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KEY=YOGA - CINDY FULLER

WAKING UP

A GUIDE TO SPIRITUALITY WITHOUT RELIGION

Simon and Schuster For the millions of Americans who want spirituality without religion, Sam Harris's latest New York Times bestseller is a guide to meditation as a rational practice informed by neuroscience and psychology. From Sam Harris, neuroscientist and author of numerous New York Times bestselling books, *Waking Up* is for the twenty percent of Americans who follow no religion but who suspect that important truths can be found in the experiences of such figures as Jesus, the Buddha, Lao Tzu, Rumi, and the other saints and sages of history. Throughout this book, Harris argues that there is more to understanding reality than science and secular culture generally allow, and that how we pay attention to the present moment largely determines the quality of our lives. *Waking Up* is part memoir and part exploration of the scientific underpinnings of spirituality. No other book marries contemplative wisdom and modern science in this way, and no author other than Sam Harris—a scientist, philosopher, and famous skeptic—could write it.

GET SOME HEADSPACE

Hodder Paperbacks 'If you're thinking about trying mindfulness, this is the perfect introduction....I'm grateful to Andy for helping me on this journey.' BILL GATES 'It's kind of genius' EMMA WATSON Feeling stressed about Christmas/Brexit/everthing? Try this... Demystifying meditation for the modern world: an accessible and practical route to improved health, happiness and well being, in as little as 10 minutes. Andy Puddicombe, founder of the celebrated Headspace, is on a mission: to get people to take 10 minutes out of their day to sit in the now. Here he shares his simple to learn, but highly effective techniques of meditation. * Rest an anxious, busy mind * Find greater ease when faced with difficult emotions, thoughts, circumstances * Improve focus and concentration * Sleep better * Achieve new levels of calm and fulfilment. The benefits of mindfulness and meditation are well documented and here Andy brings this ancient practice into the modern world, tailor made for the most time starved among us. First published as *Get Some Headspace*, this reissue shows you how just 10 minutes of mediation per day can bring about life changing results.

KILLING HOPE

US MILITARY AND CIA INTERVENTIONS SINCE WORLD WAR II

Is the United States a force for democracy? From 1940s China to Guatemala today, Blum presents a study of American covert and overt interference in the internal affairs of other countries. Each chapter of the book covers a year in which the author takes one particular country case and tells the story.

MESOPOTAMIAN MEDICINE AND MAGIC

STUDIES IN HONOR OF MARKHAM J. GELLER

BRILL Mesopotamian Medicine and Magic. Studies in Honour of Markham J. Geller offers 34 brand-new text editions and analytical studies concerned with diverse healing traditions and practices in Ancient Western Asia.

THE CHILD IN HUMAN PROGRESS

New York, G.P. Putman's Sons

THE SWORD OF JUDITH

JUDITH STUDIES ACROSS THE DISCIPLINES

Open Book Publishers The Book of Judith tells the story of a fictitious Jewish woman beheading the general of the most powerful imaginable army to free her people. The parabolic story was set as an example of how God will help the righteous. Judith's heroic action not only became a validating charter myth of Judaism itself but has also been appropriated by many Christian and secular groupings, and has been an inspiration for numerous literary texts and works of art. It continues to exercise its power over artists, authors and academics and is becoming a major field of research in its own right. The *Sword of Judith* is the first multidisciplinary collection of essays to discuss representations of Judith throughout the centuries. It transforms our understanding across a wide range of disciplines. The collection includes new archival source studies, the translation of unpublished manuscripts, the translation of texts unavailable in English, and Judith images and music.

