the person responsible for the child's death the same person who was blamed for it all those years ago? As secrets from their past begin to surface it becomes clear that someone has revenge in their sights. . . .

Domestic violence is a major public health concern, affecting millions worldwide. It is underreported, often devastating and sometimes ends in murder. In Toxic Couples: The Psychology of Domestic Violence, Anna Motz integrates psychological and criminological data with clinical illustrations and discussion of current high-profile cases. She examines the complex manifestations and multiple causes of intimate partner violence. Motz disentangles the roles played by those involved and examines the addictive nature of these damaging partnerships. The book describes various forms of abuse, including physical, sexual and emotional, and analyses how intimate partner violence can escalate to murder. She explores important factors including: the role of addiction; homelessness and vulnerability; the intergenerational transmission of abuse; sadomasochistic relationships; honour-based violence. The book emphasizes the significance of female- as well as male-perpetrated violence and outlines the powerful impact on the children of abusive parents, extending the clinical awareness of professionals working with those affected. Toxic Couples: The Psychology of Domestic Violence is ideal for clinicians working with the victims and perpetrators of intimate partner violence, for students of psychology, gender studies and social care courses and for anyone interested in the psychological forces behind violence in relationships. }

Three months after life as she knows it was decimated, Megan Wolford has only one goal: protect her daughter, Caitlin, at any cost. When a mysterious illness strikes Caitlin down, Megan is forced to forage for medical supplies at a remote lodge. The last thing she wants is help from her fellow survivors when so many in her life have let her down—but soon she'll find herself with no other option. Ex-Navy SEAL Wyatt Morris is doing everything he can to hold his family together after the tragic death of his preppeer Dad, so when Megan enters their lands, he is mistrustful at first despite feeling drawn to her. He won't turn away an ill child though--no matter how deadly the world has become. But the arrival of another stranger named Kyle soon gives them all a new reason to be suspicious. Wyatt knows he'll have to forge alliances in order to keep his family safe, but trusting the wrong person could be a deadly mistake. When Megan and Wyatt discover her daughter's illness may be linked to Kyle's arrival, it sets off a race to discover the truth before it's too late to save Caitlin—and the rest of the Morris clan. Can they work together for survival . . . and something more?

Evelyn Underhill

The Literary and Cultural Spaces of Restoration London

The Dark Side of Dharma

A Riveting Psychological Thriller

A Gripping Psychological Thriller

Dark Prisms

The Other MotherA Psychological Thriller You Won't Want to Put DownOpen Road Media

For more than 30 years, numerous independent reviewers, student advice writers and even competitors have heralded HERGENHAHN'S AN INTRODUCTION TO THE HISTORY OF PSYCHOLOGY as the best in the field—and for good reason. It was the first History of Psychology text to include basic pedagogy—elements such as summaries and study questions that several current alternatives still lack. It engages students with interesting biographical tidbits—the fun facts that readers fondly remember after other details fade. Grounded in original source material and contemporary scholarship, the book provides breadth and depth of analysis unrivaled by works of similar length. In the eighth edition, author Tracy Henley continues to demonstrate that most of the concerns of contemporary psychologists are manifestations of themes that have been part of Psychology for hundreds—or even thousands—of years. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

Every human life is made up of the light and the dark, the happy and the sad, the vital and the deadening. How you think about this rhythm of moods makes all the difference. Our lives are filled with emotional tunnels: the loss of a loved one or end of a relationship, aging and illness, career disappointments or just an ongoing sense of dissatisfaction with life. Society tends to view these "dark nights" in clinical terms as obstacles to be overcome as quickly as possible. But Moore shows how honoring these periods of fragility as periods of incubation and positive opportunities to delve the soul's deepest needs can provide healing and a new understanding of life's meaning. Dark Nights of the Soul presents these metaphoric dark nights not as the enemy, but as times of transition, occasions to restore yourself, and transforming rites of passage, revealing an uplifting and inspiring new outlook on such topics as:
• The healing power of melancholy
• The sexual dark night and the mysteries of matrimony
• Finding solace during illness and in aging
• Anxiety, anger, and temporary Insanities
• Linking creativity, spirituality, and emotional struggles
• Finding meaning and beauty in the darkness

