

Zen 2018 Mini Wall Calendar

*Master the basics of drawing chibis—super-small sidekicks, pets, and alter egos that are essential to manga cartooning—with **The Manga Artist's Workbook: Chibis**, by Christopher Hart, a bestselling author in the field of art instruction. The workbook highlights important techniques for creating the chubby rounded bodies, sweet doe eyes, and action poses that make each character unique. With tracing paper, blank practice pages, and exercises, this sketchbook and art tutorial rolled into one as a portable journal will help you master this popular aspect of drawing manga.*

*In **Geninne's Art: Birds in Watercolor, Collage, and Ink**, popular Santa Fe artist Geninne Zlatkis presents a personal field guide to how she creates her charming paintings and collages of birds and nature. Brimming with inspiring examples of the artist's work, this beautiful book takes you inside Geninne's studio for an in-depth look at how she creates. You will discover, step by step, how this devoted artist spends time photographing nature, selecting her materials, and developing her personal imagery. Explore: How her studio is set up, how she works, and what materials and tools she uses How she captures nature with both a camera and phone for reference Her artistic process through the step-by-step creation of 5 watercolor paintings, 5 collages, and 5 ink drawings, with notes on each medium and technique As a special bonus, the book includes 32 pages of collage papers, painted and selected by Geninne, for you to use as you explore and develop your own artistic voice. Vibrant, detailed, and richly imaginative, Geninne's interpretation of the birds she has observed so closely will inspire you to use the natural world as fodder for your paintings, drawings, and collages.*

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 difficult times. Life 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? Because, Pema 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"—provide a treasure 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 it feels to live an openhearted life, but we find that we begin to naturally and more effectively reach out to help and heal all those around us.

Fill your upcoming 2018, with 16 months of Zen all year round. This beautiful mini calendar contains 16 months and 3 mini 2017, 2018, and 2019 year calendars.

Dance Theatre of Harlem

Meet the Microbes in Your Gut

Zen Mini Wall Calendar 2017: 16 Month Calendar

Four Noble Truths for Writers

Steal This Book

The Proverbial Cat

How to Create Masterpieces on Driveways and Sidewalks and in Playgrounds

Easy, fun, and everyday Buddhism activities for kids With a busy schedule of school, sports, and time with family and friends, growing up can be stressful and confusing--but that confusion can transform into curiosity and excitement about the world and your place in it. Buddhism for Kids shows you how Dharma, or Buddhist principles, can help you find your center and feel more aware of the world around you. Using easy-to-follow meditations for kids, interactive projects, and illustrated versions of classic Buddhist stories, Buddhism for Kids makes learning Dharma easy and fun, categorizing each activity by Morning, Day, or Night so you can practice at your own pace. Buddhism for Kids includes: DIY Dharma--Explore your own Truths through fun games and creative activities based on the teachings of Buddhism. Stepping stones--Find relaxation with unique meditations you can do on the way to school, at lunch time, or right before bed. Anytime story--Follow along with imaginative, illustrated retellings of Buddhism stories--each including a short moral to reflect on. Make your own spiritual path with Buddhism for Kids, the kid-friendly guide to everyday peace of mind.

Kaiseki, the cooking associated with the tea ceremony, is Japan's most sublime cuisine. Every effort is made to perfectly accommodate aroma, flavor, color, texture & serving ware to the season, guests & occasion. The techniques & principles that enable one to create a sense of harmony through a meal are given in this book.

Zen Mini Wall Calendar 2018: 16 Month Calendar

A field guide to finding calm, creativity, and self-discovery through encounters with nature. A fresh perspective, an outdoor exploration, a new adventure about to begin—How to Be A Wildflower is a book for celebrating these and other wide-open occasions. Encouraging self-discovery through encounters with nature, beloved artist Katie Daisy brings her beautiful paintings and lettering to this collection of things to do and make, quotes, meditations, natural history, and more. Find wonder and inspiration in these peaceful pages, live life to the fullest, and discover the wild and free spirit within. "For pure whimsy, you just can't beat How to Be a Wildflower: A Field Guide by Katie Daisy. The Bend, Oregon, artist brings her beautiful paintings and lettering to this delightful book, a collection of nature-inspired quotations, meditations, lore, and even a recipe for fresh strawberry-rhubarb pie." —Traditional Home

