

Taboo Treats Sitting Prettysitting Still Like A Frog Mindfulness Exercises For Kids And Their Parents

[#mindfulness for kids](#) [#kids meditation](#) [#parent child mindfulness](#) [#sitting still practice](#) [#mindfulness exercises for parents](#)

Explore engaging 'Sitting Still Like A Frog' mindfulness exercises designed for kids and their parents, fostering calm, focus, and emotional regulation. These valuable techniques offer a playful yet effective way for families to practice stillness and cultivate inner peace together, transforming daily routines into moments of mindful connection.

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Sitting Still Like a Frog

This introduction to mindfulness meditation for children and their parents includes practices that can help children calm down, become more focused, fall asleep more easily, alleviate worry, manage anger, and generally become more patient and aware.

Sitting Still Like a Frog Activity Book

75 fun mindfulness games and activities to teach children ages 4-8 to calm themselves down, focus, be attentive to people around them, and to feel more peaceful from the bestselling author of Sitting Still Like a Frog and The Little Frog Awakes (for ages 18 months to 4 years). Mindfulness is one of the most effective practices to teach kids to calm themselves in stressful moments, increase focus and attention, ease anxiety, and promote a sense of empathy toward others. Eline Snel's Sitting Still Like a Frog has helped thousands of children around the world to become more relaxed and attentive, more aware of their bodies and emotions, and more open toward others. This book is packed with entertaining and useful activities that children ages 4–8 can do alone or with a parent, including: • Fun yoga exercises • Hands-on activities and projects • Meditation stories • Cut-out posters and cards • Colorful stickers • Mindful games

Summary - Sitting Still Like a Frog by Eline Snel

Do you want to teach your children the concept and practice of mindfulness? "Sitting Still Like a Frog" is an innovative book that helps children cultivate the presence of body, mind, and heart. It does so in a playful, fun, and easy-to-understand way that children will appreciate. Modern-day life continues to become more complex and fast-paced by the minute. If you want to make sense of it, you need to ground yourself in the present. It is good to teach your kids the concept and practice of mindfulness. It is even better to start training them while they are young. This e book helps you introduce mindfulness

meditation to your kids. You can train your kids to keep calm, remain focused, fall asleep without any difficulty, stop worrying, manage their anger, and cultivate patience and awareness.

Integrated Practice

INTEGRATED PRACTICE: COORDINATION, RHYTHM & SOUND proposes a new approach to musicianship, health, and wellbeing. Containing dozens of exercises and supported by an extensive online library of video and audio clips, INTEGRATED PRACTICE offers tools for instrumentalists, singers, and conductors to use music itself as their guide toward unity and freedom of mind and body.

My Daddy is a Pretzel

Limber up with this unique, child-friendly yoga book! Created for parents and children to share together, but also suitable for adults and older children to use alone, My Daddy is a Pretzel not only introduces a range of postures, it also connects the practices to everyday life, showing how families can integrate their yoga with their activities in the world. A light-hearted look at yoga, yet one with a lasting message, My Daddy is a Pretzel is a wonderful introduction to yoga for readers of all shapes and sizes.

Full Grown People

An anthology of thirty essays from the site fullgrownpeople.com.

Yoga Pretzels

A playful and easy way to teach yoga.

Zen Mind, Beginner's Mind

Movement Medicine is the kind of instruction manual you'll actually want to read. It is laced with personal stories from the authors' lives that are funny, inspiring and moving, as well as 38 recipes that will change the way you see and feel about yourself and your place in this world. Anybody in a body can take part. So that means you. Take a deep breath. Your drum is calling you. Its rhythm is in your blood. We are being challenged as a species to raise our game. The 9 Gateways are a map and a guide for the critical times we live in. In them, you will see the ancient and the modern, the psychotherapeutic and the shamanic, the devotional and the traditional, the scientific and the mystical, all woven together into material that is strong enough to support you to 'Live Your Dream.'

