

## Zen 2018 Wall Calendar

*The perfect gift for seekers, the curious, and the spiritually hungry, The Little Book of Prayers now has a stunning new cover and a more prayer book–like format. Gathered from holy books and prayer books, from songs and spirituals, spoken traditions and poets, it is an unexpectedly approachable collection of common and uncommon prayers from around the world. The entries, one per page or spread, are chosen for their depth of feeling, beauty of expression, spiritual intensity, and sense of the universal. The book is organized into broad categories of praise, entreaty, contemplation, mourning, and grace; and two indexes—one by authorship, and the other by topic—make it immediately accessible. There are familiar prayers, like the Lord’s Prayer and 23rd Psalm, which, placed in new context, shine with a renewed beauty and wisdom. You’ll find prayers unfamiliar to many in the West, such as the “Opener” from the Koran or the four vows of the Boddhisattva, chanted every evening in Zen monasteries around the world. And the surprising—from the “Prayer of the Unknown Confederate Soldier” to the blues of Lightnin’ Hopkins to the poetry of Rumi. God help us to live slowly: To move simply: To look softly: To allow emptiness: To let the heart create for us. Amen. —Michael Leunig* You, whose day it is, make it beautiful. Get out your rainbow colors, so it will be beautiful. —Nootka Song

*A wistful exploration of fine art of coloring, this gorgeous book of illustrations offers sophisticated coloring projects that help you relax, restore, and reclaim your day. Amidst the pages of luscious designs, you’ll find fairies in dreamy landscapes and intricate, soothing patterns that will inspire beauty and tranquility. Each peaceful, romantic design comes printed on luxury paper. Find yourself lost in the whimsical patterns of Fairies in Dreamland and color some serenity into your world. 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 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.*

*Bruce Lee Striking Thoughts*

*Zen to Done*

*Bruce Lee’s Wisdom for Daily Living*

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

*The High Performance Planner*

### One Continuous Mistake

*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.*

*Steal this book*

*The Classical Music Lover’s 2022 Weekly & Monthly Planner is an 8-inch by 10-inch calendar featuring a handsome cover photo of a cello. It’s an organizer, daily agenda keeper, and planner with inspirational classical musical quotes for every month. The 2-page monthly spreads have large ruled blocks for each day, and contain major holidays as well as composers’ birthdays. The weekly pages include large unruled blocks for each day, a large column for notes, and a snapshot of the month for quick reference. The 1-inch inside margins make it easy to write anywhere on the pages. There’s also room in the back for extra notes, including bullet pages. The classical music lover on your gift list will appreciate these features: Monthly Inspirational Classical Music Quotes? General holidays noted in monthly spreads? Composer birthdays noted in monthly spreads? 20.32 cm x 25.4 cm (8 x 10 Inch)? 110 Pages of Cream Paper? Handsome Cover in Matte Finish? Beautiful cover photo of a cello? Title page illustration of a symphony orchestra conductor has space for personalization? Calendar Year Overviews - past, present, & future? 2-page Monthly Spreads with large ruled daily blocks? Weekly pages with large daily blocks? Extra notes pages following each month? Extra notes pages in back? Bullet journal pages in back? 110 pages? Large 1-inch inside margins*

*If you’re going to read one book about Hollywood, this is the one. As the co-founder of Creative Artists Agency, Michael Ovitz earned a reputation for ruthless negotiation, brilliant strategy, and fierce loyalty to his clients. He reinvented the role of the agent and helped shape the careers of hundreds of A-list entertainers, directors, and writers, including Steven Spielberg, Martin Scorsese, Meryl Streep, Sean Connery, Bill Murray, Robin Williams, and David Letterman. But this personal history is much more than a fascinating account of celebrity friendships and bare-knuckled dealmaking. It’s also an underdog’s story: How did a middle-class kid from Encino work his way into the William Morris mailroom, and eventually become the most powerful person in Hollywood? How did an agent (even a superagent) also become a power in producing, advertising, mergers & acquisitions, and modern art? And what were the personal consequences of all those deals? After decades of near-silence in the face of controversy, Ovitz is finally telling his whole story, with remarkable candor and insight.*

*52 Illustrated Practices for a Peaceful and Open Mind*

*100 Coloring Templates to Unplug and Unwind*

*Kaiseki: Zen Tastes in Japanese Cooking*

*Guitars*

*Cats on Catnip*

*Tongue of a Crow*

*Tangle Starts Planner, Into the Future*

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.

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.

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.

