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The
Practice of Happiness
From Ritual to
Romance
Armadale
Flash Memory
The Art Of Fixing
Things 2
Twelve Steps to a Compassionate Life

Super Shorts

, bring together experts to address the importance of caring, the reasons why it has eroded, and measures

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that can strengthen caring as provided by health professionals, families, communities, and society.

Yoga Morality

Come learn about The Principles of Our World. In a series of real life stories, readers will be introduced to The Principle of Compassion. The stories are meant to remind all of us about the importance of compassion in our lives. Enjoy the book in one sitting or read just one story at a time. It is never too early in the development of a child to start talking about the importance of principles like honesty, courage, and compassion. This book is part of a series of books about The Principles of Our World that provide parents and teachers with the opportunity to read to young children (ages 4+) and talk about a variety of situations they will experience in life. For young, independent readers (ages 7+), The Principles of Our World book series is a great addition to their book collection. At the end of the book, there is a section called, "Where Do We Go From Here?" This section is designed for children, parents, and educators to discuss situations they will encounter in life and talk about how The Principles of Our World can help them effectively handle these situations. The Principles of Our World are here to help.

The Lost Art of Good Conversation

Telluride Medical Examiner Jane Wallace travels to Ireland to investigate Irish author Eoin Conner's involvement in the death of Fiona, his estranged wife,

while Father Matt is faced with his own share of mysteries to solve at home in Telluride.

Boundaries

It's a match made in Hell. Reformist supporter Anyalise of Allimore is now Lady Anya, Duchess of Eodel and the wife of the staunchest, most extreme traditionalist and leader of the Loyalist Party. Life in the eye of the Loyalist storm isolates her from everything she has ever loved, with only her maids Margaud and Amie for solace. When personal tragedy strikes, she is all that stands between the Duke and total financial and political power over the entire kingdom. With the help of Reformist agents, Anya escapes across Eodel to sow dissension and chaos in a kingdom ripe for civil war. But in her quest to topple her husband's iron grip, she uncovers secrets of his past and comes face to face with the demons of his heart, and realizes there is more to the Duke's rage than Loyalist fanaticism. With the entire Reformist army behind her, will she use her power to plunge the kingdom into civil war? Or will her compassion and devotion to true Reform set the kingdom on a different path, as the kingdom, her marriage, and her husband's soul hang in the balance?

Duchess of War

What does a henchman do to change jobs? How does a universal translator deal with hand-to-hand-combat? Where do the super powered get their uniforms cleaned? There's a short story for each of these and

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more. This collection of stories is full of quick to read stories and cover the other aspects of super-powered life. Who cleans up after super fights? What if a teammate is fed up and wants to change sides? Tired of the clichéd heroes? Peel the pages of this book and get lost in different lives. Try the sample and see if Super Shorts fit you.

The Lost Art of Healing

Feuerstein thoughtfully explores yogic philosophy and practice to discover what it means to be a mature, moral person. Yoga is a spiritual tradition concerned with personal growth, which conducts the practitioner from a state of inauthentic existence to authentic being.

Art and Lyric Book

Wolf Haas' Detective Brenner series has become wildly popular around the world for a reason: They're timely, edgy stories told in a wry, quirky voice that's often hilarious, and with a protagonist it's hard not to love. In this episode, Brenner-forced out of the police force-tries to get away from detective work by taking a job as the personal chauffeur for two-year-old Helena, the daughter of a Munich construction giant and a Viennese abortion doctor. One day, while Brenner's attention is turned to picking out a chocolate bar for Helena at a gas station, Helena gets snatched from the car. Abruptly out of a job, Brenner decides to investigate her disappearance on his own. With both parents in the public eye, there's no

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scarcity of leads-the father's latest development project has spurred public protest, and the mother's clinic has been targeted by the zealous leader of an anti-abortion group. Brenner and God is told with a dark humor that leaves no character, including Brenner, unscathed. Haas tells the story of a fallible hero who can be indecisive and world-weary, baffled and disillusioned by what he finds, but who presses forward nonetheless out of a stubborn sense of decency-a two-year-old is kidnapped, so you find her, because that's just what you do.

The Lost Art of Intercession

Explores happiness across wide historical and cultural perspectives, including views from prehistoric happiness to the modern day obsession with happiness and also the future of happiness.

