

## A Tradition Of Serenity The Tropical Houses Of Ong Ard Satrabhandhu

Enter a world of interiors by Atelier AM, where classical proportions, varied finishes, and exquisite furnishings are masterfully combined, resulting in bold yet tranquil environments. A deft hand at creating interiors that mix materials, both rough-hewn and luxurious, antique and modern, marks the work of Alexandra and Michael Misczynski, the husband-and-wife team behind the Los Angeles-based firm Atelier AM. Only ten years after establishing their business, the couple has garnered a keen reputation for creating environments that are sensory experiences—visually sublime interiors enhanced with subtle, textural palettes. Seventeenth- and eighteenth-century furniture commingle with modernist pieces and ancient objects. Background colors and materials are muted and refined. Interiors Atelier AM showcases a selection of residences—each exhibiting the firm's skill at mixing furniture and objects with backgrounds such as antique flooring and Venetian plaster, with bold and modern results. Their high-profile clients include Katie Holmes and Tom Cruise and the Michael Eisners. The photography of François Halard beautifully documents each project, educating and inspiring a new generation of interior designers and connoisseurs.

Are you awed by the smell of flowers or the busy buzz of the bees? Are you awed by the all of the snow or the rustle of the trees? In *The Book of Awe*, readers are reminded to take a minute and see the beauty in the everyday things around them.

A history of the Serenity Prayer, written by its author's daughter, cites the individuals whose efforts to promote social justice, racial equality, and religious freedom inspired her father, who in turn wrote the prayer in part to raise awareness about the dangers of fascism and fundamentalism. Reprint.

The first book to focus on the solo residential work of the visionary interior decorator Stephen Sills. Simultaneously classical and modern, Stephen Sills's design work is a dialogue between past and present. Filled with luxurious fabrics, furnishings from across centuries, and unusual finishes, his work is polished, seemingly effortless, and quietly rich, with a muted color palette that serves as a brilliant foil for modern art. In this striking, meditative volume, the follow-up to his best-selling book *Dwellings*, Sills presents sixteen breathtaking homes, gorgeously photographed by the legendary François Halard, in locations as varied as a penthouse on Manhattan's Fifth Avenue, a modern Aspen retreat, an estate on the North Shore of Long Island, and his own country house in Bedford, New York (dubbed the "chicest house in America" by Karl Lagerfeld). Common to them all is a sense of atmosphere, point of view, and soul—the sense of a master craftsman at work.

Upton Sinclair, one of America's foremost and most prolific authors, addresses the cultivation of the mind and the body in this 1922 volume. Sinclair's goal was to attempt to tell the reader how to live, how to find health, happiness and success, and how to develop fully both the mind and the body. Part One: *The Book of the Mind* covers such subjects as faith, reason, morality, and the subconscious. Part Two: *The Book of the Body* develops such subjects as errors in diet, the fasting cure, food and poisons, work and play, and diseases and their cures .

This volume presents the famed photographer's newest lush images of the stunning interiors of acclaimed designers, artists, and tastemakers. François Halard's unique photographic sensibility—old-world elegant and bohemian, accessible and personal—is unmistakable. Each image is imbued with the intimate knowledge of design history, each story a lesson in a master's point of view. This book is a continuation of his last volume of gorgeous photography of grand interiors, artists' studios, and architectural pilgrimage sites. Each story's subject matter is not just a personal passion of the photographer, but also an indispensable chapter in design history: Philip Johnson and Charles James's de Menil House, Giorgio Morandi's studio, Rick Owens's radical Paris apartment, Eileen Gray's recently restored modernist home on the French coast, Dries Van Noten's verdant garden and home, the home and studio of Louise Bourgeois in New York, and many more. Like his first book, *François Halard: A Photographic Life* will be a coveted, indispensable must-have visual resource for all lovers of interiors, glamour, and style.