Invest your time in reading the true masterpieces of world literature, the greatest works by the masters of their craft, the revolutionary works, the timeless classics and the eternally moving storylines every person should experience in their lifetime: Strange Case of Dr Jekyll and Mr Hyde (Robert Louis Stevenson) A Doll's House (Henrik Ibsen) A Tale of Two Cities (Charles Dickens) Dubliners (James Joyce) A Portrait of the Artist as a Young Man (James Joyce) War and Peace (Leo Tolstoy) The Good Soldier (Ford Madox Ford) Howards End (E. M. Forster) Le Père Goriot (Honoré de Balzac) Sense and Sensibility (Jane Austen) Anne of Green Gables Series (L. M. Montgomery) The Wind in the Willows (Kenneth Grahame) Gitanjali (Rabindranath Tagore) Diary of a Nobby (George and Weedon Grossmith) The Beautiful and Damned (F. Scott Fitzgerald) Moll Flanders (Daniel Defoe) 20,000 Leagues Under the Sea (Jules Verne) Gulliver's Travels (Jonathan Swift) The Last of the Mohicans (James Fenimore Cooper) Phantastes (George MacDonald) Peter and Wendy (J. M. Barrie) The Three Musketeers (Alexandre Dumas) Iliad & Odyssey (Homer) Kama Sutra The Divine Comedy (Dante) The Rise of Silas Lapham (William Dean Howells) The Book of Tea (Kakuzo Okakura) Madame Bovary (Gustave Flaubert) The Hunchback of Notre Dame (Victor Hugo) Red and the Black (Stendhal) Rob Roy (Sir Walter Scott) Barchester Towers (Anthony Trollope) Germinal (Emile Zola) The Rider on the White Horse (Theodor Storm) Uncle Tom's Cabin (Harriet Beecher Stowe) The Scarlet Letter (Nathaniel Hawthorne) The History of Tom Jones, a Foundling (Henry Fielding) Three Men in a Boat (Jerome K. Jerome) Tristram Shandy (Laurence Sterne) Tess of the d'Urbervilles (Thomas Hardy) My Antonia (Willa Cather) The Age of Innocence (Edith Wharton) The Awakening (Kate Chopin) Babbitt (Sinclair Lewis) Of Human Bondage (W. Somerset Maugham) The Portrait of a Lady (Henry James) Fathers and Sons (Ivan Turgenev) Dead Souls (Nikolai Gogol) The Death of Ivan Ilyich (Leo Tolstoy) The Voyage Out (Virginia Woolf) The Life of Lazarillo de Tormes Life is a Dream (Pedro Calderon de la Barca) Faust (Johann Wolfgang von Goethe) Beyond Good and Evil (Friedrich Nietzsche) Thus Spoke Zarathustra (Friedrich Nietzsche) Autobiography (Benjamin Franklin) The Poison Tree (Bankim Chandra Chatterjee) Shakuntala (Kalidasa) Rāmāyaṅ of Vālmīki (Vālmīki) The Tell-Tale Heart (Edgar Allan Poe) The Fall of the House of Usher (Edgar Allan Poe) The Woman in White (Wilkie Collins) The Mysteries of Udolpho (Ann Ward Radcliffe) Dracula (Bram Stoker) The Phantom of the Opera (Gaston Leroux) The Time Machine (H. G. Wells) Nostromo (Joseph Conrad) Ben-Hur: A Tale of the Christ (Lewis Wallace) Rip Van Winkle (Washington Irving) The Prince (Machiavelli) The Brothers Karamazov (Fyodor Dostoyevsky) The Analects of Confucius (Confucius) Tao Te Ching (Laotz) Paradise Lost (John Milton) Ode to the West Wind (P. B. Shelley) The Yellow Wallpaper (Charlotte Perkins Gilman) The Rainbow (D.H. Lawrence) Arms and the Man (George Bernard Shaw) The Enchanted April (Elizabeth von Arnim) Hung Lou Meng or, The Dream of the Red Chamber (Cao Xueqin) The Innocence of Father Brown (G. K. Chesterton) The Thirty-Nine Steps (John Buchan) The Four Just Men (Edgar Wallace) Lady Macbeth of the Mtsensk District (Nikolai Leskov) 2BR02B (Kurt Vonnegut) The Power Of Concentration (William Walker Atkinson) Self Mastery Through Conscious Autosuggestion (Emile Coué)

