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# **The Art And Practice Of Family Cons tellations**

**Explores the  
practical art  
and science of  
mindfulness as  
it relates to the  
traditions of**

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**Buddhism with  
a helpful guide  
to improving a  
mindful stance  
and an  
awareness of  
life experiences  
in any situation  
or  
circumstance.  
From a master  
of the artisan  
bread**

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**movement  
comes a  
comprehensive  
guide to  
making  
incredible  
bread at home,  
featuring more  
than 70  
delicious  
recipes NAMED  
ONE OF THE  
BEST**

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**COOKBOOKS  
OF THE YEAR  
BY THE  
ATLANTA JOUR  
NAL-CONSTITU  
TION “Here,  
finally, is the  
one bread book  
that every cook  
needs on their  
kitchen worktab  
le.” —Andrew  
Zimmern, host**

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**of Bizarre  
Foods The Vetri  
Cucina Bread  
Program began  
over a decade  
ago and has  
been part of the  
American  
movement to  
reclaim high-  
quality bread as  
a cornerstone  
of our food**

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**culture. In  
Mastering  
Bread, Marc  
Vetri and his  
former head  
baker, Claire  
Kopp  
McWilliams,  
show home  
cooks how to  
create simple  
breads with  
unique flavors**

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**in a home oven.  
Included are  
more than  
seventy recipes  
for their  
bestselling  
sourdough and  
yeast loaves as  
well as accompa  
niments to  
serve with the  
breads. Their  
process of**

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**bread-making is broken down into three easy-to-digest chapters: Mix, Shape, and Bake. Another chapter includes recipes for enjoying breadin dishes such as**

**Bruschetta,**



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**Panzanella, and  
Ribollita.**

**There's even a  
bonus chapter  
revealing the  
secrets of  
Vetri's coveted  
Panettone. This  
book shares  
everything that  
Vetri and  
McWilliams  
have learned**

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**over the years  
about the art  
and science of  
making  
incredible  
bread. They  
explain how to  
use fresh milled  
and whole-grain  
flours as well as  
local and  
regional wheat  
varieties, with**

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**easy  
instructions for  
adapting bread  
recipes for  
success with  
whatever flour  
is available in  
your market.  
Included  
throughout are  
bios and  
interviews with  
grain farmers,**

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**millers, and  
bread bakers**

**from around  
the nation.**

**Mastering  
Bread is a  
master class  
from an award-  
winning chef  
who makes  
world-class  
artisan bread  
easy to bake for**

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**both home  
cooks and  
professionals  
alike.**

**Group Art  
Therapy:  
Practice and  
Research is the  
first textbook of  
its kind, taking  
into account  
practice-based  
evidence and**

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**using a  
trans-theoretical  
approach to  
present a range  
of art therapy  
group  
interventions.  
The book covers  
essential topics  
including  
leadership, art  
making,  
successful**

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**therapeutic  
factors, and the  
basic stages of  
developing and  
facilitating  
groups.**

**Offering  
practical  
information not  
only to students  
but also to  
experienced  
practitioners,**

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**the chapters  
provide details  
about  
preparation and  
practice, note-  
taking and  
documentation,  
and research  
tips. Adhering  
to the most up-  
to-date  
educational  
standards and**



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**ethical codes of  
art therapy, the  
book covers the  
full range of  
settings and art  
therapy  
approaches.**

**This text will  
prepare art  
therapy  
graduate  
students and  
practitioners to**

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**lead groups in a  
variety of  
settings,  
theoretical  
approaches,  
and  
applications.**

**In The  
Charisma Myth,  
Olivia Fox  
Cabane offered  
a  
groundbreaking**

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**approach to  
becoming more  
charismatic.**

**Now she teams  
up with Judah  
Pollack to  
reveal how  
anyone can  
train their brain  
to have more  
eureka insights.  
The creative  
mode in your**

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**brain is like a butterfly. It's beautiful and erratic, hard to catch and highly valued as a result. If you want to capture it, you need a net. Enter the executive mode, the task-oriented**

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**network in your  
brain that help  
you tie your  
shoes, run a  
meeting, or  
pitch a client.  
To succeed, you  
need both  
modes to work  
together--your  
inner butterfly  
to be active and  
free, but your**

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**inner net to be  
ready to spring  
at the right  
time and create  
that "aha!"  
moment. But is  
there any way  
to trigger these  
insights,  
beyond dumb  
luck? Thanks to  
recent  
neuroscience**

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**discoveries, we  
can now explain  
these  
breakthrough  
moments--and  
also induce  
them through a  
series of  
specific  
practices. It  
turns out  
there's a hidden  
pattern to all**

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**these seemingly  
random  
breakthrough  
ideas. From  
Achimedes'  
iconic moment  
in the bathtub  
to designer  
Adam Cheyer's  
idea for Siri,  
accidental  
breakthroughs  
throughout**



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**history share a  
common origin  
story. In this  
book, you will  
learn to master  
the skills that  
will transform  
your brain into  
a consistent  
generator of  
insights.**

**Drawing on  
their extensive**

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**coaching and  
training  
practice with  
top Silicon  
Valley firms,  
Cabane and  
Pollack provide  
a step-by-step  
process for  
accessing the  
part of the  
brain that  
produces**

