

## Tiny Buddhas Guide To Loving Yourself 40 Ways To Transform Your Inner Critic And Your Life

Love Real FoodKeep Pain in the PastIn the Garden of ThoughtsJust One ThingThe Four Noble Truths of LoveTiny Buddha's Gratitude JournalEmotional AdvantageYour Goal GuideA Rough Guide to a Smooth LifeThe Tibetan Book of Living and DyingTiny Buddha's Guide to Loving YourselfA Little History of the WorldBuddha Doodles: Imagine the PossibilitiesTINY BUDDHA'S GUIDE TO LOVING YOURSELF: 40 WAYS TO TRANSFORM YOUR INNER CRITIC AND YOUR LIFE.For the Love of PhysicsThe ONE ThingTiny Buddha's Worry JournalHow to LoveA Monk's Guide to a Clean House and MindIt's Not YouHow to Meditate Like a BuddhistBuddha Breaking UpFind Your HappyA Beginner's Guide to JapanLove SkillsThe Four AgreementsFinding Freedom in IllnessThe Self-Love ExperimentLove HurtsHumanKindWhen Things Fall ApartTiny Buddha's 365 Tiny Love ChallengesHow to Eat52 Ways to Love Your BodyThe Glory of Their TimesMaking SpaceTrue LoveSuffering Is OptionalTiny BuddhaTiny Buddha

### Love Real Food

To apply a Buddhist viewpoint to relationships is eye-opening. It points to a radically different worldview, one that runs counter to the spirit of much of the conventional advice we receive. Broken hearts, resentment, affairs, divorce. Why is it so hard to make relationships work? New York Times bestselling author and mindfulness expert Susan Piver applies classic Buddhist wisdom to modern romance, including her own long-term relationship, to show that ancient philosophies have timeless--and unexpected--wisdom on how to love. The Four Noble Truths of Love will challenge the expectations you have about dating, sex, and romance, liberating you from the habits, traumas, and expectations that have been holding back your relationships. This mindful approach toward love will help you open your heart fearlessly, deepen communications with your partner, increase your compassion and resilience, and lead you toward a path of true happiness. You have nothing to lose and everything to gain: expansive, real love for yourself and others.

### Keep Pain in the Past

"Let your illness be your spiritual teacher!" Make a statement like that to someone who's struggled for years with, say, rheumatoid arthritis, and be prepared for an eye roll (at best). To Peter Fernando's credit, he makes that statement, and no such impulse arises. We believe him because he's been there himself and because he backs up the statements with his own real experiences and with real wisdom from the Buddhist teachings. Fernando starts by defusing the pernicious belief that anyone is somehow responsible for their illness: you're not "wrong" for being sick. Then, having gotten past self-blame, one can begin to learn self-kindness. From there, one moves to mindfulness practices and cultivating body awareness—even if body awareness is distasteful when the body isn't behaving the way you like. Further topics include getting intimate with dark emotions (fear, despair, the scary future, frustration, grief, etc.), learning equanimity (rejoicing in the good fortune of

those who don't share your suffering), cultivating healthy relationships in the midst of everything, and practical advice for living with pain. Each chapter comes with one or more practices or guided meditations for putting the teachings into practice.

### In the Garden of Thoughts

"Through her candid sharing of personal experiences and depth of understanding, Shannon is able to bring forth universal wisdom and truths in a fresh, lively voice that speaks directly to me. Find Your Happy stands out for its simple, easy-to-implement principles and honest perspective. Shannon's book is a therapeutic adventure for your soul, and it will transform the way you see yourself and the world. Get ready to fall in love with your entire life!" Robyn Griggs Lawrence, author of *The Wabi-Sabi House*. Being stuck and feeling as if you are trapped is inevitable part of life. Whether you are stuck in a job going nowhere, a bad relationship, or self-defeating patterns, Find Your Happy can provide solutions to greater freedom. Through fresh perspective, inspiring stories, and useful exercises, this book guides readers to true happiness by removing physical, emotional and spiritual blocks. With the easy to apply "All Clear, Take Off" method and the uplifting Play With The World approach, readers are guided to live life passionately and purpose-filled. With the authors signature clarity, wisdom and positive messages, Shannon will show you how to choose happiness as a way of life. Transform your outlook to create an extraordinary life, full of adventure, happiness, and inner peace. Shannon Kaiser is a travel writer, author, speaker, workshop leader and founder of PlayWithTheWorld.com. She is a Travel Editor for Healing Lifestyles & Spas, and featured in the uplifting best-selling book series *Chicken Soup for The Soul*, *Tiny Buddha*, *MindBodyGreen*, *CrazySexyLife*, and *KATU Morning Show*.