Retreat Into Darkness

The Opening of Vision

A Western Approach to Tibetan Dark Retreat Meditation

A Nail-Biting Psychological Thriller

The Uninvited

Psychoanalytic Theory for Social Work Practice

Metamorphosis, the theme of this book, derives from the Ancient Greek language and refers to a transformative process that often includes disintegration and reintegration, on the route to conscious living with self, community and the world. This collection proposes that engagement with the sacred is what makes research and practice transpersonal, the sacred "other" that lives both within and beyond us as individuals and unique cultures. The transpersonal approach is distinctive in that it regards the potential metamorphosis of all those involved in research and professional practice a core value. This volume engages the audience in professional, practical, as well as inquiry-related topics that reflect the diverse nature of the transpersonal studies field, and extend an experience of metamorphosis to the reader. The book moves scholarship forward in an innovative and creative way with relevant themes that not only honour the sacred, but lend a transpersonal paradigm to scientific and professional methods and models. This book explores Evelyn Underhill's spirituality for daily living by describing aspects of her life and writings that are relevant for contemporary Christians in their daily living. It combines scholarly research and pastoral applications. The first part focuses on three influences on her life: experiences and images, her study of the mystics, and her work with spiritual guides. The second part discusses Underhill's spirituality for daily living based on a study of her letters, retreats, and other spiritual writings. The third part presents her legacy for the third millennium: her study of mysticism, her spiritual guidance, and her spirituality for daily living. This work highlights aspects of her life with which readers may identify, for example: her own return to the Anglican communion after fourteen years; her ecumenical dialogue with the Orthodox church and her lifelong attraction to the mystical and sacramental aspect of Roman Catholicism; her study of Sufi mystics bringing her into interfaith dialogue; her pacifist stance in World War II; and her prophetic contribution to the Anglican church as a woman spiritual director, retreat preacher, theologian, spiritual writer, and spiritual resource for today.

" A chilling, addictive, and highly jaw-dropping " thriller from the author of Stench (The Writing Garnet). Konrad Neale is a television presenter. His waning career has been given a new lease on life since he took on a series of hard-hitting documentaries that investigate miscarriages of justice. Matthew Hawley has been convicted of the brutal murder of his wealthy attractive wife Helena. However, he has no memory of the events and insists he is not responsible for willingly killing her. When Konrad interviews Matthew in prison, he explores the details of the murder and the possible motives behind it. But all is not as it seems. Did Matthew murder his wife? Soon the search is on to identify who else might be involved in the murder of Helena, and Konrad is about to learn that sometimes the camera lies. " I found this to be a well written, fast-paced thriller. I ' m looking forward to reading more from this author. " —Cheesypsee Reads and Review " I would certainly love to see The Camera Lies brought to the small screen, It has everything you want to make a great crime drama series! " —The P. Turners Book Blog " I think the best thing about this novel was its fierce energy, pace, drama and complexity. " —Bibliomaniac (UK) " A dark and twisted read that had me engrossed throughout. The story takes unexpected turns that at times left me feeling quite breathless. " —By The Letter Book Reviews

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Finding Eva

The Cleansing

Jane Austen

The Great Harmonia: The seer

Occultism in Hispanic Drama

The Dark Night: Psychological Experience and Spiritual Reality

This book explores the literary and cultural rebuilding of London after the Great Fire of 1666.

The bestselling author of Finding Eva presents a suspenseful story of a fragile woman, an unwelcome intruder, and a house full of secrets . . . Faye and her husband Hugh have had a traumatic year. Wanting to start again, the couple decides to buy a large rundown property, Cross House, in a village in North Yorkshire, hoping to leave the past behind them. However, the tranquility is soon ruined when Faye begins to awake, every night, to the sound of someone creeping around the bedroom. She tries to explain it to Hugh, frightened for the safety of their two children—but Hugh dismisses her claims, thinking she is heading for another breakdown. But when Faye discovers some diaries that contain secrets about the family that lived in the house before them, she starts to wonder if the intruder might be closer to home than she first thought. Obsessed with finding answers, Faye is determined to learn about the Wentworth family, a fractured family with a tragic past. And when she learns that Hilary Wentworth fell to her death down the stairs in Cross House, Faye realises she is in mortal danger . . . From the bestselling author of The Other Mother and Her Dark Retreat, The Uninvited is a brooding and suspenseful thriller.