The texts which comprise this small book - forms of essay, talk, dialogue - at one time saw themselves as individualists who went somewhere (to small press magazines) on their own. Now they are here, collected with the chance of going nowhere together. As it should be: since they represent the fate of language and translation in the memory of aliens living inside America - like a family going nowhere together, but at home. The philosopher Jacques Derrida and his family are part of this family in the dead letter office, and curiously they are named going nowhere together at home. Along the way, so are the poets Charles Reznikoff and William Carlos Williams and Emmanuel Hocquard and Juliette Valery and Charles Olson, as well as Horace's Odes in translation. You will find in this Memoir what it means for an alien to search for his family in a book outside the time of its writing. You will find him discovering that translation is a personal story and that poetry might not have a home without it. You will find him wondering: whose voices are these which we hear around us as we write, as Babel turns to rumor through the fact of translation, wherein a book is being made and remade from American to French and back again? You will find him through translation like a Being in the Poetry of the Extraterritorial, an un-owned territory which is neither French nor American but is negotiated by the rumor of a poetry which emerges from both, a future condition (État) which seeks the name it could be but is not. Follow this alien Being's trajectory: he is not of America but grows up in it. He publishes a book in French translation before it appears in the American English original. He becomes native to a writing whose eloquence is always in question, at times because it is passive, at other times because it is unpronounceable. Who, over time, finds his Memoir? In the dead letter office, we do. We find someone somewhat like ourselves, who uses language and translation as if these were a poet's gifts in the making of history, a history which is foreign yet integral to his homeland. We find someone who uses it to return to his own people and place, so that he can "only stand more/revealed." We find someone who will act the new basis for his identity - the consciousness whose coming into Being must be premised on his existence in another world.

When the author's mother died he discovered over 200 letters in a shoe box that his father had written to her during their separation during World War II. Captain Lashley was stationed first at a hospital in England as a supply officer and then as the commander of a prisoner of war camp in France. During those months his letters tell of the events of his life. Some are boring and seem to be of little consequence, others are filled with emotional turmoil. Rene Lashley, his wife, has his fourth child while he is away, moves in with her mother and sister and raises her other three children. Kirk, the second son, is puzzled by what is happening, but continues doing those things a normal child does. The book is an effort to show the common, everyday concerns of all the family members in what is an unprecedented time in the life of the family and the world. The story is told through the voices of the soldier, the mom, and the child.

Teach your child to memorize an age old poem. It will be with her/him for life. My Grandfather taught it to my father in 1887 when he was 5. My Father taught it to me in 1940 when I was 5. I taught it to my children. Make a video of your child reciting the poem and upload it to YouTube. Let your child start a family tradition.

A toymaker with a dilemma, twelve hours to make it right, and a special ops paramedic at her side? Not exactly the Christmas Eve Serenity planned... Serenity Yates is an hour from closing her toy shop for the holidays and starting a much-needed break. But first, she'll hand over a handmade dollhouse to her final customer of the year. At least, that's the hope—until the plan goes terribly wrong. Jeremy Park hasn't visited his sister in two years, and he can't wait to see her face when he shows up with the gift at the top of his niece's wish list. But when he arrives at the toy shop on Christmas Eve, he learns he won't be giving Lilah her dream dollhouse after all. Serenity promises Jeremy to do whatever she must to make this right, no matter how long it takes. When Jeremy offers to help, Serenity reluctantly agrees. As they work through the night, a sweet bond grows, and Serenity begins to fear that, when morning comes, she'll find it hard to say good-bye. Jeremy feels the tug of attraction, too, but pursuing the relationship makes no sense. Serenity has deep roots in her hometown, and in a week, he'll return to Italy and his job rescuing others in the most dangerous places on earth. He isn't ready to let Serenity go, but he can see no way for their lives to fit.

Life, liberty, and the pursuit of happiness are prescribed ideals in America of 2050. The Moral Authority, the nation's newest branch of government, has virtually eliminated crime, poverty, and most social ills, but it also rules the land with a tyrannical fist, championing ignorance and brandishing fear. Mark Bryan is a gay man whose existence brands him an outlaw; Isaac Montoya is a charming stranger, who entices Mark to defy moral law; and Samuel Pleasant runs the Moral Authority and plans to punish moral offenders and a rebellious uprising—no matter the cost. Will liberty and justice return for all?

Following up on their much-heralded first volume of interiors, this new publication presents the next evolution of Atelier AM--virtuosos of mixing antiques and museum-quality artworks with pedigreed design. "Alexandra and Michael Misczynski, the wife-and-husband team behind the Los Angeles-based AD100 design firm Atelier AM, are standard-bearers for the...concepts of quality and connoisseurship. In an image-driven culture, where novelty and extravagance so often masquerade as virtues, the Misczynskis remain steadfast in their belief that true style can emerge only from substance." --Architectural Digest Atelier AM has been the go-to designers for true connoisseurs since they opened their office in 2002. Taking on very few projects each year, each Atelier AM home is a complete masterwork--where design and art are fully integrated into the architecture and landscape for a rich and immersive experience. Eight new homes are featured in this new volume, and each features Atelier AM's signature reverence for patina mixed with the new: reclaimed wood beams and well-loved vintage modern furniture pieces mingles comfortably with century-old artifacts and antiques. The projects in this volume show a deep understanding of design history--from Spanish Colonial and English Classicism to contemporary. The mix of modern and ancient acknowledges and celebrates both the past and the future of design. With photography by their long-term collaborator Francois Halard, and insightful texts by Mayer Rus, Houses: Atelier AM promises to be as rich and satisfying as an Atelier AM home itself.

