

Be Love Now The Path Of The Heart

Miracle of LoveHow Can I Help?Polishing the MirrorJourney of AwakeningGet Out of Your Own WayThe Avatar PathBe Love NowThe Untethered Soul (EasyRead Super Large 24pt Edition)American DirtThe Liberating Path of the Hebrew ProphetsGrist for the MillIt Won't Be EasyStay the PathLove and RageA Star Is BoredPaths to GodBe Love NowLove Your BodyStill HereMark Z. Danielewski's House of LeavesCookbook for AwakeningFind Your PathThe Path Made ClearBeing Ram DassTo Be Or Not to BeBe Here NowThe Book of Madness and CuresCompassion in ActionThe ProphetChanging LensesJOURNEY HEART PBTen Years a NomadBe Love NowThe Listening PathThe Essential PathWalking Each Other HomeRedefining RealnessI Tried to Change So You Don't Have ToThe Last WishOne-Liners

Miracle of Love

How Can I Help?

God calls all women to some level of leadership. Yet seeing yourself as a leader, discerning what one is meant to do, and navigating one's role as a woman and leader can be a challenging task. Drawing on the

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wisdom of 40 years of ministry, Bobbie Houston helps all women to discover their specific purpose and divine calling in STAY THE PATH. She shares the truths and experiences that have kept her and her husband, Brian Houston, on course, on point, and focused on the path before them. Readers will be able to recognize and believe in their unique gifts. Packed with personal stories, helpful advice, and leadership strategies for women, this book will challenge readers to claim their God-given potential and lead with confidence, poise, and grace.

Polishing the Mirror

For centuries, readers have turned to the Bhagavad Gita for inspiration and guidance as they chart their own spiritual paths. As profound and powerful as this classic text has been for generations of seekers, integrating its lessons into the ordinary patterns of our lives can ultimately seem beyond our reach. Now, in a fascinating series of reflections, anecdotes, stories, and exercises, Ram Dass gives us a unique and accessible road map for experiencing divinity in everyday life. In the engaging, conversational style that has made his teachings so popular for decades, Ram Dass traces our journey of consciousness as it is reflected in one of Hinduism's most sacred

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texts. The Gita teaches a system of yogas, or “paths for coming to union with God.” In *Paths to God*, Ram Dass brings the heart of that system to light for a Western audience and translates the Gita’s principles into the manual for living the yoga of contemporary life. While being a guide to the wisdom of the Bhagavad Gita, *Paths to God* is also a template for expanding our definition of ourselves and allowing us to appreciate a new level of meaning in our lives. From the Hardcover edition.

Journey of Awakening

Dave Hollis used to think that “personal growth” was just for broken people. Then he woke up. When Dave Hollis’s wife, Rachel, began writing her #1 New York Times bestselling book, *Girl, Wash Your Face*, he bristled at her transparency and her willingness to talk about such intimate details of their life. But when a looming career funk, a growing drinking problem, and a challenging trek through therapy battered the Disney executive and father of four, Dave began to realize he was letting untruths about himself dictate his life. As he sank to the bottom of his valley, he had to make a choice. Would he push himself out of his comfort zone to become the best man he was capable of being, or would he play it safe and settle for mediocrity? In *Get Out of Your*

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Own Way, Dave tackles topics he once found it difficult to be honest about, things like his struggles with alcohol, problems in his marriage, and his insecurities about being a dad. Dave helps us see our own journeys more clearly as he unpacks the lies he once believed—such as “I Have to Have It All Together,” “Failure Means You’re Weak,” and “If They Doesn’t Need Me, Will They Still Want Me?”—and reveals the tools that helped him change his life. Offering encouragement, challenge, and a hundred moments to laugh at himself, Dave points the way for those of us who are, like he was, skeptical of self-help but wanting something more than status quo, and helps us drop bogus ideas about who we are supposed to be and finally start living as who we really are.

