

The New Good Life Living Better Than Ever In An Age Of Less John Robbins

[#new good life](#) [#living better](#) [#age of less](#) [#John Robbins](#) [#sustainable living](#)

John Robbins's 'The New Good Life' offers a profound guide to living better than ever before, even in an age of less. This inspiring book challenges conventional consumption, advocating for a more fulfilling, sustainable, and conscious existence that redefines true prosperity and well-being.

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The New Good Life

How do you define the good life? For many, success is measured not by health and happiness but by financial wealth. But such a worldview overlooks the important things in life: personal contentment, family time, spirituality, and the health of the planet and those living on it. A preoccupation with money and possessions is not only unhealthy, it can also drain the true joy from life. In recent years, millions have watched their American Dreams go up in smoke. The international financial collapse, inflation, massive layoffs, and burgeoning consumer debt have left people in dire financial straits—including John Robbins, a crusader for planet-friendly food and lifestyle choices, who lost his entire savings in an investment scam. But Robbins soon realized that there was an upside to our collective financial downturn: Curtailed consumerism could lead us to reassess our lives and values. The New Good Life provides a philosophical and prescriptive path from conspicuous consumption to conscious consumption. Where the old view of success was measured by cash, stocks, and various luxuries, the new view will be guided by financial restraint and a new awareness of what truly matters. A passionate manifesto on finding meaning beyond money and status, this book delivers a sound blueprint for living well on less. Discover how to • create your own definition of success based on your deepest beliefs and life experience • alleviate depression, lower blood pressure, and stay fit with inexpensive alternatives for high-cost medications • develop a diet that promotes better health—and saves you money • plan for—and protect yourself from—future economic catastrophes • cut down on your housing and transportation costs • live frugally without deprivation • follow in the footsteps of real people who have effectively forged new financial identities The New Good Life provides much-needed hope and comfort in a time of fear and uncertainty. Here is everything you need to develop high-joy, low-cost solutions to life's challenges. Practical and timely, this book equips you with the skills needed not only to survive but to thrive in these challenging times.

Healthy at 100

Why do some people age in failing health and sadness, while others grow old with vitality and joy? In this revolutionary book, bestselling author John Robbins presents us with a bold new paradigm of aging,

showing us how we can increase not only our lifespan but also our health span. Through the example of four very different cultures that have the distinction of producing some of the world's healthiest, oldest people, Robbins reveals the secrets for living an extended and fulfilling life in which our later years become a period of wisdom, vitality, and happiness. From Abkhazia in the Caucasus south of Russia, where age is beauty, and Vilcabamba in the Andes of South America, where laughter is the greatest medicine, to Hunza in Central Asia, where dance is ageless, and finally the southern Japanese islands of Okinawa, the modern Shangri-la, where people regularly live beyond a century, Robbins examines how the unique lifestyles of these peoples can influence and improve our own. Bringing the traditions of these ancient and vibrantly healthy cultures together with the latest breakthroughs in medical science, Robbins reveals that, remarkably, they both point in the same direction. The result is an inspirational synthesis of years of research into healthy aging in which Robbins has isolated the characteristics that will enable us to live long and—most important—joyous lives. With an emphasis on simple, wholesome, but satisfying fare, and the addition of a manageable daily exercise routine, many people can experience great improvement in the quality of their lives now and for many years to come. But perhaps more surprising is Robbins' discovery that it is not diet and exercise alone that helps people to live well past one hundred. The quality of personal relationships is enormously important. With startling medical evidence about the effects of our interactions with others, Robbins asserts that loneliness has more impact on lifespan than such known vices as smoking. There is clearly a strong beneficial power to love and connection.

Diet for a New America

Did you know that the leading killer in America, cardiovascular disease, is directly linked to meat consumption? Or that you save more water by not eating one pound of beef than you would by not showering for a whole year? *Diet for a New America* simply and eloquently documents these ecological concerns and more, as well as the little-known horrors that animals experience during factory farming. Few of us are aware that the act of eating can be a powerful statement of commitment to our own well-being, and at the same time to the creation of a healthier world. In *Diet for a New America*, you will learn how your food choices can provide ways to enjoy life to the fullest, while making it possible that life, itself, might continue. Heeding this message is without a doubt one of the most practical, economical, and potent things you can do today to heal not only your own life, but also the ecosystem on which all life depends. Reading this book will change your life.

