

Stillness Is The Key English Edition

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Stillness is the Key

Throughout history, there has been one quality that great leaders, makers, artists and fighters have shared. The Zen Buddhists described it as inner peace, the Stoics called it ataraxia and Ryan Holiday calls it stillness: the ability to be steady, focused and calm in a constantly busy world. Drawing on a wide range of history's greatest thinkers, Holiday shows us how crucial stillness is, and how it can be cultivated in our own lives today. Just as Winston Churchill, Oprah Winfrey and baseball player Sadaharu Oh have done, we can all benefit from stillness to feed into our greater ambitions - whether building a business or simply finding happiness, peace and self-direction. Stillness is the key to the self-mastery, discipline and focus necessary to succeed in this competitive, noisy world.

The Daily Stoic Journal

A beautiful daily journal to lead your journey in the art of living--and an instant WSJ bestseller! For more than two thousand years, Stoic philosophy has been the secret operating system of wise leaders, artists, athletes, brilliant thinkers, and ordinary citizens. With the acclaimed, bestselling books *The Obstacle Is the Way*, *Ego Is the Enemy* and *The Daily Stoic*, Ryan Holiday and Stephen Hanselman have helped to bring the Stoicism of Marcus Aurelius, Seneca, and Epictetus to hundreds of thousands of new readers all over the world. Now Holiday and Hanselman are back with *The Daily Stoic Journal*, a beautifully designed hardcover journal that features space for morning and evening notes, along with advice for integrating this ancient philosophy into our 21st century lives. Each week readers will discover a specific powerful Stoic practice, explained and presented with related quotations to inspire deeper reflection and application, and each day they will answer a powerful question to help gauge their progress. Created with a durable, Smyth-sewn binding and featuring a helpful introduction explaining the various Stoic tools of self-management, as well as resources for further reading, this is a lasting companion volume for people who already love *The Daily Stoic* and its popular daily emails and social media accounts. It can also be used as a stand-alone journal, even if you haven't read the previous

books. For anyone seeking inner peace, clarity, and effectiveness in our crazy world, this book will help them immensely for the next year—and for the rest of their lives.

Courage Is Calling

An inspiring anthem to the power, promise, and challenges of courage, the first in a series examining the timeless Stoic virtues from #1 New York Times bestselling author Ryan Holiday Fortune favours the bold. All great leaders of history have known this, and were successful because of the risks they dared to take. But today so many of us are paralysed by fear. Drawing on ancient Stoic wisdom and examples across history and around the world, Ryan Holiday shows why courage is so important, and how to cultivate it in our own lives. Courage is not simply physical bravery but also doing the right thing and standing up for what you believe; it's creativity, generosity and perseverance. And it is the only way to live an extraordinary, fulfilled and effective life. Everything in life begins with courage. This book will equip you with the bravery to begin.

Stillness and Speed

In Stillness and Speed, one of football's most enigmatic stars finally opens up about his life and career, revealing the things that motivate and inspire him. Viewed by many as one of the most influential figures in Premier League history, and scorer of the goal that Arsenal fans voted the best in the club's history, Dennis Bergkamp is a true giant of the game. As a youngster, Bergkamp learned from the Dutch master Johan Cruyff. By the time the pupil was ready to graduate from Ajax and move abroad, he was ready to spread the word, but in Italy he found few willing listeners. It was only when he moved to Arsenal and linked up with Arsene Wenger that he met someone else who shared his vision for football's possibilities. Bergkamp became central to everything the club did: now he had become the teacher, their creative genius, and the one who inspired some of the wayward old guard to new heights, helping them to seven major trophies. Few footballers' books make you think anew, but in Stillness and Speed Bergkamp presents a new vision for the game and how it might be played. He was a player like no other; his story is told like no other. It is a book that will inspire football fans everywhere, whatever their allegiance.