Get Out of Your Own Way

“Deep inside you know Who You Truly Are. We all do. It's not a question of discovering it, it's a question of claiming it. Being it. And that's actually easier done than said. We're all just one decision away from The Essential Path. It's a path that could change a world that deeply yearns for a new direction.” — Neale Donald Walsch, author, *The Essential Path* Our modern era is plagued by increasing alienation—we are seeing an “us against them” world. Everywhere we turn, we find ourselves divided from each other as

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never before across political, economic, social, and spiritual lines. As humanity is being torn apart right before our eyes—separating many of us from our friends and even our loved ones, from our hopes and dreams, from the natural world, and from so much that gives meaning and value to our lives—people are blaming everyone and everything around them for the collective problems that we have created ourselves. We are turning against each other, rather than to each other, just when we need each other the most. Bestselling author of Conversations with God Neale Donald Walsch offers a radical solution to the growing problem of humanity's alienation. He invites us to question our basic assumptions about ourselves, about each other, about life and how it works, and about God, and to rethink the very definition of humanity. The Essential Path challenges every human to make a Daring Decision—to look at who we are and how we can choose to be, in a planet-altering new way. With insight and spiritual perceptivity, Walsch peers into the heart of a broken, divided society, prompting us to ask the critical questions that have the power to transform our world.

The Avatar Path

From Ram Dass, one of America's most beloved spiritual figures and bestselling author of Be Here Now and Be Love Now, comes this

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timeless classic about the experience of being and the risks and rewards of our spiritual path. Originally published in 1976, *Grist for the Mill* offers a deep spiritual journey of self-discovery, and a universal understanding of what it means to "be" and to grow as human beings. The book is fully revised with a new introduction. As Ram Dass puts it, "When the faith is strong enough it is sufficient just to be. It's a journey towards simplicity, towards quietness, towards a kind of joy that is not in time. It's a journey that has taken us from primary identification with our body and our psyche, on to an identification with God, and ultimately beyond identification."

Be Love Now

Part memoir and part philosophical look at why we travel, filled with stories of Matt Kepnes' adventures abroad, an exploration of wanderlust and what it truly means to be a nomad. "Matt is possibly the most well-traveled person I know. His knowledge and passion for understanding the world is unrivaled, and never fails to amaze me."
—Mark Manson, New York Times bestselling author of *The Subtle Art of Not Giving a F*ck*
Ten Years a Nomad is New York Times bestselling author Matt Kepnes' poignant exploration of wanderlust and what it truly means to be a nomad. Part travel memoir and

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part philosophical look at why we travel, it is filled with aspirational stories of Kepnes' many adventures. New York Times bestselling author of *How to Travel the World on \$50 a Day*, Matthew Kepnes knows what it feels like to get the travel bug. After meeting some travelers on a trip to Thailand in 2005, he realized that living life meant more than simply meeting society's traditional milestones, such as buying a car, paying a mortgage, and moving up the career ladder. Inspired by them, he set off for a year-long trip around the world before he started his career. He finally came home after ten years. Over 500,000 miles, 1,000 hostels, and 90 different countries later, Matt has compiled his favorite stories, experiences, and insights into this travel manifesto. Filled with the color and perspective that only hindsight and self-reflection can offer, these stories get to the real questions at the heart of wanderlust. Travel questions that transcend the basic "how-to," and plumb the depths of what drives us to travel – and what extended travel around the world can teach us about life, ourselves, and our place in the world. *Ten Years a Nomad* is for travel junkies, the travel-curious, and anyone interested in what you can learn about the world when you don't have a cable bill for a decade or spend a month not wearing shoes living on the beach in Thailand.

The Untethered Soul (EasyRead Super Large 24pt Edition)

American Dirt

Advocates a new approach to intimate relationships that requires a willingness to let go of old patterns and draw on a new kind of honesty and awareness to embark on a path of personal and spiritual discovery

The Liberating Path of the Hebrew Prophets

Sometimes illumination occurs spontaneously or, as Ram Dass experienced, in a heart-wrenching moment of opening. More commonly, it happens when we polish the mirror of the heart with daily practice—and see beyond the illusion of our transient thoughts and emotions to the vast and luminous landscape of our true nature. For five decades, Ram Dass has explored the depths of consciousness and love and brought them to life as service to others. With *Polishing the Mirror*, he gathers together his essential teachings for living in the eternal present, here and now. Readers will find within these pages a rich combination of perennial wisdom, humor, teaching stories, and detailed guidance on Ram Dass' own spiritual practices, including: Bhakti Yoga—opening our hearts to

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unconditional love Practices for living, aging, dying, and embracing the natural flow of life Karma Yoga—how selfless service can profoundly transform us Working with fear and suffering as a path to grace and freedom Step-by-step guidance in devotional chant, meditation and mantra practice, and much more For those new to Ram Dass' teachings, and for those to whom they are old friends, here is this vanguard spiritual explorer's complete guide to discovering who we are and why we are here, and how to become beacons of unconditional love.