Active Hope

The challenges we face can be difficult even to think about. Climate change, war, political polarization, economic upheaval, and the dying back of nature together create a planetary emergency of overwhelming proportions. This revised, tenth anniversary edition of *Active Hope* shows us how to strengthen our capacity to face these crises so that we can respond with unexpected resilience and creative power. Drawing on decades of teaching an empowerment approach known as the Work That Reconnects, the authors guide us through a transformational process informed by mythic journeys, modern psychology, spirituality, and holistic science. This process equips us with tools to face the mess we're in and play our role in the collective transition, or Great Turning, to a life-sustaining society.

Life Rules

Corporate capitalism has ravaged the planet the way HIV ravages the human body, triggering a Critical Mass of cascading environmental, economic, social and political crises. Economic and climate instability, collapsing ecosystems, peak fossil fuels and devastating resource wars—if Earth were a patient, her condition would be critical. *Life Rules* offers a comprehensive analysis of our present circumstances combined with a holistic treatment protocol for restoring health to vulnerable human and natural communities. Predicting that Life will last but, if we don't make some fundamental changes, life as we know it—and a lot of us won't, *Life Rules* identifies natural laws that have allowed non-human communities to thrive and prosper for several billion years, including: Local self-reliance Mutual interdependence Reliance on non-fossil sources of energy Resource conservation, sharing and recycling Co-operation and co-intelligence Radically democratic self-organization and governance. This sobering yet essentially optimistic manifesto is required reading for anyone concerned about our ability to live well and also within Earth's means. A powerful tool for community transition and cultural transformation, *Life Rules* offers a solution to our global challenges that is at once authentically hopeful, deeply inspiring and profoundly liberating.

No Happy Cows

The journalist and author of *The Food Revolution* offers a collection of essays on food politics, sustainability, and revolution. With words like food additives, GMOs, and Big Food buzzing around, it's getting harder to choose what to eat. Even the most well-informed eaters could learn a thing or two about real food and the food system. Gathering and updating articles from his Huffington Post column, celebrated food politics journalist John Robbins presents his most recent observations along with never before published material. With commentaries on what we should and shouldn't eat, Robbins brings us to the frontlines of today's food revolution. From his undercover investigations of feedlots and slaughterhouses, to the slave trade behind chocolate and coffee, he gives readers a look into the importance of working for a more compassionate and environmentally responsible world. In *No Happy Cows*, you'll learn about: · Greed and salmonella · Soy and Alzheimer's · Vitaminwater deception · And much more!

How to Be Human

Life is all about balance in nature—good and evil, hope and hopelessness, morality and immorality, fear and courage . . . This inhuman world must become human somehow. But the means to arrive at this destination seems to escape most of us. Despite various shortcomings, humans are still the torchbearers of faith, humanity, goodness, and dignity. And this book explores the various facets of ethical dilemmas and spiritual searches you find yourself in every now and then. If you keep wondering how to make the world around you better and find ways to keep doing good deeds, this book includes all the golden rules of being a moral human. The chapters have been designed in a way that will make you keep coming back to them as they offer tools that provide you with assistance to take an informed decision as you walk the path of being a kind and good human being. *How to Be Human* looks to answer your deepest queries, soothe your innermost concerns, put to rest your deepest fears, and help you look deep within to see the change reflected not only in you but around you as well. It's a remarkable compendium of age-old wisdom for modern-day challenges.