Since 1957, Chase’s Calendar of Events lists everything worth knowing and celebrating for each day of the year: 12,500 holidays, historical milestones, famous birthdays, festivals, sporting events and much more. "The Oxford English Dictionary of holidays." NPR’s Planet Money.

Supercars 2022

Texts from Mittens

A Garden in Your Belly

Python for Finance

A Novel

How to Create Masterpieces on Driveways and Sidewalks and in Playgrounds

How to Live When a Loved One Dies

*Zen Mini Wall Calendar 2018: 16 Month Calendar*

*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.*

*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!*

*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.*

*The Chalk Art Handbook*

*Your True Home*

*Steal This Book*

*Zendoodle Coloring Presents Fairies in Dreamland*

*The Old Farmer’s Almanac 2022*

*The Things You Can See Only When You Slow Down*

*PostSecret*

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 fourTangle Starts books in the Artangleology Series or as a stand alone.

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 Hagmeier \* Jo Morton \* Jan Patek \* Carrie Nelson Along with imaginative interpretations of each 6" block--from traditional patchwork inspired by history to whimsical appliqued scenes from nature--you'll enjoy loads of sewing tips from the pros that you can use for as long as you quilt.

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.

Perfect planner to keep organized for the next FIVE years! A great gift idea! Get a head start on staying organized with this Simple, Stylish, Elegant 6"×9" planner with holidays (American, Canadian & UK). In this planner, each year starts with an "At a Glance" yearly view, followed by 12 month-by-month pages which provides areas for you to record notes, goals and important dates. Also included is a section to include contacts and passwords. The pages are ready and waiting to be filled! DETAILS: Five Years: January 2019 - December 2023 Includes Holidays (American, Canadian & UK) Dimensions: 6" x 9" Perfect Bound Crisp White Pages with a Thick Cardstock Cover Simple, Stylish, Elegant Cover Art Zen Mini Wall Calendar 2017: 16 Month Calendar

*The Forgotten Horses*

*Sword of Zen*

*Ani Trime’s Little Book of Affirmations*

*The Classical Music Lover’s 2022 Weekly & Monthly Planner*

*My Ex-Life*

*Healing Meditations for Grief and Loss*

""Pete’s first poetry collection is a knockout. It reveals the same keen intelligence and wry perspective he showed in his 2 memoirs, with an eloquent, unique style that lays bare the universal in the deeply personal. He can add gifted poet to his already impressive resume.'--Bonnie Raitt. 'Peter Coyote’s poems are every bit as wonderful as his memoirs, rich and lively, sweet and perplexed, full of sorrow and laughter, love and lovers, soul and bodies, Zen and wild mother nature, truth, hope, disappointment, resurrection; ie, Life with a capital L.'--Anne Lamott"--

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.

Takuan Sōho’s (1573-1645) two works on Zen and swordsmanship are among the most straightforward and lively presentations of Zen ever written and have enjoyed great popularity in both premodern and modern Japan. Although dealing ostensibly with the art of the sword, Record of Immovable Wisdom and On the Sword Taie are basic guides to Zen—“user’s manuals” for Zen mind that show one how to manifest it not only in sword play but from moment to moment in everyday life. Along with translations of Record of Immovable Wisdom and On the Sword Taie (the former, composed in all likelihood for the shogun Tokugawa Iemitsu and his fencing master, Yagyū Munenori), this book includes an introduction to Takuan’s distinctive approach to Zen, drawing on excerpts from the master’s other writings. It also offers an accessible overview of the actual role of the sword in Takuan’s day, a period that witnessed both a bloody age of civil warfare and Japan’s final unification under the Tokugawa shoguns. Takuan was arguably the most famous Zen priest of his time, and as a pivotal figure, bridging the Zen of the late medieval and early modern periods, his story (presented in the book’s biographical section) offers a rare picture of Japanese Zen in transition. For modern readers, whether practitioners of Zen or the martial arts, Takuan’s emphasis on freedom of mind as the crux of his teaching resonates as powerfully as it did with the samurai and swordsmen of Tokugawa Japan. Scholars will welcome this new, annotated translation of Takuan’s sword-related works as well as the host of detail it provides, illuminating an obscure period in Zen’s history in Japan.

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.

*Simple Advice from a Zen Buddhist Monk*

*Chase’s Calendar of Events 2020*

*The Ultimate Go-to Guide for Special Days, Weeks and Months*

*with Uncertainty and Change*

**Moda Blockheads****Sloth Yoga****Zen Mini Wall Calendar 2018: 16 Month Calendar**

Showcases the rescued horses at twenty North American sanctuaries, with photographs of former champions and retired workhorses at leisure while out in the fields.