Movement Medicine

"What makes you the way you are--and what makes each of us different from everyone else? In *Innate*, leading neuroscientist and popular science blogger Kevin Mitchell traces human diversity and individual differences to their deepest level: in the wiring of our brains. Deftly guiding us through important new research, including his own groundbreaking work, he explains how variations in the way our brains develop before birth strongly influence our psychology and behavior throughout our lives, shaping our personality, intelligence, sexuality, and even the way we perceive the world. We all share a genetic program for making a human brain, and the program for making a brain like yours is specifically encoded in your DNA. But, as Mitchell explains, the way that program plays out is affected by random processes of development that manifest uniquely in each person, even identical twins. The key insight of *Innate* is that the combination of these developmental and genetic variations creates innate differences in how our brains are wired--differences that impact all aspects of our psychology--and this insight promises to transform the way we see the interplay of nature and nurture. *Innate* also explores the genetic and neural underpinnings of disorders such as autism, schizophrenia, and epilepsy, and how our understanding of these conditions is being revolutionized. In addition, the book examines the social and ethical implications of these ideas and of new technologies that may soon offer the means to predict or manipulate human traits. Compelling and original, *Innate* will change the way you think about why and how we are who we are."--Provided by the publisher.

Innate

With exercises, practical tools, and inspiring stories, *Deeper Dating* will guide you on a journey to find the love—and personal fulfillment—you long for. Lose weight. Be confident. Keep your partner guessing. At the end of the day, this soulless approach to dating doesn't lead to love but to insecurity.

and desperation. In *Deeper Dating*, Ken Page presents a new path to love. Out of his decades of work as a psychotherapist and his own personal struggle to find love, Page teaches that the greatest magnet for real love lies in our "Core Gifts"—the places of our deepest sensitivity, longing, and passion. *Deeper Dating* guides us to discover our own Core Gifts and empowers us to express them with courage, generosity, and discrimination in our dating life. When we do this, something miraculous happens: we begin to attract people who love us for who we are, we become more self-assured and emotionally available, and we lose our taste for relationships that chip away at our self-esteem. Without losing a pound, changing our hairstyle, or buying a single new accessory, we find healthy love moving closer . . . *Deeper Dating* integrates the best of human intimacy theory with timeless spiritual truths and translates them into a practical, step-by-step process.

Deeper Dating

The international bestseller about life, the universe and everything. 'A simply wonderful, irresistible book' DAILY TELEGRAPH 'A terrifically entertaining and imaginative story wrapped round its tough, thought-provoking philosophical heart' DAILY MAIL 'Remarkable ... an extraordinary achievement' SUNDAY TIMES When 14-year-old Sophie encounters a mysterious mentor who introduces her to philosophy, mysteries deepen in her own life. Why does she keep getting postcards addressed to another girl? Who is the other girl? And who, for that matter, is Sophie herself? To solve the riddle, she uses her new knowledge of philosophy, but the truth is far stranger than she could have imagined. A phenomenal worldwide bestseller, *SOPHIE'S WORLD* sets out to draw teenagers into the world of Socrates, Descartes, Spinoza, Hegel and all the great philosophers. A brilliantly original and fascinating story with many twists and turns, it raises profound questions about the meaning of life and the origin of the universe.

Sophie's World

Title #59. Why do so many go through so much disruption in their middle years? Why then? Why do we consider it to be a crisis? What does the pattern mean and how can we survive it? The *Middle Passage* shows how we may pass through midlife consciously, rendering our lives more meaningful and the second half of life immeasurably richer.

