

Pema Chodron 2017 Wall Calendar: Awakening The Heart — A Year Of Inspirational Quotes

A collection of upbeat, instructive Buddhist tales by major mainstream as well as up-and-coming writers explores classic themes, from reality and illusion to meditation and action, in an anthology that includes contributions by such authors as Pico Ayer, Anne Donovan, and Mark Salzman. Original.

Executive coaching has grown enormously in popularity over the last twenty years, and in the process the field has shifted from serving as a corrective measure for underperformers to helping high-potentials develop fully and allowing stars to continue to up their game. The Art of Self-Coaching is not intended to replace the experience of working one-on-one with a professional coach, but rather to augment the coaching process for active clients, to serve as a resource after a coaching engagement is concluded, and to provide a structured approach to managing one's professional growth and development to the large number of people who lack the opportunity to work directly with a coach. The book starts with a set of principles and practices that comprise the process of self-coaching. It then addresses the topic through a series of chapters aimed at different aspects of personal and professional development: Beginnings, Change, Emotion, Happiness, Resilience, Vulnerability, Unhappiness, Vice, Success, and Endings. Drawing upon recent research in neuroscience, social psychology and other disciplines, The Art of Self-Coaching will help readers better understand and leverage their strengths, address their weaknesses and areas for improvement, and provide a set of tools and conceptual frameworks to guide their ongoing development as people and as professionals.

With Mindful Birthing, Nancy Bardacke, nurse-midwife and mindfulness teacher, lays out her innovative program for pregnancy, childbirth, and beyond. Drawing on groundbreaking research in neuroscience, mindfulness meditation, and mind/body medicine, Bardacke offers practices that will help you find calm and ease during this life-changing time, providing lifelong skills for healthy living and wise parenting. SOME OF THE BENEFITS OF MINDFUL BIRTHING: Increases confidence and decreases fear of childbirth Taps into deep inner resources for working with pain Improves couple communication, connection, and cooperation Provides stress-reducing skills for greater joy and wellbeing

Not a day goes by without our being called upon to help one another--at home, at work, on the street, on the phone. . . . We do what we can. Yet so much comes up to complicate this natural response: "Will I have what it takes?" "How much is enough?" "How can I deal with suffering?" "And what really helps, anyway?" In this practical helper's companion, the authors explore a path through these confusions, and provide support and inspiration to us in our efforts as members of the helping professions, as volunteers, as community activists, or simply as friends and family trying to meet each other's needs. Here too are deeply moving personal accounts: A housewife brings zoo animals to lift the spirits of nursing home residents; a nun tends the wounded on the first night of the Nicaraguan revolution; a police officer talks a desperate father out of leaping from a roof with his child; a nurse allows an infant to spend its last moments of life in her arms rather than on a hospital machine. From many such stories and the authors' reflections, we can find strength, clarity, and wisdom for those times when we are called on to care for one another. How Can I Help? reminds us just how much we have to give and how doing so can lead to some of the most joyous moments of our lives.

The Compassionate Equestrian

Living Beautifully

Fast Animal

Letting Go of Anxious and Depressive Thoughts

The Sacred Path of the Warrior

How to Meditate

The Breakup Bible

A Mindfulness Retreat with Sylvia Boorstein

Do you find yourself ruminating about things you can't control? Worrying about those yet-to-complete goals and projects? What about just feeling like you're not the person you want to be? People who worry and ruminate find it difficult to stop anxiously anticipating future events and regretting or rethinking past actions. Left unchecked, this tendency can lead to mental health problems such as depression and generalized anxiety disorder. The Mindful Path Through Worry and Rumination offers powerful mindfulness strategies derived from Buddhist spiritual practices and proven psychological techniques to help you stop overthinking what you can't control-the future and the past-and learn how to find contentment in the present moment.