ILLUMINATIONS

ESSAYS AND REFLECTIONS

Mariner Books Views from one of the most original cultural critics of the twentieth century, Walter Benjamin

RECONCILIATION, CIVIL SOCIETY, AND THE POLITICS OF MEMORY

TRANSNATIONAL INITIATIVES IN THE 20TH AND 21ST CENTURY

transcript Verlag How did civil society function as a locus for reconciliation initiatives since the beginning of the 20th century? The essays in this volume challenge the conventional understanding of reconciliation as a benign state-driven process. They explore how a range of civil society actors - from Turkish intellectuals apologizing for the Armenian Genocide to religious organizations working towards the improvement of Franco-German relations - have confronted and coped with the past. These studies offer a critical perspective on local and transnational reconciliation acts by questioning the extent to which speech became an alternative to silence, remembrance to forgetting, engagement to oblivion.

THE CIA

A FORGOTTEN HISTORY : US GLOBAL INTERVENTIONS SINCE WORLD WAR 2

"The CIA: a forgotten history tells the remarkable story of the CIA interventions in more than fifty countries, from the earliest actions in China to the present day campaign against Nicaragua. Investigative writer William Blum describes the grim role played by the Agency in overthrowing governments, preventing elections, assassinating leaders, suppressing revolutions, manipulating trade unions and manufacturing 'news' -- in detail that's never before appeared in one book. Blum also shows how the mainstream media have frequently not bothered to probe, highlight or even report many of America's aggressive actions abroad. Effectively, this has helped the US Government camouflage its operations and intentions abroad ever since World War II. Washington's deception and the media's laxity combine to leave us functionally illiterate about the history of modern US foreign policy. And that, the author believes, is good neither for democracy, nor for development and world peace. This immensely readable account has been carefully pieced together from widely disparate sources and with a scrupulous eye to documentation." --

HANDBOOK OF MILITARY PSYCHOLOGY

CLINICAL AND ORGANIZATIONAL PRACTICE

Springer This expert compendium surveys the current state of military psychology across the branches of service at the clinical, research, consulting, and organizational levels. Its practical focus examines psychological adjustment pre- and post-deployment, commonly-encountered conditions (e.g., substance abuse), and the promotion of well-being, sleep, mindfulness, and resilience training. Coverage pays particular attention to uses of psychology in selection and assessment of service personnel in specialized positions, and training concerns for clinicians and students choosing to work with the military community. Chapters also address topics of particular salience to a socially conscious military, including PTSD, sexual harassment and assault, women's and LGBT issues, suicide prevention, and professional ethics. Among the specific chapters topics covered: · Military deployment psychology: psychologists in the forward environment. · Stress and resilience in married military couples. · Assessment and selection of high-risk operational personnel: processes,

procedures, and underlying theoretical constructs. · Understanding and addressing sexual harassment and sexual assault in the US military. · Virtual reality applications for the assessment and treatment of PTSD. · Plus international perspectives on military psychology from China, Australia, India, and more. Grounding its readers in up-to-date research and practice, *Military Psychology* will assist health psychologists, clinical psychologists, psychiatrists, and clinical social workers in understanding and providing treatment for military populations, veterans, and their families, as well as military psychologists in leadership and consulting positions.

THE HUMAN FACTOR IN THE SETTLEMENT OF THE MOON

AN INTERDISCIPLINARY APPROACH

Springer Nature

DIGITALIZATION AND SOCIETY

Peter Lang GmbH, Internationaler Verlag Der Wissenschaften The book presents a collection of papers by researchers from several different institutions on a wide range of digital issues: digitalization and literacy, game, law, culture, politics, health, economy, civil society, photograph. The book addresses researchers, educators, sociologists, lawyers, health care providers.

FRIEDRICH GILLY

ESSAYS ON ARCHITECTURE, 1796-1799

Getty Publications When Friedrich Gilly died in 1800 at age twenty-eight, his architectural career had spanned less than a decade and construction of his major designs was incomplete. Nevertheless, his ideas so strongly influenced Berlin architecture of the next century that he is now widely regarded as the founder of Berlin's distinct architectural tradition. By uniting Rationalist and Neoclassicist principles, his designs achieve an artistic expression that is at once visually dramatic and formally pure. Today, his theories are known primarily through the work of Karl Friedrich Schinkel, his student who became one of Berlin's primary modern architects. In addition to presenting five of Gilly's most influential essays, this volume contains previously unpublished archival records that clarify the intellectual context in which Gilly developed his thoughts on architecture. A catalog of Gilly's personal library is especially illuminating.