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**breakthroughs  
and  
systematically  
removing  
internal blocks.  
Their tactics  
range from  
simple to zany,  
such as: •  
Imagine an  
alternate  
universe where  
gravity doesn't**

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**exist, and the  
social and legal  
rules that  
govern it. • Map  
Disney's  
Pocahontas  
story onto  
James  
Cameron's  
Avatar. • Rid  
yourself of  
imposter  
syndrome**

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**through mental  
exercises. •**

**Literally change  
your**

**perspective by  
climbing a tree.**

**• Stimulate your  
butterfly mode**

**by watching a  
foreign film**

**without**

**subtitles. By**

**trying the**

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**exercises in this  
book, readers  
will emerge  
with a powerful  
new capacity  
for  
breakthrough  
thinking.**

**The Art and  
Practice of  
Capturing the  
Moment  
Placemaking**

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**The Seed  
Garden  
The Art and  
Practice of  
Building  
Communities  
The Art and  
Practice of  
Learning  
Through  
Observation  
The Art and  
Practice of**

*Page 31/215*

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**Virtual  
Filmmaking  
The Art and  
Practice of  
Economics  
Research  
*Writing the  
Sacred Journey  
shows readers  
how to write  
about spirituality  
and the interior***



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***life with heart and  
flair. It helps  
readers get  
motivated,  
generate  
materials, move  
swiftly through  
drafts, and gain  
confidence and  
ease in their  
writing. Writing  
the Sacred***

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***Journey helps  
readers to  
uncover and  
honor the sacred  
within their own  
life stories.***

***Elizabeth  
Andrew, an  
experienced  
writing instructor  
and spiritual  
director, gently***

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***guides readers through the spiritual writing process from concept to finished manuscript. She identifies some of the initial hurdles writers face in describing the interior, spiritual***

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***life and offers  
practical tips  
about how to  
overcome them.  
Writing the  
Sacred Journey  
also explores  
themes that  
commonly  
appear in  
spiritual memoir,  
as well as the all-***

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***important issue  
of writing as  
craft. Readers  
will learn new  
and practical  
skills for every  
stage of the  
writing process.  
Sprinkled  
throughout the  
book, these  
thoughtful***

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***activities teach  
readers new  
writing  
techniques and  
avenues into the  
creative process.  
Slow Looking  
provides a robust  
argument for the  
importance of  
slow looking in  
learning***

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***environments  
both general and  
specialized,  
formal and  
informal, and its  
connection to  
major concepts  
in teaching,  
learning, and  
knowledge. A mu  
seum-originated  
practice***

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***increasingly seen  
as holding wide  
educational  
benefits, slow  
looking contends  
that patient,  
immersive  
attention to  
content can  
produce active  
cognitive  
opportunities for***



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***meaning-making  
and critical  
thinking that may  
not be possible  
though high-  
speed means of  
information  
delivery.***

***Addressing the  
multi-disciplinary  
applications of  
this purposeful***

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***behavioral  
practice, this  
book draws  
examples from  
the visual arts,  
literature,  
science, and  
everyday life,  
using original,  
real-world  
scenarios to  
illustrate the***

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***complexities and  
rewards of slow  
looking.***

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MILLION COPIES  
IN PRINT • “One  
of the seminal  
management  
books of the past  
seventy-five  
years.”—Harvard  
Business Review***

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***This revised edition of the bestselling classic is based on fifteen years of experience in putting Peter Senge's ideas into practice. As Senge makes clear, in the long run the only***

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***sustainable  
competitive  
advantage is your  
organization's  
ability to learn  
faster than the  
competition. The  
leadership  
stories  
demonstrate the  
many ways that  
the core ideas of***

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***the Fifth  
Discipline, many  
of which seemed  
radical when first  
published, have  
become deeply  
integrated into  
people's ways of  
seeing the world  
and their  
managerial  
practices. Senge***

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***describes how  
companies can  
rid themselves of  
the learning  
blocks that  
threaten their  
productivity and  
success by  
adopting the  
strategies of  
learning  
organizations, in***

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***which new and  
expansive  
patterns of  
thinking are  
nurtured,  
collective  
aspiration is set  
free, and people  
are continually  
learning how to  
create the results  
they truly desire.***



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***Mastering the disciplines Senge outlines in the book will: •***

***Reignite the spark of genuine learning driven by people focused on what truly matters to them • Bridge teamwork into***

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***macrocreativity •  
Free you of  
confining  
assumptions and  
mindsets • Teach  
you to see the  
forest and the  
trees • End the  
struggle between  
work and  
personal time  
This updated***

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***edition contains  
more than one  
hundred pages of  
new material  
based on  
interviews with  
dozens of  
practitioners at  
companies such  
as BP, Unilever,  
Intel, Ford, HP,  
and Saudi***

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***Aramco and organizations such as Roca, Oxfam, and The World Bank. A guide for general practitioners and for practitioners considering setting up a low vision practice.***

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***Emphasis is on  
organizing an  
office to cope  
with problems  
and feelings of  
low vision  
patients in a  
general practice  
structure.***