The Middle Passage

A comprehensive guide to understanding and using storytelling in therapy with kids and teens "George Burns is a highly experienced clinician with the remarkable ability to create, discover, and tell engaging stories that can teach us all the most important lessons in life. With *101 Healing Stories for Kids and Teens*, he strives especially to help kids and teens learn these life lessons early on, providing them opportunities for getting help and even learning to think preventively." -Michael D. Yapko, PhD | Author of *Breaking the Patterns of Depression and Hand-Me-Down Blues* "George Burns takes the reader on a wonderful journey, balancing metaphor, good therapeutic technique, and empirical foundations during the trip. Given that Burns utilizes all three aspects of the Confucian story referred to in the book—teaching, showing, and involving—readers should increase their understanding of how stories can be used therapeutically." -Richard G. Whiteside, MSW | Author of *The Art of Using and Losing Control and Working with Difficult Clients: A Practical Guide to Better Therapy* "A treasure trove for parents and for professionals in the child-development fields." -Jeffrey K. Zeig, PhD | Director, The Milton H. Erickson Foundation Stories can play an important and potent role in therapy with children and adolescents—helping them develop the skills to cope with and survive a myriad of life situations. In many cases, stories provide the most effective means of communicating what kids and teens might not want to discuss directly. *101 Healing Stories for Kids and Teens* provides straightforward advice on using storytelling and metaphors in a variety of therapeutic settings. Ideal for all who work with young people, this unique resource can be combined with other inventive and evidence-based techniques such as play, art, music, and drama therapies as well as solution focused, hypnotic, and cognitive-behavioral approaches. Offering guidance for new clinicians and seasoned professionals, George Burns's latest work delivers a unique combination—information on incorporating storytelling in therapy, dozens of ready-made stories, and tips for creating original therapeutic stories. Innovative chapters include: * Guidance for effective storytelling * Using metaphors effectively * Where to get ideas for healing stories * Planning and presenting healing stories * Teaching parents to use healing stories In addition, *101 Healing Stories for Kids and Teens* includes dozens of story ideas designed to address a variety of issues, such as: * Enriching learning * Teaching self-care * Changing patterns of behavior * Managing relationships,

emotions, and life challenges * Creating helpful thoughts * Developing life skills and problem-solving techniques

101 Healing Stories for Kids and Teens

Timothy Morton argues that ecological awareness in the present Anthropocene era takes the form of a strange loop or Möbius strip, twisted to have only one side. Deckard travels this oedipal path in *Blade Runner* (1982) when he learns that he might be the enemy he has been ordered to pursue. Ecological awareness takes this shape because ecological phenomena have a loop form that is also fundamental to the structure of how things are. The logistics of agricultural society resulted in global warming and hardwired dangerous ideas about life-forms into the human mind. Dark ecology puts us in an uncanny position of radical self-knowledge, illuminating our place in the biosphere and our belonging to a species in a sense that is far less obvious than we like to think. Morton explores the logical foundations of the ecological crisis, which is suffused with the melancholy and negativity of coexistence yet evolving, as we explore its loop form, into something playful, anarchic, and comedic. His work is a skilled fusion of humanities and scientific scholarship, incorporating the theories and findings of philosophy, anthropology, literature, ecology, biology, and physics. Morton hopes to reestablish our ties to nonhuman beings and to help us rediscover the playfulness and joy that can brighten the dark, strange loop we traverse.

Dark Ecology

This Special Issue of *Genealogy* explores the topic of "Intergenerational Trauma and Healing". Authors examine the ways in which traumas (individual or group, and affecting humans and non-humans) that occurred in past generations reverberate into the present and how individuals, communities, and nations respond to and address those traumas. Authors also explore contemporary traumas, how they reflect ancestral traumas, and how they are being addressed through drawing on both contemporary and ancestral healing approaches. The articles define trauma broadly, including removal from homelands, ecocide, genocide, sexual or gendered violence, institutionalized and direct racism, incarceration, and exploitation, and across a wide range of spatial (home to nation) and temporal (intergenerational/ancestral and contemporary) scales. Articles also approach healing in an expansive mode, including specific individual healing practices, community-based initiatives, class-action lawsuits, group-wide reparations, health interventions, cultural approaches, and transformative legal or policy decisions. Contributing scholars for this issue are from across disciplines (including ethnic studies, genetics, political science, law, environmental policy, public health, humanities, etc.). They consider trauma and its ramifications alongside diverse mechanisms of healing and/or rearticulating self, community, and nation.