Grist for the Mill

Ram Dass has always been a master of the one-liner. Here is the nitty-gritty by the author of *Be Here Now*—more than 200 penetrating observations and pithy spiritual instructions on such topics as *How It All Is*, *Love and Devotion*, *Suffering*, *Aging*, *Planes of Consciousness*, *Death and Dying*, *Service and Compassion*, *Psychedelics*, *Social Awareness*, and *Liberation*. “This book is a kind of spiritual brandy, a distillation of the lectures I’ve given over the course of the past decade or so. These quotes are the little “aha!” moments, the cameos that have been served up out of our collective consciousness from time to time that seem to summarize something about our human journey. I think of this book as something you might

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have next to the coffeepot to pick up in the morning, or as something you might tuck into your backpack to pull out during your bus ride to work, in order to reframe the way you look at your day.” –Ram Dass From the Hardcover edition.

It Won't Be Easy

Find the practice that's right for you with this exploration of the many paths of meditation—from mantra, prayer, singing, visualizations, and “just sitting” to movement meditations such as tai chi “Everyone has experienced a moment of pure awareness. A moment without thinking ‘I am aware’ or ‘that is a tree.’ Such moments bring a sense of rightness, of clarity, of being at one. Such moments are the essence of meditation.”—Ram Dass Ram Dass is an American psychologist and spiritual teacher who has studied and practiced meditation for many years. Here he shares his understanding and suggests how you can find methods suitable for you. He illuminates the stages and benefits of meditative practice, and provides wise and often humorous advice on overcoming difficulties along the way.

Stay the Path

'Breathtaking I haven't been so entirely consumed by a book for years' Telegraph 'I

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couldn't put it down. I'll never stop thinking about it' Ann Patchett FEAR KEEPS THEM RUNNING. HOPE KEEPS THEM ALIVE. Vivid, visceral, utterly compelling, AMERICAN DIRT is the unforgettable story of a mother and son's attempt to cross the US-Mexico border. A sensation from the moment it published, it continues to create debate and ignite conversation globally. Yesterday, Lydia had a bookshop. Yesterday, Lydia was married to a journalist. Yesterday, she was with everyone she loved most in the world. Today, her eight-year-old son Luca is all she has left. For him, she will carry a machete strapped to her leg. For him, she will leap onto the roof of a high speed train. For him, she will find the strength to keep running.

Love and Rage

A family relocates to a small house on Ash Tree Lane and discovers that the inside of their new home seems to be without boundaries

A Star Is Bored

As one of the most respected spiritual explorers of recent times, Ram Dass sparked a revolution with the publication of his 2-million-copy classic, Be Here Now. Since then, he has been a beacon for spiritual seekers worldwide, challenging us to find new sources of meaning and purpose in our lives.

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Be Love Now is a remarkable blend of autobiography and timeless spiritual insights. From his beginnings as a Harvard psychologist and psychedelic adventurer to his profound encounters with his Indian guru, Neem Karoli Baba, and moving beyond the reawakening brought on by his near-fatal illness, Ram Dass strikes a practical, humorous, soul-stirring chord in today's egotistical and lonely world. While offering us his rich life experiences, he also holds out a timeless, wonderfully universal adventure that will open our hearts and minds.