Introduces Chinese dynastic history, and examines the Museum and its collection

An overview of Daoist texts on passive meditation from the Latter Han through Tang periods. Stephen Eskildsen offers an overview of Daoist religious texts from the Latter Han (25–220) through Tang (618–907) periods, exploring passive meditation methods and their anticipated effects. These methods entailed observing the processes that unfold spontaneously within mind and body, rather than actively manipulating them by means common in medieval Daoist religion such as visualization, invocations, and the swallowing of breath or saliva. Through the resulting deep serenity, it was claimed, one could attain profound insights, experience visions, feel surges of vital force, overcome thirst and hunger, be cured of ailments, ascend the heavens, and gain eternal life. While the texts discussed follow the legacy of Warring States period Daoism such as the Laozi to a significant degree, they also draw upon medieval immortality methods and Buddhism. An understanding of the passive meditation literature provides important insights into the subsequent development of Neidan, or Internal Alchemy, meditation that emerged from the Song period onward.

NALI By Esther Henry In an era of darkness, mystery, tropical jungles and cannibalism, Nali tries to buck the ancient traditions, only to find herself deeply entrenched in them. As a young girl full of dreams, she is given to a tribal elder in marriage and quickly learns that her girlhood dreams could be shattered overnight. The rain forest held a secret refuge that only Nali knew, where she took her dreams and her delusions. Will she be forced to succumb to a subservient role the rest of her life, or can she overcome the hopelessness that comes with isolation, ignorance and tradition? Deep in the heart of New Guinea lies the village of Mendoka, beautifully camouflaged from the rest of the world. Although the village has yet to be discovered, the outside world would soon have an influence on their lives. An interruption to their peaceful simplicity would both terrify them and cause them to search for answers. Readers will be able to follow the lives of those who lived in a much simpler time and become immersed in the culture that controlled their everyday existence.

Islamic ideas about women and their role in society spark considerable debate both in the Western world and in the Islamic world itself. Despite the popular attention surrounding Middle Eastern attitudes toward women, there has been little systematic study of the statements regarding women in the Qur'an. Stowasser fills the void with this study on the women of Islamic sacred history. By telling their stories in Qur'an and interpretation, she introduces Islamic doctrine and its past and present socio-economic and political applications. Stowasser establishes the link between the female figure as cultural symbol, and Islamic self-perceptions from the beginning to the present time.

She emerged as innocent as any newborn. The party of starbursts and sparkles came to a standstill. In awe, millions of heavenly beings paused. Shine Star, Princess of the Universe, was the most precious and rare of all creations. As an expression of perfect happiness, thus was the king's daughter born. A magical love story unfolds in Vikrant Malhotra's wondrous debut, *The Stories of Goom'pa: Book One*. Meet Goom'pa. He is a Poofy, a small furry creature who resides on Earth in a place called Palidon, on the edge of the Miron National Forest. His world is a quiet one—until he spies Shine Star, a glorious star in the sky and the daughter of Prime Ray, the king of the universe. Enchanted by her elegance, Goom'pa knows he is willing to do anything to win the love of this celestial beauty. As the two meet and fall in love, Shine Star's father worries about his only daughter. Exploiting that concern is the Star Lord, Rath, who wants nothing more than to wrestle control of the universe away from Prime Ray. Will Goom'pa and Shine Star find a way to be together? Or will Rath's evil plan doom them all?

Analyses of Rancière's philosophy and its potential for understanding the conversation between contemporary politics and art cinema.