Philosophy manual: a South-South perspective

The Zen tradition has just two main meditative practices: shikantaza, or "just sitting"; and introspection guided by the powerful Zen teaching stories called koans. Following in the tradition of *The Art of Just Sitting* (endorsed as a "A book we have needed for a long, long time"), this new anthology from John Daido Looi illuminates the subtle practice of koan study from many different points of view. Includes writings by: Robert Aitken William Bodiford Robert Buswell Roko Sherry Chayat Francis Dojun Cook Eihei Dogen Heinrich Dumoulin Hakuin Ekaku Victor Sogen Hori Keizan Jokin Philip Kapleau Chung-fen Ming-Pen Taizan Maezumi Dennis Genpo Merzel Soen Nakagawa Ruth Fuller Sasaki Sokei-an Sasaki Nyogen Senzaki Zenkei Shibayama Eido Shimano Philip Yampolsky Hakuun Yasutani Wayne Yokoyama Katsushiro Yoshizawa

Intergenerational Trauma and Healing

The very idea that the teachings can be mastered will arouse controversy within Buddhist circles. Even so, Ingram insists that enlightenment is an attainable goal, once our fanciful notions of it are stripped away, and we have learned to use meditation as a method for examining reality rather than an opportunity to wallow in self-absorbed mind-noise. Ingram sets out concisely the difference between concentration-based and insight (vipassana) meditation; he provides example practices; and most importantly he presents detailed maps of the states of mind we are likely to encounter, and the stages we must negotiate as we move through clearly-defined cycles of insight. Its easy to feel overawed, at first, by Ingram's assurance and ease in the higher levels of consciousness, but consistently he writes as a down-to-earth and compassionate guide, and to the practitioner willing to commit themselves this

is a glittering gift of a book. In this new edition of the bestselling book, the author rearranges, revises and expands upon the original material, as well as adding new sections that bring further clarity to his ideas.

Sitting with Koans

At publication date, a free ebook version of this title will be available through Luminos, University of California Press's Open Access publishing program. Visit www.luminosoa.org to learn more. The Monastery Rules discusses the position of the monasteries in pre-1950s Tibetan Buddhist societies and how that position was informed by the far-reaching relationship of monastic Buddhism with Tibetan society, economy, law, and culture. Jansen focuses her study on monastic guidelines, or bca' yig. The first study of its kind to examine the genre in detail, the book contains an exploration of its parallels in other Buddhist cultures, its connection to the Vinaya, and its value as socio-historical source-material. The guidelines are witness to certain socio-economic changes, while also containing rules that aim to change the monastery in order to preserve it. Jansen argues that the monastic institutions' influence on society was maintained not merely due to prevailing power-relations, but also because of certain deep-rooted Buddhist beliefs.

Mastering the Core Teachings of the Buddha

All were orphans when they met in their teens in the late seventies, and they vowed to be a family. As they reunite at a film party in London, it is Rosalind Madigan, the angel of the title, who holds them together. An Academy Award-winning designer blessed with innate goodness, Rosie is troubled by commitments that leave her feeling estranged from herself and her friends: Gavin Ambrose, a Hollywood megastar, a brilliant actor/producer whose personal life is not as successful as it appears (Nell Jeffrey, head of an international public relations firm and Rosie's best friend, a glamorous woman having a secret love affair (and Kevin Madigan, Rosie's brother, an undercover cop in the NYPD Crime Intelligence Division who specializes in fighting organized crime, an assignment that threatens his life. Into their midst come a dashing French aristocrat and the world's most successful popular singer, two men who disrupt--and irrevocably transform--"the family."... ANGEL Told with the power that only Barbara Taylor Bradford can bring to the page, this stunning novel is about a group of friends--and also about individuals who, facing their own mortality, must reevaluate their lives and strengthen their commitments. Exciting and moving, it will fascinate you from beginning to end. From the Paperback edition.

The Monastery Rules

Miss Morrow is content in her position as spinster companion to Miss Doggett, even if her employer and the woman's social circle regard her as a piece of furniture. Stephen Latimer, the new cleric and Miss Doggett's dashing new tenant, upsets the balance for Miss Morrow by proposing the long discounted possibility of marriage.