Paths to God

"I want to be healthy and fit 52 weeks of the year, but that doesn't mean I have to be perfect every day. This philosophy is a year-round common-sense approach to health and fitness that involves doing your best most of the time—and by that I don't mean being naughty for three days and good for four. I mean doing your absolute best most of the time during every week, 52 weeks of the year."—Carrie Underwood Carrie Underwood believes that fitness is a lifelong journey. She wasn't born with the toned arms and strong legs that fans know her for. Like all of us, she has to work hard every day to look the way that she does! In FIND YOUR PATH she shares her secrets with readers, with the

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ultimate goal of being the strongest version of themselves, and looking as good as they feel. Carrie's book will share secrets for fitting diet and exercise into a packed routine—she's not only a multi-Platinum singer, she's a businesswoman and busy mom with two young children. Based on her own active lifestyle, diet, and workouts, FIND YOUR PATH is packed with meal plans, recipes, weekly workout programs, and guidelines for keeping a weekly food and workout journal. It also introduces readers to Carrie's signature Fit52 workout, which involves a deck of cards and exercises that can be done at home—and it sets her fans on a path to sustainable health and fitness for life. Fit52 begins with embracing the "Pleasure Principle" in eating, making healthy swaps in your favorite recipes, and embracing a long view approach to health—so that a cheat a day won't derail you. Throughout the book, Carrie shares her personal journey towards optimal health, from her passion for sports as a kid, to the pressure to look perfect and fit the mold as she launched her career after winning American Idol, to eventually discovering the importance of balance and the meaning of true health. For Carrie, being fit isn't about crash diets or a workout routine that you're going to dread. It's about healthy choices and simple meals that you can put together from the ingredients in your local grocery store, and making the time, every day, to move, to love your body, and to be the best

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version of yourself.

Be Love Now

In the face of systemic racism and state-sanctioned violence, how can we metabolize our anger into a force for liberation? White supremacy in the United States has long necessitated that Black rage be suppressed, repressed, or denied, often as a means of survival, a literal matter of life and death. In *Love and Rage*, Lama Rod Owens, coauthor of *Radical Dharma*, shows how this unmetabolized anger--and the grief, hurt, and transhistorical trauma beneath it--needs to be explored, respected, and fully embodied to heal from heartbreak and walk the path of liberation. This is not a book about bypassing anger to focus on happiness, or a road map for using spirituality to transform the nature of rage into something else. Instead, it is one that offers a potent vision of anger that acknowledges and honors its power as a vehicle for radical social change and enduring spiritual transformation. *Love and Rage* weaves the inimitable wisdom and lived experience of Lama Rod Owens with Buddhist philosophy, practical meditation exercises, mindfulness, tantra, pranayama, ancestor practices, energy work, and classical yoga. The result is a book that serves as both a balm and a blueprint for those seeking justice who can feel

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overwhelmed with anger--and yet who refuse to relent. It is a necessary text for these times.

Love Your Body

"This book examines the liberation journey that is the heart of the Hebrew Scriptures. The work begins with a careful reading of narrative, prophetic and legal texts from the Hebrew Scriptures. All of these texts reveal exodus, the journey from constriction, as a fundamental biblical concern. After showing how the message of the Hebrew Prophets represents a consistent theme throughout Scripture, the author traces the further refinement of these liberation themes in contemporary writers and prophets such as Abraham Joshua Heschel, Martin Buber, Paulo Freire, Gustavo Guttiérrez, Erich Fromm, Martin Luther King, Beverly Harrison, Maya Angelou, Robin Wall Kimmerer and bell hooks. The book shows how the insights of these prophets, ancient and modern, offer guidance for confronting current challenges for readers of all faiths and backgrounds"--Provided by publisher.

Still Here

Mark Z. Danielewski's House of Leaves

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Ram Dass's long-awaited *Be Love Now* is the transformational teaching of a forty year journey to the heart. The author of the two-million-copy classic *Remember, Be Here Now* and its influential sequel *Still Here*, Dass is joined once more by Rameshwar Das—a collaborator from the *Love Serve Remember* audio recordings—to offer this intimate and inspiring exploration of the human soul. Like Deepak Chopra's *Book of Secrets*, the Dalai Lama's *Art of Happiness*, and Jon Kabat-Zinn's *Coming to Our Senses*, Ram Dass's *Be Love Now* will serve as a lodestar for anyone seeking to enhance their spiritual awareness and improve their capacity to serve—and love—the world around them.