This beautifully photographed volume showcases the Thai houses by the internationally renowned architect. Considered the Axel Vervoordt of Asia for his masterful use of ancient architectural elements and age-old materials, Ong-Ard Satrabhandhu is an architect whose unique style reflects its northern Thai—or Lanna—roots while keeping a firm footing in contemporary style. Lanna architecture is characterized by the concept of simplicity, nature, and focusing on "discovery, not invention." In a meaningful and informed

manner, Ong-Ard Architects preserves then adds to this classic style's simplicity with such contemporary touches as concrete floors and high, airy ceilings—creating a sophisticated juxtaposition between past and present. This presentation of Ong-Ard's most striking architectural works was photographed by the master photographer François Halard especially for this book. Featured here are his inviting homes, resorts, and hotels, each a serene oasis whether in the countryside or the city. The interiors—grand yet spacious gestures that highlight nature-inspired architectural spaces—will inspire both casual readers and interior design aficionados alike. Striking a balance between the historic and contemporary, this volume encapsulates Thailand's vast world influence and Ong-Ard's keen design insight. It will be a treasured read for a worldwide audience interested in interiors, design, and architecture.

Although ostensibly presented as “light entertainment,” the work of writer-director-producer Joss Whedon takes much dark inspiration from the horror genre to create a unique aesthetic and perform a cultural critique. Featuring monsters, the undead, as well as drawing upon folklore and fairy tales, his many productions both celebrate and masterfully repurpose the traditions of horror for their own means. Woofert and Jowett's collection looks at how Whedon revisits existing feminist tropes in the '70s and '80s “slasher” craze via *Buffy the Vampire Slayer* to create a feminist saga; the innovative use of silent cinema tropes to produce a new fear-laden, film-television intertext; postmodernist reflexivity in *Cabin in the Woods*; as well as exploring new concepts on “cosmic dread” and the sublime for a richer understanding of programmes *Dollhouse* and *Firefly*. Chapters provide the historical context of horror as well as the particular production backgrounds that by turns support, constrain or transform this mode of filmmaking. Informed by a wide range of theory from within philosophy, film studies, queer studies, psychoanalysis, feminism and other fields, the expert contributions to this volume prove the enduring relevance of Whedon's genre-based universe to the study of film, television, popular culture and beyond.

Spot the difference is an amazing activity that boosts your child's fine-ground perception. Fine-ground perception is the skill that would allow children to see in-between the negative spaces. This makes it possible to locate hidden objects, which is an important element to learning math and reading. Don't forget to checkout with a copy of this activity book today!

In 850 analytical articles, this two-volume set explores the developments that influenced the profound changes in thought and sensibility during the second half of the eighteenth century and the first half of the nineteenth century. The Encyclopedia provides readers with a clear, detailed, and accurate reference source on the literature, thought, music, and art of the period, demonstrating the rich interplay of international influences and cross-currents at work; and to explore the many issues raised by the very concepts of Romantic and Romanticism.

A glimpse inside a magical Tuscan villa--rustic yet urbane, old-world elegant yet bohemian, accessible yet personal--that nurtures the world's finest literary talents. In the hills above Florence, Santa Maddalena is like a secret garden where writers hone their craft and meet like-minded people. Paired with evocative images, these essays by 27 acclaimed authors invite readers to understand how the spirit of this restored villa, its owners and resident pets have inspired creative writing and creativity among so many. Monti della Corte and her late husband, Gregor von Rezzori, transformed a ruin into the ultimate retreat where they would write, garden, and entertain friends and fellow artists--Pedro Almodóvar, Bernardo Bertolucci, David Hockney, Isabella Rossellini. This gracious weaving together of hospitality and creativity became the Santa Maddalena Foundation and writers' fellowship program in 2000.

Religiosity and spirituality (R/S) represent a very important factor of daily life for many individuals across different cultures and contexts. It is associated with lower rates of depression, suicide, mortality, and substance abuse, and is positively correlated with well-being and quality of life. Despite growing academic recognition and scientific literature on these connections this knowledge has not been translated into clinical practice. Part of the expanding Oxford Cultural Psychiatry series, *Spirituality and Mental Health Across Cultures* is a timely exploration of the implications of R/S on mental health. Written and edited by experts in the fields of spirituality and mental health from different cultural and geographical perspectives, this unique resource assesses how mental health relates to world religions, agnosticism, atheism, and spiritualism unaffiliated with organised religion, with a practical touch. Across 25 chapters, this resource provides readers with a succinct and trustworthy review of the latest research and how this can be applied to clinical care. The first section covers the principles and fundamental questions that relate science, history, philosophy, neuroscience, religion, and spirituality with mental health. The second section discusses the main beliefs and practices related to world religions and their implications to mental health. The third reviews the impact of R/S on specific clinical situations and offers practical guidance on how to handle these appropriately, such as practical suggestions for assessing and integrating R/S in personal history anamnesis or psychotherapy.