EGO IS THE ENEMY

Buku yang Anda pegang saat ini ditulis dengan satu asumsi optimis: Ego Anda bukanlah kekuatan yang harus Anda puaskan pada setiap kesempatan. Ego dapat diatur. Ego dapat diarahkan. Dalam buku ini, kita akan melihat orang-orang, seperti William Tecumseh Sherman, Katharine Graham, Jackie Robinson, Eleanor Roosevelt, Bill Walsh, Benjamin Franklin, Belisarius, Angela Merkel, dan George C. Marshall. Bisakah mereka mendapatkan yang telah mereka dapatkan sekarang—menyelamatkan perusahaan yang hampir bangkrut, menguasai seni peperangan, menjaga kekompakan tim bisbol, merevolusi strategi rugby, melawan tirani, dan menghadapi ketidakberuntungan—jika ego menguasai mereka dan membuat mereka hanya memikirkan diri sendiri? Hal yang membuat mereka sukses adalah pemahaman terhadap realitas dan kesadaran—sesuatu yang pernah dikatakan oleh seorang penulis dan ahli strategi Robert Greene, “kita perlu menyerupai laba-laba dalam sarangnya”. Itulah inti dari kehebatan mereka, kehebatan penulisan, kehebatan desain, kehebatan bisnis, kehebatan dalam pemasaran, dan kehebatan kepemimpinan mereka. Yang kami temukan saat mempelajari orang-orang tersebut adalah mereka selalu memiliki dasar berpikir, berhati-hati, dan realistis. Tidak ada satu pun dari mereka yang tidak memiliki ego sama sekali. Akan tetapi, mereka tahu cara meredamnya. Tahu cara menyalurkannya dan melepaskannya, ketika ego muncul. Mereka hebat namun tetap rendah hati. Sebentar, tunggu dulu, tetapi ada juga beberapa orang yang memiliki ego tinggi dan sukses. Bagaimana dengan Steve Jobs? Kanye West? Beberapa dari mereka mempelajari kerendahan hati. Beberapa orang memilih ego. Beberapa mempersiapkan diri untuk perubahan nasib, positif ataupun negatif. Yang lainnya tidak siap. Yang mana yang akan Anda pilih? Akan menjadi siapakah Anda? Yang pasti, Anda telah memilih buku ini karena merasa bahwa Anda membutuhkan menjawab pertanyaan itu, cepat atau lambat, sadar atau tidak sadar.

Lives of the Stoics

INSTANT NEW YORK TIMES BESTSELLER #1 WALL STREET JOURNAL BESTSELLER From the bestselling authors of The Daily Stoic - an inspiring guide to the lives of Stoicism's greatest practitioners A New York Times Noteworthy Pick 'In story after page-turning story, Lives of the Stoics brings ancient philosophers to life.' - David Epstein, bestselling author of Range 'Wonderful' - Chris Bosh, two-time

NBA Champion For millennia, Stoicism has been the ancient philosophy that attracts those who seek greatness, from athletes to politicians and everyone in between. And no wonder: its embrace of self-mastery, virtue and indifference to that which we cannot control has much to offer those grappling with today's chaotic world. But who were the Stoics? In this book, Ryan Holiday and Stephen Hanselman offer a fresh approach to understanding Stoicism through the lives of the people who practiced it - from Cicero to Zeno, Cato to Seneca, Diogenes to Marcus Aurelius. Through short biographies of all the famous, and lesser-known, Stoics, this book will show what it means to live stoically, and reveal the lessons to be learned from their struggles and successes. The result is a treasure trove of insights for anyone in search of living a good life.

Cultivating Stillness

Equanimity, good health, peace of mind, and long life are the goals of the ancient Taoist tradition known as "internal alchemy," of which Cultivating Stillness is a key text. Written between the second and fifth centuries, the book is attributed to T'ai Shang Lao-chun—the legendary figure more widely known as Lao-Tzu, author of the Tao-te Ching . The accompanying commentary, written in the nineteenth century by Shui-ch'ing Tzu, explains the alchemical symbolism of the text and the methods for cultivating internal stillness of body and mind. A principal part of the Taoist canon for many centuries, Cultivating Stillness is still the first book studied by Taoist initiates today.

Marcus Aurelius Antoninus to Himself

Major League All-Star Green shares how his baseball career has taught him to live life being fully present in every moment.