Whitewash

North Americans are some of the least healthy people on Earth. Despite advanced medical care and one of the highest standards of living in the world, one in three Americans will be diagnosed with cancer in their lifetime and 50% of US children are overweight. This crisis in personal health is largely the result of chronically poor dietary and lifestyle choices. In *Whitewash*, Joseph Keon unveils how North Americans unwittingly sabotage their health every day by drinking milk, and shows that our obsession with calcium is unwarranted. Citing scientific literature, *Whitewash* builds an unassailable case that not only is milk unnecessary for human health; its inclusion in the diet may increase the risk of serious diseases including: prostate, breast, and ovarian cancers osteoporosis diabetes vascular disease Crohn's disease. Many of America's dairy herds contain sick and immunocompromised animals whose tainted milk regularly makes it to market. Cow's milk is also a sink for environmental contaminants, and has been found to contain traces of pesticides, dioxins, PCBs, rocket fuel, and even radioactive isotopes. *Whitewash* offers a completely fresh, candid and comprehensively documented look behind dairy's deceptively green pastures, and gives readers a hopeful picture of life after milk.

Voices of the Food Revolution

Did you know that: More than 80% of the foods you eat in restaurants and buy at supermarkets contain genetically engineered ingredients, and that these ingredients have been linked to toxic and allergic reactions in people; sickness, sterility, and fatalities in livestock; and damage to virtually every organ studied in lab animals? If you don't count French fries, ketchup or pizza as vegetables, more than half of Americans eat no vegetables at all? Cows raised for meat are impacting our climate more than cars? It's possible to be a positive food revolutionary without sounding like a self-righteous nag? Join John and Ocean Robbins for 21 intimate, game-changing conversations with some of the world's leading "food revolutionaries": scientists, doctors, teachers, farmers, economists, activists, and nutritionists working on food issues today. Introduced and with commentary by John Robbins and his son Ocean, the book features luminaries such as: Dean Ornish, MD, on his years-in-the-making breakthrough with Medicare (his program for healing heart disease is now covered) Kathy Freston on making incremental, manageable changes to how we eat T. Colin Campbell, PhD, (author of the famed China Study) with the latest research on animal protein and human health Joel Fuhrman, MD (author of the bestselling *Eat to Live*), on achieving excellent health through diet Caldwell Esselstyn, MD, of the Cleveland Clinic on wiping out heart disease by changing what we eat Vandana Shiva, PhD, on GMOs and Big Ag Rory

Freedman on how to stop eating misery and start looking fabulousRaj Patel on building a saner global food policy Each contributor discusses his or her work in depth, but together they make one rallying cry: for a healthy, sustainable, humane, and delicious revolution in how we and the world are fed. Over twenty-five years ago John Robbins started a revolution. This book is proof of how far we've come, a fascinating look behind the scenes of the multi-faceted food movement, and a call to join in the work of ensuring our health and food future.

Reclaiming Our Health

The author calls for a revolution in health care, criticizing its hostility to alternative medicine and its bias against women.

The Musician's Journey

The Musician's Journey escorts musicians, performing artists, music teachers, and advanced music students along the road toward a successful career, offering a vast array of resources to guide them from envisioning the process to achieving the practical details. Jill Timmons provides key tools throughout the journey, from sources as diverse as the world of myth to current brain research, which illuminate compelling real-world examples of music entrepreneurs who forged their own paths to success. In addition to chapters on careers in higher education, guidance in how to develop a dynamic business plan, and effective time management, this expanded second edition includes up-to-date strategies for meeting the challenges of today's current marketplace, including a greatly expanded section on grant writing and financial development. The new edition also offers a new collection of diverse and inspiring stories taken from interviews with a range of successful musicians, along with personal narrative from the author's work as a professional musician and consultant. There is also an extensive bibliography of additional resources, and the companion website offers downloadable worksheets and questionnaires to assist the reader in igniting their own thriving musician's journey.

The Food Revolution

The tenth anniversary edition of an essential text on food politics: "Well researched and lucidly written . . . This book is sure to spark discussion" (Publishers Weekly). When John Robbins first released The Food Revolution in 1987, his insights into America's harmful eating habits gave us a powerful wake-up call. Since then, Robbins has continued to shine a spotlight on the most important issues in food politics, such as our dependence on animal products, provoking awareness and promoting change. Robbins's arguments for a plant-based diet are compelling and backed by over twenty years of work in the field of sustainable agriculture and conscious eating. This timely new edition will enlighten those curious about plant-based diets and fortify the mindsets of the already converted.