Pairs inspiring words from a variety of people including Khalil Gibran, Julia Child and J.K. Rowling, with colorful, elegant pictures from around the world in monthly themes to help readers find happiness every day.

In this comforting book that will offer relief to anyone moving through intense grief and loss, Zen Master Thich Nhat Hanh shares accessible, healing words of wisdom to transform our suffering. In the immediate aftermath of a loss, sometimes it is all we can do to keep breathing. With his signature clarity and compassion, Thich Nhat Hanh will guide you through the storm of emotions surrounding the death of a loved one. How To Live When A Loved One Dies offers powerful practices such as mindful breathing that will help you reconcile with death and loss, feel connected to your loved one long after they have gone, and transform your grief into healing and joy.

In the tradition of Octavia Butler, here is radical self-help, society-help, and planet-help to shape the futures we want. Change is constant. The world, our bodies, and our minds are in a constant state of flux. They are a stream of ever-mutating, emergent patterns. Rather than steel ourselves against such change, Emergent Strategy teaches us to map and assess the swirling structures and to read them as they happen, all the better to shape that which ultimately shapes us, personally and politically. A resolutely materialist spirituality based equally on science and science fiction: a wild feminist and afro-futurist ride! adrienne maree brown, co-editor of Octavia's Brood: Science Fiction from Social Justice Movements, is a social justice facilitator, healer, and doula living in Detroit.

You Are Not Here and Other Works of Buddhist Fiction

Yoga Wisdom at Work

and the Path of Loving-Kindness

Dakini Power

365 Daily Affirmations

Comfortable with Uncertainty

Living as a Buddhist Nun

That Bird Has My Wings

Yoga 's Ancient Wisdom Can Transform Your Work Life Everyone knows that yoga helps reduce stress and increase the body ' s flexibility and strength. But the physical aspects barely scratch the surface of yoga ' s transformative powers. The poses are only one part of a larger philosophy offering profound insights for confronting the complexities of daily life. Yoga can help you remain centered, compassionate, positive, and sane every hour of the day—especially those between nine and five. This unprecedented guide shows how practicing the full range of yogic concepts—the traditional “ Eight Limbs of Yoga ” —leads to a productive, creative, and energizing work environment and features examples from professions like law enforcement, teaching, banking, filmmaking, medicine, and many more. But beyond that, this book is an invitation to use all of yoga ' s teachings to cultivate the spark of the divine that dwells within each of us. “ Filled with personal insights and stories that carry yoga into the world of daily decision making.... It is wonderful to see the foundations of practice brought to life in such a confident, sincere, and thoughtful way. ” —Pandit Rajmani Tuganait, Chairman and spiritual head of the Himalayan Institute “ Maren and Jamie show that yoga is not just about poses—the practice is about creating the stillness of mind that will allow you do the work you were meant to do. Seriously, read this book! ” —Russell Simmons, cofounder of Def Jam “ The [Showkeirs] bring the deepest teachings of yoga alive by showing exactly how to bring our yoga—and our best selves—into the world. ” —Judith Lasater, PhD, author of Relax and Renew: Restful Yoga for Stressful Times

Presents the seventh collection of poems by the 2012 National Book Award finalist in poetry.

Get away from doing and into being with this lively, down-to-earth guide to your own meditation retreat by beloved mindfulness meditation teacher Sylvia Boorstein.

Presenting what Jon Kabat-Zinn has called "endearingly personal mindfulness wisdom," she offers a three-day retreat plan accompanied by timeless lessons -- always grounded in real life -- on how anyone can achieve calm, clarity and joy through meditation practices.