The Way of Baseball

The beloved classic daily devotional of Stoic meditations—the only authorized print edition in the US and complete with a ribbon marker—with more than two million copies sold! Why have history's greatest minds—from George Washington to Frederick the Great to Ralph Waldo Emerson, along with today's top performers from Super Bowl-winning football coaches to CEOs and celebrities—embraced the wisdom of the ancient Stoics? Because they realize that the most valuable wisdom is timeless and that philosophy is for living a better life, not a classroom exercise. The Daily Stoic offers 366 days of Stoic insights and exercises, featuring all-new translations from the Emperor Marcus Aurelius, the playwright Seneca, or slave-turned-philosopher Epictetus, as well as lesser-known luminaries like Zeno, Cleanthes, and Musonius Rufus. Every day of the year you'll find one of their pithy, powerful quotations, as well as historical anecdotes, provocative commentary, and a helpful glossary of Greek terms. By following these teachings over the course of a year (and, indeed, for years to come) you'll find the serenity, self-knowledge, and resilience you need to live well.

The Daily Stoic

"I have a theory about the Hero's Journey. We all have one. We have many, in fact. But our primary hero's journey is the passage we live out, in real life, before we find our calling. The hero's journey ends when, like Odysseus, we return home to Ithaca, to the place from which we started. What then? The passage that comes next is The Artist's Journey. On our artist's journey, we move past Resistance and past self-sabotage. We discover our true selves and our authentic calling, and we produce the works we were born to create. You are an artist too-whether you realize it or not, whether you like it or not-and you have an artist's journey. Will you live it out? Will you follow your Muse and do the work you were born to do? Ready or not, you are called."--Back cover.

The Artist's Journey

#1 Wall Street Journal Bestseller The Obstacle is the Way has become a cult classic, beloved by men and women around the world who apply its wisdom to become more successful at whatever they do. Its many fans include a former governor and movie star (Arnold Schwarzenegger), a hip hop icon (LL Cool J), an Irish tennis pro (James McGee), an NBC sportscaster (Michele Tafoya), and the coaches and players of winning teams like the New England Patriots, Seattle Seahawks, Chicago Cubs, and University of Texas men's basketball team. The book draws its inspiration from stoicism, the ancient Greek philosophy of enduring pain or adversity with perseverance and resilience. Stoics focus on the things they can control, let go of everything else, and turn every new obstacle into an opportunity to get

better, stronger, tougher. As Marcus Aurelius put it nearly 2000 years ago: "The impediment to action advances action. What stands in the way becomes the way." Ryan Holiday shows us how some of the most successful people in history—from John D. Rockefeller to Amelia Earhart to Ulysses S. Grant to Steve Jobs—have applied stoicism to overcome difficult or even impossible situations. Their embrace of these principles ultimately mattered more than their natural intelligence, talents, or luck. If you're feeling frustrated, demoralized, or stuck in a rut, this book can help you turn your problems into your biggest advantages. And along the way it will inspire you with dozens of true stories of the greats from every age and era.

The Obstacle Is the Way

The instant New York Times, Wall Street Journal, and USA Today Bestseller! In his New York Times bestselling book *Courage is Calling*, author Ryan Holiday made the Stoic case for a bold and brave life. In this much-anticipated second book of his Stoic Virtue series, Holiday celebrates the awesome power of self-discipline and those who have seized it. To master anything, one must first master themselves—one's emotions, one's thoughts, one's actions. Eisenhower famously said that freedom is really the opportunity to practice self-discipline. Cicero called the virtue of temperance the polish of life. Without boundaries and restraint, we risk not only failing to meet our full potential and jeopardizing what we have achieved, but we ensure misery and shame. In a world of temptation and excess, this ancient idea is more urgent than ever. In *Discipline Is Destiny*, Holiday draws on the stories of historical figures we can emulate as pillars of self-discipline, including Lou Gehrig, Queen Elizabeth II, boxer Floyd Patterson, Marcus Aurelius and writer Toni Morrison, as well as the cautionary tales of Napoleon, F. Scott Fitzgerald and Babe Ruth. Through these engaging examples, Holiday teaches readers the power of self-discipline and balance, and cautions against the perils of extravagance and hedonism. At the heart of Stoicism are four simple virtues: courage, temperance, justice, and wisdom. Everything else, the Stoics believed, flows from them. *Discipline Is Destiny* will guide readers down the path to self-mastery, upon which all the other virtues depend. Discipline is predictive. You cannot succeed without it. And if you lose it, you cannot help but bring yourself failure and unhappiness.