The 31-Day Food Revolution

A step-by-step guide to revolutionize your diet and launch you on the path to long-term health in just one month, written by Ocean Robbins, CEO of the Food Revolution Network. The 31-Day Food Revolution is an eater's guide to liberation from a toxic food world. It offers readers an action plan to eating food that is healthy, humane, sustainable, and delicious. In recent years, we have seen people beginning to seek out more wholesome and natural diets to combat ill health, but with all the information available out there, finding the right path to health can be confusing and frustrating. In this book, Ocean Robbins, CEO of the Food Revolution Network, reveals the dark secrets the food industry doesn't want you to know that are making you and the people you love sick. He then shows you how, in just 31 days, you can use the healing power of foods to heal your gut, lose excess weight, dramatically lower your risk for diseases including cancer, heart disease, dementia, and diabetes - and contribute to a healthier planet. This is not a typical diet book: it doesn't fit into a particular 'diet' like vegan, paleo or sugar-free. Rather, it aims to educate the readers about the impact of nutrition on their long-term health, and does so from a strong scientific foundation. The steps in this book have been field-tested on the Food Revolution Network community and have been proven to work in medical studies as well as in Robbins' own body of work. But these are presented in a digestible way, so that however little knowledge you have of food and the food industry, you can begin to make healthier choices right now. The book is divided into 31 chapters - one for each day, to help readers adopt new healthy habits until they became the new normal.

May All Be Fed

The author of *Diet for a New America* shows how we can significantly improve ourselves and the world by changing the way we eat. *May All Be Fed* explains why so few have so much to eat and why so many have so little, and it shows how everyone can make a difference by altering food choices. 8 charts.

Elis and John Present the Holy Vible

The Elis James and John Robins' Show has become cult listening, and that cult has registered for charitable status, published quarterly accounts and been given a full blessing by the Archbishop of Broadcasting. It's official: Elis and John are a religion, and this book is their Holy Vible. Have you ever failed to Keep It Session? Is your new flatmate a complete coin? Have you ever eaten Space Raiders on the toilet and written 'Grief Is Living' in your journal? Then this book is for you. If not, don't worry, it won't be long before you're making up games, looking at Freddie, or facing your own personal farthing-gate. Our obsessions make us what we are, and though you may never have addressed a will to Brian May or cried watching Ronnie O' Sullivan make a 147, you'll have done something similar, and Elis and John are here to tell you that you're not weird, so come on in, and taste the vibe! Or should I say, READ the vibe!

Abundance

The authors document how four forces--exponential technologies, the DIY innovator, the Technophilanthropist, and the Rising Billion--are conspiring to solve our biggest problems. "Abundance" establishes hard targets for change and lays out a strategic roadmap for governments, industry and entrepreneurs, giving us plenty of reason for optimism.

The 30-Minute Vegan's Taste of Europe

Named One of the top five cookbooks of 2012" by Vegetarian Times magazine and One of the top 10 Vegan Cookbooks of the Year by VegNews magazine A Culinary Tour de Force of Europe's Most Treasured Dishes Are you looking for delicious and healthy cuisine that can fit into your busy lifestyle? Do you long for the robust flavors of Italy, France, Spain, or Greece but haven't found tasty animal-free recipes? Look no further! The 30-Minute Vegan is where the Joie de vivre meets la dolce vita to satisfy even the most discriminating palates. Award-winning author and chef Mark Reinfeld tackles the meaty fare that is European cuisine, offering inspired plant-based versions of everything from manicotti to French onion soup, moussaka to "notwurst." Including key pantry ingredients (with a special section on herbs), raw and gluten-free options (virtually all of the recipes are gluten-free), and suggestions for wine and beer pairings, Taste of Europe is a revolutionary cookbook that will help you to recreate all of your favorite classic European dishes in 30 minutes or less. The book consists of seven sections: 1. Italy with recipes including Fire Roasted Minestrone, Fettucini Alfredo, Tofu Scallopini, Gnocci, Manicotti, and Vegan Gelato. 2. France with recipes including French Onion Soup, Quiche Monet, Seitan Bourguignon, and Chocolate Hazelnut Crepes. 3. Spain and Portugal with recipes including Gazpacho, Empanadas, Artichoke Heart and Saffron Paella, Tempeh Romesco, Almond Brittle, and Horchatta. 4. United Kingdom and Ireland with recipes including Irish Stew, Scottish Crumpets, Yorkshire Pudding, Vegetable Pot Pie and Currant Scones. 5. Greece with recipes including Stuffed Grape Leaves, Tzatziki, Moussaka, Spanikopita, and Baklava. 6. Germany with recipes including Beer Soup, Vegan Schnitzel, Tempeh Sauerbraten, Apple Strudel, and Black Forest Parfait. 7. Europe Fusion with an assortment of recipes from Poland, Iceland, Hungary, Romania, Finland, Czechoslovakia, Switzerland and more!