***Overviews  
examination,  
function tests,***

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***and equipment  
and devices  
needed, and  
offers a wide  
selection of home  
training sheets  
for patients, plus  
appendices on  
basic low vision  
optics,  
organizations,  
computer access***

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***resources, and  
manufacturers of  
devices. This  
second edition  
contains a new  
chapter on low  
vision training  
activities, new  
information on  
follow-up visits,  
and additional  
sample office,***

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**examination, and  
billing forms.**

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**The Art and  
Practice of Low  
Vision**

**The Art and  
Practice of  
Costume Design**



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***How to Be the  
Artist You Are  
Mastering Bread  
The Art and  
Practice of Vocal  
Presence  
Theory and  
Practice:  
International  
Perspectives  
The Art and  
Practice of Seed***

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**Saving**  
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In this book, Simon  
Bowmaker offers a  
remarkable collection  
of conversations with  
leading economists  
about research in  
economics. He has  
selected a broad  
sample of the great  
economists of our  
time, including people  
whose perspectives  
span most of the

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major subdivisions of  
economics research,  
from micro to macro,  
from theoretical to  
empirical, from  
rationalist to  
behavioral.Í From  
the foreword by Roger  
B. Myerson,  
University of Chicago,  
US and 2007 Nobel  
Laureate in  
Economics íThe Art  
and Practice of

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Economics Research  
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is the book I wish I had when I was ñgrowing upî as an economist. For anyone who is or wants to be an economic researcher, or anyone just interested in how economics ñworksî, this is a terrific and inspirational resource.Í David K.

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Levine, Washington  
University in St. Louis,  
US  
It is hard to  
imagine an economist  
in the world who  
would not enjoy this  
book. It is fascinating,  
gripping, and full of  
the wisdom imparted  
by age and by  
scholarly life's ups  
and downs. Andrew  
J. Oswald, University  
of Warwick, UK

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Although each has followed his or her own road, these scholars share a passion for economics and a commitment to the research enterprise. The best economists lie sleepless, gripped by their questions. — Joshua Angrist, Massachusetts Institute of

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Technology, US ĩThis is a wonderful book of interviews with some of the most respected economists in the world. It is full of insights into academic life, and clearly conveys the joy of doing economics research.Ā Jon Levin, Stanford University, US ĩThe relaxed frame of the

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interviews gives interested parties exciting insights into the thoughts and concerns of leading economists and might well inspire some of the best young minds to continue with economics in their later lives. | Ernst Fehr, University of Zurich, Switzerland  
The Art and Practice



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of Economics  
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Research provides an in-depth look into the research methods of leading economists from across the United States and Europe. This innovative volume contains 25 interviews with practicing economists, presenting insightful personal accounts

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into an often-  
misunderstood field.  
Contributors to this  
volume were asked to  
reflect on their own  
experience in  
economics research,  
including their  
methods of working,  
the process of  
scientific discovery  
and knowledge  
creation, and the  
challenges of

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successfully disseminating their work. The unique and compelling interview format showcases each contributor's personal connection to his or her work, presenting a view of current economics research that is technical, comprehensive, and refreshingly human.

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Both students and current scholars in economics will find much to admire in this book's window into the inner workings of some of the brightest and best-known minds in the field.

This volume would also make a great companion to the author's 2010 book, *The Heart of*

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Teaching Economics, which showcases the personal experiences of teachers and professors of economics.

In The Art and Practice of Costume Design, a panel of seven designers offer a new multi-sided look at the current state and practice of theatrical costume

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design. Beginning with an exploration of the role of a Costume Designer, the subsequent chapters analyse and explore the psychology of dress, the principles and elements of design, how to create costume renderings, and collaboration within the production. The book also takes a

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look at the costume shop and the role of the designer within it, and costume design careers within theatrical and fashion industries.

No longer an unintelligible mystery, Caballa magic is explained in this lively, practical guide to occult magic in accessible language

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with clear instructions for practical productive work using the symbols of the Tree of Life daily.

Original.

This textbook on diagnosis in Chinese medicine is unique in its clarity and accessibility. Divided into two sections, it is a comprehensive diagnostic manual.



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The first section explains how to collect and collate the information required to formulate a diagnosis and is divided into four approaches: visual, palpation, interrogation and listening/smelling. The second section describes the various diagnostic models in

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Chinese medicine,  
including The Eight  
Principles; zangfu  
organ pattern; the Six  
stages, four levels  
and san jiao; the  
twelve regular  
channels and eight  
extraordinary vessels;  
and the Five Phases.  
The Art and Practice  
of Diagnosis in  
Chinese Medicine  
Art & Practice of

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Creative Visualization  
The Art and Practice  
of Hawking  
Integrating Science,  
Art and Philosophy  
The Art and Practice  
of Working Together  
While Physically Apart  
Divination, Magic, and  
Earth Wisdom of the  
Renaissance  
Machinima  
This book fills the  
huge gap between

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what companies and clients expect from coaching and what it actually does for them. Zeroing in on this popular technique to develop today's leaders, improve performance, and facilitate change, the book shows how to deliver coaching

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that helps anyone  
achieve

extraordinary

results.