Cookbook for Awakening

As one of the most respected spiritual explorers of recent times, Ram Dass sparked a revolution with the publication of his 2-million-copy classic, *Be Here Now*. Since then, he has been a beacon for spiritual seekers worldwide, challenging us to find new sources of meaning and purpose in our lives. *Be Love Now* is a remarkable blend of autobiography and timeless spiritual insights. From his beginnings as a Harvard psychologist and psychedelic adventurer to his profound encounters with his Indian guru, Neem Karoli Baba, and moving beyond the reawakening brought on by his near-fatal

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illness, Ram Dass strikes a practical, humorous, soul-stirring chord in today's egotistical and lonely world. While offering us his rich life experiences, he also holds out a timeless, wonderfully universal adventure that will open our hearts and minds.

Find Your Path

Everyone has a purpose. And, according to Oprah Winfrey, "Your real job in life is to figure out as soon as possible what that is, who you are meant to be, and begin to honor your calling in the best way possible." That journey starts right here. In her latest book, *The Path Made Clear*, Oprah shares what she sees as a guide for activating your deepest vision of yourself, offering the framework for creating not just a life of success, but one of significance. The book's ten chapters are organized to help you recognize the important milestones along the road to self-discovery, laying out what you really need in order to achieve personal contentment, and what life's detours are there to teach us. Oprah opens each chapter by sharing her own key lessons and the personal stories that helped set the course for her best life. She then brings together wisdom and insights from luminaries in a wide array of fields, inspiring readers to consider what they're meant to do in the

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world and how to pursue it with passion and focus. Renowned figures such as Eckhart Tolle, Brene Brown, Lin-Manuel Miranda, Elizabeth Gilbert, Jay-Z, and Ellen DeGeneres share the greatest lessons from their own journeys toward a life filled with purpose. Paired with over 100 awe-inspiring photographs to help illuminate the wisdom of these messages, *The Path Made Clear* provides readers with a beautiful resource for achieving a life lived in service of your calling - whatever it may be.

The Path Made Clear

"A Star is Bored is an absolute knockout. Riotously funny and wickedly tender." - Taylor Jenkins Reid, *New York Times* bestselling author of *Daisy Jones and the Six*
People Magazine Best Book of Summer 2020 - Named a Must-Read Summer book by *Town & Country* - Named One of the 14 Best Books of Summer 2020 by *Harper's Bazaar* - One of *Library Journal's* 2020 "Titles to Watch" - One of the 30 Best Beach Reads According to *Parade Magazine*
The Devil Wears Prada meets *Postcards From the Edge* in a hilariously heartfelt novel influenced in part by the author's time assisting Carrie Fisher.
Charlie Besson is tense and sweating as he prepares for an insane job interview. His car is idling, like his life, outside the Hollywood mansion of Kathi Kannon, star of

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stage and screen and People magazine's worst dressed list. She needs an assistant. He needs a hero. Kathi is an icon, bestselling author, and an award winning actress, most known for her role as Priestess Talara in a blockbuster sci-fi film. She's also known in another role: crazy. Admittedly so. Famously so. Fabulously so, as Charlie quickly discovers. Their three year odyssey is filled with late night shopping sprees, last minute trips to see the aurora borealis, and an initiation to that most sacred of Hollywood tribes: the personal assistant. But Kathi becomes much more than a boss, and as their friendship grows, Charlie must make a choice. Will he always be on the sidelines of life, assisting the great forces that be, or can he step into his own leading role? Laugh-out-loud funny, and searingly poignant, Byron Lane's *A Star is Bored* is a novel that, like the star at its center, is enchanting and joyous, heartbreaking and hopeful.

Being Ram Dass

Tom Rademacher wishes someone had handed him this sort of book along with his teaching degree: a clear-eyed, frank, boots-on-the-ground account of what he was getting into. But first he had to write it. And as 2014's Minnesota Teacher of the Year, Rademacher knows what he's talking about. Less a how-to manual than a tribute to an impossible and

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impossibly rewarding profession, *It Won't Be Easy* captures the experience of teaching in all its messy glory. The book follows a year of teaching, with each chapter tackling a different aspect of the job. Pulling no punches (and resisting no punch lines), he writes about establishing yourself in a new building; teaching meaningful classes, keeping students a priority; investigating how race, gender, and identity affect your work; and why it's a good idea to keep an extra pair of pants at school. Along the way he answers the inevitable and the unanticipated questions, from what to do with Google to how to tell if you're really a terrible teacher, to why "Keep your head down" might well be the worst advice for a new teacher. Though directed at prospective and newer teachers, *It Won't Be Easy* is mercifully short on jargon and long on practical wisdom, accessible to anyone—teacher, student, parent, pundit—who is interested in a behind-the-curtain look at teaching and willing to understand that, while there are no simple answers, there is power in learning to ask the right questions.