Love for Imperfect Things

Kaiseki: Zen Tastes in Japanese Cooking

Geninne's Art

Feline Inspirations

A Field Guide

Zen and the Art of Motorcycle Maintenance

Cupcakes and Cashmere

Speed, power, and head-turning looks—there's no mistaking a supercar! In this 16-month wall calendar, G. F. Williams' superb photography captures the greatest high-performance offerings. From classics like the Jaguar XJ220 and Ferrari 250 to today's stunning Bugatti, Pagani, and McLaren hypercars, Supercars 2022 features top makes and models from around the world. This 12"×12" wall calendar includes a convenient page that shows the months of September, October, November, and December 2021, followed by individual pages for the months of 2022. Supercars 2022 belongs on the wall of any fan of these super high-performance machines.

The world moves fast, but that doesn't mean we have to. In this bestselling mindfulness guide, a renowned Buddhist meditation teacher born in Korea and educated in the United States illuminates a path to inner peace and balance amid the overwhelming demands of everyday life.

- Shares a series of mindfulness techniques and improv exercises with masks to suppress the ego, calm the mind, and allow spontaneous playfulness and spaciousness to arise from your deepest nature
- Draws on Buddhist philosophy to describe how and why the exercises work
- Woven throughout with a lighthearted parable of an overweight and out-of-work Lone Ranger and Tonto who meet Buddha and experience spiritual awakening

Sharing a series of mindfulness techniques and acting exercises that show how malleable the self can be, award-winning actor, narrator, and Zen Buddhist priest Peter Coyote reveals how to use masks, meditation, and improvisation to free yourself from fixed ideas of who you think you are and help you release your ego from constant defensive strategizing, calm the mind's overactivity, and allow spontaneous playfulness to arise out of your deepest nature. Developed through 40 years of research and personal study, Coyote's synthesis of mask-based improv games and Zen practices is specifically designed to create an ego-suppressed state akin to the mystical experiences of meditation or the spiritual awakenings of psychedelics. After preparatory exercises, seeing yourself in a mask will temporarily displace your familiar self and the spirit of the mask will take over. Likening the liberated state induced by mask work to "Enlightenment-lite," Coyote draws on Buddhist philosophy to describe how and why the exercises work as well as how to make your newly awakened and confident self part of daily life. In true Zen form, woven throughout the narrative is a lighthearted parable of an out-of-work Lone Ranger and Tonto, who meet Buddha and experience spiritual awakening. Illuminating the lessons of mask work, the transformation of the Lone Ranger mirrors that of the individual pursuing this practice, revealing how you will come to realize that the world is more magical and vaster than you thought possible.

Texts from Mittens is a series of text message conversations between a snappy, self-absorbed housecat named Mittens and his long-suffering human, a single woman who works away from home during the day. Mittens relentlessly hassles his human all day long, while only taking breaks to watch Judge Judy, hang with his best friend Stumpy, complain about the antics of Drunk Patty the neighbor, ask Grandma for money to buy useless items from QVC, and harass the "filthy beast" dog, Phil. Angie Bailey is an award-winning writer and blogger, humorist, and professional member of the Cat Writers' Association. Her primary blog, Catladyland, has won many awards, and her humor writing is featured nearly daily on Catster.com, one of the most popular cat sites on the Web. She loves to photograph her cats in silly poses and sleeps with one eye open. And yes, she has three cats. "Each installment of Texts From Mittens is like a little gift to brighten your day!"