This is a research journal/compilation more than a book. Three years in, and Dark Retreat continues to heal the author from an Ayahuasca initiation that pushed his bandwidth right to the edge. Of course the Motherboard knows all, but Ayahuasca has given a few adventurers a permanent body exit with which to reboot. Darkness took the fear away, healed the adrenal shock, and allowed the space for grace. It seems that Darkness reveals we are all black "wholes" feeding back data to the cosmos. And in the dark the stars turn on, literally, from within. In this expanded third edition, we include a Harvard research team's modernization of The Tibetan Book of the Dead (correctly translated: "Liberate from the cycle of birth and death through hearing.") As we find more masters of Darkness practice, we will continue adding to this text. Some side benefits of Dark Retreats are organ healing, adrenal rejuvenation, and with the Tao exercises, sacred sexuality and heavy metal detox. There's a lot to it... and Master Chia led the way. The Tibetan and Hindu traditions add in their specific enlightenment and rejuvenation paths. And the Kogi, up next for research, have their top Shamans in the dark for 21 years! It works.

This text argues that women's rights are violated in many ways everyday but these violations are ignored. It claims that the mere extension of existing human rights protection to women is insufficient: women's rights must be understood as human rights

Women's Rights, Human Rights

A Gripping Psychological Thriller with a Killer Twist

Dark Nights of the Soul

The Seer

A Nail-Biting Psychological Suspense

Darkness Before Dawn

Retreats in darkness have been used by all the great spiritual traditions for thousands of years as a method for tapping deep clarity, accessing sacred wisdom, connecting with the Divine, and training to transform the mind/body system into a manifestation of wisdom. In dark retreat, the practitioner lives in complete darkness—eating, sleeping, meditating, and simply existing in a world without external light. Traditionally, in Tibet, dark retreats were performed by monks as part of their training with the support of their monastery and their fellow monks. But dark retreats are of value to people from all walks of life, from the monastic to the busy householder—those with jobs, families, and all-too-many responsibilities. Martin Lowenthal has taken a practice little-known in the West and made it accessible by incorporating methods based in western psychology with traditional Tibetan Buddhism. There are many advantages of a retreat in the dark, one of which is rest for our eyes, weary from overstimulation in our visually oriented world, that then promotes overall relaxation of body and mind. This relaxation helps us cut through old mental and emotional habits, harmonizes the elements in the body, works with visions, and rests in the "Natural State."

Retreats in the dark also improve the quality of our daily life. We can develop greater clarity and awareness in every aspect of living. When we improve the conditions of our lives, we provide an atmosphere more conducive to continued meditation practices. Dark retreat is also a powerful setting for practicing tantra. Tantra uses imagination, senses, and creativity to transform experience into food for the spirit. Dawning of Clear Light is a celebration, a joyous invitation to find the treasures that are hidden within your world and the world around you.

In 2003 and 2005, the author experienced two dark therapy retreats. For a period of 12 and 24 days, respectively, in the confines of a completely darkened room, and in the absence of any external distractions, Saskia John was confronted exclusively with herself for 24 hours of every day. The only interruption was a one-hour daily debriefing session with her facilitator. Both journeys into the depths of her soul served to expand her consciousness, as well as presenting experiences of an exploratory, integrational and adventurous nature. She was able to investigate hitherto unknown territory, which often took her to her personal limits, and at times, even beyond. The account presents a cross section of the experiential spectrum of the human psyche and is aimed at readers interested in the subject areas of psychology, transformation, spirituality, mysticism, healing of the Inner Child, lucid dreaming, dream analysis, deep meditation, Tai Chi, fasting and Beings experiences.

Audible Best Seller of 2017 Inc. 11 Great Business Books New York Magazine Best Psychology Books LinkedIn's 12 Books on Leadership to Read Two mavericks in the field of positive psychology deliver a timely message Happiness experts have long told us to tune out our negative emotions and focus instead on mindfulness, positivity, and optimism. Researchers Todd Kashdan, Ph.D., and Robert Biswas-Diener, Dr. Philos., disagree. Positive emotions alone are not enough. Anger makes us creative, selfishness makes us brave, and guilt is a powerful motivator. The real key to success lies in emotional agility. Drawing upon extensive scientific research and a wide array of real-life examples, The Upside of Your Dark Side will be embraced by business leaders, parents, and everyone else who's ready to put their entire psychological tool kit to work.