The Planet that Wasn't

Who of us cannot remember the pain and humiliation of being rejected by our classmates? However thick-skinned or immune to such assaults we may become as adults, the memory of those early exclusions is as palpable to each of us today as it is common to human experience. We remember the uncertainty of separating from our home and entering school as strangers and, more than the relief of making friends, we recall the cruel moments of our own isolation as well as those children we knew were destined to remain strangers. In this book Vivian Paley employs a unique strategy to probe the moral dimensions of the classroom. She departs from her previous work by extending her analysis to children through the fifth grade, all the while weaving remarkable fairy tale into her narrative description. Paley introduces a new rule—"You can't say you can't play"—to her kindergarten classroom and solicits the opinions of older children regarding the fairness of such a rule. We hear from those who are rejected as well as those who do the rejecting. One child, objecting to the rule, says, "It will be fairer, but how are we going to have any fun?" Another child defends the principle of classroom bosses as a more benign way of excluding the unwanted. In a brilliant twist, Paley mixes fantasy and reality, and introduces a new voice into the debate: Magpie, a magical bird, who brings lonely people to a place where a full share of the sun is rightfully theirs. Myth and morality begin to proclaim the same message and the schoolhouse will be the crucible in which the new order is tried. A struggle ensues and even the Magpie stories cannot avoid the scrutiny of this merciless pack of social philosophers who will not

be easily caught in a morality tale. *You Can't Say You Can't Play* speaks to some of our most deeply held beliefs. Is exclusivity part of human nature? Can we legislate fairness and still nurture creativity and individuality? Can children be freed from the habit of rejection? These are some of the questions. The answers are to be found in the words of Paley's schoolchildren and in the wisdom of their teacher who respectfully listens to them.

Crampton Hodnet

Chronicles the rich history of the American presidency, including informative and entertaining biographies of each of the men who have held the office and full coverage of the 1996 election.

You Can't Say You Can't Play

Winner of the National Book Award The publication of this extraordinary volume firmly established Flannery O'Connor's monumental contribution to American fiction. There are thirty-one stories here in all, including twelve that do not appear in the only two story collections O'Connor put together in her short lifetime--*Everything That Rises Must Converge* and *A Good Man Is Hard to Find*. O'Connor published her first story, "The Geranium," in 1946, while she was working on her master's degree at the University of Iowa. Arranged chronologically, this collection shows that her last story, "Judgement Day"--sent to her publisher shortly before her death—is a brilliantly rewritten and transfigured version of "The Geranium." Taken together, these stories reveal a lively, penetrating talent that has given us some of the most powerful and disturbing fiction of the twentieth century. Also included is an introduction by O'Connor's longtime editor and friend, Robert Giroux.

The Complete Book of U.S. Presidents

Filmmaker Alejandro Jodorowsky's insights into the Tarot as a spiritual path • Works with the original Marseille Tarot to reveal the roots of Western wisdom • Provides the key to the symbolic language of the Tarot's "nomadic cathedral" • Transforms a simple divination tool into a vehicle for self-realization and healing Alejandro Jodorowsky's profound study of the Tarot, which began in the early 1950s, reveals it to be far more than a simple divination device. The Tarot is first and foremost a powerful instrument of self-knowledge and a representation of the structure of the soul. *The Way of Tarot* shows that the entire deck is structured like a temple, or a mandala, which is both an image of the world and a representation of the divine. The authors use the sacred art of the original Marseille Tarot--created during a time of religious tolerance in the 11th century--to reconnect with the roots of the Tarot's Western esoteric wisdom. They explain that the Tarot is a "nomadic cathedral" whose parts--the 78 cards or "arcana"--should always be viewed with an awareness of the whole structure. This understanding is essential to fully grasp the Tarot's hermetic symbolism. The authors explore the secret associations behind the hierarchy of the cards and the correspondences between the suits and energies within human beings. Each description of the Major Arcana includes key word summaries, symbolic meanings, traditional interpretations, and a section where the card speaks for itself. Jodorowsky and Costa then take the art of reading the Tarot to a depth never before possible. Using their work with Tarology, a new psychological approach that uses the symbolism and optical language of the Tarot to create a mirror image of the personality, they offer a powerful tool for self-realization, creativity, and healing.