—Kate Benjamin, Hauspanther founder and co-author of Catification with Jackson Galaxy "Texts From Mittens makes me wish my cat had thumbs! This is a hilarious book; Angie Bailey has done it again!" —Jeremy Greenberg, Author of Sorry I Barfed on Your Bed "We all knew that cats were hilarious, but Ms. Bailey's sardonic cat quips really take their mannerisms, attitude and occasional apathy to another level."
—Susan Michals, Curator of Cat Art Show Los Angeles Come home! There's an emergency! What?? Are you OK? My dish is half empty! I'll be home soon. You wish starvation upon me! Stop being dramatic. Am weeak. Caan hasrdly tyyppe. Are you going to wear those black pants on your bed? Yes. I have a date. They're comfortable. Mittens, get off my pants! FYI: Poly-blend makes your butt look big

Buddhism for Kids

Moda Blockheads

A History, a Movement, a Celebration

A Guide for Defining Your Style, Reinventing Your Space, and Entertaining with Ease

Masks, Meditation, and Improvised Play to Induce Liberated States

Classic teachings from the world's most revered meditation master

Supercars 2022

In this classic collection of lectures, Buddhist monk, scholar, poet and peace activist Thich Nhat Hanh shows us that suffering is not enough; for in order to achieve peace, we must be peace. Quite simply, if we are not happy, if we are not peaceful, we cannot share peace and happiness with others. Therefore, Thich Nhat Hanh explains how, if we are to change the world, we must begin with ourselves and awaken the loving potential of our own Buddhist natures. We must learn to smile at the wonders that surround us every day, for if we cannot smile, the world will not have peace.

THE CLASSIC BOOK THAT HAS INSPIRED MILLIONS A penetrating examination of how we live and how to live better Few books transform a generation and then establish themselves as touchstones for the generations that follow. Zen and the Art of Motorcycle Maintenance is one such book. This modern epic of a man's search for meaning became an instant bestseller on publication in 1974, acclaimed as one of the most exciting books in the history of American letters. It continues to inspire millions. A narration of a summer motorcycle trip undertaken by a father and his son, Zen and the Art of Motorcycle Maintenance becomes a personal and philosophical odyssey into fundamental questions on how to live. The narrator's relationship with his son leads to a powerful self-reckoning; the craft of motorcycle maintenance leads to an austere beautiful process for reconciling science, religion, and humanism. Resonant with the confusions of existence, this classic is a touching and transcendent book of life. This new edition contains an interview with Pirsig and letters and documents detailing how this extraordinary book came to be.

A humorous collection of dozens of photos of funny and adorable cats as they play with, roll in, and chow down their favorite snack of choice -- catnip. Cats love catnip. Whether it's eating it, playing with it, or rolling around in it, catnip turns our domestic feline friends into hilarious balls of activity. Carefree and unconstrained, they are free to be silly, exceptionally playful, and downright gnarly. Professional pet photographer and self-confessed crazy cat man Andrew Marttila (the photographer behind Shop Cats of New York) captures a range of the cats' silly and expressive personalities as they react to their catnip trip. Delightful, elegant Fluffy transforms into a hell-bent renegade. Shy, reserved Mittens becomes a free-loving acrobat. In the blink of an eye, a cat's expression transforms from bored to inquisitive to playful to curious to bizarre . . . to utterly unhinged. A fun and delightful look at our furry companions, this gift book is

perfect for every cat lover.

Portable art therapy for the over-worked and over-stimulated adult, *Color Me Stress-Free* offers 100 coloring templates for grown-ups looking to reduce stress and tension in a demanding digital age.

How to Accept Yourself in a World Striving for Perfection

Mastering Data-Driven Finance

Llewellyn's 2022 Moon Sign Book

with Uncertainty and Change

The Forgotten Horses

Hocus Pocus: 13 Frights of Halloween

From its modest beginnings in the 1960s in a Harlem church basement, to its meteoric rise to international fame, the Dance Theatre of Harlem ignited the world with one simple, still-revolutionary statement: All can do ballet. Into the 21st century, as the world, and the country, continue their historical struggles and triumphs, the story of this haven for dancers of all colors and backgrounds resonates more than ever. Here, for the first time, is the definitive portrait of the one-of-a-kind community dance company that reflected--and shaped--our times, and whose enduring principle continues to inspire the future. With exclusive backstage stories from its legendary dancers and staff, and unprecedented access to its archives, Dance Theatre of Harlem is a striking chronicle of the company's amazing history, its fascinating daily workings, and the visionaries who made its legacy. Here you'll discover how the company's founders--African-American maestro Arthur Mitchell of George Balanchine's New York City Ballet, and Nordic-American Karel Shook of The Dutch National Ballet--created timeless works that challenged Eurocentric mainstream ballet head-on--and used new techniques to examine ongoing issues of power, beauty, myth, and the ever-changing definition of art itself. Gaining prominence in the 1970s and 80s with a succession of triumphs--including its spectacular season at the Metropolitan Opera House--the company also gained fans and supporters that included Nelson Mandela, Stevie Wonder, Cicely Tyson, Misty Copeland, Jessye Norman, and six American presidents. Dance Theatre of Harlem details this momentous era as well as the company's difficult years, its impressive recovery as it partnered with new media's most brilliant creators--and, in the wake of its 50th anniversary, amid a global pandemic, its