The Art and Practice  
of

Hawking Collective

Genius The Art and

Practice of Leading

Innovation Harvard

Business Review

Press

On the most basic

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human level, we all  
want to be blessed.

We want life to bring  
us good things, to  
shield us from harm,  
from fear, from  
loneliness. A  
blessing can be  
anything-a kind  
word, a prayer or  
ritual, a gesture, an  
embrace, a gift.

Blessing is the

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culmination of David Spangler's remarkable career as a spiritual thinker and teacher: the definitive book on how to channel our natural sense of compassion. With specific exercises and examples to guide and inspire us, this book helps

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us answer the  
ancient human  
calling within us all.  
The Art & Practice  
of Spiritual  
Herbalism, written  
by leading Black  
herbalist Karen  
Rose, addresses  
herbalism and  
medicine making  
from the perspective  
of diasporic



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ancestral traditions.  
Constellations  
Lessons from  
Leading Minds  
The Art and Practice  
of Gematria  
Full Voice  
Art in Social Work  
Practice  
The Net and the  
Butterfly  
The Art and Practice  
of Directing for  
Theatre

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Art and Practice of  
Cinematography

*The formation and  
communication of  
vision is one of the  
primary  
responsibilities of a  
director, before ever  
getting to the nuts and  
bolts of the process.*

*The Art and Practice  
of Directing for  
Theatre helps the*

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*young director learn  
how to discover,  
harness, and meld the  
two. Providing both a  
practical and  
theoretical  
foundation for  
directors, this book  
explores how to craft  
an artistic vision for a  
production, and  
sparks inspiration in  
directors to put their*

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*learning into practice.*

*This book includes:*

*Guidance through day-to-day aspects of directing, including a director's skillset and tools, script analysis, and rehearsal structure. Advice on collaborating with production teams and actors, building communication skills*

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*and tools, and  
integrating digital  
media into these  
practices. Discussion  
questions and  
practical worksheets  
covering script  
analysis, blocking,  
and planning  
rehearsals, with  
downloadable  
versions on a  
companion website.*

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*Escape into the  
extraordinary world  
of Beatrice Blue, a  
playful illustrator  
with a story to tell...*

*Shift your  
organization's  
mindset, culture and  
processes in order to  
create a human-  
centric workplace  
enabled by new  
technology and*

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*organizational design.*

*This book examines  
the art and craft of  
motion picture  
photography through  
a veteran professional  
cinematographer's  
personal experiences  
on five major motion  
pictures, each selected  
to illustrate a  
particular series of  
challenges for the*

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*photographer. "Every Frame a Rembrandt" is an expression heard on sound stages and locations the world over. While in most cases the expression is used lightly and not infrequently with a certain amount of sarcasm, its true meaning speaks highly of most*



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*cinematographers'  
commitment to  
producing the best,  
most interesting,  
unusual and  
memorable images  
for the screen.*

*Through the five  
films he selected for  
this book Laszlo is  
able to show the broad  
range of complexity  
in motion picture*

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*photography, from the relatively simple "point and shoot" in the typical western to complex in-camera effects. In recounting his "war stories" Laszlo is able to show the day to day activities of a cinematographer before, during and after filming the*

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*project, discussing  
equipment, film  
stocks, testing, labs,  
unions, agents, budget  
requirements, and  
working with the  
director and producer.  
The five films  
discussed are  
Southern Comfort,  
The Warriors,  
Rambo: First Blood,  
Streets of Fire, and*

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*Innerspace. The book is illustrated throughout with production stills from Laszlo's extensive collection (12 in a color insert).*

*Writing The Sacred Journey  
Practice and Research  
The Art and Practice  
of Loving  
Intersecting Art and*

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*Technology in  
Practice*

*Transform, Heal, and  
Remember with the  
Power of Plants and  
Ancestral Medicine  
The Science, Art, and  
Practice of  
Mindfulness  
Fully Present*

Can you have a  
meaningful, well-  
paid career without

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a daily commute to  
a physical office,  
and without  
burning out? Can  
your team or  
organization work  
well together and  
maintain team  
culture, even when  
physically apart?  
Can your  
organization's  
"work from home"

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policy be a competitive advantage--improving organizational resilience while also addressing important social, diversity, urban planning and environmental issues? If you find yourself asking questions like

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these, this book is  
for you. This  
updated second  
edition features  
best practices from  
over 28 years  
working in, leading,  
and coaching  
globally distributed  
organizations--as  
well as lessons  
learned helping  
organizations



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quickly shift to fully distributed during COVID-19 office closures. Each short easy-to-read chapter has practical takeaways on what did--and did not--work from my own hard-learned lessons, along with a wide range of interviews

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with company  
founders, hedge  
fund managers,  
government agency  
leaders, software  
developers,  
accountants,  
political organizers,  
recruiters, military  
personnel,  
executive assistants  
and medical  
technicians.