To Be Or Not to Be

"Now, though I am a beginner on the path, I have returned to the West for a time to work out karma or unfulfilled commitment. Part of this commitment is to share what I have

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learned with those of you who are on a similar journey. One can share a message through telling 'our-story' as I have just done, or through the teaching methods of yoga, or singing, or making love. Each of us finds his unique vehicle for sharing with others his bit of wisdom. For me, this story is but a vehicle for sharing with you the true message. . . the living faith in what is possible."—from *Be Here Now* In 1970, Ram Dass' *Be Here Now* became the counter-culture bible for thousands of young people seeking enlightenment in the midst of the darkness of Vietnam. It was a pioneering bridge, written in colloquial language, from the psychedelic 60s to eastern spirituality, and over the years has sold and continues to sell more than two million copies. Now in an e-book edition, Ram Dass' message is brought to life for a new generation of seekers. This will be a beautiful digital edition of this classic and enlightening book.

Be Here Now

Featuring an eye-catching new cover, this classic guide is for those ready to commit time and energy to relieving suffering in the world. No two people are better qualified to help us along this path than Ram Dass, who has spent more than 25 years teaching and writing on the subject of living consciously, and Mirabi Bush, who succeeded him as

chairperson of the Seva Foundation.

The Book of Madness and Cures

The chapters of this book are nothing but mirrors for seeing your ''self'' from different angles. And though the journey we are about to embark on is an inner one, it will draw upon every aspect of your life. The only requirement asked of you is the willingness to honestly look at yourself in the most natural, intuitive manner. Remember, if we are seeking the root of ''self,'' what we are actually seeking is you. As you read through these pages, you will find that you know much more than you thought you did about some very deep subjects. The fact is, you already know how to find yourself; you have just gotten distracted and disoriented. Once refocused, you will realize that you not only have the ability to find yourself, you have the ability to free yourself. Whether you choose to do so or not is entirely up to you. But upon completion of your journey through these chapters, there will be no more confusion, no more lack of empowerment, and no more blaming others. You will know exactly what must be done. And should you choose to devote yourself to the ongoing journey of self-realization, you will develop a tremendous sense of respect for who you really are. It is only then that you will come to appreciate the full depth of meaning

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in the advice: 'This above all: to thine own self be true.' ---- Introduction

Compassion in Action

We all sit on the edge of a mystery. We have only known this life, so dying scares us—and we are all dying. But what if dying were perfectly safe? What would it look like if you could approach dying with curiosity and love, in service of other beings? What if dying were the ultimate spiritual practice? Ram Dass and Mirabai Bush began their friendship more than four decades ago at the foot of their guru, Neem Karoli Baba, also known as Maharaj-ji. He transmitted to them a simple philosophy: love everyone, tell the truth, and give up attachment to material things. After impacting millions of people through the years with these teachings, they have reunited once more with *Walking Each Other Home* to enlighten and engage readers on the spiritual opportunities within the dying process. They generously share intimate personal experiences and timeless practices, told with courage, humor, and heart, gently exploring every aspect of this journey. And, at 86 years old, Ram Dass reminds us, “This time we have a real deadline.” In *Walking Each Other Home*, readers will learn about: guidelines for being a “loving rock” for the dying, how to grieve fully and authentically, how to transform a fear of death, leaving a

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spiritual legacy, creating a sacred space for dying, and much more. "Everybody you have ever loved is a part of the fabric of your being now," says Ram Dass. The body may die, but the soul remains. Death is an invitation to a new kind of relationship, in the place where we are all One. Join these two lifelong friends and spiritual luminaries as they explore what it means to live and die consciously, remember who we really are, and illuminate the path we walk together.

The Prophet

The noted spiritualist offers humorous and insightful guidance for exploring the joy, pain, and opportunities of the later phases of life.

Changing Lenses

A prophet has is about to board a ship home after 12 years in exile, when he is stopped by a group of people. His teachings to them, discussing love, marriage, crime, freedom and law among many other aspects of everyday life, form the 26 poetic essays of Gibran's work. The work has been a bestseller since its first publication.