A Book of Revelations

By mining the rich tradition of virtue ethics, Christopher Vogt uses the virtues of patience, compassion, and hope as a framework for specifying the shape of a good death, and for naming the practices Christians should develop to live well and die well. Bringing together historical, biblical, and contemporary sources in Christian ethics, Vogt provides a long-overdue theological analysis of the ars moriendi or "art of dying" literature of four centuries ago. Through a careful analysis of Luke's passion narrative, Vogt uses Jesus as the primary model for being patient in the face of death and for

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dying well.

Sonora and the Scroll of Alexandria

An instant New York Times bestseller Two spiritual giants. Five days. One timeless question. Nobel Peace Prize Laureates His Holiness the Dalai Lama and Archbishop Desmond Tutu have survived more than fifty years of exile and the soul-crushing violence of oppression. Despite their hardships—or, as they would say, because of them—they are two of the most joyful people on the planet. In April 2015, Archbishop Tutu traveled to the Dalai Lama's home in Dharamsala, India, to celebrate His Holiness's eightieth birthday and to create what they hoped would be a gift for others. They looked back on their long lives to answer a single burning question: How do we find joy in the face of life's inevitable suffering? They traded intimate stories, teased each other continually, and shared their spiritual practices. By the end of a week filled with laughter and punctuated with tears, these two global heroes had stared into the abyss and despair of our time and revealed how to live a life brimming with joy. This book offers us a rare opportunity to experience their astonishing and unprecedented week together, from the first embrace to the final good-bye. We get to listen as they explore the Nature of True Joy and confront each of the Obstacles of Joy—from fear, stress, and anger to grief, illness, and death. They then offer us the Eight Pillars of Joy, which provide the foundation for lasting happiness. Throughout, they include stories, wisdom, and science. Finally, they share their daily

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Joy Practices that anchor their own emotional and spiritual lives. The Archbishop has never claimed sainthood, and the Dalai Lama considers himself a simple monk. In this unique collaboration, they offer us the reflection of real lives filled with pain and turmoil in the midst of which they have been able to discover a level of peace, of courage, and of joy to which we can all aspire in our own lives.

Stray Hearts

Drawing on more than 2,500 years of Buddhist tradition and teaching, the spiritual leader demonstrates how to confront the negative emotions, stresses, and obstacles of everyday life in order to find the source of inner peace.

The Lost Art of Scripture

Finally there is something that really explains what is happening to so many folk in the Body of Christ. What does it mean to carry the burden of the Lord? Where is it in Scripture and in history? Why do I feel as though God is groaning within me? No, you are not crazy; God is restoring genuine intercessory prayer in the hearts of those who are open to respond to His burden and His passion.

Patience, Compassion, Hope, and the Christian Art of Dying Well

Photographer Penelope Trigg finds a body on boyfriend Tyler's ranch. When he's arrested, she's

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determined to prove his innocence. Mostly, she learns how to lose friends and annoy people until she realizes someone is manipulating the evidence. But is Ty the framer or the framee?

Unapologetically, Me.

By mining the rich tradition of virtue ethics, Christopher Vogt uses the virtues of patience, compassion, and hope as a framework for specifying the shape of a good death, and for naming the practices Christians should develop to live well and die well. Bringing together historical, biblical, and contemporary sources in Christian ethics, Vogt provides a long-overdue theological analysis of the *ars moriendi* or "art of dying" literature of four centuries ago. Through a careful analysis of Luke's passion narrative, Vogt uses Jesus as the primary model for being patient in the face of death and for dying well.

Dying for Compassion

Now in paperback, this practical guide to cultivating compassion delivers Buddhist and psychological insight right where we need it most—navigating the difficulties of our daily lives. Compassion is often seen as a distant, altruistic ideal cultivated by saints, or as an unrealistic response of the naively kind-hearted. Seeing compassion in this way, we lose out on experiencing the transformative potential of one of our most neglected inner resources. Dr Lorne Ladner rescues compassion from this marginalised view,

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showing how its practical application in our life can be a powerful force in achieving happiness. Combining the wisdom of Tibetan Buddhism and Western psychology, Ladner presents clear, effective practices for cultivating compassion in daily living.

The Lost Art of the Great Speech

"Splashy slides, confident body language, and a lot of eye contact are fine and well. But if a speech is rambling, illogical, or just plain boring, the impact will be lost. Now everyone can learn to give powerful, on-target speeches that capture an audience's attention and drive home a message. The key is not just in the delivery techniques, but in tapping into the power of language. Prepared by an award-winning writer, this authoritative speech-writing guide covers every essential element of a great speech, including outlining and organizing, beginning with a bang, making use of action verbs and vivid nouns, and handling questions from the audience. Plus, the book includes excerpts from some of history's most memorable speeches--eloquent words to contemplate and emulate."