The Complete Stories

In the morning the people of the island found a man sitting on the shore, there where fate and the ocean currents had set him and his frail raft in the night. When he saw them coming towards him, he rose to his feet. He was not like them. This internationally acclaimed, award-winning picture book is astonishing, powerful and timely.

The Way of Tarot

There is considerable interest in education around the world in flexible thinking and learning skills but very little consensus as to the nature of these skills and how best to promote them in schools. This book puts forward a clear and practical framework for understanding thinking, creativity and learning to learn as the fruits of engagement in dialogue. It also outlines in detail how this framework can be applied to teaching across the curriculum at both primary and secondary level, drawing on the best practices associated with the teaching thinking; creativity; and learning to learn movements explaining

their success in terms of dialogic theory. In particular the book incorporates aspects of a number of thinking skills approaches, such as Lipman's Philosophy for Children approach, as well as features of contemporary innovations in education such as assessment for learning and the development of creativity. Each chapter opens with a vignette to set the scene and continue into a light and popularly written exposition of theory, before moving on to a description of practice and concluding with practical guidelines for how to teach for thinking and creativity in schools and classrooms. The first six chapters in the book have more of a focus on developing core theoretical themes and the following six chapters in the second half of the book focus more on practice-led themes. The relationship between theory and practice is treated as flexible and dynamic, theory being developed by practice as much as practice implementing theory.

The Island

"[Fit at Mid-Life] reinforces the message that fitness can and should be for everyone, no matter their age, size, gender, or ability." —SELF What if you could be fitter now than you were in your twenties? And what if you could achieve it while feeling more comfortable and confident in your body? In *Fit at Mid-Life*, bloggers and philosophy professors Samantha Brennan and Tracy Isaacs share the story of how they got the fittest they'd ever been by age 50—and how you can, too. Their approach to fitness is new and different—it champions strength, health, and personal accomplishment over weight loss and aesthetics—and explores the many challenges, questions, and issues women face when seeking fitness in their forties, fifties, and beyond. Drawing from the latest research, Brennan and Isaac deliver a wealth of concrete advice on everything from how to keep bones strong to what types of fitness activities give the biggest returns. Taking a feminist perspective, they also challenge society's default whats, whys, and hows of every aspect of getting fit to show how women can best take charge of their health—no matter what their shape, size, age, or ability. "*Fit at Mid-Life* combines personal stories with scientific evidence, feminist reflections and how-to advice for both women and men who don't want fitness to fade away in their middle years."—The Toronto Star

Mind Expanding: Teaching For Thinking And Creativity In Primary Education

Japanese Rinzai Zen Buddhism gives a new perspective on contemporary Japanese Zen Buddhism. Ideas, ritual practices, temples and interactions between the clergy, the laity and the institution are investigated as living representations of a unique and yet common Japanese religion.

Fit at Mid-Life

Incorporating systems theory, teachings from mythology and religions, and the human sciences, *The World Peace Diet* presents the outlines of a more empowering understanding of our world, based on a comprehension of the far-reaching implications of our food choices and the worldview those choices reflect and mandate. The author offers a set of universal principles for all people of conscience, from any religious tradition, that they can follow to reconnect with what we are eating, what was required to get it on our plate, and what happens after it leaves our plates.

Japanese Rinzai Zen Buddhism

'Joyful, life-affirming, greedy. I loved it' – DIANA HENRY 'Whether you are an avid cyclist, a Francophile, a greedy gut, or simply an appreciator of impeccable writing – this book will get you hooked' – YOTAM OTTOLENGHI

The World Peace Diet

Three Weddings...And a Murder So far Meg Langslow's summer is not going swimmingly. Down in her small Virginia hometown, she's maid of honor at the nuptials of three loved ones--each of whom has dumped the planning in her capable hands. One bride is set on including a Native American herbal purification ceremony, while another wants live peacocks on the lawn. Only help from the town's drop-dead gorgeous hunk, disappointingly rumored to be gay, keeps Meg afloat in a sea of dotty relatives and outrageous neighbors. And, in whirl of summer parties and picnics, Southern hospitality is strained to the limit by an offensive newcomer who hints at skeletons in the guests' closets. But it seems this lady has offended one too many when she's found dead in suspicious circumstances, followed by a string of accidents--some fatal. Soon, level-headed Meg's to-do list extends from flower arrangements and bridal registries to catching a killer--before the next catered event is her own funeral...