evolution into a worldwide virtual performance space. Alive with stunning photographs, including many from the legendary Marbeth, this incomparable book is a must-have for any lover of dance, art, culture, or history.

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.

□A Garden in Your Belly's colorful world helped me wake up...This book is as powerful as it is beautiful!□ □Eric Carle, author of The Very Hungry Caterpillar Your belly is full of tiny creatures□and they love to eat! Along the river of your gut, tiny creatures move, eat, and grow. Learn more about the garden of microscopic flora growing inside the body and come on a journey that explains an important biological concept: the microbiome, the health of which affects everything in our bodies. Did you know that some foods are better for your microbiome (and you!) than others? Striking, original watercolor illustrations keep things from getting too gross. Informational back matter goes further into the science of the microbiome and reveals amazing facts about the gut.

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.

Birds In Watercolor, Collage, and Ink

Python for Finance

How to Be a Wildflower

A Cat Who Has an Unlimited Data Plan...and Isn't Afraid to Use It

Your True Home

Simple Advice from a Zen Buddhist Monk

Tangle Starts Planner, Into the Future

What happens when your cat makes a mistake like ruining something valuable or going outside the litter box? You can't ground or take away their allowance when your cat gets in trouble. So what is the next best thing? Cat Shaming! Cat Shaming is a hilarious collection of photos from owners who express their frustration when their furry best friend does something bad. Millions of cat owners can relate to the antics of these felines while the picture shows a shamed but adorable, innocent looking kitty.

By dipping into this little book of simple Zen Buddhist sayings, you can calm your anxiety and return serenity to your soul. Are you feeling stress and anxiety from the demands of daily life? Do you feel overwhelmed by your to-do list and the constant deluge of information from all quarters? Are you unhappy with your life and envious of those around you? At times like these it's important to step back and take a breath. Zen meditation may conjure up images of sitting in silence for long hours, but according to Buddhist monk and author Shinsuke Hosokawa, Zen can be summed up as "the knowledge needed for a person to live life with a positive outlook." With this in mind, he has produced this charmingly illustrated collection of thoughts and sayings to help you live life with less stress and anxiety. The sayings include: Pay attention to what is right in front of your eyes Nothing happens by chance. Every encounter has its meaning Be careful not to confuse the means and the purpose Keep flowing just like water Nothing will control you Even a bad day is a good day Check the ground beneath your feet when you're in trouble You'll never walk alone These 52 mindful sayings mirror the 52 steps traditionally taken to achieve Buddhist enlightenment, and they also coincide with the 52 weeks of the year—passing through the seasons, both in the natural world and our lives. Each page has an illustration and a simple, meditative reflection to help you see into your own heart, accept your current state of being, reduce anxiety and find peace. Whatever the time of year, whatever your time of life, by browsing the pages of this book you are sure to quickly find a piece of universal wisdom that will resonate with your soul.

Fill your upcoming 2017, with 16 months of Zen all year round. This beautiful mini calendar contains 16 months and 3 mini 2016, 2017, and 2018 year calendars.