“ A remarkable book . . . I found myself thinking that all expectant and new parents should read it. ” —Michelle Slater A New York Times Book Review Editors' Choice In **Raising a Rare Girl**, Lanier explores how to defy the tyranny of normal and embrace parenthood as a spiritual practice that breaks us open in the best of ways. Like many women of her generation, when Heather Lanier was expecting her first child she did everything by the book in the hope that she could create a SuperBaby, a supremely healthy human destined for a high-achieving future. But her daughter Fiona challenged all of Lanier ' s preconceptions. Born with an ultra-rare syndrome known as Wolf-Hirschhorn, Fiona received a daunting prognosis: she would experience significant developmental delays and might not reach her second birthday. The diagnosis obliterated Lanier ' s perfectionist tendencies, along with her most closely held beliefs about certainty, vulnerability, God, and love. With tiny bits of mozzarella cheese, a walker rolled to library story time, a talking iPad app, and a whole lot of pop and reggae, mother and daughter spend their days doing whatever it takes to give Fiona nourishment, movement, and language. **Loving Fiona** opens Lanier up to new understandings of what it means to be human, what it takes to be a mother, and above all, the aching joy and wonder that come from embracing the unique life of her rare girl.

Don't Just Do Something, Sit There

Focused and Fearless

365 Buddhist Reflections to Invite Mindfulness and Joy

I Can Do It® 2022 Calendar

with Uncertainty and Change

A Memoir about Love, Honesty and Gender Change

Always Maintain a Joyful Mind

Birth of a Dancing Star

What drives a young London librarian to board a ship to India, meditate in a remote cave by herself for twelve years, and then build a flourishing nunnery in the Himalayas? How does a surfer girl become the head of the main international organization for Buddhist women? Why does the daughter of a music executive in Santa Monica dream so vividly of peacocks one night that she chases

Nepal, where she finds the love of her life in an unconventional young Tibetan master? The women featured in *Dakini Power*—contemporary teachers of Tibetan Buddhism, both Asians and Westerners—have been universally recognized as accomplished practitioners and brilliant teachers whose life stories demonstrate their immense determination and bravery. Meeting them in this book is inspiring to let go of old fears, explore new paths, and lead the lives they envision. Featured here are: • Jetsun Khandro Rinpoche (This Precious Life) • Dagmola Sakya (Princess in the Land of Snow) • Tenzin Palmo (Diane Perry) (Into the Heart of Life) • Pema Chödrön (Deirdre Blomfield-Brown) (When Things Fall Apart; Start Where You Are) • Khandro Tsering Chödrön (most familiar to readers as the aunt of Sogyal Rinpoche, author of *The Tibetan Book of Living and Dying*) • Thubten Chodron (Cherry Greene) (*Buddhism for Beginners*; *Taming the Mind*) • Karma Lekshe Tsomo (Patricia Zenn) (*Being Through American Women's Eyes*) • Chagdud Khadro (Jane Dedman) (*P'howa Commentary*; *Life in Relation to Death*) • Sangye Khandro (Nanci Gay Gustafson) (*Meditation, Transformation, and Dharma*) • Roshi Joan Halifax (*Being with Dying*) • Lama Tsultrim Allione (Joan Rousmanière Ewing) (*Women of Wisdom*; *Feeding Your Demons*) • Elizabeth Mattis-Namgyel (*The Power of an Open Question*)

Contents: Mandalas. I. A Study in the Process of Individuation. II. Concerning Mandala Symbolism Index Originally published in 1972. The Princeton Legacy Library uses the latest print-on-demand technology to again make available previously out-of-print books from the distinguished backlist of Princeton University Press. These editions preserve the original texts of these important books while presenting them in new paperback and hardcover editions. The goal of the Princeton Legacy Library is to vastly increase access to the rich scholarly heritage found in the thousands of books published by Princeton University since its founding in 1905.

Inspired by the Buddhist tradition of the 108-day retreat, a Tibetan Buddhist nun offers instruction and meditations for achieving compassion and awareness in everyday living.