Discipline Is Destiny

The first edition of *The Classics of Stoicism* presents the classic stoic works of Epictetus, Marcus Aurelius Antoninus, and Seneca. Included are: *The Encheiridion* *Meditations* *On a Happy Life* /ul>

The Classics of Stoicism

The runaway New York Times bestseller--over half a million copies in print It happens quietly one hot August morning in Iowa: two families awaken to find their little girls have gone missing in the night. Seven-year-old Calli Clark suffers from selective mutism brought on by a tragedy when she was a toddler. Petra Gregory is Calli's best friend--and her voice. But neither girl has been heard from since they vanished. Now, Calli and Petra's parents are tied by the question of what happened to their children. And the answer is trapped in the silence of unspoken family secrets.

The Weight of Silence

PLEASE NOTE: This brief synopsis is unauthorized and has not been approved, licensed, or endorsed by the publisher or author of the original book. Because... Stillness is the Key became an instant #1 New York Times Bestseller... Ryan Holiday uses Stoic and Buddhist principles in his 2019 book, *Stillness Is the Key*, to educate readers how internal stillness may lead to great accomplishments, personal tranquility, and pleasure. The world is bombarded with a 24-hour media cycle that can be overpowering and intimidating, making it difficult to find any peace; nevertheless, Holiday addresses this problem by re-emphasizing practices that have been employed for hundreds of years. He gives numerous examples of renowned, successful people throughout history who discovered and used the stillness he describes in high-pressure and inspiring situations. Holiday depicts a wide range of people who benefit from stillness, from athletes to politicians, demonstrating that Holiday's techniques can be applied to any career or personal situation that feels out of control. Who Is This Summary Beneficial To? The Secret Is in the Silence not only demonstrates that stillness works, but it also instructs readers on how to acquire mental tranquillity, which leads to the ability to deal with situations that are externally chaotic. The world is not nice and ordered, but each person can learn to cope and even thrive in the chaos with patience and a quiet mind. The book deftly illustrates how people's brain orientation affects their behavior. Why should you read the Emily Allen summaries? -30-Day Money-Back Guarantee

on High-Quality Written Summaries -Writers and native English speakers make up a professional publishing team. -Each summary is created to help you grow as a person and to improve your learning experience. -Each chapter's key takeaways and analysis are included, with no fluff. -Actionable item steps are outlined to guarantee that you can put the knowledge into practice. Emily Allen summaries are designed for people who have a strong desire to study and progress. You'll not only learn more quickly, but you'll also be more productive because you'll save hours of your day. Your relatives and friends may notice and commend you on how much you have grown as you become smarter with each read. We are looking for the most important topics and analyzing each chapter. You save time by avoiding the extraneous fluff that some publications contain and absorbing only the important and practical information you require. That's correct... You won't require superhuman reading speed; you'll be able to assimilate the information in an hour or less! DISCLAIMER: We are certain that our expert summaries will attract more people to the full-length book who would otherwise be put off by the prospect of a lengthy read. We hope that readers like you will use this summary to help cement the most important teachings, and that you will eventually use it as an introduction or companion to the original book rather than as a substitute.

SUMMARY & ANALYSIS OF STILLNESS IS THE KEY By Ryan Holiday

On the Shortness of Life is a classic philosophical series of essays by the Stoic philosopher Seneca.

On the Shortness of Life

A fascinating exploration of the role new media technologies play in our experience of film.

Death 24x a Second

Originally published in Spain in 1918, and here translated into English for the first time by Jessica Sequeira, *In the Stillness of Marble* is a set of thirty-five prose poems by the Chilean writer Teresa Wilms Montt directly addressed to a dead lover named Anuarí, who in reality was Horacio Ramos Mejía, a nineteen-year-old man who killed himself in front of her after his love was unreciprocated. At once tragic and personal, visionary and transgressive, these pieces, in their vital intimacy, read not only as letters to the dead, but also as incantations or prayers, expressing the passion, spirituality, and intensity of a woman who lived a tumultuous, rebellious life and refused to conform to the expectations of her time and surroundings.

In the Stillness of Marble

This volume brings together generous selections from his major texts: *Time and Free Will*, *Matter and Memory*, *Creative Evolution*, *Mind-Energy*, *The Creative Mind*, *The Two Sources of Morality and Religion* and *Laughter*. In addition it features material from the *Melanges* never before translated in English, such as the correspondence between Bergson and William James. The volume will be an excellent textbook for pedagogic purposes and a helpful source book for philosophers working across the analytic/continental divide.