The Lost Art of Compassion

Do you frequently find yourself asking, "Why?" This book will, prayerfully, prompt you to see God acting in every circumstance in your life, from the mundane to the monumental; to appreciate that the Creator does, indeed, cause "all things [to] work for good to them that love God, to them who are called according to

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His purpose." (Romans 8:28) Through prose and poems based on personal experiences, the author shares pieces of her journey through faith-building events. If you have trouble focusing on God and His agenda, this book will sharpen your vision and lead you to reconsider God's purpose for the events in which you may find yourself involved on a daily basis.

The Lost Art of Living

The author draws on his forty years of experience as a physician to call for a new appreciation of the importance of the doctor-patient relationship and of the art rather than the technology of medicine

The Lost Art of Dying

A Columbia University physician inspires us to rethink death and offers insights on how we can learn to embrace the art of dying well in this wise, clear-eyed book that is as compelling and soulful as *Being Mortal*, *When Breath Becomes Air*, and *Smoke Gets in Your Eyes*. As a specialist in both medical ethics and the treatment of older patients, Dr. Lydia Dugdale knows a great deal about the end of life. Far too many of us die poorly, she argues. Our culture has overly medicalized death: dying is often institutional and sterile, prolonged by unnecessary resuscitations and other intrusive interventions. We are not going gently into that good night—our reliance on modern medicine can actually prolong suffering and strip us of our dignity. Yet our lives do not have to end this way. Centuries ago, in the wake of the Black Plague, a text

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was published offering advice to help the living prepare for a good death. Written during the late Middle Ages, *Ars moriendi*—The Art of Dying—made clear that to die well, one first had to live well. When Dugdale discovered this Medieval book, it was a revelation. Inspired by its holistic approach to the final stage we must all one day face, she draws from this forgotten work, combining its wisdom with the knowledge she has gleaned from her long medical career. The *Lost Art of Dying* is filled with much-needed insight and thoughtful guidance that will change our perceptions. Dr. Dugdale offers a hopeful perspective on death and dying as she shows us how to adapt the wisdom from the past to our lives today. Part of living well means preparing for the end, Dr. Dugdale reminds us. By recovering our sense of finitude, confronting our fears, accepting how our bodies age, developing meaningful rituals, and involving our communities in end-of-life care, we can discover what it means to both live and die well. The *Lost Art of Dying Well* is a vital, affecting book that reconsiders death, death culture, and how we can transform how we live each day, including our last. Includes 9 black-and-white drawings from artist Michael W. Dugger.

The Book of Joy

This book is a compilation of my thoughts--transformed into poems, quotes, and self notes. At the unseasoned age of 20, I can testify to life taking me through some expected changes and detours. There were many days that I couldn't speak, think, or

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even write clearly. Through silence, prayer, and this little writing outlet, I've learned so much. I've found inspiration in the most unexpected places. I've learned that it's okay to cry. It's okay to not know all the answers. It's okay to be you-- Unapologetically you. Sometimes, it's even okay to feel lost.. So long as you remember who you are. We're all destined for greatness and success. I pray this book opens minds, encourages smiles, and inspires creativity. Above all, I'm forever grateful to my Heavenly Father for his magnificent plan over my life.

Tricycle

Today the Quran is used by some to justify war and acts of terrorism, the Torah to deny Palestinians the right to live in the Land of Israel, and the Bible to condemn homosexuality and contraception. The significance of scripture may not be immediately obvious in our secular world, but its misunderstanding is perhaps the root cause of many of today's controversies. In this timely and important book, one of the most trusted and admired writers on the world of faith examines the meaning of scripture. The sacred texts have been coopted by fundamentalists, who insist that they must be taken literally, and by others who interpret scripture to bolster their own prejudices. These texts are seen to prescribe ethical norms and codes of behavior that are divinely ordained: they are believed to contain eternal truths. But as Karen Armstrong shows in this chronicle of the development and significance of major religions, such a narrow, peculiar reading of scripture is a relatively

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recent, modern phenomenon. For most of their history, the world's religious traditions have regarded these texts as tools that enable the individual to connect with the divine, to experience a different level of consciousness, and to help them engage with the world in more meaningful and compassionate ways. At a time of intolerance and mutual incomprehension, *The Lost Art of Scripture* shines fresh light on the world's major religions to help us build bridges between faiths and rediscover a creative and spiritual engagement with holy texts.