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Helping artists  
catapult into  
further action, this  
guide is a treasury  
of insight and  
inspiration. Rather  
than focus on art  
techniques that  
build skills or  
overcome creative  
blocks through  
playful activities or  
writing, this guide

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walks the artist through exercises designed to develop the personal qualities critical to being an artist in the world, such as courage, the ability to look and see, and connection to the true creative self. This is a hands-on, experiential

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action book  
designed to get the  
reader creating art  
and exploring a  
variety of  
possibilities for  
being an artist.  
According to the  
teachings of this  
handbook,  
engagement with  
art is less about  
end results or

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products and more about the self-awareness and competence that frees the artist to seek out and create work that is vital. This is a rigorous programme that allows artists of any skill level to deepen their creative habits and be the

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best artists  
possible.

Guide by a noted  
author of art  
instruction manuals  
details advantages  
of many drawing  
media, from pencil  
to watercolor, and  
their application to  
depictions of  
interior studies,  
figures, and

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landscapes.

"Placemaking is the way in which all human beings transform the places they find themselves into the places where they live." In this groundbreaking new book, landscape architect Lynda



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H.Schneekloth and  
architect and  
planner Robert G.  
Shibley  
challengethe most  
fundamental  
assumptions about  
the ways human  
beingstransform  
the places in which  
they live. A call to  
action for amore  
inclusive,

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democratic  
approach to the  
design of human  
spaces, the authors  
use stories from  
their own practice  
to cast a new  
light on the  
relationship  
between  
communities,  
design  
professionals,

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and the shaping of  
their physical  
"places." The  
stories they  
tell reveal  
techniques for  
generating a  
collaborative spirit  
that will help  
designers,  
planners, and  
community  
development profes

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sionals understand  
the human values  
that lie at the heart  
of their professions.  
"To decide to be  
someplace as  
members of a  
community  
demands that we  
become active  
placemakers again,  
that we participate  
with others in our

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communities in  
thoughtful, careful  
responsible action."

The death of Main  
Street, the blight of  
the inner city,  
the sterility of so  
much

contemporary  
development--these  
are effects of a  
major  
disconnection

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between the human community and the built environment.

At no time in the history of our society has there been a more urgent need to take a hard look at how we create physical environments. In response to this unmet need and

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moral confusion,  
Placemaking: The  
Art and Practice of  
Building Communiti  
es calls for a more  
dynamic, more  
inclusive design  
process and  
demonstrates new  
placemaking  
practices that have  
emerged  
from different

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communities and  
environments.

"Placemaking is the way in which all human beings transform the places they find themselves into the places where they live." Drawing on four actual "stories" from their own professional pr



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actice, the authors  
show how  
empowered  
communities,  
working in a true  
democratic  
collaboration with  
planning and archi-  
tecture professionals  
, can create places  
which not only  
support work  
and play, but also

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help foster  
relationships  
between people.  
These stories  
represent a broad  
range of  
communities and p  
hysical environment  
s: The First Baptist  
Church of Roanoke,  
Virginia--in  
rebuilding  
its church, a

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community  
struggles to define  
itself and the role  
of the church  
building within the  
community The  
International  
Banking Institute--a  
story of change in  
the workplace,  
group dynamics,  
and the ability of an  
organization

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to learn about itself  
The Roanoke  
Neighborhood  
Partnership--the  
creation of a new,  
more collaborative  
relationship  
between  
neighborhood  
people,  
city government,  
the private sector,  
and design

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professionals The  
Rudy Bruner Award  
Program--an  
examination of  
what makes  
an "excellent" place  
and how the  
creative ability of  
communities  
can transform  
problems into  
successful projects  
"Placemaking"

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consists of those daily acts of renovating, maintaining, and representing the places that sustain us . . ." In telling these stories, the authors demonstrate how certain practices--making a "dialogic space," "the dialectic

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of confirmation and  
interrogation," and  
"framing  
action"--can be  
used to create,  
transform,  
maintain, and  
renovate the places  
in which people live.  
Placemaking: The  
Art and Practice of  
Building  
Communities is

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atruly visionary  
work that has its  
foundation in the  
daily lives  
ofspecific people  
and places. Its  
publication is  
bound to spark  
along overdue  
controversy among  
architects,  
planners,  
designers, andall



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people concerned  
with the well-being  
of communities.

Group Art Therapy  
Distributed Teams  
Collective Genius  
Business

Architecture

Art and Practice of  
Spiritual Memoir

Every Frame a  
Rembrandt

Wonder

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Noted speaker,  
musician, and  
coach Barbara  
McAfee shows  
how to become a  
more effective  
communicator by  
mastering the  
full range of  
your voice and  
learning to  
match tone to  
content.

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Have you ever  
lost an  
important  
object? Are you  
taking on a new  
job? Looking  
for buried  
treasure? The  
Art and  
Practice of  
Geomancy  
teaches readers  
how to divine

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the answers to  
life's everyday  
questions about  
health, luck,  
new jobs, and  
love, as well  
as those less  
mundane tasks  
such as finding  
buried  
treasure,  
predicting the  
weather, being

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released from  
prison, and  
identifying  
secret enemies.  
Greer delivers  
to readers an  
ancient system  
of divination  
in an easy-to-  
use form  
requiring  
little more  
than a pen and

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a piece of paper. Using a system of counting odd and even numbers--from a deck of cards, a roll of the dice, or even by hitting sand or dirt with a stick to generate patter

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ns--readers  
learn how to  
cast their own  
geomantic  
chart. And for  
those who wish  
to delve  
further, he  
offers  
exercises for  
geomantic  
meditation and  
ritual magic.