? In American Westerns, the main characters are most often gunfighters, lawmen, ranchers and dancehall girls. Civil professionals such as doctors, engineers and journalists have been given far less representation, usually appearing as background characters in most films and fiction. In Westerns about the 1910 Mexican Revolution, however, civil professionals also feature prominently in the narrative, often as members of the intelligentsia—an important force in Mexican politics. This book compares the roles of civil professionals in most American Westerns to those in films on the 1910 Mexican Revolution. Included are studies on the Santiago Toole novels by Richard Wheeler, *Strange Lady in Town* with Greer Garson and *La sombra del Caudillo* by Martín Luis Guzmán.

How can we best forge a theoretical practice that directly addresses the struggles of once-colonized countries, many of which face the collapse of both state and society in today's era of economic reform? David Scott argues that recent cultural theories aimed at "deconstructing" Western representations of the non-West have been successful to a point, but that changing realities in these countries require a new approach. In *Refashioning Futures*, he proposes a strategic practice of criticism that brings the political more clearly into view in areas of the world where the very coherence of a secular-modern project can

no longer be taken for granted. Through a series of linked essays on culture and politics in his native Jamaica and in Sri Lanka, the site of his long scholarly involvement, Scott examines the ways in which modernity inserted itself into and altered the lives of the colonized. The institutional procedures encoded in these modern postcolonial states and their legal systems come under scrutiny, as do our contemporary languages of the political. Scott demonstrates that modern concepts of political representation, community, rights, justice, obligation, and the common good do not apply universally and require reconsideration. His ultimate goal is to describe the modern colonial past in a way that enables us to appreciate more deeply the contours of our historical present and that enlarges the possibility of reshaping it.

Gregory the Great was pope from 590-604 and left behind a substantial literary heritage. His most ambitious work and one of the most popular works of scriptural exegesis in the middle ages was the *Moralia in Job*, commenting the book of Job in 35 books running to over half a million words. Saint Gregory's Commentary on Job was written between 578 and 595, begun when Gregory was at the court of Tiberius II at Constantinople, but finished only after he had already been in Rome for several years. This is Volume 1 of 3 - containing Books 1-10

Fascinating insights into cultural practices and how to apply these ideas in our own lives Each secret uniquely illustrated and inspirational, perfect for browsing New, smaller mini edition

Founded in 1970, Steven Ehrlich Architects is a twenty-person architectural team whose office is a converted dance hall in Culver City, California. This award-winning firm is internationally recognised for its distinctive residential designs that extend Los Angeles' tradition of architectural innovation, fusing technology with cultural and environmental sensitivity. This fine volume details Ehrlich's most famous projects and includes floorplans, delightful photographs and textual accompaniment by renowned architecture and design writer Michael Webb. SELLING POINTS: - Features the best work from this renowned architect, culled from a career spanning decades - Showcases state-of-the-art architectural photography by the finest in the field - Blends some of the architect's original sketches with detailed floor plans and fantastic digital images 122 col., 91 b/w

The purpose of this book is to present the Kemetic tradition in it's purest Kemetic, Afrikan context, and to demonstrate the fact that: despite the popular misconception about the tradition being a "dead tradition," everything that we need, that makes the tradition complete in its effectiveness, and its "Afrikaness," is available to us today, and more "supplemental information" is literally being uncovered daily. In other words, the Kemetic tradition is not lost. The ritual information in the latter half of this book is to further demonstrate and solidify these points: The Kemetic tradition is a living tradition The nTrw (deities) are real living forces In following the lead of our Ancestors, this tradition can work for us in the same manner that it worked for them. Every effort has been made to "stick to the script," as much as possible, to maintain the integrity of the tradition, and what you find in the following pages is an exegesis presented by the author, as a child of Afrika, a student and teacher of Afrikan Spirituality in general, and Kemetic spirituality in specific, and the way that this tradition is currently being practiced by the community of Henensu.