Best-selling author and spiritual teacher Pema Chödrön shares life-changing practices for living with wisdom, confidence, and integrity amidst confusing situations and uncertain times. We live in a world that so often seems like a turbulent river threatening to drown us and destroy our world. Why, then, shouldn't we cling to the certainty of the comfortable—to our deep-seated habits and familiar ways? Chödrön teaches, that kind of fear-based clinging keeps us from the infinitely more powerful experience of being fully alive. The teachings she presents here—known as the "Three Commitments"—are a trove of wisdom for learning to step right into the unknown, to completely and fearlessly embrace the groundlessness of being human. When we do, we begin to see not only how much better an openhearted life, but we find that we begin to naturally and more effectively reach out to help and heal all those around us.

Mandala Symbolism

Having the Life You Want by Being Present to the Life You Have (20th Anniversary Edition)

Train Your Mind for Peace and Purpose Every Day

108 Teachings on Cultivating Fearlessness and Compassion

Twelve Extraordinary Women Shaping the Transmission of Tibetan Buddhism in the West

365 Days of Inspiration - Photos and Wisdom to Lift Your Spirit

Practicing Peace in Times of War

Finding Sanity Off the Mat and On the Job

The author of *When Things Fall Apart* reveals the meaning behind 59 Buddhist teachings and how you can use them as touchstones for daily living For centuries Tibetan Buddhists have relied on a collection of 59 pithy teachings—called lojong in Tibetan—to help them develop wisdom and compassion amid the challenges of daily living. In this book, Pema Chödrön introduces these transformative teachings and offers guidance on how to make them part of our everyday lives. Each lojong, or slogan, is followed by Pema Chödrön's accessible and succinct commentary on how to understand and apply it. The lojong teachings include: • "Always maintain only a joyful mind." • "Don't be swayed by external circumstances." • "Don't be so predictable." • "Be grateful to everyone." Inside *Always Maintain a Joyful Mind* readers will also find a link to an online audio program entitled "Opening the Heart." Here, Pema Chödrön offers in-depth instruction on tonglen meditation—a powerful practice that anyone can undertake to awaken compassion for oneself and others.

The work of the mature person is to carry grief in one hand and gratitude in the other and be stretched large by them. Noted psychotherapist Francis Weller provides an essential guide for navigating the deep waters of sorrow and loss in this lyrical yet practical handbook for mastering the art of grieving. Describing how Western patterns of amnesia and anesthesia affect our capacity to cope with personal and collective sorrows, Weller reveals the new vitality we may encounter when we welcome, rather than fear, the pain of loss. Through moving personal stories, poetry, and insightful reflections he leads us into the central energy of sorrow, and to the profound healing and heightened communion with each other and our planet that reside alongside it. *The Wild Edge of Sorrow* explains that grief has always been communal and illustrates how we need the healing touch of others, an atmosphere of compassion, and the comfort of ritual in order to fully metabolize our grief. Weller describes how we often hide our pain from the world, wrapping it in a secret mantle of shame. This causes sorrow to linger unexpressed in our bodies, weighing us down and pulling us into the territory of depression and death. We have come to fear grief and feel too alone to face an encounter with the powerful energies of sorrow. Those who work with people in grief, who have experienced the loss of a loved one, who mourn the ongoing destruction of our planet, or who suffer the accumulated traumas of a lifetime will appreciate the discussion of obstacles to successful grief work such as privatized pain, lack of communal rituals, a pervasive feeling of fear, and a culturally restrictive range of emotion. Weller highlights the intimate bond between grief and gratitude, sorrow and intimacy. In addition to showing us that the greatest gifts are often hidden in the things we avoid, he offers powerful tools and rituals and a list of resources to help us transform grief into a force that allows us to live and love more fully.