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The Art and  
Practice of  
Geomancy will  
appeal to  
pagans,  
followers of  
the Western  
Mystery  
tradition,  
scholars of  
folk magic and  
divination, and  
anyone who



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wants to take  
their past,  
present, and  
future into  
their own  
hands.

Unlike  
traditional  
animation  
techniques that  
use specialized  
3D animation  
software,

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**machinima—a  
term derived  
from the words  
“machine” and “  
cinema”—records  
the action in  
real-time  
interactive 3D  
environments,  
such as those  
found in video  
games, to  
create a**

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cinematic  
production. No  
longer solely  
the province of  
hard-core  
gamers,  
machinima has  
become central  
to the  
convergence  
between  
animation,  
television, and

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film, but retains its own identity as a unique media format. It has evolved quickly within massive multi-player gaming and virtual platforms such as Second Life, The Sims, World

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of Warcraft,  
and virtual  
worlds under  
development.

These  
interviews,  
essays, and  
discussions  
with leading  
machinima  
producers,  
reviewers,  
performers, and

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advocates

discuss

scripting

basics,

character

development,

and set design,

as well as tips

on crafting

machinima

through

creative use of

sound,

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lighting, and p  
ost-production.

Winner of the  
American  
Horticultural  
Society Award  
for Excellence  
In Garden Book  
Publishing  
Winner of the  
Silver Medal  
for Best  
Reference from

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the Garden  
Constellations  
Writer's

Association  
Filled with  
advice for the  
home gardener  
and the more  
seasoned  
horticulturist  
alike, The Seed  
Garden: The Art  
and Practice of  
Seed Saving



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provides  
straightforward  
instruction on  
collecting seed  
that is true-to-  
type and ready  
for sowing in  
next year's  
garden. In this  
comprehensive  
book, Seed  
Savers  
Exchange, one

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Constellations  
of the foremost  
American

authorities on  
the subject,  
and the Organic  
Seed Alliance  
bring together  
decades of  
knowledge to  
demystify the  
time-honored  
tradition of  
saving the seed

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of more than  
seventy-five  
coveted  
vegetable and  
herb crops—from  
heirloom  
tomatoes and  
long-favored  
varieties of  
beans,  
lettuces, and  
cabbages to  
centuries-old

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varieties of  
peppers and  
grains. With  
clear  
instructions,  
lush  
photographs,  
and easy-to-  
comprehend  
profiles on  
individual  
vegetable  
crops, this

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book not only  
teaches us how  
to go about  
conserving  
these important  
varieties for  
future  
generations and  
for planting  
out in next  
year's garden,  
it also  
provides a

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deeper  
understanding  
of the  
importance of  
saving these  
genetically  
valuable  
varieties of  
vegetables that  
have evolved  
over the  
centuries  
through careful

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selection by  
farmers and  
home gardeners.  
Through simple  
lessons and  
master classes  
on crop  
selection,  
pollination,  
roguing, and  
the processes  
of harvesting  
and storing

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seeds, this  
book ensures  
that these time-  
honored  
traditions can  
continue. Many  
of these  
vegetable  
varieties are  
treasured for  
traits that are  
singular to  
their strain,



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whether that is  
a resistance to  
disease, an  
ability to grow  
well in a  
region for  
which that crop  
is not  
typically well  
suited,  
resistance to  
early bolting,  
or simply

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because it is a  
great-tasting  
variety. In an  
age of  
genetically  
modified crops  
and hybrid  
seed, a growing  
appreciation  
for saving  
seeds of these  
time-tested,  
open-pollinated

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**cultivars has  
found a new  
audience from  
home vegetable  
gardeners and  
cooks to  
restaurant  
chefs and local  
farmers.**

**Whether  
interested in  
simply saving  
seeds for home**

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use or working  
to conserve  
rare varieties  
of beloved  
squashes and  
tomatoes, this  
book provides a  
deeper  
understanding  
of the art, the  
science, and  
the joy of  
saving seeds.

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The Art and  
Practice of  
Handmade  
Sourdough,  
Yeast Bread,  
and Pastry [A  
Baking Book]  
The Art and  
Practice of  
Getting  
Material Things  
Through  
Creative

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Visualization  
The Art and  
Practice of  
Silver Printing  
The Art and  
Practice of  
Talismanic  
Magic  
The Art and  
Practice of a  
Client-centered  
Approach to  
Performance

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Improvement  
Constellations  
Techne/Techniqu  
e/Technology

Blessing

*This is the  
first book  
ever to be  
published on  
arts use in  
social work.  
Bringing  
together*

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*theoretical  
connections  
between arts  
and social  
work, and with  
practice  
examples of  
arts in micro  
and macro  
social work  
practice from  
around the*



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*world, the  
book aims to  
inspire the  
reader with  
new ideas. It  
provides  
specific  
skills,  
defines what  
is social  
rather than  
fine or*

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*projective art  
use, and  
explains the  
theoretical  
connection  
between art  
and social  
work. It has  
chapters from  
all over the  
world, showing  
how arts are*