Based on Emily Schuman's popular lifestyle blog of the same name, Cupcakes and Cashmere is the must-have

guide for those looking to establish their own sense of style, organize and decorate their home, or throw an easy and stylish party. Organized by season, the book expands on Schuman's blog by including DIY projects, organization tips, party-planning ideas, beauty how-tos, and seasonal recipes. Cupcakes and Cashmere features original material that has not been previously published on the site. With her signature photographic layouts, Emily creates a lifestyle that is chic and achievable for every reader, making this the ultimate style guide for living a fashionable life. Praise for Cupcakes and Cashmere: "Inspiration for anyone looking to update her wardrobe, decorate her home, or throw a fab party." —Shape magazine

Living Beautifully

16-Month Calendar - September 2021 Through December 2022

Adorable Hedgehogs 2022

The Beauty of America's Unwanted Horses

PostSecret

100 Coloring Templates to Unplug and Unwind

Extraordinary Confessions from Ordinary Lives

A comprehensive guide for chalk art creators! With so many searching for ways to have fun at home in the midst of the Covid-19 pandemic, chalk art has become a great way to do so while enjoying some fresh air. The Chalk Art Handbook offers budding artists a review of the tools involved, as well as tips and tricks to creating an array of sidewalk creatures. Artist David Zinn, whose work has been used as inspiration for elementary and middle school art lessons, offers step-by-step guidance on how to make chalk art come to life and advice on specific techniques such as smudging, perspective, and 3-D illusions. He also encourages artists to work outside the box with details on how to best incorporate concrete specks and natural holes or cracks in the ground into their artwork. The Chalk Art Handbook even includes bonus activities to keep everyone drawing happily both indoors and outdoors. The perfect gift for those looking for hours of outdoor fun!

The project that captured a nation's imagination. The instructions were simple, but the results were extraordinary. "You are invited to anonymously contribute a secret to a group art project. Your secret can be a regret, fear, betrayal, desire, confession, or childhood humiliation. Reveal anything -- as long as it is true and you have never shared it with anyone before. Be brief. Be legible. Be creative." It all began with an idea Frank Warren had for a community art project. He began handing out postcards to strangers and leaving them in public places -- asking people to write down a secret they had never told anyone and mail it to him, anonymously. The response was overwhelming. The secrets were both provocative and profound, and the cards themselves were works of art -- carefully and creatively constructed by hand. Addictively compelling, the cards reveal our deepest fears, desires, regrets, and obsessions. Frank calls them "graphic haiku," beautiful, elegant, and small in structure but powerfully emotional. As Frank began posting the cards on his website, PostSecret took on a life of its own, becoming much more than a simple art project. It has grown into a global phenomenon, exposing our individual aspirations, fantasies, and frailties -- our common humanity. Every day dozens of postcards still make their way to Frank, with postmarks from around the world, touching on every aspect of human experience. This extraordinary collection brings together the most powerful, personal, and beautifully intimate secrets Frank Warren has received -- and brilliantly illuminates that human emotions can be unique and universal at the same time.

Meet the Moda Blockheads! Six celebrity quilt designers unite to share this compendium of 48 stunning quilt blocks plus six spectacular sampler-quilt patterns to showcase the beautiful blocks you make. * Lisa Bongean * Betsy Chutchian * Lynne Hagneier * Jo Morton * Jan Patek * Carrie Nelson Along with imaginative interpretations of each 6" block--from traditional patchwork inspired by history to whimsical applied scenes from nature--you'll enjoy loads of sewing tips from the pros that you can use for as long as you quilt.

The financial industry has recently adopted Python at a tremendous rate, with some of the largest investment banks and hedge funds using it to build core trading and risk management systems. Updated for Python 3, the second edition of this hands-on book helps you get started with the language, guiding developers and quantitative analysts through Python libraries and tools for building financial applications and interactive financial analytics. Using practical examples throughout the book, author Yves Hilpisch also shows you how to develop a full-fledged framework for Monte Carlo simulation-based derivatives and risk analytics, based on a large, realistic case study. Much of the book uses interactive IPython Notebooks.

The Things You Can See Only When You Slow Down

Plan Your Life by the Cycles of the Moon

Chibis: Easy-to-Follow Lessons for Drawing Super-Cutetastic Characters!