Looking Forward

"The Adventures of Tom Sawyer" - Tom Sawyer lives with his Aunt Polly and his half-brother Sid. He skips school to swim and is made to whitewash the fence the next day as punishment. Tom falls in love with Becky Thatcher, a new girl in town, but shortly after Becky shuns him, he accompanies Huckleberry Finn to the graveyard at night, where they witness a trio of body snatchers getting into a fight. Tom and Huck run away to an island. While enjoying their new-found freedom, they become aware that the community is sounding the river for their bodies... "Adventures of Huckleberry Finn" - Huck Finn and his friend Tom Sawyer have each come into a considerable sum of money as a result of their earlier adventures. Huck is placed under the guardianship of the Widow Douglas, who is attempting to "sivilize" him. Finding civilized life confining, his spirits are raised somewhat when Tom helps him to escape one night, but his alcoholic father turns up and kidnaps him... "Tom Sawyer

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Abroad" – Tom, Huck, and their friend Jim set sail to Africa in a futuristic hot air balloon, where they survive encounters with lions, robbers, and fleas to see some of the world's greatest wonders, including the Pyramids and the Sphinx. "Tom Sawyer, Detective" – Tom attempts to solve a mysterious murder in this burlesque of the immensely popular detective novels of the time. Samuel Langhorne Clemens (1835-1910), better known by his pen name Mark Twain, was an American writer, humorist, entrepreneur, publisher, and lecturer.

The Lost Art of Caring

From NY Times Bestselling Author, Marie Astor - In a blink of an eye Allyson Roberts loses her fiancé, her employment, and her fortune. Just when she seems to have hit the bottom, Ally is recruited by an undercover agency that is interested in her skills. She takes the job with only one goal in mind: to clear her father's name. Payback is the only thought on her mind as she convinces herself that her heart has no room for love—or does it? A former top agent in his field, Jake Morrissey has inner demons he can't put to rest. Now he bides his time as a training instructor. He's sworn off women, but try as he might he can't keep his eyes off Allyson Roberts. When he's asked to partner up with Ally on a new assignment, Jake is tempted to end his retirement. Will he keep running from his fears or will he find the strength to become the man he once was?

The Power of Compassion

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In this second book of The Jumper Chronicles, twelve-year-old Charlie and his mates discover an ancient compass that stubbornly refuses to point north. Instead, it steers them down a treacherous tunnel, each step taking them deeper into a world of dog-eating trolls, cross-dressing gods, and motorcycle-riding dwarves. As a cloak of darkness threatens to envelop the fellowship, Charlie loses his best friend, discovers true love, and is embraced by unexpected allies who guide him to a long-forgotten treasure that will change the world forever.

The Principles of Our World - Compassion

Life is all about risk. Sometimes you embrace it. Other times, fate forces your hand. A. C. Burch's powerful collection of eight short stories transports the reader from Private Quarters, where a young musician must negotiate the competing demands of two strong-willed women, to a luxurious yacht in the Caribbean, where an embittered detective finds himself rejecting his Last Chance at love. A Book of Revelations is all about the cliff—the tipping point—the instant we must roll the dice or succumb to the status quo. Burch's characters face life with courage and humor in a tenacious search for meaning and fulfillment. Set in Provincetown, Palm Beach, Boston, Maine, Carnegie Hall, and the Caribbean, these memorable stories span not just distance but the range of life's experiences.

Path of the Templar

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Searching in the secret city of Shangri-La, deep in the mountains of the Himalayas, Allora finds information that will lead toward the true purpose of the Eye of the Titans. It will also awaken a dormant enemy who's been waiting for the right time to strike. At the end of the Rebel Wars, a sleeper agent, code-named Hades, wreaked havoc among the Guardians. The information he passed on to the King of Sonora led to the death of many high ranking agents, including Allora's uncle and Sas' father. Now, he's been activated again. The only way that Allora can expose the traitor is to find the one item that he covets most. Hades is after an ancient scroll from the lost city of Alexandria, which carries a key piece of information that could lead to the destruction of Earth. Allora will test her limits, face new enemies, and figure out that in the game of secrets, no one is safe.