Henri Bergson: Key Writings

It's never safe to go back in the water... It was just another day in the life of a small Atlantic resort until the terror from the deep came to prey on unwary holiday makers. The first sign of trouble - a warning of what was to come - took the form of a young woman's body, or what was left of it, washed up on the long, white stretch of beach... A summer of terror has begun. Peter Benchley's *Jaws* first appeared in 1974, creating a legend that refuses to die. For a new generation, the ultimate holiday nightmare is about to begin all over again...

Jaws

Conspiracy theories are legion. Conspiracies are rare. And of the few that do exist, fewer are ever discovered, let alone explained. This story is the exception. In 2016, media giant Gawker was forced to declare bankruptcy after a \$140 million dollar judgment in court over an illegally recorded sex tape of Hulk Hogan. The case was no accident: it was the result of a nearly decade-long plot masterminded by Facebook and Paypal billionaire Peter Thiel. With exclusive access to all the key players, Ryan Holiday takes us behind the scenes of this extraordinary and at times surreal story, and transforms the events

into both a dissection of that controversial methodology - conspiracy - and an eye-opening cautionary tale on the use, abuse and consequences of power and secrecy in the modern age.

Conspiracy

At home, Paul shares a private world with his sister Elisabeth, a world from which parents are tacitly excluded. Their room is where the Game is played, the Game being their own bizarre version of life. All that they do outside is effectively controlled by the rules of the Game: unfortunately the rules of the Game prescribe that the two children must die...

Les Enfants Terribles

A rich, poetic, and socially relevant version of the great spiritual-philosophical classic of Taoism, the Tao Te Ching—from a legendary literary icon Most people know Ursula K. Le Guin for her extraordinary science fiction and fantasy. Fewer know just how pervasive Taoist themes are to so much of her work. And in Lao Tzu: Tao Te Ching, we are treated to Le Guin's unique take on Taoist philosophy's founding classic. Le Guin presents Lao Tzu's time-honored and astonishingly powerful philosophy like never before. Drawing on a lifetime of contemplation and including extensive personal commentary throughout, she offers an unparalleled window into the text's awe-inspiring, immediately relatable teachings and their inestimable value for our troubled world. Jargon-free but still faithful to the poetic beauty of the original work, Le Guin's unique translation is sure to be welcomed by longtime readers of the Tao Te Ching as well as those discovering the text for the first time.

Lao Tzu: Tao Te Ching

Bestselling author and marketing strategist Ryan Holiday reveals to creatives of all stripes—authors, entrepreneurs, musicians, filmmakers, fine artists—how a classic work is made and marketed. Classic. Evergreen. Cult. Backlist. We can all identify with products that seem to last forever and just keep selling. But how can we create things that can and should last, especially in an environment where short-term gain and flash-in-the-pan success are so often the benchmark, where Hollywood movies are written off after a weekend or Silicon Valley start-ups are considered to have failed if they don't go viral? Enter Ryan Holiday and his concept of the Perennial Seller, products that exist in every creative industry, timeless, dependable resources and unsung money-makers, increasing in value over time and outlasting and outstretching the competition. Holiday shows us that creating a classic doesn't have to be a fluke or just a matter of luck. In Perennial Seller he takes us back to the first principles of the models and thinking that underpin the creation of something built to last. Featuring interviews with some of the world's greatest entrepreneurs and creatives and grounded in a deep study of the classics from every genre, the book shares a mindset and approach we can all adopt to make and market a classic work. Whether you have a book or a business, a song or the next great screenplay, Holiday reveals the recipe for perennial success.