White Bodies

This chilling psychological suspense novel—think *Strangers on a Train* for the modern age—explores the dark side of love and the unbreakable ties that bind two sisters together. Felix and Tilda seem like the perfect couple: young and in love, a financier and a beautiful up-and-coming starlet. But behind their flawless façade, not everything is as it seems. Callie, Tilda's unassuming twin, has watched her sister visibly shrink under Felix's domineering love. She has looked on silently as Tilda stopped working, nearly stopped eating, and turned into a neat freak, with mugs wrapped in Saran Wrap and suspicious syringes hidden in the bathroom trash. She knows about Felix's uncontrollable rages, and has seen the bruises on the white skin of her sister's arms. Worried about the psychological hold that Felix seems to have over Tilda, Callie joins an Internet support group for victims of abuse and their friends. However, things spiral out of control and she starts to doubt her own judgment when one of her new acquaintances is killed by an abusive man. And then suddenly Felix dies—or was he murdered? A

page-turning work of suspense that announces a stunning new voice in fiction, *White Bodies* will change the way you think about obsession, love, and the violence we inflict on one another—and ourselves.

The Protein Myth

The Protein Myth illustrates how we can vastly reduce our risk for the killer diseases like cancer, heart disease, stroke, diabetes and Alzheimer's disease by eliminating animal products from the diet. The book links the Western diet to obesity in children, the drug culture, factory farming, the needless vivisection of animals and the creation of poverty in developing nations. The Protein Myth makes a compelling case that the way to a healthier life and a better world is to end the abuse and exploitation of animals. Book jacket.

The Man Who Plants Trees

This is an extraordinary book about trees. It's an account by a veteran science journalist that ranges to the limits of scientific understanding: how trees produce aerosols for protection and 'warnings'; the curative effects of 'forest bathing' in Japan; or the impact of trees in fertilizing ocean plankton. There is even science to show that trees are connected to the stars. Trees and forests are far more than just plants: they have myriad functions that help maintain the atmosphere and biosphere. As climate change increases, they will become even more critical to buffer the effects of warmer temperatures, clean our water and air and provide food. If they remain standing. The global forest is also in crisis, and when the oldest trees in the world suddenly start dying - across North America, Europe, the Amazon - it's time to pay attention. At the heart of this remarkable exploration of the power of trees is the amazing story of one man, a shade tree farmer named David Milarch, and his quest to clone the oldest and largest trees - from the California redwoods to the oaks of Ireland - to protect the ancient genetics and use them to reforest the planet.

The Awakening Experience; Introduction to the Series, References and Resources

This introductory volume—*The Awakening Experience*—presents more than simply the story of my own awakening into inspiring nuances of the unity perspective. It also presents the underlying oneness perspective behind the entire series that I enthusiastically believe will help us all move toward a vibrant, healed future. The essence of the unity vision that drives this broader and powerful healing impulse is here. Also included with this volume is the extensive References and Resources List for the entire Global Awakening series – over 50 pages of on-topic books, newspaper and magazine articles, DVD's, and websites to help fuel individual transformation and/or change networks.