JOURNEY HEART PB

An inspiring, hilarious memoir about learning

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to resist the pressures of conformity, love yourself for who you are, embrace your flaws, and unlock your true potential. Now cohost of Fox's *The Real* and SiriusXM's *Café Mocha*, Loni Love hasn't taken the typical path to becoming America's favorite straight-talking girlfriend and comedian. She was not the child of Hollywood legends and she never wore a size 00. Rather, she grew up in housing projects in Detroit, more worried about affording her next meal than going on a diet. When she moved to Hollywood after graduating college with an engineering degree, seeking to break out in the entertainment world, there was nothing that would convince her to eat the kale salads and quinoa bowls that her colleagues introduced her to, which looked to Love like "weeds my grandma used to pay me a dollar to pull from her yard." Still, despite the differences that set her apart in the status-driven world of entertainment where being thin, young, blond, and bubbly is sometimes considered a talent, Love spent years trying to fit in -- trying to style her hair just so, dieting, dating the men she thought she was supposed to be with. In this book, she tells the uproariously funny story of how she overcame the trap of self-improvement and instead learned to embrace who she was. As Love writes, "There's a saying a lot of people live by: 'Fake it till you make it.' For me, it's always been 'fake it, and then have the whole thing blow up in your face.'" *I Tried to Change So You Don't*

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Have To explores all of the embarrassing mistakes, terrifying challenges, and unexpected breakthroughs that taught her how, by committing ourselves to our own path, we can take control of our destiny.

Ten Years a Nomad

Geralt the Witcher -- revered and hated -- holds the line against the monsters plaguing humanity in this collection of adventures in the New York Times bestselling series that inspired the Netflix show and the hit video games. Geralt is a Witcher, a man whose magic powers, enhanced by long training and a mysterious elixir, have made him a brilliant fighter and a merciless assassin. Yet he is no ordinary murderer: his targets are the multifarious monsters and vile fiends that ravage the land and attack the innocent. But not everything monstrous-looking is evil and not everything fair is good. . .and in every fairy tale there is a grain of truth. The Last Wish story collection is the perfect introduction to a one of a kind fantasy world. And look out for The Tower of Fools, book one of Andrzej Sapkowski's Hussite Trilogy, coming in October 2020!

Be Love Now

Love Your Body: Your Path to Transformation, Health, and Healing provides a holistic

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understanding of the life-sustaining systems that support wellbeing in your body, mind, and spirit. It begins by looking at those individual physical systems within the body that maintain and contribute to optimal health. Then it looks at the context in which healing takes place and the different tools and practices readers might consider using along their journey. Dr. Barry Taylor has practiced Naturopathic medicine in the New England area for nearly four decades. He has lectured internationally on topics of holistic health and wellness, and has taught courses throughout the United States. Since 1981 more than ten thousand people have participated in his Love Your Body workshop, which he designed as a comprehensive detoxification method that considers the multifaceted nature of our lives.

The Listening Path

Set against a backdrop of nine decades of sweeping cultural change, Being Ram Dass shares this modern day luminary's journey from psychologist to renegade Harvard psychedelics researcher to beloved spiritual icon. Perhaps no other teacher has sparked the fires of as many spiritual seekers in the West as Ram Dass. If you've ever embraced the phrase "be here now," practiced meditation or yoga, tried psychedelics, or supported anyone in a hospice, prison, or homeless center—then

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the story of Ram Dass is also part of your story. From his birth in 1931 to his luminous later years, Ram Dass saw his life as just one incarnation of many. This memoir puts us in the passenger seat with the one time Harvard psychologist and lifelong risk-taker Richard Alpert, who loved to take friends on wild rides on his Harley and test nearly every boundary—inner or outer—that came his way. Here, Ram Dass shares his life's odyssey in intimate detail: how he struggled with issues of self-identity and sexuality in his youth, pioneered psychedelic research, and opened the doorways to Eastern spiritual practices. In 1967 he trekked to India and met his guru, Neem Karoli Baba. He returned as a yogi and psychologist whose perspective changed millions. Populated by a cast of luminaries ranging from Timothy Leary to Elisabeth Kübler-Ross, Allen Ginsberg to Sharon Salzberg, Aldous Huxley to Alan Watts—this intimate memoir chronicles Ram Dass's experience of the cultural and spiritual transformations that resonate with us to this day, a journey from the mind to the heart, from the ego to the soul. Before, after, and along these waypoints, readers will encounter many other adventures and revelations—each ringing with the potential to awaken the universal, loving divine that links this beloved teacher to all of us.