Enlightenment isn't a strange, mystical, or faraway place. It's a fundamental human experience available to us all in different ways and in different moments. Learn how the ancient philosophy of yoga, modern neuroscience, and positive psychology can help you discover your life's meaning and purpose, rewire your brain, and uncover lasting happiness and joy. Everyone is looking for happiness, but very few really know where to find it. Maybe it's that house you've been dreaming of buying, or a new car, or the perfect relationship? Or maybe it's a grand, epic revelation about the meaning of life? But when will that revelation come to you, and how long should you wait? And what if happiness isn't something you achieve or obtain, but how you respond to the conditions of your life? After all, yogis can find peace and joy even when life is painful and unpleasant. In *Yoga and the Pursuit of Happiness*, you'll discover that lasting happiness is already at your fingertips—in the small, everyday moments inherently infused with purpose and meaning. The philosophy of yoga—rather than the poses and postures—boils down to one fundamental process: overcoming suffering by coming to know ourselves and aligning our actions with our own intrinsic sense of spiritual purpose. And yoga gives us the tools to address two basic existential questions: Who am I? What should I do? Meanwhile, positive psychology and neuroscience show us

how our actions are constantly rewiring our brain in helpful ways—which points to happiness as something we must practice and carry out each day. Happiness is, simply put, something we do. In this unique, lighthearted guide, celebrated yoga instructor Sam Chase blends ancient wisdom from the Bhagavad Gita and Yoga Sutras with his own personal journey of enlightenment to show you how to deepen your understanding of yourself and the world around you, end the cycle of materialism and greed that can get in the way of cultivating stillness of mind, and achieve lasting well-being.

Boost your weekly activity the 2022 Weekly Planner Pink Floral design by RM Designs. This dated agenda features a place to take notes, organize your priorities, appointments, important dates and goals.

Monday through Friday 12 month calendar 8.5x11

Shaping Change, Changing Worlds

2019-20 On-The-Go Weekly Planner

How to Live When a Loved One Dies

The Art of Self-Coaching

Buddhism for Beginners

Emergent Strategy

The Smart Woman's Guide to Healing from a Breakup or Divorce

Interconnected

This easy-to-understand overview of the basics of Buddhism is an invaluable resource for the new or seasoned practitioner This user's guide to Buddhist basics takes the most commonly asked questions—beginning with “What is the essence of the Buddha's teachings?”—and provides simple answers in plain English. Thubten Chodron's responses to the questions that always seem to arise among people approaching Buddhism make this an exceptionally complete and accessible introduction—as well as a manual for living a more peaceful, mindful, and satisfying life. Buddhism for Beginners is an ideal first book on the subject for anyone, but it's also a wonderful resource for seasoned students, since the question-and-answer format makes it easy to find just the topic you're looking for, such as: · What is the goal of the Buddhist path? · What is karma? · If all phenomena are empty, does that mean nothing exists? · How can we deal with fear? · How do I establish a regular meditation practice? · What are the qualities I should look for in a teacher? · What is Buddha-nature? · Why can't we remember our past lives?

Jay Shetty, social media superstar and host of the #1 podcast On Purpose, distills the timeless wisdom he learned as a monk into practical steps anyone can take every day to live a less anxious, more meaningful life. When you think like a monk, you'll understand: -How to overcome negativity -How to stop overthinking -Why comparison kills love -How to use your fear -Why you can't find happiness by looking for it -How to learn from everyone you meet -Why you are not your thoughts -How to find your purpose -Why kindness is crucial to success -And much more... Shetty grew up in a family where you could become one of three things—a doctor, a lawyer, or a failure. His family was convinced he had chosen option three: instead of attending his college graduation ceremony, he headed to India to become a monk, to meditate every day for four to eight hours, and devote his life to helping others. After three years, one of his teachers told him that he would have more impact on the world if he left the monk's path to share his experience and wisdom with others. Heavily in debt, and with no recognizable skills on his résumé, he moved back home in north London with his parents. Shetty reconnected with old school friends—many working for some of the world's largest corporations—who were experiencing tremendous stress, pressure, and unhappiness, and they invited Shetty to coach them on well-being, purpose, and mindfulness. Since then, Shetty has become one of the world's most popular influencers. In 2017, he was named in the Forbes magazine 30-under-30 for being a game-changer in the world of media. In 2018, he had the #1 video on Facebook with over 360 million views. His social media following totals over 38 million, he has produced over 400 viral videos which have amassed more than 8 billion views, and his podcast, On Purpose, is consistently ranked the world's #1 Health and Wellness podcast. In this inspiring, empowering book, Shetty draws on his time as a monk to show us how we can clear the roadblocks to our potential and power. Combining ancient wisdom and his own rich experiences in the ashram, Think Like a Monk reveals how to overcome negative thoughts and habits, and access the calm and purpose that lie within all of us. He transforms abstract lessons into advice and exercises we can all apply to reduce stress, improve relationships, and give the gifts we find in ourselves to the world. Shetty proves that everyone can—and should—think like a monk.