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*adjusted to  
different*

*cultural*

*contexts.*

*Section I*

*explores the*

*theoretical*

*connections*

*between art*

*and social*

*work,*

*including*

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*theories of  
resilience,  
empowerment,  
inclusion and  
creativity as  
they relate to  
art use in  
social work.*

*Section II  
describes  
specific  
interventions*

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*with different  
populations.*

*Each chapter  
also*

*summarizes the  
skills and  
hands-on  
knowledge  
needed for  
social workers  
to use the  
practical*

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*elements of  
using arts for  
social workers  
not trained in  
these fields.  
The third  
section does  
the same for  
arts use in  
community work  
and as social  
change and*

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*policy. Using  
Art in Social  
Work Practice  
provides  
theoretical  
but also hands-  
on knowledge  
about using  
arts in social  
work. It  
extends the  
fields of both*

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*social work  
and arts*

*therapy and  
serves as a  
key resource  
for students,  
academics and  
practitioners  
interested in  
gaining the  
theoretical  
understanding*



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*and specific  
skills for  
using social  
arts in social  
work, and for  
arts  
therapists  
interested in  
using social  
theories.*

*Would you like  
to be able to*

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*read hidden  
messages in  
the Bible and  
other occult  
texts?*

*Gematria is so  
much more than  
people think  
it is today.*

*Real Gematria  
is not about  
cherry-picking*

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Constellations

*numbers and  
comparing them  
to one other.*

*Real Gematria  
(in the Bible)*

*was a formal  
system of*

*early*

*mathematics.*

*That means it*

*had known*

*rules and*

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*conventions,  
like our  
system of math  
does today.*

*Gematria is a  
beautiful and  
ancient art  
that is a  
crucial key to  
biblical  
interpretation  
and occult*

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*symbolism. If  
you've ever  
wondered why  
Adam and Eve  
had to leave  
the garden of  
Eden? Or how  
Moses parted  
the red sea?  
Or whether the  
story of  
Elijah riding*

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*the fiery  
chariot to  
heaven was  
real? The  
answers are in  
the gematria.  
Behold: The  
Art and  
Practice of  
Gematria is  
the most  
advanced and*

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*thorough study  
of gematria  
ever published  
to date. It is  
at once a  
student  
handbook, a  
history, and  
an invaluable  
reference.*

*Written by the  
creator of the*

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*Shematria  
Gematria  
Calculator,  
and  
referencing  
the latest  
professional  
scholarship,  
'Behold'  
includes  
everything you  
need to find*



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Constellations  
*and read  
hidden*

*gematria  
messages for  
yourself. 300  
pages -  
illustrated -  
full color*

*Why can some  
organizations  
innovate time  
and again,*

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*while most  
cannot? You  
might think  
the key to  
innovation is  
attracting  
exceptional  
creative  
talent. Or  
making the  
right  
investments.*

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Constellations  
*Or breaking  
down*

*organizational  
silos. All of  
these things  
may help—but  
there's only  
one way to  
ensure  
sustained  
innovation:  
you need to*

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*lead it—and  
with a special  
kind of  
leadership.  
Collective  
Genius shows  
you how.  
Preeminent  
leadership  
scholar Linda  
Hill, along  
with former*

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*Pixar tech  
wizard Greg*

*Brandeau, MIT  
researcher*

*Emily*

*Truelove, and  
Being the Boss  
coauthor Kent*

*Lineback,*

*found among*

*leaders a*

*widely shared,*

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*and mistaken,  
assumption:  
that a “good”  
leader in all  
other respects  
would also be  
an effective  
leader of  
innovation.  
The truth is,  
leading  
innovation*

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*takes a  
distinctive*

*kind of*

*leadership,*

*one that*

*unleashes and*

*harnesses the*

*“collective*

*genius” of the*

*people in the*

*organization.*

*Using vivid*

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*stories of  
individual  
leaders at  
companies like  
Volkswagen,  
Google, eBay,  
and Pfizer, as  
well as  
nonprofits and  
international  
government  
agencies, the*



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*authors show  
how successful  
leaders of  
innovation  
don't create a  
vision and try  
to make  
innovation  
happen  
themselves.  
Rather, they  
create and*

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*sustain a  
culture where  
innovation is  
allowed to  
happen again  
and again—an  
environment  
where people  
are both  
willing and  
able to do the  
hard work that*

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*innovative  
problem  
solving  
requires.  
Collective  
Genius will  
not only  
inspire you;  
it will give  
you the  
concrete,  
practical*

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*guidance you  
need to build  
innovation  
into the  
fabric of your  
business.*

*This book  
focuses on the  
artistic  
process,  
creativity and  
collaboration,*

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*and personal  
approaches to  
creation and  
ideation, in  
making digital  
and electronic  
technology-  
based art.*

*Less  
interested in  
the outcome  
itself - the*

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*artefact,  
artwork or  
performance -  
contributors  
instead  
highlight the  
emotional,  
intellectual,  
intuitive,  
instinctive  
and step-by-  
step creation*

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*dimensions.*  
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*They aim to  
shine a light  
on digital and  
electronic art  
practice,  
involving  
coding,  
electronic  
gadgetry and  
technology  
mixed with*