### Just One Thing

"Why am I still single?" If you're single and searching, there's no end to other people's explanations, excuses, and criticism explaining why you haven't found a partner: "You're too picky. Just find a good-enough guy and you'll be fine." "You're too desperate. If men think you need them, they'll run scared." "You're too independent. Smart, ambitious women always have a harder time finding mates." "You have low self-esteem. You can't love someone else until you've learned to love yourself." "You're too needy. You can't be happy in a relationship until you've learned to be happy on your own." Based on one of the most popular Modern Love columns of the last decade, Sara Eckel's *It's Not You* challenges these myths, encouraging singletons to stop picking apart their personalities and to start tapping into their own wisdom about who and what is right for them. Supported by the latest psychological and sociological research, as well as interviews with people who have experienced longtime singledom, Eckel creates a strong and empowering argument to understand and accept that there's no one reason why you're single—you just are.

### The Four Noble Truths of Love

Buddhism has a lot to say about suffering—and there are likely few times we suffer more intensely than when we break up with a romantic

partner. It feels like you may never recover sometimes. But Lodro Rinzler has wonderfully good news for those suffering heartbreak: the 2,500-year-old teachings of the Buddha are the ultimate antidote for emotional pain. And you don't need to be a Buddhist for them to apply to you. In this short and compact first-aid kit for a broken heart, he walks you through the cause and cure of suffering, with much practical advice for self-care as you work to survive a breakup. The wisdom he presents applies to any kind of emotional suffering.

### Tiny Buddha's Gratitude Journal

"A magnificent achievement. In its power to touch the heart, to awaken consciousness, [The Tibetan Book of Living and Dying] is an inestimable gift." —San Francisco Chronicle A newly revised and updated edition of the internationally bestselling spiritual classic, The Tibetan Book of Living and Dying, written by Sogyal Rinpoche, is the ultimate introduction to Tibetan Buddhist wisdom. An enlightening, inspiring, and comforting manual for life and death that the New York Times calls, "The Tibetan equivalent of [Dante's] The Divine Comedy," this is the essential work that moved Huston Smith, author of The World's Religions, to proclaim, "I have encountered no book on the interplay of life and death that is more comprehensive, practical, and wise."

### Emotional Advantage

If you struggle with self-defeating thoughts and feelings of inadequacy, you are not alone. We've all felt inadequate, believing that we're broken or otherwise unworthy. But this doesn't have to be a life sentence. Presenting four guiding principles and five core practices based in deep spiritual wisdom, *Suffering Is Optional* reveals how to liberate yourself from the prison of false self-beliefs holding you back. Millions of people feel that they are not good enough. They may struggle every day, seeing themselves as deficient, pathetic, or damaged, and destined to fail. They convince themselves they aren't worthy of love or respect, and view themselves with self-hatred. When you believe and cling to painful, self-defeating thoughts like "I can't do it," "It won't work," or "I'm a loser," they become your personal reality—and the more you repeat them, the more you believe them, until they come to define you. Sadly, these limiting self-definitions lead to even more pain and suffering: hidden shame, problems in relationships, opportunities lost, and a life not fully lived. In *Suffering Is Optional*, clinical psychologist Gail Brenner offers practical ways to discover that you are not what your thoughts tell you you are. Rather than showing you how to become a better version of yourself, this book goes straight to the heart of the problem—that you've mistakenly identified yourself as broken and undeserving—to guide you out of these limiting thoughts and into an investigation of the nature of reality that ultimately liberates you from your suffering. With these exercises, experiments, reflections, practices, and inspiring stories, you'll have a spiritual solution to your personal problem of limitation and self-sabotage. Using the four guiding principles and five core practices presented in this book—including turning toward direct experience, grounding in aware presence, losing interest in thoughts, welcoming feelings, and the sacred return to presence—you'll be able to shed your false identity and wake up to the inherent peace and happiness that is available to you in any given moment.