Equipment for Living

Brilliant, illuminating criticism from a superstar poet—a refreshing, insightful look at how works of art, specifically poetry and popular music, can serve as essential tools for living. How can art help us make sense—or nonsense—of the world? If wrong life cannot be lived rightly, as Theodor Adorno had it, what weapons and strategies for living wrongly can art provide? With the same intelligence that animates his poetry, Michael Robbins addresses this weighty question while contemplating the idea of how strange it is that we need art at all. Ranging from Prince to Def Leppard, Lucille Clifton to Frederick Seidel, Robbins's mastery of poetry and popular music shines in *Equipment for Living*. He has a singular ability to illustrate points with seemingly disparate examples (Friedrich Kittler and Taylor Swift, to W.B. Yeats and Anna Kendrick's "Cups"). Robbins weaves a discussion on poet Juliana Spahr with the different subsets of Scandinavian black metal, illuminating subjects in ways that few scholars can achieve. *Equipment for Living* is also a wonderful guide to essential poetry and popular music.

Diet for a New America 25th Anniversary Edition

Originally published in 1987, *Diet for a New America* awakened the conscience of a nation with its startling examination of the food we buy and eat — and the moral, economic, and medical price we pay for it. Drawing a clear line connecting America's factory farm system with disease, animal cruelty, and ecological crises, Robbins makes perhaps the most eloquent argument for vegetarianism ever published. Robbins walked away from his family's business — the Baskin-Robbins ice cream empire — to pursue his dream of promoting a healthy society that practices "compassionate stewardship of a balanced ecosystem." In *Diet for a New America* he presents both a disturbing portrait of our current system and a vision for the future that will educate and empower readers to change.

The Life Plan

In this revolutionary book, Jeffry Life demonstrates how you too can enjoy an active, clear-headed, sexually satisfying, vigorous, and health-filled life, while avoiding late-onset diabetes, heart disease, and other common illnesses and complaints of aging.

Stress Relief for Men

Depression, fatigue, chronic pain, sexual dysfunction, anger, and irritability: these are just some of the toxic effects of stress. Stress Relief for Men introduces energy healing techniques based on ancient wisdom and cutting-edge science that are designed to neutralize stress so that you can regain inner strength and power in your life--without talk therapy or drugs. According to preeminent heart surgeon and author Mehmet Oz, MD, "The next big frontier in medicine is energy medicine." This essential resource provides the most scientifically sound tools from this emerging new field applied to the most pressing problems facing men today. Learn how to: • Eradicate depression, anxiety, anger, and irritability • Improve your love life--including better communication with your partner • Eliminate chronic pain, reduce inflammation, and sleep better • Develop peace of mind, greater well-being, and a passion for life This book teaches you how to apply these proven energy healing "power tools": • Earthing (Grounding)--healing through connection with the Earth's surface energy • Heart Coherence--heart-based breathing and visualization techniques • Attachment Love--activating healthy connection in relationships • Emotional Freedom Techniques (EFT/Tapping)--described as an emotional version of acupuncture The ultimate goal of these practices is health, vitality, and empowerment--so that you can successfully navigate relationships, skillfully face life's challenges, and enjoy your life!

MONEY Master the Game

"Bibliography found online at tonyrobbins.com/masterthegame"--Page [643].

Die with Zero

"A ... new philosophy and ... guide to getting the most out of your money--and out of life--for those who value memorable experiences as much as their earnings"--

Skinny Legs and All

An Arab and a Jew open a restaurant together across the street from the United Nations.... It sounds like the beginning of an ethnic joke, but it's the axis around which spins this gutsy, fun-loving, and alarmingly provocative novel, in which a bean can philosophizes, a dessert spoon mystifies, a young waitress takes on the New York art world, and a rowdy redneck welder discovers the lost god of Palestine--while the illusions that obscure humanity's view of the true universe fall away, one by one, like Salome's veils. Skinny Legs and All deals with today's most sensitive issues: race, politics, marriage, art, religion, money, and lust. It weaves lyrically through what some call the "end days" of our planet. Refusing to avert its gaze from the horrors of the apocalypse, it also refuses to let the alleged end of the world spoil its mood. And its mood is defiantly upbeat. In the gloriously inventive Tom Robbins style, here are characters, phrases, stories, and ideas that dance together on the page, wild and sexy, like Salome herself. Or was it Jezebel?