More and more people are beginning to recognize a profound inner longing for authenticity, connection, compassion, and aliveness. Meditation, Pema explains, gives us a golden key to address this yearning. This comprehensive guide shows readers how to honestly meet and openly relate with the mind to embrace the fullness of our experience as we discover: • The basics of meditation, from getting settled and the six points of posture to working with your breath and cultivating an attitude of unconditional friendliness • Gentleness, patience and humor – three ingredients for a well-balanced practice • Shamatha (or calm abiding), the art of stabilizing the mind to remain present with whatever arises • Thoughts and emotions as “sheer delight” – instead of obstacles-in meditation Here is a indispensable book from the meditation teacher who remains a first choice for students the world over. Ani Pema Chödrön is an American-born Tibetan Buddhist nun and best selling author. She taught as an elementary school teacher for many years in both New Mexico and California. Pema has two children and three grandchildren.

The classic guide to enlightened living that first presented the Buddhist path of the warrior to Western readers—with a new foreword and cover presentation. This timeless classic presents a vision of basic human wisdom that synchronizes the mind and body—what Chögyam Trungpa called the sacred path of the warrior. This discipline embodies characteristics that many cultures, regions, and spiritual traditions throughout time have found valuable. The sacred warrior conquers the world not through violence or aggression but through gentleness, courage, and self-knowledge, discovering the basic goodness of human life and radiating that goodness out into the world for the peace and sanity of others. That's what the Shambhala teachings are all about, and this is the book that has been presenting them to a wide and appreciative audience for more than thirty years. This book is part of the Shambhala

Pocket Library series. The Shambhala Pocket Library is a collection of short, portable teachings from notable figures across religious traditions and classic texts. The covers in this series are rendered by Colorado artist Robert Spellman. The books in this collection distill the wisdom and heart of the work Shambhala Publications has published over 50 years into a compact format that is collectible, reader-friendly, and applicable to everyday life.

Embracing Life in Our Global Society

A Practical Guide to Making Friends with Your Mind

Think Like a Monk

Rituals of Renewal and the Sacred Work of Grief

Katie Daisy 2019-2020 Planner

Overcoming Depression with Mindfulness and Self-Compassion

The Wild Edge of Sorrow

The Autobiography of an Innocent Man on Death Row

Discusses the Buddhist concept of shenpa in order to describe how to become free from the destructive energy experienced during moments of conflict.

Goldstein believes that overcoming depression and uncovering happiness is in harnessing our brain's own natural antidepressant power and ultimately creating a more resilient antidepressant brain. In seven simple steps, she shows you how to take back control of your mind, your mood, and your life --

Now ordinary meditators (and non-meditators) can understand how to attain non-ordinary states with relative ease. Blended with contemporary examples, pragmatic exercises, and "how to" instructions that anyone can try, Focused and Fearless provides a wealth of tools to cultivate non-distracted attention in daily life and on retreat. Shaila Catherine has a friendly, wise approach to the meditative states (jhanas) that lead to liberating insight. Focused and Fearless is about much more than merely meditation or concentration. It offers a complete path towards bliss, fearlessness, and true awakening.