## Your Goal Guide

Heal Psychological Wounds on Your Own Move on from the emotional trauma of your past: Contrary to what many people believe, we can recover from emotional trauma relatively quickly and completely on our own, without thousands of dollars spent on therapists. Whether it's extreme trauma such as sexual abuse or the horrors of war or less dramatic shame and guilt, we don't need to spend years in intensive therapy to recover. *Keep Pain in the Past* provides a process that enables you to do most, if not all, of the recovery on your own. Train yourself in psychological self-healing: While most people know what can be done to treat physical ills—like using ice on a muscle sprain—they don't realize they can apply certain psychological principles to treat anxiety, depression and other conditions. *Keep Pain in the Past* teaches you the critical 21st century skill of treating psychological wounds on your own. Treat yourself and heal old wounds: People may suspect that trauma from their past is affecting them negatively, but they take refuge in denial because honestly, surfacing that pain hurts. *Keep Pain in the Past* helps you identify and face pain, and find closure on your own. Learn from the success of others: Discover how Sheri, a 37-year-old attorney, recovered from panic attacks that seemed to come out of nowhere. Follow the journey of Mark, a 29-year-old Army veteran who experienced the horror of war in Afghanistan, as he healed from the downward spiral that had caused him to lose his job and become increasingly uncommunicative with his family. Explore how Melinda, a 42-year-old professor who struggled to sustain a romantic relationship, confronted her torturous childhood and has now found love that is still going strong after three years. *Keep Pain in the Past* achieves what conventional therapy does not. After reading this book, you will be able to: Confront your emotional baggage Reach closure Discover a life unhaunted by the trauma of your past

## A Rough Guide to a Smooth Life

A beautifully designed, inviting interactive journal to help you destress, reduce anxiety, and find peace from the founder of the popular online community Tiny Buddha, and author of *Tiny Buddha's 365 Tiny Love Challenges* and *Tiny Buddha's Gratitude Journal*. Filled with prompts, quotes, questions for reflection, and coloring and doodle pages, *Tiny Buddha's Worry Journal* can help you feel calmer and cultivate a more mindful, peaceful spirit every day. In addition to prompts, the journal features three recurring sections: "Let It Go"—identify what is currently creating anxiety in your life and suggestions for working through it; "Plan Ahead"—help to navigate particular situations and devise a plan to approach them in productive ways; "Color and Draw Yourself Calm"—fifteen coloring pages and fifteen doodle pages carefully designed to inspire you to use your own creativity to soothe worries and focus on the moment. Don't let anxiety control you. *Tiny Buddha's Worry Journal* lets you carve a little time for yourself every day, and gives you tools to help you improve your mood, focus on the present moment, and kindle your unique creativity.

## The Tibetan Book of Living and Dying

## Tiny Buddha's Guide to Loving Yourself

Does it feel like you're always striving but never arriving? What would it be like if life wasn't so hard, if you had more time and energy? It's the question we're all trying to find the answer to; where is happiness and how do we get it? This is a practical self-improvement guide on surviving modern life. Rediscover the art of happiness, find meaning and purpose, and create a life you love. It seems like we live on fast forward. As a result, we're living a fast life not a good life, in which we can do more things in less hours of the day but spend less time doing the things that really matter. Over the past few years I have transformed my own life. This involved overcoming challenges, discovering my true self and finding the courage to leave everything I know to walk my own path and make my dreams a reality. I learned a lot about myself and even more about life and happiness along the way. This book doesn't create happiness for you; it's already there inside. It will empower you to realise your potential, improve your life, and achieve your dreams. Jess uncovers the key to creating a happier life and leads by example. Her perspective shines a bright light at a much needed time. Let her guide you, this book will help. Shannon Kaiser, Best Selling Author of Adventures for Your Soul & Find Your Happy

## A Little History of the World

From the author of Tiny Buddha's 365 Tiny Love Challenges and founder of the popular online community Tiny Buddha comes a flexibound interactive journal to help readers creatively foster gratitude in their daily lives. Even in the hardest of times, we have things to be grateful for. Lori Deschene, founder of TinyBuddha.com, helps us recognize these small blessings with this journal dedicated to thankfulness. Each page of Tiny Buddha's Gratitude Journal includes a question or prompt to help readers reflect on everything that's worth appreciating in their lives. Sprinkled throughout this soulful journal are fifteen coloring pages depicting ordinary, often overlooked objects that enhance our lives, with space for written reflection on the page. With Tiny Buddha's Gratitude Journal, readers will be able to recognize small blessings, focus on the positive, and foster optimism to help them be their best, happiest selves every day.