Beauty isn't everything. But Dana Carter doesn't believe it. After a weekend retreat with her college honors club—including her crush, Ehdan—Dana is convinced nothing is worse than living without a skinny body and flawless features. In fact, she might as well never show her face in society again for being overweight, along with the many other imperfections she bears. But when Dana plummets into a ravine on the drive home, she awakens in a strange basement, uninjured and—to her great pleasure—perfectly beautiful. The mysterious young man who saved her is attentive and glad to make her pleasure—perfectly beautiful. The mysterious young man who Ehdan her is attentive and glad to make her live come true, but Dana soon learns she must also fulfill his. As the days pass and reality quickly shifts to a nightmare, Dana begins to see through her exceptional beauty, and must find a way to escape her captor's grip before it is too late. This short, clean psychological thriller is available where all ebooks are sold.

The Great Harmonia: Being a Philosophical Revelation of the Natural, Spiritual and Celestial Universe ... Fourth Edition

The Journal of Mental Science

The Upside of Your Dark Side

The Great Harmonia

The Camera Lies

The Other Mother

The mythological, folkloric, and religious beliefs of Western culture have resulted in a long and ongoing history of esoteric themes in theatre from the Middle Ages to the present in Spain and the America. Now Robert Lima, a noted comparatist, brings to bear on this material his wide knowledge of the world of the occult. Lima defines the terms "occult" and "occultism" broadly to embrace the many ways in which humans have sought to fathom a secret knowledge held to be accessible only through such supernatural agencies as alchemy, angelology, asceticism, astrology, demonolatrny, divination, ecstasy, magic, necromancy, possession, Santería, séances, voodoo, and witchcraft. The dramatic works covered range from medieval materializations of Hell to the Golden Age plays of Lope de Vega, Tirso de Molina, and Calderón de la Barca, to modern stage works by Valle-Inclán, García Lorca, Casona, Miras, and a number of significant Afro-Brazilian and Caribbean dramatists. The concluding comprehensive bibliography of the drama of the occult is invaluable.

A chilling novel of a fragile marriage, a remote house above the North Sea, and a dark secret that may change everything. Chamber Cottage, a coastguard residence that sits high up on the North Yorkshire cliffs overlooking the North Sea, is home to Alec and Peggy. Damaged by their childhoods and estranged from family members, they are trying to get on with their lives and find comfort in each other—though their marriage suffers from strain. Both are convinced that they are being watched—a situation that exacerbates Peggy's agoraphobic tendencies. To make matters worse, Peggy discovers her estranged mother is stalking her, claiming she knows a dark secret that is putting Peggy in danger. She thinks Alec is a monster. Before long, Peggy is not sure what to believe—and what truly lies within Chamber Cottage.

Some relationships are toxic. Others are deadly . . . "A very clever plot . . . A wonderful, different read." —Nicki's Book Blog After breaking up with her boyfriend, Gareth, Eva has left London for Whitby, desperate to find her birth parents after spending her childhood in foster care. Gareth is furious with Eva. He loved her deeply, and the disclosure she made when she ended the relationship is eating away at him. Celia, Eva's friend, is concerned about her as well. She's stopped answering her calls, and when Celia goes to London to find her, she realises Eva has moved without telling anyone. Celia makes the decision to follow Eva to Whitby, concerned that Eva is unravelling. Both women have been damaged by their childhoods. But when Gareth also decides to go to Whitby, it is the start of a lethal situation . . . This suspenseful psychological thriller comes from J.A. Baker, bestselling author of Undercurrent, Her Dark Retreat, and The Other Mother. "Such a dark and brooding read." —By The Letter Book Reviews

This is the first book in English on women's gidayu and introduces the performers, their music and the politics of their survival within the male-dominated world of Japanese theatre tradition. It explores the intricate web of interrelationships of personality, organization of performance in women's gidayu in contemporary Japan. Kimi Coaldrake's book is a pioneering study of a traditional and dynamic area of Japanese cultural life that has previously been little understood in the West. It will be of particular interest to those studying Japanese theatre and its music as well as those seeking insights into the contribution of women to Japanese theatre history. The CD which accompanies the book provides immediate access to rare historical recordings of the Living National Treasure Takenoto Tosahiro (1897-1992) and other famous women performers, bringing to life the popular tales of gidayu discussed in the text.