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*other forms of  
more*

*established  
media, to  
uncover the pr  
actice-as-  
research  
processes  
required, as  
well as the  
collaborative  
aspects of art*



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*and technology  
Constellations  
practice.*

*Adaptive*

*Coaching*

*The Art of*

*Beatrice Blue*

*Behold*

*The Art and*

*Practice of*

*Leading*

*Innovation*

*The Art and*

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*Practice of  
Spiritual  
Herbalism*

*The Art and  
Practice of  
Home Visiting*

There's more  
to creative  
visualization  
than meets the  
eye! In this

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groundbreaking  
volume, first  
published in  
1967, Ophiel  
lays out the  
10 Laws of  
Creative  
Visualization.  
Once  
understood,  
they are as  
simple and as

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real as the  
laws of  
gravity or  
magnetism. In  
other words,  
they work.  
Ophiel tells  
us how to do  
-- and undo --  
the magic of  
visualization.  
Whether we

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want a new  
job, a new  
house, a new  
relationship,  
or a warm coat  
-- we can  
manifest that  
which will  
create  
happiness and  
comfort in our  
lives. And,

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should we  
discover that  
we've gotten  
it wrong --  
that we  
neither want  
nor need what  
we've  
visualized,  
there are  
techniques to  
undo what has

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been done.

Along with the theory, Ophiel offers plenty of practice in working with symbols, visualizing physical reality, making a "treasure

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chart, " and understanding the role of emotion in visualization. Work with the symbols in the book and learn how to create your own. This is practical metaphysics at



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its best. Love spells are forever, but if you want the object of your affection to go away, Ophiel tells you how to do that as well. "The modern home visitor's

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introductory  
textbook for  
effective,  
culturally  
sensitive home  
visits with  
young children  
and  
families" - -  
"Practices and  
wonderful  
quotations to

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help re-open  
our heart." -  
Ram Dass,  
author of Be  
Here Now and  
How Can I  
Help? "Andrews  
provides such  
a wealth of  
creative and  
insightful  
ideas that his

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book is likely  
to change the  
meaning of  
your life  
forever." -  
Leading Edge  
Review "So  
faith, hope,  
love abide,  
these three;  
but the  
greatest of

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these is love.  
Make love your  
aim." - St.

Paul One goal  
transcends all  
others, one  
purpose  
heightens all  
others, one  
emotion brings  
joy to all  
others: to

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love fully and  
without  
conditions.

The most wise  
men and women  
of all  
religious and  
philosophical  
traditions  
have taught  
the art and  
practice of

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loving. Now  
for the first  
time, their  
knowledge has  
been distilled  
and collected  
in this one  
volume-with  
144 practices  
for  
cultivating a  
loving heart.

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This is a  
unique and  
practical  
guidebook for  
loving-deeply  
and continuous  
ly-regardless  
of what  
happens to you  
as you go  
through life.  
With the



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inspiring  
quotations,  
valuable  
exercises, and  
insightful  
text of this  
volume, you  
can gain the  
skill and the  
will to turn  
living into  
loving.

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"Earth's the  
right place  
for love: I  
don't know  
where it's  
likely to go  
better." -  
Robert Frost  
"If you wish  
to open your  
heart to love,  
to explore the

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depth of your  
soul, to  
experience  
help on your  
spiritual  
journey, and  
to meditate on  
spiritual  
truths, then  
this is the  
book for you."

- Gerald

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Jampolsky,  
M.D., author  
of Love Is  
Letting Go of  
Fear

The book  
Theory and  
Practice of  
Contrast  
completes,  
corrects and  
integrates the

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foundations of  
science and  
humanities,  
which include:  
theory of art,  
philosophy  
(aesthetics,  
epistemology,  
ontology,  
axiology),  
cognitive  
science,

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theory of  
information,  
theory of  
complexity and  
physics.

Through the  
integration of  
these distant  
disciplines,  
many  
unresolved  
issues in

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contemporary  
science have  
been clarified  
or better  
understood,  
among others:  
defining  
impact  
(contrast) and  
using this  
definition in  
different

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fields of  
knowledge;  
understanding  
what  
beauty/art is  
and what our  
aesthetic  
preferences  
depend on;  
deeper  
understanding  
of what



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complexity and  
information  
are in  
essence, and  
providing  
their general  
definitions.  
Complexity  
means  
integration,  
value and  
goodness -

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concepts that seem to be neglected today. The book also has a high degree of integration /complexity, although each chapter introduces a new issue. The

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last chapter:  
"Binary Model  
of the  
Universe"  
draws  
attention to  
the need for  
including in  
physics the  
analysis of  
our mind and  
the resulting

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new possibilities,  
which include  
the mentioned  
(digital)  
model of the  
universe.  
Despite the  
difficult  
issues raised  
here, this  
study is

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written in  
accessible  
language and  
may be  
interesting  
not only for  
scientists and  
academics.

The Art and  
Practice of  
Caballa Magic  
The Fifth

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Discipline

About

Sketching

The Art and

Practice of

Breakthrough

Thinking

Humans at Work

Slow Looking

The Art &

Practice of

The Learning

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