Healing the Vegan Way

According to increasing evidence, plant-based diets are better for the health of both people and the planet, leading to a dietary revolution. But with all the conflicting nutritional theories out there, how do you decide which foods are truly best for you? With contributions from leading medical professionals like Dr. Michael Klaper, Dr. Michael Greger, and Dr. Joel Kahn, Healing the Vegan Way demonstrates a Clear and Simple path through the latest medical research on different approaches. With practical tips for plant-based living, 200 simple whole-food recipes, health-supportive cleanses, menu plans, and more, Healing the Vegan Way helps you maximize benefits for both body and mind.

Another Roadside Attraction

Welcome return from the legendarily zany Tom Robbins. What if the Second Coming didn't quite come off as advertised? What if the Corpse on display in that funky roadside zoo is really who they say it is - what does that portend for the future of Western civilisation? And what if a young clairvoyant named Amanda re-establishes the flea circus as popular entertainment and fertility worship as the principal

religious form of a high-tech age? Answers to all these and more from the man Thomas Pynchon calls a world-class storyteller'.'

Giant Steps

WHAT GOOD IS INSPIRATION IF IT'S NOT BACKED UP BY ACTION? Based on the finest tools, techniques, principles, and strategies offered in *Awaken the Giant Within*, best-selling author and peak performance consultant Anthony Robbins offers daily inspirations and small actions -- exercises -- that will compel you to take giant steps forward in the quality of your life. From the simple power of decision-making to the more specific tools that can redefine the quality of your relationships, finances, health, and emotions, Robbins shows you how to get maximum results with a minimum investment of time.

Perché essere felici è importante

"Perché essere felici è importante" presenta interviste fatte in Canada, Stati Uniti, Asia, Europa e Australia, ognuna delle quali rivela all'autore cosa significa la felicità per loro e perché è importante. I lettori conosceranno anche dottori di ricerca internazionali che stanno studiando attivamente la scienza della psicologia positiva (cioè la felicità), così come premiati umoristi canadesi come Allan Fotheringham e Arthur Black che condividono con l'autore quanto sia importante la felicità nella loro vita. Questo manoscritto completo presenta Peter Jennings in conversazione con 37 persone intriganti da tutto il mondo. Questi includono John Robbins, erede dell'impero Baskin Robbins (che racconta a Peter di aver rifiutato la sua eredità e poi di aver perso i risparmi di una vita nello scandalo Bernie Madoff, ma di aver comunque esibito una visione positiva di felice perseveranza ai rovesci della vita); Roko Belic, regista californiano nominato all'Oscar per il pluripremiato film "Happy"; la dottoressa Christine Carter, sociologa e specialista in psicologia positiva all'Università di Berkeley ("Peter, sei un esperto di felicità"); il tastierista dei Rolling Stones Chuck Leavell (che ha condiviso con Peter la gioia che prova nel lavorare con il suo amico ex presidente Jimmy Carter su questioni ambientali fondamentali); la leggenda della Major League Baseball Shawn Green; la celebre super-modella e donna d'affari Monika Schnarre; il giornalista umorista della rivista Time Joel Stein; l'84enne vignettista di Playboy Doug Sneyd; Leo Bormans dal Belgio, autore del rispettato "World Book of Happiness" (che spiega cosa c'è dietro le sue discussioni con gli esperti mondiali); e molto altro.

The Economics of Happiness

Practical solutions for building economies of well-being based on Genuine Wealth.

The Beautiful Heart

This book takes you very close to the ever existing notion that says: Mind and Heart- Twain shall never meet! And if that be the case, how does a man get rid of this restless feeling of being torn between the mind and the heart. Author has extended an invitation through this book to come close to the beautiful heart of yours and see how enchanting it is to live by it. His words, poetic in nature, will take you to the peace that one craves for all the time. The Beautiful Heart, a paragon, will introduce you to an extremely different way of living, not professed by many before; a way that is far away from calculations and manipulations and cautious, fearful steps that is conditioned into us since childhood. Living by the Heart is a harmonious way of living.