## Buddha Doodles: Imagine the Possibilities

The path to a healthy body and happy belly is paved with real food--fresh, wholesome, sustainable food--and it doesn't need to be so difficult. No one knows this more than Kathryne Taylor of America's most popular vegetarian food blog, Cookie and Kate. With Love Real Food, she offers over 100 approachable and outrageously delicious meatless recipes complete with substitutions to make meals special diet-friendly (gluten-free, dairy-free, and egg-free) whenever possible. Her book is designed to show everyone--vegetarians, vegans, and meat-eaters alike--how to eat well and feel well. With brand-new, creative recipes, Taylor inspires you to step into the kitchen and cook wholesome plant-based meals, again and again. She'll change your mind about kale and quinoa, and show you how to make the best granola you've ever tasted. You'll find make-your-own instant oatmeal mix and fluffy, naturally sweetened, whole-grain blueberry muffins, hearty green salads and warming soups, pineapple pico de gallo, healthier homemade pizzas, and even a few favorites from the blog. Of course, Love Real Food

wouldn't be complete without plenty of stories starring Taylor's veggie-obsessed, rescue dog sous-chef, Cookie! Taylor celebrates whole foods by encouraging you not just to "eat this," but to eat like this. Take it from her readers: you'll love how you feel.

### TINY BUDDHA'S GUIDE TO LOVING YOURSELF: 40 WAYS TO TRANSFORM YOUR INNER CRITIC AND YOUR LIFE.

How to Eat is part of the Mindfulness Essentials Series by Zen Master Thich Nhat Hanh, illuminating the basics of mindfulness practice. These short meditations cover everything from eating with others and enjoying our food to connecting with the Earth. Nhat Hanh inspires a joyful and sustainable relationship with all aspects of eating, including gardening, food shopping, preparing, serving, and even cleaning up after a meal. How to Eat is a welcome reminder that the benefits of mindful eating are both personal and global. With sumi ink drawings by Jason DeAntonis.

### For the Love of Physics

From the founder of the popular online community Tiny Buddha.com comes a daily inspirational guide of simple and creative challenges to help you actively spread love to those around you. Tiny Buddha's 365 Days of Tiny Love Challenges is a simple guide to help readers pursue happy, connected lives and bring greater love into the world. Each week begins with an inspirational message written by members of the TinyBuddha.com online community, followed by seven days of short challenges that focus on self-love, giving and receiving love in relationships and friendships, and spreading love in the world, such as: Write a list of three things you appreciate about yourself and place it somewhere in your home where you'll frequently see it throughout the day Compliment someone who serves you in some way (for example, a waiter, barista, or bus driver) on how well they do their job Keep an eye out for someone who looks sad—a friend, coworker, or even stranger—and say something that might make them laugh or smile. By using the book each day throughout the year, readers will learn to develop closer bonds in relationships, let go of anger and bitterness, better understand themselves and their loved ones, and turn strangers into friends.

### The ONE Thing

A little book of timeless wisdom by the founder of TinyBuddha.com: An "engaging, thought-provoking book" that explores life's biggest questions (Gretchen Rubin, author of The Happiness Project). What is the meaning of life? Why are relationships so hard? What does it take to be happy? The answers to these and life's other questions are explored in author Lori Deschene's Tiny Buddha. In 2008, Deschene began asking life's biggest questions on Twitter. The many insights that came flooding back to her became the starting point for this uniquely modern guide to life's most ancient mysteries. Through the process of engagement, research, and personal reflection, Deschene learned that these questions unite us. And while no one answer is right for everyone, the simultaneous lack and abundance of answers is the answer.