LOADING PENGUIN HUGS

HEARTWARMING COMICS FROM CHIBIRD

Andrews McMeel Publishing Loading Penguin Hugs combines adorable illustrations with wholesome messages to cheer you on. Expressions like "You are not a failure. You are still growing!" provide encouragement and promote healthy mindsets. Chen's chubby penguins, hedgehogs, Chibirds, and friends of all shapes put a smile on anyone's face, and they've already made millions smile on Instagram, Tumblr, and GIPHY. Loading Penguin Hugs is full of brand-new Chibird comics alongside popular favorites. The book comes with two bonus pages of cute exclusive stickers, and the cover features a special silver foil detail! This inspiring book is perfect for new and old Chibird fans. Chen and her animal friends are ready to brighten anyone's day, one comic at a time.

NAZI SOUNDSCAPES

SOUND, TECHNOLOGY AND URBAN SPACE IN GERMANY, 1933-1945

Amsterdam University Press Na de formatie van de NSDAP in de jaren '20 werden verschillende vormen van geluid (stem, ruis, stilte, populaire muziek) en mediatechnologieën (radio- en luidsprekersystemen) ingezet voor hun politieke programma. Vanuit de historisch invalshoek van het stedelijke 'soundscape' van Düsseldorf, onderzoekt de auteur de productie en receptie van deze geluiden en technologieën. Nazi Soundscapes brengt in kaart hoe het politieke bestel de stedelijke ruimte en identiteitsformatie van burgers door middel van geluid beïnvloedt. Het geeft een kritisch perspectief op zowel visuele als auditieve manieren van controle en discipline, in het bijzonder bij uitsluiting en geweld tijdens het nationaal-socialisme (1933-1945).

IDENTITY AND AGENCY IN CULTURAL WORLDS

Harvard University Press This text addresses the central problem in anthropological theory of the late 1990s - the paradox that humans are both products of social discipline and creators of remarkable improvisation.

MODERN JEWISH SCHOLARSHIP IN HUNGARY

THE 'SCIENCE OF JUDAISM' BETWEEN EAST AND WEST

Walter de Gruyter GmbH & Co KG The Habsburg Empire was one of the first regions where the academic study of Judaism took institutional shape in the nineteenth century. In Hungary, scholars such as Leopold and Immanuel Löw, David Kaufmann, Ignaz Goldziher, Wilhelm Bacher, and Samuel Krauss had a lasting impact on the Wissenschaft des Judentums ("Science of Judaism"). Their contributions to Biblical, rabbinic and Semitic studies, Jewish history, ethnography and other fields were always part of a trans-national Jewish scholarly network and the academic universe. Yet Hungarian Jewish scholarship assumed a regional tinge, as it emerged at an intersection between unquelled Ashkenazi yeshiva traditions, Jewish modernization movements, and Magyar politics that boosted academic Orientalism in the context of patriotic historiography. For the first time, this volume presents an overview of a century of Hungarian Jewish scholarly achievements, examining their historical context and assessing their ongoing relevance.

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THE CODE OF HAMMURABI

CreateSpace Independent Publishing Platform The Code of Hammurabi (Codex Hammurabi) is a well-preserved ancient law code, created ca. 1790 BC (middle chronology) in ancient Babylon. It was enacted by the sixth Babylonian king, Hammurabi. One nearly complete example of the Code survives today, inscribed on a seven foot, four inch tall basalt stele in the Akkadian language in the cuneiform script. One of the first written codes of law in recorded history. These laws were written on a stone tablet standing over eight feet tall (2.4 meters) that was found in 1901.

THE EVERY-DAY BOOK

OR, EVERLASTING CALENDAR OF POPULAR AMUSEMENTS ...