40 Activities, Meditations, and Stories for Everyday Calm, Happiness, and Awareness

The Manga Artist's Workbook

Zen Mini Wall Calendar 2018: 16 Month Calendar

Shaping Change, Changing Worlds

Bringing the energy of true presence into our lives really does change things for the better—and all it takes is a little training. This treasury of 365 gems of daily wisdom from one of the most beloved Buddhist teachers of our age is a help and support for anyone who wants to train to meet every moment of life with 100 percent attention. Thich Nhat Hanh shows how practicing mindfulness can transform every area of our lives—and how its benefits radiate beyond us to affect others and the whole, larger world.

Llewellyn's Moon Sign Book is a respected resource for people in all walks of life, and it's been a bestseller since it first appeared in 1905. This book is a gardener's best friend, with lunar timing tips for planting and harvesting that have proven their effectiveness time and time again. You can also use this book to harness the powerful energies of the moon to make plans for all kinds of important life events, such as buying or selling your home, requesting a promotion, getting married, applying for a loan, traveling, and having surgery. This year's edition also features fascinating articles on heirloom seeds, how natal moon energy relates to your vocation, essential oils that work best according to the moon phase, how moon signs influence your work relationships, and much more.

Zen To Done is a simple system to help you get organized and productive--keeping your life saner and less stressed--with a set of simple habits. Zen To Done takes some of the best aspects of popular productivity systems (GTD, Stephen Covey, and others), then combines and simplifies them, giving you just what you need--and no more. Simply put, ZTD teaches you: (1) The key habits needed to be organized and productive. (2) How to implement these habits. (3) How to organize the habits into a simple system that will keep everything in your life in its place. (4) How to simplify what you need to do. (5) How to implement an even simpler version called Minimal ZTD. If you're tired of doing things the hard way and just want a simple, easy, yet effective way to accomplish your goals, Zen To Done is just what you need.

Showcases the rescued horses at twenty North American sanctuaries, with photographs of former champions and retired workhorses at leisure

while out in the fields.

Healing Meditations for Grief and Loss

48 Quilt-Along Blocks Plus Settings for Finished Quilts

An Inquiry Into Values

Texts from Mittens

The Lone Ranger and Tonto Meet Buddha

A Garden in Your Belly

One Continuous Mistake

Based on the Zen philosophy that we learn more from our failures than from our successes, *One Continuous Mistake* teaches a refreshing new method for writing as spiritual practice. In this unique guide for writers of all levels, Gail Sher—a poet who is also a widely respected teacher of creative writing—combines the inspirational value of Julia Cameron's *The Artist's Way* with the spiritual focus of *Zen Mind, Beginner's Mind*. Here she introduces a method of discipline that applies specific Zen practices to enhance and clarify creative work. She also discusses bodily postures that support writing, how to set up the appropriate writing regimen, and how to discover one's own "learning personality." In the tradition of such classics as *Writing Down the Bones* and *If You Want to Write*, *One Continuous Mistake* will help beginning writers gain access to their creative capabilities while serving as a perennial reference that working writers can turn to again and again for inspiration and direction. The tangler's complete planner, tangle journal, datebook and organizer all in one. Combine your love of tangling with your need for organization. Set up in the style of a bullet type journal, this planner includes monthly and weekly dot grid pages to set up as you wish, yearly calendars for planning, a log to track future projects and plans, inspirational sayings to foster creativity, collections pages to track life's important details, 100 new tangle patterns plus a quick reference section, pages to store your favorite tangles, and so much more! Though the theme of this book is Steampunk - all patterns are suitable for any style of tangling. This is the only planner / journal you need this year. Can work hand-in-hand with the first four *Tangle Starts* books in the *Artangleology Series* or as a stand alone.