National Bestseller Best Book of the Year: NPR, Shelf Awareness “I didn’t know how much I needed a laugh until I began reading Stephen McCauley’s new novel, My Ex-Life. This is the kind of witty, sparkling, sharp novel for which the verb ‘chortle’ was invented.” —Maureen Corrigan, Fresh Air “McCauley fits neatly alongside Tom Perrotta and Maria Semple in the category of ‘Novelists You’d Most Like to Drive Across the Country With.’” —The New York Times Book Review David Hedges’s life is coming apart at the seams. His job helping San Francisco rich kids get into the colleges of their (parents’) choice is exasperating; his younger boyfriend has left him; and the beloved carriage house he rents is being sold. His solace is a Thai takeout joint that delivers 24/7. The last person he expects to hear from is Julie Fiske. It’s been decades since they’ve spoken, and he’s relieved to hear she’s recovered from her brief, misguided first marriage. To him, Julie definitely doesn’t have a problem with marijuana (she’s given it up completely, so it doesn’t matter if she gets stoned almost daily) and the Airbnb she’s running out of her seaside house north of Boston is neither shabby nor illegal. And she has two whole months to come up with the money to buy said house from her second husband before their divorce is finalized. She’d just like David’s help organizing college plans for her seventeen-year-old daughter. That would be Mandy. To quote Barry Manilow, Oh Mandy. While she knows she’s smarter than most of the kids in her school, she can’t figure out why she’s making so many incredibly dumb and increasingly dangerous choices? When David flies east, they find themselves living under the same roof (one David needs to repair). David and Julie pick up exactly where they left off thirty years ago—they’re still best friends who can finish each other’s sentences. But there’s one broken bit between them that no amount of home renovations will fix. In prose filled with hilarious and heartbreakingly accurate one-liners, Stephen McCauley has written a novel that examines how we define home, family, and love. Be prepared to laugh, shed a few tears, and have thoughts of your own ex-life triggered. (Throw pillows optional.)

"A teacher is never a giver of truth—he is a guide, a pointer to the truth that each student must find for himself. A good teacher is merely a catalyst."—Bruce Lee Within the pages of Striking Thoughts, you will find the secrets of Bruce Lee's amazing success— as an actor, martial artist, and inspiration to the world. Consisting of eight sections, Striking Thoughts covers 72 topics and 825 aphorisms—from spirituality to personal liberation and from family life to filmmaking—all of which Bruce lived by. His ideas helped energize his life and career, and made it possible for him to live a happy and assured life, overcoming difficult obstacles with seeming ease. His ideas also inspired his family, friends, students, and colleagues to achieve success in their own lives and this personal collection will help you in your journey too. Sections include: On First Principles—including life, existence, time, and death On Being Human—including the mind, happiness, fear, and dreams On Matters of Existence—health, love, marriage, raising children, ethics, racism, and adversity On Achievement—work, goals, faith, success, money, and fame On Art and Artists—art, filmmaking, and acting On Personal Liberation—conditioning, Zen Buddhism, meditation, and freedom On the Process of Becoming—self-actualization, self-help, self-expression, and growth On Ultimate (Final) Principles—Yin-yang, totality, Tao, and the truth This Bruce Lee Book is part of the Bruce Lee Library which also features: Bruce Lee: The Celebrated Life of the Golden Dragon Bruce Lee: The Tao of Gung Fu Bruce Lee: Artist of Life Bruce Lee: Letters of the Dragon Bruce Lee: The Art of Expressing the Human Body Bruce Lee: Jeet Kune Do Happy New Almanac Year! It's time to celebrate the 230th edition of The Old Farmer's Almanac! Long recognized as North America's most-beloved and best-selling annual, this handy yellow book fulfills every need and expectation as a calendar of the heavens, a time capsule of the year, an essential reference that reads like a magazine. Always timely, topical, and distinctively "useful, with a pleasant degree of humor," the Almanac is consulted daily throughout the year by users from all walks of life. The 2022 edition contains the fun facts, predictions, and feature items that have made it a cultural icon: traditionally 80 percent-accurate weather forecasts; notable astronomical events and time-honored astrological dates; horticultural, culinary, fashion, and other trends; historical hallmarks; best fishing days; time- and money-saving garden advice; recipes for delicious dishes; facts on folklore, farmers, home remedies, and husbandry; amusements and contests; plus too much more to mention—all in the inimitable Almanac style that has charmed and educated readers since 1792.

