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With a foreword by
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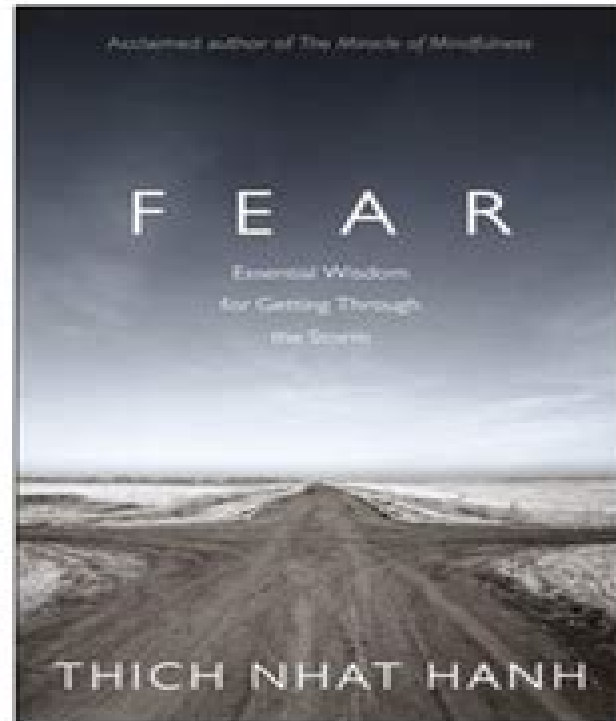


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Editor of the Journal of Behavioral Medicine He has authored over 100 scholarly works has edited eight textbooks and has authored three self help books including Happiness For Dummies **Be Nobody** Lama Marut,2014-06-03 With an edgy tone and radical perspective Lama Marut shows that the quest to distinguish ourselves is the true cause of our dissatisfaction and it continually leaves us feeling isolated and alone Drawing from the spiritual truism that only by losing the self can we discover our real potential Be Nobody provides guidance actions and simple meditations to help you lay down the heavy burden of trying to be somebody **Environmental Humanities in Folktales** P. Mary Vidya Porselvi,2023-05-03 This work throws light on the areas of space and time nature and culture spirit and matter in the folktales that nurture systemic thinking It identifies and explores motifs and patterns in select folktales that promote interconnectedness interdependence holism synthesis and circular pattern of life and examines the ecological relevance of folktales in fostering a systematic view of life The volume discusses why it is important to critically analyze alternative worldviews in order to find holistic solutions to contemporary global ecological issues It sheds light upon Ecofemiotics as a discipline a portmanteau of Ecofeminist Semiotics and through a re reading of folktales it puts forward an innovative folktale typology which connects women with environment The book discusses an ecofemiotics cyclical praxis at three levels Promoting theory to practice through the analysis of folktales as Gaia Care Narratives using the Ecofemiotic framework Enabling practice to theory through a classroom experiment observation and inference Envisioning theory to practice through the identification of Gaia Care Principles and its multidisciplinary hands on scope and function to create avenues towards ecological balance and sustainable living Inspired by the hearts that tell stories of love care nurture and the Earth this nuanced work will be of interest to students and researchers of literature and literary theory sociology social anthropology gender studies and women s studies feminism development studies environment and folklore studies **Reflections on performance at work** Brian Groves,2014-04-04 **Conscious Parenting** Gabriel Cousens, M.D.,Leah Lynn,2015-09-01 Conscious Parenting is a great resource for parents seeking advice on optimal vegan nutrition and the importance of unplugging and having quiet time in nature for today s children Anchored by extensive research on the importance of diet and environment by the world s leading authority on spiritual nutrition the book is packed with advice and information to help you choose authentic organic vegan food for optimal health support your child s emotional social and mental development counter the effects of environmental toxins and harmful media and create a nurturing environment for your child s spiritual growth Table of Contents Preview Chapter 1 The Role of the Alive Parent The Role of the Alive Child Chapter 2 Creating an Alive Environment Six Foundations for Spiritual Life The Sevenfold Peace Chapter 3 Perspectives on Support for the Alive Child According to Stages of Development Chapter 4 Supporting the Child s Physical Development Living Foods for the Living Body The Vegan Live Food Solution is Safe A New Look at Transitioning from Eating Flesh Food Don t Eat the Fish Don t Pig Out Poultry Problems Chapter 5 Why Authentic Vegan Organic Food Organic Foods Organic Veganic Farming Pesticide Pestilence Protect Yourself