Metamorphosis through Conscious Living

The seer

A Transpersonal Psychology Perspective

Being a Philosophical Revelation of the Natural, Spiritual, and Celestial Universe

Thinking Under Fire

90 Masterpieces You Must Read (Vol.2)

The author of The Other Mother delivers a psychological thriller “fraught with uncertainty, possibility, and quiet menace” (AudioFile). Esther lost her husband, Julian, and her children, Harriet and Dexter, in a car accident and is struggling with her grief. Spurred on by her own loneliness and a need to make amends for not being able to save her own children, Esther takes it upon herself to watch the woman who lives at number 19. But when unexplainable incidents begin to happen in Esther's house, she begins to fear for her safety. Meanwhile, over at number 19, the woman's behavior is becoming more explosive and unpredictable. As Esther starts to lose her grip on reality, her world begins to unravel. Just who is this strange woman at number 19? And why is Esther so obsessed with her? “In every sense a true ‘page-turner’ . . . explores the darkness of the mentally unstable mind.” —Fictionophile “An absolutely brilliant, unputdownable, cracker of a read! . . . J.A. Baker has constructed a novel that in parts is quite frighteningly believable as she delves into what it might be like to live inside a confused, muddled psyche.” —Jan’s Book Buzz “Superbly written . . . J.A. Baker has created such creepily believable characters that I felt a shiver go down my spine each time I came across the characters in question.” —gingerbookgeek

The Dark Side of Dharma explores some of the possible undesirable side effects - also known as 'adverse effects' - of meditation and mindfulness. Researcher Anna Lutkajtis investigates why these effects, which are well-known in spiritual and religious traditions, have been ignored in contemporary secular contexts, such as Western psychology.Lutkajtis' research reveals that while meditation is commonly portrayed as a practice that is overwhelmingly positive, a growing number of research studies and anecdotal reports suggest that meditation can also have negative effects. Some meditators believe that these adverse effects are a normal part of the contemplative path and a welcome sign of progress. For others, such effects are completely unexpected and can be psychologically harmful.In religious traditions like Buddhism, difficulties associated with meditation are acknowledged and are usually viewed as milestones on the path to enlightenment or the result of an unbalanced practice. In such traditional contexts, meditation teachers are equipped to deal with adverse effects if and when they arise. However, in the modern West, meditation adverse effects have been overlooked, under- researched, and generally misunderstood.Given the current popularity of meditation, Lutkajtis argues that it is important to understand why meditation adverse effects have been ignored in contemporary secular settings.

Reading St. John of the Cross's Dark Night can be daunting; living the dark experience of purification it describes can be much more so. The description of the dark nights (yes, there is more than one!) which St. John presents seems so stark and painful that one might be tempted to just close the book and stop reading. On top of that, both the process St. John describes and the language he uses can be confusing and intimidating. The language of 16th-century scholasticism is not easily understood by 21st-century readers living in a completely different culture and context. Perhaps even more challenging is that fact that our modern lives, filled with the non-stop clutter of social media and technology, as well as comfort and ease, do not prepare most of us well to honestly look into our own depths to see who we are and who we are intended to become as fully alive human beings. Fortunately we now have this helpful book to guide us to that full life which St. John invites us to in The Dark Night. Father Marc Foley here combines his own theological and psychological background, as well as his experience as a spiritual guide, to help modern readers understand the experiences, challenges, and graced events of the purifying nights of sense and spirit. In addition to exploring certain key terms that John uses in Spanish and their meaning in the saint's time and today, Father Marc includes pertinent selections from a wide range of writers, ancient to modern, that illustrate the themes he covers. Each chapter concludes with insightful questions for personal reflection or group discussion. The book has a comprehensive and fully linked index. WHAT THEY'RE SAYING... The Dark Night: Psychological Experience and Spiritual Reality by Father Marc Foley, OCD, isn't just an excellent commentary on The Dark Night by St. John of the Cross, it's a practical spiritual guide for anyone—even if you never intend to read the work upon which it expounds. The book offers some of the best descriptions I've read about stages of prayer and progress in the spiritual life, offering straightforward examples that allow the reader to view his or her life in a clearer way. In fact, Foley's explanations of the imperfections of beginners are so vivid, I felt like the Samaritan woman who said, "Come see a man who told me everything I have done." Foley made me realize, for example, how much time I've spent working on "spiritual projects" when God was calling me to spend more time in prayer or serving my family. I particularly appreciate the book's use of stories from literature and the author's personal life. Whether it's examples from Charles Dickens' A Christmas Carol, Mark Twain's The Adventures of Huckleberry Finn or others, Foley's use of stories makes the book a quick and enjoyable read. I wish this book had been around when I was younger, as it would have helped me avoid many misconceptions about my own spiritual life. Not that I would have understood all aspects of the book, but Foley provides an excellent framework to guide our progress toward union with our Creator. Some of the concepts are immediately useful while others, I suspect, will unfold in my life over time. I especially recommend The Dark Night: Psychological Experience and Spiritual Reality to beginners and those discerning a call to Carmel. While the book is engaging, it is also challenging. Foley writes, "Just as self-knowledge is painful, so too is change. And the change native to the dark night is excruciatingly painful because it involves modifying or eradicating deeply ingrained habits that have taken root within us over a lifetime." The Dark Night: Psychological Experience and Spiritual Reality is a great aid for the journey, and a book I will read more than once. One last thought: The Dark Night: Psychological Experience and Spiritual Reality is a good companion to Foley's earlier book, The Ascent of Mount Carmel: Reflections, which explains St. John of the Cross' work of the same name, using similar techniques and examples. Reading the books back to back would help reinforce some of the concepts, and at just more than 200 pages each, is easily accomplished. —Tim Bete, OCDs, is a member of the Our Mother of Good Counsel Community in Dayton, Ohio, and a published author of three books.