Thirsty for Payback

We entered the 21st Century full of anxiety, with the promised threat of a millennium bug that could potentially cripple our lives. Since then we have witnessed an increasing level of angst and despair across the world as warnings of climate change, and economic hardships have been forecast. Wars have raged, a new evil has entered our consciousness, and the word terrorism has come to the forefront of our lexicon. Millions of innocent people have lost their lives. Today we are witnessing the ever-increasing state of displaced persons being shuffled from makeshift home to make shift home, being locked up in camps and cut off from the rest of society.

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Everywhere around us we hear about increases in depression and mental health disorders among the general population. Young people are checking out of the mainstream, there are phenomenal increases in the rate of suicide and older people are living out wretched lives, isolated and alone. Multinational corporations have been accused of extorting vulnerable peoples for economic gain and consumption seems to be our new idol. What is becoming of our society? How do we make sense of our world? The essays in this book provide a compelling insight and reflection into the work of health professionals as they struggle to make sense of their work and the world around them in this new century. From exploring the concept of Living Compassion, working with the good, bad and ugly aspects of our lives, and reflecting on practice, the authors discuss their ideas on compassion. They offer you, the reader, an opportunity to reflect on your own daily practice and to go forward with a sense of shared humanity.

The Art of Happiness

This is a book or art, and songs, that I wrote. I just placed my songs, on computer, that were hand written. I just wanted a different style of book.

Patience, Compassion, Hope, and the Christian Art of Dying Well

Landmark of anthropological and mythological scholarship explores Grail legend, uniting its folkloric and Christian elements by using printed texts to

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prove the parallels existing between every feature of the legend of the Holy Grail and the recorded symbolism of ancient Mystery cults. A major source for Eliot's *The Waste Land*.

Finding the Lost Art of Empathy

Arguing that spirituality is not about religion but about living happily, this guidebook offers advice on the skills of the inner life—the mind and emotions—that are needed for a life of gladness. This examination discusses the requirements for happiness, explores their nature, and shows that mastering a set of five of them leads to bliss. The exercises in this resource are offered to spiritual seekers as a path towards happiness and emphasize that personal elation is not caused by external events, but by mastering the skills of the inner life.

The Adventures of Tom Sawyer & Huckleberry Finn - Complete Edition

Millions of baby boomers on the brink of their 60s may be at a loss about what to do in their post-career years. The author, a boomer herself, tells readers how to successfully pursue everything from second careers to additional academic degrees.

In Search of Happiness

One of the most original thinkers on the role of religion in the modern world—author of such acclaimed books as *A History of God*, *Islam*, and

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Buddha—now gives us an impassioned and practical book that can help us make the world a more compassionate place. Karen Armstrong believes that while compassion is intrinsic in all human beings, each of us needs to work diligently to cultivate and expand our capacity for compassion. Here, in this straightforward, thoughtful, and thought-provoking book, she sets out a program that can lead us toward a more compassionate life. The twelve steps Armstrong suggests begin with “Learn About Compassion” and close with “Love Your Enemies.” In between, she takes up “compassion for yourself,” mindfulness, suffering, sympathetic joy, the limits of our knowledge of others, and “concern for everybody.” She suggests concrete ways of enhancing our compassion and putting it into action in our everyday lives, and provides, as well, a reading list to encourage us to “hear one another’s narratives.” Throughout, Armstrong makes clear that a compassionate life is not a matter of only heart or mind but a deliberate and often life-altering commingling of the two.

Promptings

Facing a life-changing decision, Liz Beckton takes to the road in search of solitude and inspiration. She finds much, much more.

The Lost Art of Being Happy

"Out of the frying pan, into the fire." Chris Seitz just can't catch a break. Driving west to escape the

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flooding that rocked his Georgia hometown, he finds himself stranded during a record monsoon in a rural Arizona town. With just a bag of clothes and the kitten he rescued from the flood, Chris has never felt more alone. Now the kitten has gotten lost, and Chris is nearing the end of his rope. "What good was an artist if he couldn't make his art?" Wandering around during a thunderstorm in the hopes of curing his crippling creative block, master potter Lucas Duncan is surprised to find something else—a terrified and lost cat. He's even more surprised to discover who the owner is: the handsome newcomer to town. "I didn't want to believe that I could feel that way about another man" Deep in the closet and ten years Chris's senior, Lucas wouldn't normally have a reason to associate with the young wanderer if not for Henry the cat, and the unyielding magnetism of fate. Can the undeniable connection between the two lost souls bring their stray hearts home?