The Essential Path

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Not a day goes by without our being called upon to help one another--at home, at work, on the street, on the phone. . . . We do what we can. Yet so much comes up to complicate this natural response: "Will I have what it takes?" "How much is enough?" "How can I deal with suffering?" "And what really helps, anyway?" In this practical helper's companion, the authors explore a path through these confusions, and provide support and inspiration for us in our efforts as members of the helping professions, as volunteers, as community activists, or simply as friends and family trying to meet each other's needs. Here too are deeply moving personal accounts: A housewife brings zoo animals to lift the spirits of nursing home residents; a nun tends the wounded on the first night of the Nicaraguan revolution; a police officer talks a desperate father out of leaping from a roof with his child; a nurse allows an infant to spend its last moments of life in her arms rather than on a hospital machine. From many such stories and the authors' reflections, we can find strength, clarity, and wisdom for those times when we are called on to care for one another. *How Can I Help?* reminds us just how much we have to give and how doing so can lead to some of the most joyous moments of our lives.

Walking Each Other Home

Redefining Realness

The greatest work in English literature, now in the greatest format of English literature: a chooseable-path adventure! William Shakespeare's Hamlet has finally been restored to its original second-person non-linear branching narrative format. Now it's up to you to decide what happens next. Play as Hamlet and revenge your father's death. Play as Ophelia and make scientific discoveries. Play as King Hamlet, Sr. and die on the first page!

I Tried to Change So You Don't Have To

Dr. Gabriella Mondini, a strong-willed, young Venetian woman, has followed her father in the path of medicine. She possesses a singleminded passion for the art of physick, even though, in 1590, the male-dominated establishment is reluctant to accept a woman doctor. So when her father disappears on a mysterious journey, Gabriella's own status in the Venetian medical society is threatened. Her father has left clues--beautiful, thoughtful, sometimes torrid, and often enigmatic letters from his travels as he researches his vast encyclopedia, The Book of Diseases. After ten years of missing his kindness, insight, and guidance, Gabriella decides to set off on a quest to find him--a daunting journey that will take her through

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great university cities, centers of medicine, and remote villages across Europe. Despite setbacks, wary strangers, and the menaces of the road, the young doctor bravely follows the clues to her lost father, all while taking notes on maladies and treating the ill to supplement her own work. Gorgeous and brilliantly written, and filled with details about science, medicine, food, and madness, THE BOOK OF MADNESS AND CURES is an unforgettable debut.

The Last Wish

A journalist and activist who was profiled in a 2011 Marie Claire feature outlines bold perspectives on the realities of being young, multi-racial, economically challenged and transgender in today's America, recounting her disadvantaged youth and decision to undergo gender reassignment surgery at the age of 18 before pursuing a career and falling in love.

One-Liners

A 6-week Artist's Way Program from legendary author Julia Cameron A Washington Post and Publisher's Weekly Bestseller "Cameron's fans will love this"—Publishers Weekly The newest book from beloved author Julia Cameron, The Listening Path is a transformational journey to deeper, more profound listening and

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creativity. Over six weeks, readers will be given the tools to become better listeners—to their environment, the people around them, and themselves. The reward for learning to truly listen is immense. As we learn to listen, our attention is heightened and we gain healing, insight, clarity. But above all, listening creates connections and ignites a creativity that will resonate through every aspect of our lives. Julia Cameron is the author of the explosively successful book *The Artist's Way*, which has transformed the creative lives of millions of readers since it was first published. Incorporating tools from *The Artist's Way*, *The Listening Path* offers a new method of creative and personal transformation. Each week, readers will be challenged to expand their ability to listen in a new way, beginning by listening to their environment and culminating in learning to listen to silence. These weekly practices open up a new world of connection and fulfillment. In a culture of bustle and constant sound, *The Listening Path* is a deeply necessary reminder of the power of truly hearing.

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