Mastering Data-Driven Finance

The Proverbial Cat

Living Beautifully

The Beauty of America's Unwanted Horses

An Inquiry Into Values

Zen Wisdom for the Anxious

Extraordinary Confessions from Ordinary Lives

☐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.

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.

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.

No cat lover will be able to resist this enchanting collection of Sydney Hausers artwork of classy cats and hand-lettered proverbs and sayings. Its a feast for the eyes and minds of readers everywhere.

An Artist's Coloring Book

The Ultimate Simple Productivity System

Master Takuan and His Writings on Immovable Wisdom and the Sword Taie

2019-2023 Five Year Planner

Meet the Microbes in Your Gut

The Little Zen Companion

48 Quilt-Along Blocks Plus Settings for Finished Quilts

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.

While it seeks neither to define Zen nor answer its most famous koan (a riddle unanswerable by conventional thinking, in this case the sound of one hand clapping), this bestselling little book with 437,000 copies in print possesses a maverick Zen spirit that points to a different way of looking at the world. With each page featuring a quote, phrase, story, koan, haiku, or poem, Zen Companion combines the feeling and format of a meditation book with 2,500 years of wisdom-from Lao-tzu and Groucho Marx, William Carlos Williams and The Little Prince, D. T. Suzuki and Walker Percy, the Buddha and the Bible, Einstein and Gertrude Stein. It's a celebration of intuition: "If a man wishes to be sure of the road he treads on, he must close his eyes and walk in the dark"-St. John the Cross. Individuality: "Do not seek to follow in the footsteps of the men of old; seek what they sought."-Basho. Uncomplicated nature: "Among twenty snowy mountains/The only moving thing/Was the eye of the blackbird."-Wallace Stevens. Childlike spontaneity: "Goodnight stars. Goodnight air."-Margaret Wise Brown. Irreverent paradox: "Wakuan complained when he saw a picture of bearded Bodhidharma: "Why hasn't that fellow a beard?" And above all, the simple pleasure of life lived in the moment. "Chop wood, carry water."

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.

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.

Feline Inspirations

Zen and the Art of Motorcycle Maintenance

Who Is Michael Ovit?z

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

Color Me Stress-Free

Four Noble Truths for Writers

16-Month Calendar - September 2021 Through December 2022

Celebrate the world's most seductive instrument. An obsessive, full-color book in the irresistible format of Shoes and Handbags—which together have over 700,000 copies in print—guitarS delivers a feast of 500 guitars in vibrant color, plus players, makers, legends, myths, and more. Here are guitars that made history, that changed the course of music, that inspired new generations of players and listeners. Here are milestones in the guitar's search for its true self—Torres's classical, the amazing Gibson L-5—and experiments that ushered in a new world of sound—Rickenbacker's "Frying Pan" and Les Paul's "Log." Plus B. B. King's Lucille, Willie Nelson's Trigger, Eric Clapton's Brownie, the J-160E that John Lennon played during his 1968 "bed-in" with Yoko, Jimi Hendrix's hand-painted Flying V in full psychedelic regalia. And the far-out Gittler—no body, no neck, no peghead, yet every inch a guitar. Also here are profiles of famous builders, including C. F. Martin, Orville Gibson, Leo Fender—the Henry Ford of guitars—and the mad genius Lloyd Loar. And individual luthiers, like Linda Manzer (her Picasso II has 42 tunable strings), the maverick Ken Parker, and old-world artisan John D'Angelico, staring at skyscrapers from his Lower East Side shop and creating the ultimate art deco masterpiece, "The New Yorker." Marrying visual pleasure with layers of information, Guitars captures the soul, the significance, history, magic, and the raw mojo of this most beloved of instruments. 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.

This beautiful little volume combines 52 accessible and open-hearted affirmations from the beloved Tibetan Buddhist teacher Ani Trime with illustrated interpretations from a wide range of popular contemporary artists.

This charming book hilariously illustrates that yoga isn't just for people anymore! A Sloth persuing total relaxation and mindfulness meditation demonstrate classic poses that would seem impossible to achieve, were it not for the photographic proof presented here. These sloth yogis are in no rush to complete their yoga sequence, it often takes an entire month just to complete a single pose. Sloth Yoga takes this popular meditative practice to a new level of Zen. Yes, yes, and yes! Paired with inspiring Zen, yoga and meditation quotes, Sloth Yoga is posed to inform and delight all human practitioners of the ancient discipline. What a unique way to bring humor and relaxation into someones life by giving them this unique book as a gift. The Little Book of Prayers