Susan Cain, New York Times bestselling author of *Quiet*: "The world could surely use a little more love, a little more compassion, and a little more wisdom. In *Love for Imperfect Things*,

Haemin Sunim shows us how to cultivate all three, and to find beauty in the most imperfect of things--including your very own self." A #1 internationally bestselling book of spiritual wisdom about learning to love ourselves, with all our imperfections, by the Buddhist author of The Things You Can See Only When You Slow Down Hearing the words "be good to yourself first, then to others" was like being struck by lightning. Many of us respond to the pressures of life by turning inward and ignoring problems, sometimes resulting in anxiety or depression. Others react by working harder at the office, at school, or at home, hoping that this will make ourselves and the people we love happier. But what if being yourself is enough? Just as we are advised on airplanes to take our own oxygen first before helping others, we must first be at peace with ourselves before we can be at peace with the world around us. In this beautiful follow-up to his international bestseller The Things You Can See Only When You Slow Down, Zen Buddhist monk Haemin Sunim turns his trademark wisdom to the art of self-care, arguing that only by accepting yourself--and the flaws that make you who you are--can you have compassionate and fulfilling relationships with your partner, your family, and your friends. With more than thirty-five full-color illustrations, Love for Imperfect Things will appeal to both your eyes and your heart, and help you learn to love yourself, your life, and everyone in it. When you care for yourself first, the world begins to find you worthy of care.

Steal this book

Zen Wisdom for the Anxious

Cats on Catnip

Cat Shaming

The Ultimate Simple Productivity System

We'Moon 2022, Spiral Bound

Emergent Strategy

How to Live When a Loved One Dies

Open the secret pockets to reveal 13 hauntingly entertaining Hocus Pocus surprises every day (or night) leading up to Halloween! The Sanderson Sisters have come to haunt your holiday with mini books, mementos, decorations, and other tricks and treats! Why celebrate Halloween only one night a year when the 13 nights leading up to All Hallow's Eve can be filled with bewitching fun? Enjoy daily surprises

with Max and Dani Dennison, Thackery Binx, and more with *Hocus Pocus: 13 Frights of Halloween*. **13 SCARY SURPRISES:** Collect sinister stickers, games, and holiday decorations to display or share with friends. **COUNTDOWN TO HALLOWEEN:** Uncover a new surprise every day in the thirteen days leading up to Halloween! **BEWITCHING DELIGHTS:** Discover mini-books, themed recipe cards, and more! **MEMORABLE MOMENTS:** Relive favorite memories from the classic film *Hocus Pocus* with favorite quotes and scenes. **NEW TRADITION** Start a new Halloween routine with a daily surprise!

The Proverbial Cat is a collection of delightful cat illustrations by artist Sydney Hauser. Over the years, Hauser's works of art and calligraphy have been tremendously popular among cat lovers. Her ability to capture feline expressions allows her to create illustrations that are warm and wise, with just a touch of "cattitude!" Paired with each illustration is a maxim, a proverb, or a thought that captures what it means to be a cat. *The Proverbial Cat* is a charming gift for those who celebrate the domestic cat!

Ready to have your heartstrings tugged? Look no further than *Adorable Hedgehogs 2022*, featuring 13 images of the sweetest little hedgehogs around! While these little guys might look prickly, hedgehogs are actually kindhearted sweeties who just want to be loved. Enjoy their photogenic adventures through their small world for the whole year! With a handy page that shows the months of September, October, November, and December 2021, followed by individual pages for the months of 2022, this 12" x 12" wall calendar features full-color photos of these "quill kids" as they party, pig out, poke around, and have the time of their hedgie little lives! The perfect gift for the animal lover in your life, *Adorable Hedgehogs 2022* will have you smiling all year long.

Paint by Sticker, the bestselling all-ages activity book series, is now purrfect for cat lovers! Create gorgeous illustrations of felines in low-poly (geometric polygon shapes) style, one sticker at a time. An engrossing activity for crafters and artists, doodlers and colorers, *Paint by Sticker: Cats* brings 12 irresistible cats to life, piece by piece. There's a playful ginger tabby hanging from her paws, an elegant, blue-eyed Siamese angling for a head scratch, and more! As in paintby number, each image is divided into dozens of spaces, each with a number that corresponds to a particular sticker. Find the sticker, peel it, and place it in the matching space. Add the next, and the next, and the next—and relish the growing satisfaction of watching a "painting" emerge from a black-and-white illustration to a dazzling image with color, body, and spirit.

Color Me Stress-Free

The Chalk Art Handbook

The Everyday Wisdom of Thich Nhat Hanh: 365 days of practical, powerful teachings from the beloved Zen teacher

Zen to Done

Being Peace

Paint by Sticker: Cats