Tiny Buddha combines many of the responses Deschene received with her own insightful essays and lessons from wise teachers throughout time, as well as practical tips and exercises to help you bring more meaning and intention to your life. Deschene also shares her own experiences overcoming depression, isolation, self-loathing, and a sense of meaninglessness. The result is a guide that helps readers discover the endless possibilities of a life lived mindfully in the present, connected to others.

### Tiny Buddha's Worry Journal

Baseball was different in earlier days—tougher, rawer, more intimate—when giants like Babe Ruth and Ty Cobb ran the bases. In the monumental classic *The Glory of Their Times*, the golden era of our national pastime comes alive through the vibrant words of those who played and lived the game.

### How to Love

While most of us have heard about the mental and physical benefits of meditation, beginning a regular practice can sometimes seem more daunting than training for a marathon. Maybe you're curious about meditation but don't know where or how to start, or perhaps you've tried it but weren't able to stick with it. If this describes you, then *How to Meditate Like a Buddhist* is the perfect place to begin. In this compact and powerful book, author and certified meditation instructor Cynthia Kane demystifies this ancient practice while gently guiding you through everything you need to know about posture, breathing, mind-set, and more. Informed by her own years of practice, Kane has distilled the most important aspects of Buddhist meditation in one accessible guide. Read this book and start taking advantage of meditation's incredible benefits today!

### A Monk's Guide to a Clean House and Mind

“YOU HAVE CHANGED MY LIFE” is a common refrain in the emails Walter Lewin receives daily from fans who have been enthralled by his world-famous video lectures about the wonders of physics. “I walk with a new spring in my step and I look at life through physics-colored eyes,” wrote one such fan. When Lewin’s lectures were made available online, he became an instant YouTube celebrity, and *The New York Times* declared, “Walter Lewin delivers his lectures with the panache of Julia Child bringing French cooking to amateurs and the zany theatricality of YouTube’s greatest hits.” For more than thirty years as a beloved professor at the Massachusetts Institute of Technology, Lewin honed his singular craft of making physics not only accessible but truly fun, whether putting his head in the path of a wrecking ball, supercharging himself with three hundred thousand volts of electricity, or demonstrating why the sky is blue and why clouds are white. Now, as Carl Sagan did for astronomy and Brian Green did for cosmology, Lewin takes readers on a marvelous journey in *For the Love of Physics*, opening our eyes as never before to the amazing beauty and power with which physics can reveal the hidden workings of the world all around us. “I introduce people to their own world,” writes Lewin, “the world they live in and are familiar with but don’t approach like a

physicist—yet. Could it be true that we are shorter standing up than lying down? Why can we snorkel no deeper than about one foot below the surface? Why are the colors of a rainbow always in the same order, and would it be possible to put our hand out and touch one? Whether introducing why the air smells so fresh after a lightning storm, why we briefly lose (and gain) weight when we ride in an elevator, or what the big bang would have sounded like had anyone existed to hear it, Lewin never ceases to surprise and delight with the extraordinary ability of physics to answer even the most elusive questions. Recounting his own exciting discoveries as a pioneer in the field of X-ray astronomy—arriving at MIT right at the start of an astonishing revolution in astronomy—he also brings to life the power of physics to reach into the vastness of space and unveil exotic uncharted territories, from the marvels of a supernova explosion in the Large Magellanic Cloud to the unseeable depths of black holes. “For me,” Lewin writes, “physics is a way of seeing—the spectacular and the mundane, the immense and the minute—as a beautiful, thrillingly interwoven whole.” His wonderfully inventive and vivid ways of introducing us to the revelations of physics impart to us a new appreciation of the remarkable beauty and intricate harmonies of the forces that govern our lives.