The Practice of Happiness

Our consumer society needs a reality check. The landfills are overflowing, the oceans are full of plastic, North American money is now used by China to buy more weapons, and still we think a product that lasts only 4 years is a good one. This book contains over 170 tips, tricks and hacks to help you repair, reuse, lead a simpler life and save money. We have entered a Grand Solar Minimum and it will get colder. This is your Darwin Moment. Survival will no longer be simple, but if you are prepared it will be easier. Inside is a guide inspired by the wisdom of the do-it-

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yourselfers of 100 years ago. Find out how to use tools, make things last longer, repair them when they break and live a simpler life. Make something at adult education night. Find out which tools are actually useful. How to remove a car engine in your back yard. Get through snow drifts using snow The uses of a come-along winch. Strengthen weak and wobbly furniture. Bend metal with a metal bender. Repair broken windows and dripping taps. Reset the oven temperature on your electric stove. What to do about a "bang" in the fridge. Fix your electric stove elements. Repair a screen and frustrate the mosquitos. The basics of lumber and what is not lumber. Using a table saw, countersink and hand plane. How to get rid of pests: rats, bugs, ants and wasps. Finding the hydraulic oil filter on your tractor. How growing trees in your yard affect your wood stove. Why you should get your wood stove very hot in the morning. The challenges of life in the country and how to meet them. Staying warm with wood heat. Knowing what questions to ask. Getting good stuff for FREE. The ideas and information presented in this book will inspire you and give you great confidence that taking charge of your possessions and your life is not only easy, it is fun, and more rewarding than just buying something new. IT IS EASY AND YOU CAN DO IT!!

From Ritual to Romance

Boundaries is a disturbing story about the blurred lines between love and betrayal, freedom and control, fantasy and treachery, good and evil, past and future.

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Diane Alders is a successful, workoholic sales executive in the medical field who has a void in her heart as a result of the tragic death of her husband seven years ago. Mickey Rollins is a genius and entrepreneur about to introduce a revolutionary new therapy that will 'repair' injured or impaired brains. Their sputtering romance hits full speed when Mickey invites Diane to accompany him on a lavish and bizarre vacation to the exotic South Seas intended to stretch their senses, fulfill wild dreams, and bring them closer together. Disaster strikes, and it is Diane who becomes Mickey's first human test subject. There's a catch...the healing process requires a surrogate, and Mickey chooses their mutual friend, lover and temptress—the beautiful Suki. The resurrection of Diane that transpires is not only a transfer of physical and cerebral attributes, but a blending of relationships, feelings, and emotions, drawing many into the fray, ending as shockingly as it begins.

Armada

Pastor Tracy Wilde reflects on the absence of empathy in today's world and shares how Christians can renew their compassion to help unify not only the church, but society as well, in this timely and refreshing guide. Achieving meaningful relationships and cultivating lasting connections with others are often some of the most valuable experiences of our lives. So why can it sometimes feel so difficult to relate to the people around us if we all share the same human desire to bond? In Finding the Lost Art of

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Empathy, Tracy Wilde addresses the reasons why we struggle with showing empathy toward others and explains why we ultimately avoid it—and even avoid contact with others altogether. She explores the different facets that have promoted isolation instead of community and provides the antidote for a more unified, loving, and empathetic society. Inspirational and encouraging, Wilde inspires us to self-reflect and remove whatever obstacles from our lives that may be blocking our way to true fulfillment in our relationships—and living life the way God intends us to.

Flash Memory

The Art Of Fixing Things 2

Twelve Steps to a Compassionate Life

Cutting through all the white noise, chatter, and superficiality our cell phones and social media cause, one of Tibet's highest and most respected spiritual leaders offers simple and practical advice to help us increase our attentions spans, become better listeners, and strive to appreciate the people around us. In a world of iPhones and connectivity to social media and email, we are all in constant connection with one another. Then why are so many people feeling burned out, distant from colleagues, and abandoned by family and friends? In this new book from the bestselling author of *Running with the Mind*

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of Meditation, the Sakyong uses the basic principles of the Shambhala tradition--meditation and a sincere belief in the inherent wisdom, compassion, and courage of all beings--to help readers to listen and speak more mindfully with loved ones, co-workers, strangers, and even ourselves. In this easy to understand and helpful book, Sakyong Mipham provides inspiring ideas and practical tips on how to be more present in your day-to-day life, helping us to communicate in ways that elevates the dignity of everyone involved. Great for families, employees and employers and everyone who spend too much time on Facebook, Instagram, and feel "disconnected" in our "connected" world, Good Conversation is a journey back to basics.

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