Against Food Chemicalization Genetically Engineered Foods Irradiated Foods Another Biohazard Go Organic The Low Sugar Piece to the Whole Food Puzzle Natural Low Sugar and No Sugar Sweeteners Minerals and Children Precious Gems Children Need Dietary Fats Protein for Growing Bodies Is a Plant Sourced Diet Safe for Children But Children Don't Like Healthy Food Soy What And Other Vegan Foods to Be Wary Of Chapter 6 Holistic Veganism Chapter 7 Supporting the Child's Emotional Development Living Foods and Freeing Up Emotions Listening to How the Child Feels about Eating Animals Thoughts Emotions and the Preparation of Food Self Esteem Chapter 8 Supporting the Child's Social Development Living Foods and the Child's Social Development Positive Socialization within the Home Peaceful Conflict Resolution Other Opportunities for Positive Socialization Have You Ever Heard of the Candy Fairy Chapter 9 Supporting the Child's Mental Development Movement and the Mind Childhood Depression Nature and Learning Emotional Safety and Learning Deficient Diet and Mental Degeneration Living Nutrition for the Living Brain Vitamin O Oxygen Water Food for Thought The Mythological Dangers of High Cholesterol and High Fat Health Dangers of Low Cholesterol The Importance of Omega 3s for Health Media Affects on the Child's Mind The Harmful Effects of Pornography Chapter 10 Synergistic Toxicity of Brain and Body The Great Vaccine Question for Parents Who Value Alive and Conscious Children What To Do Gluten Marijuana Toxicity to the Brain Fluoride Toxicity to the Brain and Body EMFs and Our Children's Brains Perspectives on Dairy Chapter 11 Supporting the Child's Spiritual Development Spiritual Nutrition for Childhood Supporting the Spirit of the Child with Silence Imagination Meaningful Work Wisdom Teachings Music Chapter 12 Recipes for Children Resources for Holistic Parenting

How to Live Bundle Thich Nhat Hanh, 2015-10-26 **Funny Ethnic** Shirley Le, 2023-02-28 I looked at the streets of Yagoona through eyes stinging with melted Maybelline liquid liner Yagoona looked back at me the wannabe hipster who dreamed of moving to a share house in the inner west and cackled Funny Ethnic catapults readers into the sprawling city within a city that is Western Sydney and the world of Sylvia Nguyen only child of Vietnamese refugee parents unexceptional student exceptional self doubter It's a place where migrants from across the world converge and identity is a slippery ever shifting beast Jumping through snapshots of Sylvia's life from childhood to something resembling adulthood this novel is about square pegs and round holes those who belong and those on the fringes It's a funhouse mirror held up to modern Australia revealing suburban fortune tellers train carriage preachers crumbling friendships and bad stand up comedy In Funny Ethnic Shirley Le uses a coming of age tale to reveal a side of Australia so ordinary that it's entirely bizarre

Our Appointment with Life Thich Nhat Hanh, 1990 Our Appointment with Life is a translation and commentary on the Sutra on Knowing the Better Way to Live Alone the earliest teaching of the Buddha on how to live fully in the present moment

How to Dream Thich Nhat Hanh, 2025-08-28 The monk who taught the world mindfulness Time What do we want to do with our one precious life What is our deepest desire In How to Dream world renowned Zen master Thich Nhat Hanh explains how to let our deep desire nourish us and in turn how to keep that desire alive If our aspiration is lost or depleted we must rekindle it With

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Our Appointment with Life Thich Nhat Hanh, 2007-02-09 This easily accessible translation and commentary by Thich Nhat Hanh on the Sutra on Knowing the Better Way To Live Alone is the earliest teaching of the Buddha on living fully in the present moment To live alone doesn t mean to isolate oneself from society It means to live in mindfulness to let go of the past and the future and to look deeply and discover the true nature of all that is taking place in the present moment To fully realize this is to meet our appointment with life and to experience peace joy and happiness this realization brings A wonderful addition to the library of anyone interested in Buddhist studies Our appointment with life is in the present moment The place of our appointment is right here in this very place Thich Nhat Hanh in Our Appointment with Life

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