Perennial Seller

*PLEASE NOTE: This concise summary is unofficial and is not authorized, approved, licensed, or endorsed by the original book's publisher or author. Stillness is the Key became an Instant #1 New York Times Bestseller simply because... In his 2019 book, Stillness Is the Key, Ryan Holiday guides readers using Stoic and Buddhist philosophies to show people how internal stillness can lead to doing great things, personal peace, and happiness. The world is packed with a 24/7 media cycle, which can be overwhelming and daunting, making it hard to find any quietness; yet, Holiday remedies this issue by reemphasizing techniques used for hundreds of years. He uses extensive examples of notable, successful people throughout history who found this stillness he describes and utilized it in high-pressure and inspiring circumstances. From sports stars to politicians, Holiday shows a full breadth of people who benefit from stillness, which shows that Holiday's tactics can be used in any career or personal scenario that feels unmanageable. Who Benefits From This Summary? Stillness Is the Key not only shows that stillness works, but it also helpfully guides readers on how they too can achieve tranquility in their minds, which leads to the ability to handle situations that are externally chaotic. The world is not neat and orderly, but with patience and a quiet mind, each person can teach themselves to cope and even thrive in the disorder. The book astutely shows how the way people orient their brains can impact how they act. Why read NinjaReads Summaries: *High-Quality Written Summaries with 30-Day Money Back Guarantee *Professional Publishing Team with Native English Speakers & Writers *Each summary is written to ensure your personal growth and enhance your learning experience. *Key

Takeaways & Analysis of each chapter with zero fluff. *Actionable item steps summarized to ensure you are able to implement the knowledge. NinjaReads summaries is made for Go-Getters who have an itch to learn and grow. Not only will you learn faster, but you'll also be more productive as you save hours of your day. As you grow smarter from each read, your family and friends may notice and give you compliments on how much you have grown. We chase after the key points and analyze every chapter. You save time by not having to read all the unnecessary fluff that some books may have and absorb only the valuable & practical info you need. That's right... you don't need super speed-reading powers, you'll absorb the info in an hour or less! DISCLAIMER: We are confident that our professional summaries will bring more readers to the full-lengthed book who otherwise would have been discouraged due to a long-read commitment. Our hope is that readers like you can use this summary to help cement the most important lessons and ultimately use it as an intro or companion to the original book, not as a replacement.

Summary of Stillness Is the Key

Thousands of years hence, many races inhabit a universe where a mind's potential is determined by its location in space - from superintelligent entities in the Transcend, to the limited minds of the Unthinking Depths, where only simple creatures and technology can function. Nobody knows what strange force partitioned space into these 'zones of thought', but when the warring Straumli realm use an ancient Transcendent artefact as a weapon, they unwittingly unleash an awesome power that destroys thousands of worlds and enslaves all natural and artificial intelligence. Fleeing the threat, a family of scientists, including two children, are taken captive by the Tines - an alien race with a harsh medieval culture - and used as pawns in a ruthless power struggle. A rescue party, not entirely composed of humans, must free the children - and retrieve a secret that may save the rest of interstellar civilization.

A Fire Upon the Deep

The prize-winning debut mystery from one of Japan's best-loved crime writers The K Apartments for Ladies are occupied by over one hundred unmarried women, once young and lively, now grown and old—and in some cases, evil. Their residence conceals a secret connecting the unsolved 1951 kidnapping of four-year-old George Kraft to the clandestine burial of a child's body in the basement bath-house. So, when news comes that the building must be moved to make way for a road-building project, more than one tenant waits with apprehension for the grisly revelation that will follow. Then the master key is lost, stolen and re-stolen—and suddenly no-one feels safe. Fiendish intrigue, double identity and an ingenious plot make this a thriller worthy of comparison with the work of P.D. James.

The Master Key

Transcribed from the original Mayan hieroglyphs, the Popol Vuh relates the mythology and history of the Kiché people of the Guatemalan Highlands of Central America. As is often the case with ancient texts, the Popol Vuh's significance lies in the scarcity of early accounts of Mesoamerican cultures, largely due to the purging of documents by the Spanish conquistadors. Today there remains no document of greater importance to the study of pre-Columbian mythology. This text of the Popol Vuh — which is translated variously as "Book of the Community," "Book of Counsel," or, more literally, "Book of the People" — begins as pure mythology and gradually develops into pure history, progressing from heroic legends to the deeds of authentic historical figures. It tells of the gods who created mankind, as well as a great flood and other stories with intriguing parallels to the myths of different cultures. This edition features the classic translation by the distinguished folklorist Lewis Spence.

Never Let Me Go

An intimate account of spontaneous spiritual enlightenment and its implications in a life lived beyond the individual self.