Daily dharma teachings on compassion, wisdom, mindfulness, and joy--ideal for creating moments of peace and reflection in our chaotic world. Awaken Every Day shares a quick dose of everyday wisdom, encouraging us to understand the true causes of our suffering and the paths to freedom. These insightful reflections help us understand our minds, our connections to our communities, and how to become the people we aspire to be.

The Wisdom of No Escape

Freeing Ourselves from Old Habits and Fears

(From Vol. 9i Collected Works)

And Other Lojong Teachings on Awakening Compassion and Fearlessness

Training the Mind, Body, and Heart for Childbirth and Beyond

How Can I Help?

Daily Joy

Raising a Rare Girl

The "down-to-earth, unsentimental, [and] high-humored" Pema Chödrön classic on learning to face our lives just as they are (Los Angeles Times) It's true, as they say, that we can only love others when we first love ourselves—and we can only experience real joy when we stop running from pain. The key to understanding these truisms is simple but not easy: we must learn to open ourselves up to life in all its manifestations. Here, spiritual teacher and When Things Fall Apart author Pema Chödrön presents a uniquely practical approach to doing just that, showing us the true value in having "no escape" from the ups and downs of life. Drawing from her own experiences with marriage, divorce, motherhood, and more, Pema reveals that when we embrace the happiness and heartache, the inspiration and confusion—all the twists and turns that are part of natural life—we can begin to discover a true wellspring of courageous love that's been within our hearts all along. As she writes in chapter four: "Our neurosis and our wisdom are made out of the same material. If you throw out your neurosis, you also throw out your wisdom."

A compelling memoir about "Ed" Krug, who as a man, had everything that anyone could want: a soul mate's love, the adoration of two beautiful daughters, a house in the best neighborhood, and a successful trial lawyer's career. After years of self-denial, "Ed" began a "gender journey" of self-discovery. In the end, that journey meant accepting Ellen, even though doing so meant giving up much of what "Ed" had valued as a man. This is a truly compelling story that goes beyond some things lost and others gained. It has universal meaning for everyone--whether they are transgender or not.

In recent years Buddhist nuns from Asia and the West have met together to become more active in improving their status in the female sangha. At "Life As A Buddhist Nun," the 1996 conference in Dharamsala, His Holiness the Dalai Lama supported this effort of Buddhist nuns to clarify their purpose in taking vows, widening their context, broadening community beyond their own abbeys, and supporting one another on their quest to achieve greater equality. This book gathers some of the presentations and teaching at this conference. Coming from many different countries and backgrounds, these women show ways they have found to embrace group practice in an era when most societies extol individualism. Their passion for earned wisdom should inspire lay practitioners and other nuns seeking the essence of Buddhist practice.

"War and peace begin in the hearts of individuals," declares Pema Chodron in her inspiring and accessible new book, which draws on Buddhist teachings to explore the

origins of aggression and war.