One More Croissant for the Road

"Examines how low female desire is produced, embedded, and lived within neoliberal capitalism. Rethinks 'femininity' by investigating sex research that measures the disconnect between subjective and genital female arousal, contemporary psychiatric diagnoses for low female desire, and new models for understanding women's sexual response"--

Murder With Peacocks

How long are you going to wait to live the life you truly want? Too many of us are existing on autopilot, sleepwalking through life with no purpose and neglecting our dreams. But what if it didn't have to be that way? What if it could be different? What if you could be different? What if you remembered that you have the power to make every single day count? How would it feel to design a life that you truly want, and know how to make it happen? This book is here to show you that positive thinking is just the beginning. From there you'll start to demand more of yourself and for yourself. You'll ask big questions and start attracting BIG successes. You'll learn how to take control, gain a new and healthier perspective and see that life is for the making and the taking! You only live once. So let's live on purpose.

Diagnosing Desire

An accessible translation of the ancient classic handbook on Buddhist meditation by Kamalashila—with commentary from everyone's favorite Buddhist teacher, the Dalai Lama Based upon the middle section of the Bhavanakrama by Kamalashila—a translation of which is included—this is the most extensive commentary given by the Dalai Lama on this concise but important meditation handbook. It is a favorite text of the Dalai Lama, and he often takes the opportunity to give teachings on it to audiences throughout the world. In his words, "This text can be like a key that opens the door to all other major Buddhist scriptures." Topics include the nature of mind, how to develop compassion and loving-kindness, calm abiding wisdom, and how to establish a union of calm abiding and special insight.

You Only Live Once

What can you do when you're mad, sad, or anxious? Find a quiet spot, sit, and breathe. When you meditate every day, your mind stays happy, and even bad days are a little easier.

Stages of Meditation

Drawing on an international range of examples, from Che Guevarra to "The Crying Game," Profit and Pleasure leads the discussion of sexuality to a consideration of material reality and the substance of men and women's everyday lives.

Peaceful Piggy Meditation

Now on Netflix as a 4-part documentary series! "Pollan keeps you turning the pages . . . cleareyed and assured." —New York Times A #1 New York Times Bestseller, New York Times Book Review 10 Best Books of 2018, and New York Times Notable Book A brilliant and brave investigation into the medical and scientific revolution taking place around psychedelic drugs--and the spellbinding story of his own life-changing psychedelic experiences When Michael Pollan set out to research how LSD and psilocybin (the active ingredient in magic mushrooms) are being used to provide relief to people suffering from difficult-to-treat conditions such as depression, addiction and anxiety, he did not intend to write what is undoubtedly his most personal book. But upon discovering how these remarkable substances are improving the lives not only of the mentally ill but also of healthy people coming to grips with the challenges of everyday life, he decided to explore the landscape of the mind in the first person as well as the third. Thus began a singular adventure into various altered states of consciousness, along with a dive deep into both the latest brain science and the thriving underground community of psychedelic therapists. Pollan sifts the historical record to separate the truth about these mysterious drugs from the myths that have surrounded them since the 1960s, when a handful of psychedelic evangelists inadvertently catalyzed a powerful backlash against what was then a promising field of research. A unique and elegant blend of science, memoir, travel writing, history, and medicine, How to Change Your Mind is a triumph of participatory journalism. By turns dazzling and edifying, it is the gripping account of a journey to an exciting and unexpected new frontier in our understanding of the mind, the self, and our place in the world. The true subject of Pollan's "mental travelogue" is not just psychedelic drugs but also the eternal puzzle of human consciousness and how, in a world that offers us both suffering and joy, we can do our best to be fully present and find meaning in our lives.

Profit and Pleasure

In The Sopranos: Born under a Bad Sign, Franco Ricci presents an insightful analysis of the groundbreaking HBO series and its complex psychological themes.

How to Change Your Mind

The Sopranos