The Popol Vuh

Winner of the Orange Award for New Writers 2009 Artist, lover, wife, mother: can one woman be them all? Born in 1924, Jennet Mallow grew up with a disillusioned mother and a father haunted by memories of war. But Jennet has a talent - and a passion - for art. When she meets the handsome painter David Heaton they begin a tempestuous affair which takes them from the dank terraces of London to a

bohemian artistic community in St Ives. But as Jennet's career flourishes, her relationship with David suffers - with potentially tragic consequences . . . 'The most beautiful, accomplished debut I have read for a long time . . . It is a powerful novel by a supremely talented artist' OBSERVER 'Enchanting . . . exquisitely written' DAILY EXPRESS 'A masterful portrait of a woman forging an unexpectedly dazzling career against the backdrop of familial duty' EASY LIVING

Perfect Brilliant Stillness

Hailed by many as the major experimental novel of the post-war period, Gravity's Rainbow is a bizarre comic masterpiece in which linguistic virtuosity creates a whole other world.

An Equal Stillness

A beautiful guide for learning to love ourselves, from the author of the internationally bestselling *The Things You Can See Only When You Slow Down* No one is perfect. But that doesn't stop us from imagining ourselves smarter, funnier, richer, or thinner, and how much happier we would then be. *Love for Imperfect Things*, by the bestselling Korean monk, Haemin Sunim, shows how the path to happiness and peace of mind includes not only strong relationships with others, but also letting go of worries about ourselves. Packed with his typical spiritual wisdom, Sunim teaches us to embrace our flaws rather than trying to overcome them, and demonstrates that love has very little to do with perfection. With chapters on self-compassion, relationships, empathy, courage, family, healing, our true nature, and acceptance, as well as beautiful full-colour illustrations, *Love for Imperfect Things* is a much-needed guide for learning to love ourselves - imperfections and all. _____ 'Universal truths, beautifully expressed, lovingly illustrated . . . this is a book to keep close at hand' - Mark Williams, co-author of *'Mindfulness: Finding Peace in a Frantic World'*, on *'The Things You Can See'* 'A remarkable gift, a compendium of practical wisdom. It is accessible brilliance' - Allan Lokos, founder and guiding teacher, Community Meditation Center, NYC, on *'The Things You Can See'*

Gravity's Rainbow

INSTANT NEW YORK TIMES BESTSELLER The only definitive book authored by Wim Hof on his powerful method for realizing our physical and spiritual potential. "This method is very simple, very accessible, and endorsed by science. Anybody can do it, and there is no dogma, only acceptance. Only freedom." —Wim Hof Wim Hof has a message for each of us: "You can literally do the impossible. You can overcome disease, improve your mental health and physical performance, and even control your physiology so you can thrive in any stressful situation." With *The Wim Hof Method*, this trailblazer of human potential shares a method that anyone can use—young or old, sick or healthy—to supercharge their capacity for strength, vitality, and happiness. Wim has become known as "The Iceman" for his astounding physical feats, such as spending hours in freezing water and running barefoot marathons over deserts and ice fields. Yet his most remarkable achievement is not any record-breaking performance—it is the creation of a method that thousands of people have used to transform their lives. In his gripping and passionate style, Wim shares his method and his story, including: • **Breath**—Wim's unique practices to change your body chemistry, infuse yourself with energy, and focus your mind • **Cold**—Safe, controlled, shock-free practices for using cold exposure to enhance your cardiovascular system and awaken your body's untapped strength • **Mindset**—Build your willpower, inner clarity, sensory awareness, and innate joyfulness in the miracle of living • **Science**—How users of this method have redefined what is medically possible in study after study • **Health**—True stories and testimonials from people using the method to overcome disease and chronic illness • **Performance**—Increase your endurance, improve recovery time, up your mental game, and more • **Wim's Story**—Follow Wim's inspiring personal journey of discovery, tragedy, and triumph • **Spiritual Awakening**—How breath, cold, and mindset can reveal the beauty of your soul Wim Hof is a man on a mission: to transform the way we live by reminding us of our true power and purpose. "This is how we will change the world, one soul at a time," Wim says. "We alter the collective consciousness by awakening to our own boundless potential. We are limited only by the depth of our imagination and the strength of our conviction." If you're ready to explore and exceed the limits of your own potential, *The Wim Hof Method* is waiting for you.