A Meditator's Guide to States of Deep Joy, Calm, and Clarity

Uncovering Happiness

The Mindful Path through Worry and Rumination

My Journey from Cradle Catholic to Cyborg Christian

25 Principles to Live by When Caring for and Working with Horses

The Book of Awakening

Awaken Every Day

A Guide to Finding Joy in Unexpected Places

This marvelous book, borne of a unique collaboration between Dr. Allen Schoen—a world-renowned veterinarian and author—and trainer and competitor of many years Susan Gordon, introduces the 25 Principles of Compassionate Equitation. These Principles, conceived by Dr. Schoen and Gordon, are a set of developmental guidelines, encouraging a level of personal awareness that may be enacted not only through the reader's engagement with horses, but can be extended to all humans and sentient beings he or she encounters. The 25 Principles share stories and outline current, peer-reviewed studies that identify and support methods of training, handling, and caring for horses that constitute a safe, healthy, non-stressful, and pain-free environment. Through their Compassionate Equestrian program, the authors encourage all involved in the horse industry to approach training and handling with compassion and a willingness to alleviate suffering. By developing deeper compassion for their own horses, and subsequently, all equines, equestrians transcend their differences in breed preferences, riding disciplines, and training methodologies. This leads to the ability to empathize and connect more closely with the “global collective” of horses and horse people. In doing so, a worldwide community of compassionate equine practitioners and horse owners will emerge, which will not only benefit the horses: People involved with horses are found in many influential segments of society and have the potential to affect wide circles of friends, acquaintances, and co-workers from every walk of life. These are simple changes any horse person can make that can have a vast impact on the horse industry and society as a whole.

Breakups are an unfortunate but inevitable part of every woman's life, and there's no denying that the heartache experienced after the ending of a serious relationship can be excruciating. But it doesn't have to feel insurmountable, and there is always hope to be found. In The Breakup Bible, psychotherapist and breakup expert Rachel Sussman reveals the secrets every woman needs to get her life back on track. Drawing on hundreds of counseling sessions she's conducted with women at all stages of recovery, Sussman developed a proven 3-phase process for healing from a breakup. The Breakup Bible takes women through Healing, Understanding, and Transformation, with new perspectives and advice from real, healed women at each step. Sussman's plan for getting over the end of a relationship is revolutionary and sound, complete with steps for creating a personalized Love Map, a vital and groundbreaking tool for moving on after a breakup. The Breakup Bible proves that it is possible to not only survive a breakup, but to emerge from one as an even stronger, empowered woman.

Finding freedom behind the walls of San Quentin.

A new edition of the #1 NYT's bestseller by Mark Nepo, who has been called “one of the finest spiritual guides of our time” and “a consummate storyteller.” Philosopher-poet and cancer survivor Mark Nepo opens a new season of freedom and joy—an escape from deadening, asleep-at-the wheel sameness—that is both profound and clarifying. His spiritual daybook is a summons to reclaim aliveness, liberate the self, take each day one at a time, and savor the beauty offered by life's unfolding. Reading his poetic prose is like being given second sight, exposing the reader to life's multiple dimensions, each one drawn with awe and affection. The Book of Awakening is the result of Nepo's journey of the soul and will inspire others to embark on their own. He speaks of spirit and friendship, urging readers to stay vital and in love with this life, no matter the hardships. Encompassing many traditions and voices, Nepo's words offer insight on pain, wonder, and love. Each entry is accompanied by an exercise that will surprise and delight the reader in its mind-waking ability.

Blossoms of the Dharma

Taking the Leap

Mindful Birthing

Healing Meditations for Grief and Loss

Shambhala

Getting to Ellen

Yoga and the Pursuit of Happiness

2022 Weekly Planner

Plucked from a humble nomad family to become the leader of one of Tibet's oldest Buddhist lineages, the young Seventeenth Karmapa draws on timeless values to create an urgent ethic for today's global community. We have always been, and will always be, interconnected—through family, community, and shared humanity. As our planet changes and our world grows smaller, it is vital we not only recognize our connections to one another and to the earth but also begin actively working together as interdependent individuals to create a truly global society. The Karmapa, Ogyen Trinley Dorje, is uniquely positioned to guide us in this process. Drawing on years of intensive Buddhist training and a passionate commitment to social issues, he teaches how we can move from a merely intellectual understanding to a fully lived experience of connection. By first seeing, then feeling, and finally living these connections, we can become more effective agents of social and ethical change. The Karmapa shows us how gaining emotional awareness of our connectedness can fundamentally reshape the human race. He then guides us to action, showing step by step how we can change the way we use the earth's resources and can continue to better our society. In clear language, the Karmapa draws connections between such seemingly far-flung issues as consumer culture, loneliness, animal protection, and self-reliance. In the process, he helps us move beyond theory to practical and positive social and ethical change.