Walkman

A new collection from an audacious, humorous poet celebrated for his "sky-blue originality of utterance" (Dwight Garner, *The New York Times*) Michael Robbins's first two books of poetry were raucous protests lodged from the frontage roads and big-box stores of off-ramp America. With *Walkman*, he turns a corner. These new poems confront self-pity and nostalgia in witty-miserable defiance of our political and ecological moment. It's the end of the world, and Robbins has listened to all the tapes in his backpack. So he's making music from whatever junk he finds lying around.

Diet for a New America

"Anniversary edition of John Robbins's exposé of inhumane practices in the meat and dairy industry and argument for the ethical, health, and environmental benefits of a vegetarian diet. Includes new epilogue by the author"--

The Last Lecture

After being diagnosed with terminal cancer, a professor shares the lessons he's learned—about living in the present, building a legacy, and taking full advantage of the time you have—in this life-changing classic. "We cannot change the cards we are dealt, just how we play the hand." —Randy Pausch A lot of professors give talks titled "The Last Lecture." Professors are asked to consider their demise and to ruminate on what matters most to them. And while they speak, audiences can't help but mull over the same question: What wisdom would we impart to the world if we knew it was our last chance? If we had to vanish tomorrow, what would we want as our legacy? When Randy Pausch, a computer science professor at Carnegie Mellon, was asked to give such a lecture, he didn't have to imagine it as his last, since he had recently been diagnosed with terminal cancer. But the lecture he gave—"Really Achieving Your Childhood Dreams"—wasn't about dying. It was about the importance of overcoming obstacles, of enabling the dreams of others, of seizing every moment (because "time is all you have . . . and you may find one day that you have less than you think"). It was a summation of everything Randy had come to believe. It was about living. In this book, Randy Pausch has combined the humor, inspiration and intelligence that made his lecture such a phenomenon and given it an indelible form. It is a book that will be shared for generations to come.

The Ultimate Age-Defying Plan

Discover the keys to a long life and optimal health at any age in this practical wellness guide and cookbook--with simple 7-ingredient recipes. Experts in food and medicine have been looking to a plant-based diet as the most holistic, effective, and universal path to health, especially when it comes to aging. This guide provides a comprehensive roadmap to staying vital and living a long life -- using plant-based cuisine and simple daily self-care rituals that boost health and support healthy functioning in the body. Written by vegan chef Mark Reinfeld and naturopathic doctor Ashley Boudet, with expert oversight from physician and author Michael Klaper, MD, each chapter in The Ultimate Age-Defying Plan describes one aspect of the human body--including mental sharpness and neurological health, cardiovascular health, bone health, eye and vision, digestive health, and protection against major diseases such as diabetes, heart disease, and certain forms of cancer. They delve into the nutrients, food, and self-care practices necessary for healing and aiding this area of the self, including a list of recipes specifically targeted toward that area. Chef Mark's easy-to-prepare recipes are all seven ingredients or less, allowing readers to go vegan without stress.

Midlife

Philosophical wisdom and practical advice for overcoming the problems of middle age How can you reconcile yourself with the lives you will never lead, with possibilities foreclosed, and with nostalgia for lost youth? How can you accept the failings of the past, the sense of futility in the tasks that consume the present, and the prospect of death that blights the future? In this self-help book with a difference, Kieran Setiya confronts the inevitable challenges of adulthood and middle age, showing how philosophy can help you thrive. You will learn why missing out might be a good thing, how options are overrated, and when you should be glad you made a mistake. You will be introduced to philosophical consolations for mortality. And you will learn what it would mean to live in the present, how it could solve your midlife crisis, and why meditation helps. Ranging from Aristotle, Schopenhauer, and John Stuart Mill to Virginia Woolf and Simone de Beauvoir, as well as drawing on Setiya's own experience, Midlife combines imaginative ideas, surprising insights, and practical advice. Writing with wisdom and wit, Setiya makes a wry but passionate case for philosophy as a guide to life.

Aktivní nad je

Jak elit zmatku dnešní doby a nezbláznit se? Jak se vyrovnávat se zm nou klimatu, mizejícími pYírodními zdroji, ekonomickými kolapsy a environmentálním žalem? Ekofilosofka Joanna Macyová a psychiatr Chris Johnstone nabízejí cestu, která obnovuje spojení se Zemí i sebou samými.