### It's Not You

Accomplish Your Goals—Without the Stress —Debra Eckerling’s Your Goal Guide is a thoughtful roadmap to help you get from here (the good idea) to there (actually accomplishing what you want to do). —Dr. Chaz Austin, Ed.D., president of Austin Career Packaging & Marketing Start with a plan. One of the biggest reasons goals fail is that we often don’t put enough thought into what we really want before diving in. Your Goal Guide by Debra Eckerling starts with that first, crucial step: figuring out your goals and putting a plan in place. As a professional writer, communications specialist, and project catalyst with more than 20 years of experience, Eckerling is prepared to help you achieve success. A method that works. Eckerling presents readers with her own tested and proven method: The DEB Method. DEB is a brainstorming and task-based system and stands for: Determine Your Mission, Explore Your Options, Brainstorm Your Path. Eckerling’s method is a roadmap for goal setting that helps professionals lay down a plan and accomplish their mission. Making the process as stress-free as possible. Goals can be intimidating because of the pressure we often put on ourselves to succeed. However, Eckerling believes that setting goals should be easy—we just need the right tools to tackle them. Through a combination of writing exercises and systems, Eckerling provides readers with a process for making and setting goals that is stress-free and easy-to-manage. Debra Eckerling’s Your Goal Guide is your next step to success. Open it up and find: To-the-point advice and user-friendly recommendations Easy-to-read examples and case studies Adaptable worksheets and numerous resources to bring you one step closer to goal achievement Readers of books like Atomic Habits, Your Best Year Ever, and The Bullet Journal Method will love Your Goal Guide: A Roadmap for Setting, Planning and Achieving Your Goals.

### How to Meditate Like a Buddhist

Put a stop to self-sabotage and overcome your fears so that you can gain the confidence you need to reach your goals and become your own best friend. Too many people seem to believe that they are not allowed to put themselves first or go after their own dreams out of fear of being selfish or sacrificing others’ needs. The Self-Love Experiment rectifies this problem. Whether you want to achieve weight loss, land your

dream job, find your soul mate, or get out of debt, it all comes back to self-love and accepting yourself first. Shannon Kaiser learned the secrets to loving herself, finding purpose, and living a passion-filled life after recovering from eating disorders, drug addictions, corporate burnout, and depression. Shannon walks you through her own personal experiment, a simple plan that compassionately guides you through the process of removing fear-based thoughts, so you can fall in love with life. If you want to change your outcome in life, you have to change your daily habits and perspective. Shannon takes you on this great journey into self-love and true self-acceptance.

### Buddha Breaking Up

This Wall Street Journal Bestseller, USA Today Bestseller and Canadian Book Club Award Winner is filled with true stories about how one small deed can make a world of difference. "Elegant and wise" (Deepak Chopra), "The most uplifting and life-affirming book in years." (Forbes) Brad Aronson's life changed in an instant when his wife, Mia, was diagnosed with leukemia. After her diagnosis, Brad spent most of the next two and a half years either by her side as she received treatment or trying to shield their five-year-old son, Jack, from the worst of Mia's illness. Amid the stress and despair of waiting for the treatment to work, Brad and Mia were met by an outpouring of kindness from friends, family and even complete strangers. Inspired by the many demonstrations of "humankindness" that supported their family through Mia's recovery, Brad began writing about the people who rescued his family from that dark time, often with the smallest of gestures. But he didn't stop there. Knowing that simple acts of kindness transform lives across the globe every day, he sought out these stories and shares some of the best ones here. In HumanKind, you'll meet the mentor who changed a child's life with a single lesson in shoe tying, the six-year-old who launched a global kindness movement, the band of seamstress grandmothers who mend clothes for homeless people, and many other heroes. Brad also provides dozens of ways you can make a difference through the simplest words and deeds. You'll discover how buying someone a meal or sharing a little encouragement at the right time can change someone's world, as well as your own. The resource section at the back of the book provides guidance and organizations that will help you channel and amplify your own acts of kindness. Here you'll discover: How you can fund a surgery to cure someone's blindness with a donation of less than \$200. Organizations through which you can provide a birthday gift for a child who otherwise wouldn't receive one. Multiple places where you can send letters of encouragement to support hospitalized kids, lonely seniors, refugees, veterans and others in need. And over fifty more ways you can change a life. HumanKind will leave you grateful for what you have and provide a refuge from the negativity that surrounds us. This feel-good book will touch your heart. You'll laugh, you'll cry and you'll be reminded of what really matters. All author royalties go to Big Brothers Big Sisters.