YOGA TRAVELING

BODILY PRACTICE IN TRANSCULTURAL PERSPECTIVE

Springer Science & Business Media This book focuses on yoga's transcultural dissemination in the twentieth and twenty-first centuries. In the course of this process, the term "yoga" has been associated with various distinctive blends of mental and physical exercises performed in order to achieve some sort of improvement, whether understood in terms of esotericism, fitness, self-actualization, body aesthetics, or health care. The essays in this volume explore some of the turning points in yoga's historico-spatial evolution and their relevance to its current appeal. The authors focus on central motivations, sites, and agents in the spread of posture-based yoga as well as on its successive (re-)interpretation and diversification, addressing questions such as: Why has yoga taken its various forms? How do time and place influence its meanings, social roles, and associated experiences? How does the transfer into new settings affect the ways in which yogic practice has been conceptualized as a system, and on what basis is it still identified as (Indian) yoga? The initial section of the volume concentrates on the re-evaluation of yoga in Indian and Western settings in the first half of the twentieth century. The following chapters link global discourses to particular local settings and explore meaning production at the micro-social level, taking Germany as the focal site. The final part of the book focuses on yoga advertising and consumption across national, social, and discursive boundaries, taking a closer look at transnational and deterritorialized yoga markets, as well as at various classes of mobile yoga practitioners.

BOOK OF SHADOWS

THE GARDNERIAN BOOK OF SHADOWS

CreateSpace A Book of Shadows is a book containing religious texts and instructions for magical rituals found within the Neo-pagan religion of Wicca. The first Book of Shadows was created by Gerald B. Gardner, (an author as well as an amateur archaeologist and anthropologist), in the late 1940's or early 1950's, which he used in his Bricket Wood coven and then in later covens which he founded. The concept was adopted by other traditions. The current Book of Shadows is a compilation of manuscripts found in his museum after his

death.

REFLECTIONS

ESSAYS, APHORISMS, AUTOBIOGRAPHICAL WRITINGS

HarperCollins "This book is just that: reflections of a highly polished mind that uncannily approximate the century's fragments of shattered traditions." — Time A companion volume to *Illuminations*, the first collection of Walter Benjamin's writings, *Reflections* presents a further sampling of his wide-ranging work. Here Benjamin evolves a theory of language as the medium of all creation, discusses theater and surrealism, reminisces about Berlin in the 1920s, recalls conversations with Bertolt Brecht, and provides travelogues of various cities, including Moscow under Stalin. Benjamin moves seamlessly from literary criticism to autobiography to philosophical-theological speculations, cementing his reputation as one of the greatest and most versatile writers of the twentieth century.

BRIDGING THE ACHIEVEMENT GAP

Brookings Institution Press The achievement gap between white students and African American and Hispanic students has been debated by scholars and lamented by policymakers since it was first documented in 1966. The average black or Hispanic secondary school student currently achieves at about the same level as the average white student in the lowest quartile of white achievement. Black and Hispanic students are much less likely than white students to graduate from high school, acquire a college or advanced degree, or earn a middle-class living. They are also much more likely than whites to suffer social problems that often accompany low income. While educators have gained an understanding of the causes and effects of the education achievement gap, they have been less successful in finding ways to eliminate it—until now. This book provides, for the first time in one place, evidence that the achievement gap can be bridged. A variety of schools and school reforms are boosting the achievement of black and Hispanic students to levels nearing those of whites. *Bridging the Achievement Gap* brings together the findings of renowned education scholars who show how various states, school districts, and individual schools have lifted the achievement levels of poor and minority students. The most promising strategies include focusing on core academic skills, reducing class size, enrolling students in more challenging courses, administering annual achievement assessment tests, creating schools with a culture of competition and success, and offering vouchers in big-city school districts. While implementing new educational programs on a large scale is fraught with difficulties, these successful reform efforts offer what could be the start of widespread effective solutions for bridging the achievement gap.