There's no shortage of psychology self-help books on depression—but this collection, envisioned and edited by Sounds True founder Tami Simon, is not one of them. You won't be revisiting familiar therapies or antidepressant options. What you will find is a gathering of 16 exceptional and compassionate teachers who have faced profound depression themselves. Their purpose? To radically shift the way that we perceive the experience. To offer insights and practices that reach beyond conventional models. And to help us receive depression's uninvited yet singular gifts. The guidance presented here supports traditional psychotherapy and medication as valuable tools. But for those who've found these approaches incomplete—or seek to help others at an impasse—there's much to discover within these pages, including: Thomas Moore, PhD, on Saturn's gifts; Sally Kempton on shifting from suffering and into witnessing awareness; poet Mark Nepo on embracing both emptiness and aliveness; Mary Pipher, PhD, on how despair can open us to long-hidden joy; Christina Baldwin on “ineffable sorrow”; Parker J. Palmer, PhD, on finding meaning and connection through the experience of depression; plus exceptional contributions by Ann Marie Chiasson, MD; James Gordon, MD; Sandra Ingerman; Karla McLaren; Robert Augustus Masters, PhD; Amy Weintraub; Jeff Foster; Elizabeth Rabla Roberts, EdD; Michael Bernard Beckwith; and Reginald A. Ray, PhD.

A Gripping Psychological Suspense

Dark Beauty

A Psychological Thriller You Won't Want to Put Down

Why Being Your Whole Self-Not Just Your "Good" Self-Drives Success and Fulfillment

A Twisting Psychological Thriller You Won't Want to Put Down

The Great harmonia v. 3, 1880

Presents a collection of contemporary criticism and analysis of the works of the English author.

1852 the Great Harmonia Concerning the Seven Mental States. "Spontaneous and profound questions are living representatives of Internal Desires: but to obtain and enjoy those pure and beautiful responses, which are intrinsically elevating and eternal. t.

An Amazon Charts bestseller. A missing child. A desperate mother. And a house full of secrets. Two years ago, Julia lost her family in a tragic accident. Her husband drowned trying to save their daughter, Lily, in the river near their rural home. But the little girl's body was never found—and Julia believes Lily is somehow still alive. Alone and bereft of the first guests is Lucas, a horror novelist, who becomes obsessed with finding out what happened to Lily. But within days of his arrival, the peace of the retreat is shattered by a series of eerie events. When Lucas's investigation leads him and Julia into the woods, they discover a dark secret—a secret that someone will do anything to keep hidden. Lily never found? And who, or what, is haunting the retreat? From the bestselling author of Follow You Home and The Magpies comes his most terrifying novel yet.

The Retreat

Meditation, Madness and Other Maladies on the Contemplative Path
A Thrilling Psychological Suspense
International Feminist Perspectives
Women's Giday? and the Japanese Theatre Tradition
Dark Retreat