Discover a calmer way of life with secrets drawn from cultures around the world. From ancient meditative practices to simple self-care philosophies, throughout history and around the world people have sought ways to live a more balanced life. In our busy, modern lives we are constantly seeking a deeper state of balance and calmness of mind, such as that evoked by the the Sanskrit *upeksa*. Whether you find peacefulness in an afternoon siesta, prefer a calming *volta* or simply like to grab a beer with mates to unwind as described by the Norwegian *utepils*, the words in this book will inspire you with new ways to find calm in everyday life. Positive psychologist Megan C Hayes reveals the true meaning of each term and show you how to bring a little more serenity to every area of life.

An inspirational and handy book of consciousness and love. Bring it with you on your daily journey for happiness everywhere you go.

Satica Azmodious has answered the world's spiritual crisis with his famous text *The Science of God*. In her isolated effort to heal the effects of his attack on her before his fame, Aris Desiderita drafted another solution to the crisis, which inspired a movement and conspiracy in the nation of Pangaea. Pat Clor weaves an ambient journey through Azmodious's social politics and the conflict he has with those proclaiming freewill and individual rights. As Azmodious prepares to face his rival Eugenius Irkson, leading the conspiracy that blames him for the spiritual crisis, Azmodious is left with no alternative but to answer Irkson's claim and confront Desiderita. She is his last obstacle before claiming his prize as it will be her pardon that will grant his success at being the world's most celebrated spiritual representative, and ultimately destroying him.

THE HAWKS OF HAWK-HOLLOW A TRADITION OF PENNSYLVANIA FULL BOOK This work has been selected by scholars as being culturally important, and is part of the knowledge base of civilization as we know it. This work was reproduced from the original artifact, and remains as true to the original work as possible. Therefore, you will see the original copyright references, library stamps (as most of these works have been housed in our most important libraries around the world), and other notations in the work. This work is in the public domain in the United States of America, and possibly other nations. Within the United States, you may freely copy and distribute this work, as no entity (individual or corporate) has a copyright on the body of the work. As a reproduction of a historical artifact, this work may contain missing or blurred pages, poor pictures, errant marks, etc. Scholars believe, and we concur, that this work is important enough to be preserved, reproduced, and made generally available to the public. We appreciate your support of the preservation process, and thank you for being an important part of keeping this knowledge alive and relevant. THE HAWKS OF HAWK-HOLLOW A TRADITION OF PENNSYLVANIA FULL BOOK

Enjoy 20 limited-detail illustrations, designed for those who would rather keep it simple. Each page was hand-drawn and edited by K J Kraemer, with you in mind. If you don't want to spend days on a project or just want room to get creative, this adult coloring book is for you!

With remarkable breath of vision, Dr. Gehan S. A. Ibrahim background, not with the outer appearance of things, but with their inner reality, the meaning of Islamic ethical culture. Ranging across the literature of the Muslim era, Islamic art objects, and Islamic architecture, Dr. Ibrahim penetrates to the inner dimension of Islamic moral values and shows the role culture plays in the life of the individual Muslims - the role of the formation of the code of morals of the Muslim era. By rediscovering the root of the moral concepts in the Islamic tradition, Dr. Gehan S. A. Ibrahim opens doors to new dimensions of the unity and variety in form and meaning of the moral values since the dawn of the Muslim era.

This book presents the example of how one of the greatest hadith scholars of the past century, Shaikh al-Hadith Muhammad Zakariyya, and other notable scholars, left their religious duties of teaching Qur'an and hadith to devote their time in austere devotion and worship of Allah in the blessed month. Despite his busy schedule and scholarly work of hadith, Shaikh al-Hadith Muhammad Zakariyya devoted the whole month of Ramadan to connect those who came to sit in his pious company with Allah and to ignite the flame of love of Allah, love for the Blessed Prophet (peace be upon him), and perpetual remembrance of Allah in their lives. This book is an excellent firsthand account of how the great scholars of Islam utilized each moment of this blessed month. It is an inspirational and motivational book which will, inshallah, change the way we view and utilize the blessed month of Ramadan.

In the ancient Tibetan Bön tradition, the secret of serene, successful living is to have no fear. But in our demanding society, where stress is the norm, fearfulness can become a way of life. In this inspiring book, leading Tibetan Bön practitioner Christopher Hansard explains the 'twelve types of fear' believed by traditional teaching to affect our lives. He shares with us age-old techniques for facing and

overcoming these fears, and shows how without them we can better connect with our deepest selves, transform relationships and find increased peace, humour and confidence. Drawing from his deep personal knowledge of Tibetan teachings, and with easy-to-follow exercises and inspiring case studies, Christopher shows us how we can stop living with our fears – and start living our life.

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