THE EVERY-DAY BOOK, OR

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THE FIRST FIVE YEARS OF TEACHING

This report deals with the follow-up stage of a longitudinal study which examined socialization into teaching as reflected by teachers' attitudes towards the control of students. Preservice secondary school teachers were observed in their final year of training, and, in 1978, this "five years later" follow-up was conducted, investigating over half of the original sample. It was found that the initial year of teaching experience is clearly the most traumatic, and that the subsequent years tended to see a leveling out of attitudes towards students and teaching and an internalization of occupational values. This report provides information on: (1) the sample of beginning secondary school teachers; (2) career patterns of respondents to the 1978 survey; (3) use of student control ideology as an index of socialization into the occupation of teaching; (4) cross-sectional analyses of responses to the 1978 survey; (5) longitudinal analysis of responses from members of the 1978 sample who taught from 1973-1978 and comparisons with 1978 non-teaching group; and (6) a summary of followup interviews conducted (during 1979) with both teaching and non-teaching members of the 1978 sample. The research questionnaire, a bibliography, and several tables are included. (CJB)

THEORY OF LITERATURE

Scholarly Theory of Literature was born from the collaboration of René Wellek, a Vienna-born student of Prague School linguistics, and Austin Warren, an independently minded "old New Critic." Unlike many other textbooks of its era, however, this classic kowtows to no dogma and toes no party line. Wellek and Warren looked at literature as both a social product--influenced by politics, economics, etc.--as well as a self-contained system of formal structures. Incorporating examples from Aristotle to Coleridge, written in clear, uncondescending prose, *Theory of Literature* is a work which, especially in its suspicion of simplistic explanations and its distrust of received wisdom, remains extremely relevant to the study of literature today.

VOICES OF THE TURTLEDOVES

THE SACRED WORLD OF EPHRATA

Penn State Press Winner, 2004 Dale W. Brown Book Award for Outstanding Scholarship in Anabaptist and Pietist Studies Winner, 2005 Outstanding Publication, Communal Studies Association Co-published with the Pennsylvania German Society/Vandenhoeck & Ruprecht The Ephrata Cloister was a community of radical Pietists founded by Georg Conrad Beissel (1691&-1768), a charismatic mystic who had been a journeyman baker in Europe. In 1720 he and a few companions sought a new life in William Penn's land of religious freedom, eventually settling on the banks of the Cocalico Creek in what is now Lancaster County. They called their community &"Ephrata,&" after the Hebrew name for the area around Bethlehem. *Voices of the Turtledoves* is a fascinating look at the sacred world that flourished at Ephrata. In *Voices of the Turtledoves*, Jeff Bach is the first to draw extensively on Ephrata's manuscript resources and on recent archaeological investigations to present an overarching look at the community. He concludes that the key to understanding all the various aspects of life at Ephrata&—its architecture, manuscript art, and social organization&—is the religious thought of Beissel and his co-leaders.

GERMAN AND SCANDINAVIAN PROTESTANTISM 1700-1918

Clarendon Press This book is the first history in English of the Lutheran Church in Germany and Scandinavia in the eighteenth and nineteenth centuries. A period of fundamental and lasting change in the political landscape with the separation of the old twin monarchies of Sweden-Finland and Denmark-Norway in Scandinavia (1808, 1814), and the unification of Germany (1866-71), this was also a time of particular unease and upheaval for the church. Attempts to emulate the spiritual community of the early church, reform of the church establishment, and steps taken to enlighten parishioners were almost always held back by the anomalous structural legacy of the Reformation, tradition, and parish habit, sacred and profane. However, the birth of the modern nation-state and its market economy posed a fundamental challenge to the structure and ethos of the Reformation churches, as it did to the Catholic Church. The First World War deepened the crisis further: German Protestants (and the Scandinavians were not immune either, although they remained neutral), who bracketed modernity with crisis and religion with national renewal, and who saw national loyalty as a higher value than the faith, fellowship, and moral order of the church, were swept up into the maw of a modern national war machine which threatened to wipe out Protestantism altogether.