Love for Imperfect Things

Master entrepreneur, original hip-hop mogul, and New York Times bestselling author Russell Simmons shares the most fundamental key to success—meditation—and guides readers to use stillness as a powerful tool to access their potential. In the New York Times bestseller *Super Rich*, Russell Simmons

proved that to be rich is more than just having money in the bank—wealth is about balance, joy, and conscientious living. In *Success Through Stillness*, Simmons shows the connection between inner peace and outward success through interviews with other successful leaders in various industries, and how learning to be still has been instrumental in his own career. Simmons attributes his meditation practice with changing his life for the better and says that there is no “bad” way to meditate, only different forms for different people. In this highly anticipated new book, Russell Simmons guides readers into finding greater clarity and focus, and explains how to be healthier in both mind and body. Simmons breaks down what he's learned from masters of meditation into a guide that is accessible to those unfamiliar with the practice.

The Wim Hof Method

"From Dr. Becky Kennedy, the popular psychologist known as the "Millennial Parenting Whisper," comes a groundbreaking guide that offers a new approach to parenting as well as practical solutions"--

Success Through Stillness

"Cato, history's most famous foe of authoritarian power, was the pivotal political man of Rome; an inspiration to our Founding Fathers; and a cautionary figure for our times. He loved Roman republicanism, but saw himself as too principled for the mere politics that might have saved it. His life and lessons are urgently relevant in the harshly divided America—and world—of today. With erudition and verve, Rob Goodman and Jimmy Soni turn their life of Cato into the most modern of biographies, a blend of *The Decline and Fall of the Roman Empire* and *Game Change*."—Howard Fineman, Editorial Director of The Huffington Post Media Group, NBC and MSNBC News Analyst, and New York Times bestselling author of *The Thirteen American Arguments* "A truly outstanding piece of work. What most impresses me is the book's ability to reach through the confusing dynastic politics of the late Roman Republic to present social realities in a way intelligible to the modern reader. *Rome's Last Citizen* entertainingly restores to life the stoic Roman who inspired George Washington, Patrick Henry and Nathan Hale. This is more than a biography: it is a study of how a reputation lasted through the centuries from the end of one republic to the start of another."—David Frum, *DailyBeast* columnist, former White House speech writer, and New York Times bestselling author of *The Right Man* Marcus Porcius Cato: aristocrat who walked barefoot and slept on the ground with his troops, political heavyweight who cultivated the image of a Stoic philosopher, a hardnosed defender of tradition who presented himself as a man out of the sacred Roman past—and the last man standing when Rome's Republic fell to tyranny. His blood feud with Caesar began in the chamber of the Senate, played out on the battlefields of a world war, and ended when he took his own life rather than live under a dictator. Centuries of thinkers, writers, and artists have drawn inspiration from Cato's Stoic courage. Saint Augustine and the early Christians were moved and challenged by his example. Dante, in his *Divine Comedy*, chose Cato to preside over the souls who arrive in Purgatory. George Washington so revered him that he staged a play on Cato's life to revive the spirit of his troops at Valley Forge. Now, in *Rome's Last Citizen*, Rob Goodman and Jimmy Soni deliver the first modern biography of this stirring figure. Cato's life is a gripping tale that resonates deeply with our own turbulent times. He grappled with terrorists, a debt crisis, endemic political corruption, and a huge gulf between the elites and those they governed. In many ways, Cato was the ultimate man of principle—he even chose suicide rather than be used by Caesar as a political pawn. But Cato was also a political failure: his stubbornness sealed his and Rome's defeat, and his lonely end casts a shadow on the recurring hope that a singular leader can transcend the dirty business of politics. *Rome's Last Citizen* is a timeless story of an uncompromising man in a time of crisis and his lifelong battle to save the Republic.

Good Inside

In Vermont, one of the world's most extreme endurance events pushes racers to their absolute limits. With no defined start nor finish, the DEATH RACE strips life's comforts and forces racers to overcome the challenges they will face. In this riveting narrative, Matesi, takes readers deep into his thoughts and actions to complete this event.

Rome's Last Citizen

Twice nominated for the Pulitzer Prize in poetry, Clifton extends her already formidable powers of revelation with these new poems. Her song springs almost spontaneously from her imagination to

stitch surreality with concrete imagery drawn from temporal reality, revealing an essential mystery and wisdom from within.

Legend of the Death Race

The Book of Light