BRIEF INTERVENTIONS AND BRIEF THERAPIES FOR SUBSTANCE ABUSE

GUIDE TO TIME MANAGEMENT

Independently Published

TOTALITARIANISM AND POLITICAL RELIGIONS

Psychology Press This book shows how new models by which to understand political history arose from the experience of modern despotic regimes. Here, the totalitarianism and political religions - are discussed and tested in terms of their usefulness.

THE MIRACLE OF MINDFULNESS

AN INTRODUCTION TO THE PRACTICE OF MEDITATION

Beacon Press One of the best available introductions to the wisdom and beauty of meditation practice. --New Age Journal In this beautiful and lucid guide, Zen master Thich Nhat Hanh offers gentle anecdotes and practical exercise as a means of learning the skills of mindfulness--being awake and fully aware. From washing the dishes to answering the phone to peeling an orange, he reminds us that each moment holds within it an opportunity to work toward greater self-understanding and peacefulness.

EMBODIED KNOWLEDGE

PERSPECTIVES ON BELIEF AND TECHNOLOGY

Oxbow Books Limited The body is the main forum for learning about how to do, think and believe and it is a starting point for the granting and forming of many forms of meaning.

Fourteen papers explore the relationship between knowledge and the body through a series of historical and archaeological case studies. More specifically, it considers the concept of embodied knowledge by exploring some of the apparent diverse and yet shared forms of what may be called embodied knowledge. The papers share a focus on knowledge as it is implicit and expressed through the human body and bodily action, and as it formed through intentional practices. But what is this kind of knowledge? Using specific case studies of knowledgeable actions, the book explores embodied knowledge through a focus on practice. It does so through two different, yet interconnected aspects of how such knowledge expresses itself: belief and technology.

ETERNAL NETWORK

A MAIL ART ANTHOLOGY

Calgary : University of Calgary Press

HULDREICH ZWINGLI, THE REFORMER OF GERMAN SWITZERLAND, 1484-1531

THE PEACE OF AUGSBURG AND THE MECKHART CONFESSION

MODERATE RELIGION IN AN AGE OF MILITANCY

Routledge This book explores the underappreciated role of local clergy in mediating and interpreting the Peace of Augsburg in the decades following its 1555 enactment, focusing on the efforts of the preacher Johann Meckhart and his heirs in blunting the cultural impact of confessional religion.

LITERARY CULTURE IN THE HOLY ROMAN EMPIRE, 1555-1720

These essays discuss approaches to early modern literature in central Europe, focusing on four pivotal areas: connections between humanism and the new scientific thought; the relationship of late sixteenth- and early seventeenth-century literature to ancient and Renaissance European traditions; the social and political context of early modern writing; and the poets' self-consciousness about their work. As a whole, the volume argues that early modern writing in central Europe should not be viewed solely as literature but as the textual product of specific social, political, educational, religious, and economic circumstances. The contributors are Judith P. Aikin, Barbara Becker-Cantarino, Thomas W. Best, Dieter Breuer, Barton W. Browning, Gerald Gillespie, Anthony Grafton, Gerhart Hoffmeister, Uwe-K. Ketelsen, Joseph Leighton, Ulrich Mache, Michael M. Metzger, James A. Parente, Jr., Richard Erich Schade, George C. Schoolfield, Peter Skrine, and Ferdinand van Ingen.

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DATA VISUALIZATION IN SOCIETY

Amsterdam University Press Today we are witnessing an increased use of data visualization in society. Across domains such as work, education and the news, various forms of graphs, charts and maps are used to explain, convince and tell stories. In an era in which more and more data are produced and circulated digitally, and digital tools make visualization production increasingly accessible, it is important to study the conditions under which such visual texts are generated, disseminated and thought to be of societal benefit. This book is a contribution to the multi-disciplined and multi-faceted conversation concerning the forms, uses and roles of data visualization in society. Do data visualizations do 'good' or 'bad'? Do they promote understanding and engagement, or do they do ideological work, privileging certain views of the world over others? The contributions in the book engage with these core questions from a range of disciplinary perspectives.