### Find Your Happy

### A Beginner's Guide to Japan

Now a New York Times bestseller! "Dodinsky's gentle wisdom and wit are like a breath of fresh air." —Karen Salmansohn, bestselling author of

How to Be Happy, Dammit! Beloved by hundreds of thousands from every walk of life and in every corner of the world, Dodinsky strikes the perfect balance of delightful whimsy and powerful emotion, inspiring you with the power to be your best self. When I reach the place of my dreams, I will thank my failures and tears. They too, kept me going.

### Love Skills

Identifies four self-limiting beliefs that impede one's experience of freedom, true happiness, and love.

### The Four Agreements

“Arguably the greatest living travel writer” (Outside magazine), Pico Iyer has called Japan home for more than three decades. But, as he is the first to admit, the country remains an enigma even to its long-term residents. In *A Beginner’s Guide to Japan*, Iyer draws on his years of experience—his travels, conversations, readings, and reflections—to craft a playful and profound book of surprising, brief, incisive glimpses into Japanese culture. He recounts his adventures and observations as he travels from a meditation hall to a love hotel, from West Point to Kyoto Station, and from dinner with Meryl Streep to an ill-fated call to the Apple service center in a series of provocations guaranteed to pique the interest and curiosity of those who don’t know Japan—and to remind those who do of its myriad fascinations.

### Finding Freedom in Illness

You’ve heard the expression, “It’s the little things that count.” Research has shown that little daily practices can change the way your brain works, too. This book offers simple brain-training practices you can do every day to protect against stress, lift your mood, and find greater emotional resilience. *Just One Thing* is a treasure chest of over fifty practices created specifically to deepen your sense of well-being and unconditional happiness. Just one practice each day can help you: Be good to yourself Enjoy life as it is Build on your strengths Be more effective at home and work Make peace with your emotions

### The Self-Love Experiment

*How to Love* is the third title in Parallax’s Mindfulness Essentials Series of how-to titles by Zen Master Thich Nhat Hanh, introducing beginners and reminding seasoned practitioners of the essentials of mindfulness practice. This time Nhat Hanh brings his signature clarity, compassion, and humor to the thorny question of how to love. He distills one of our strongest emotions down to four essentials: you can only love another when you feel true love for yourself; love is understanding; understanding brings compassion; deep listening and loving speech are key ways of showing our love. Pocket-sized, with original two color illustrations by Jason DeAntonis, *How to Love* shows that when we feel closer to our loved ones, we are also more connected to the world as a whole. With sections on Love vs. Need, Being in Love,

Reverence, Intimacy, Children and Family, Reconciling with Parents, and more, How to Love includes meditations you can do alone or with your partner to go deep inside and expand your own capacity to love. Scientific studies indicate that meditation contributes tremendously to well-being, general health, and longevity. How to Love is a unique gift for those who want a comprehensive yet simple guide to understanding the many different kinds of love, along with meditative practices that can expand the understanding of and capacity for love, appropriate for those practicing in any spiritual tradition, whether seasoned practitioners or new to meditation.

### Love Hurts

With simple, whimsical drawings and simple, profound truths, Buddha Doodles celebrates the amazing possibilities of the divine light within us all. These inspiring messages, little doodles, and feel-good sayings can help you get in-tune while you meditate or inspire you toward mindfulness.

### HumanKind

Find peace and calm amid the busyness of your life with this new book by Zen Master Thich Nhat Hanh. Designed to be both inspiration and guidebook for those new to mindfulness practice, Making Space offers easy-to-follow instructions for setting up a breathing room, listening to a bell, sitting, breathing, and walking meditations, and cooking and eating a meal in mindfulness. Whether you live alone or with a family, this beautifully illustrated book can help you create a sense of retreat and sanctuary at home.

### When Things Fall Apart

An incisive "couple's workshop in a book" for navigating the challenges of relationships and unlocking lasting love Linda Carroll's first book, Love Cycles, describes the five stages of intimate relationships in detail, illuminating the behaviors associated with each stage and strategies for successfully navigating them. This companion workbook, Love Skills, is a practical guide to creating and maintaining a loving relationship. Exercises, activities, self-assessments, and other concrete tools allow readers to understand where they are in their relationship. Carroll addresses such thorny issues as the loss of sexual energy, why what once seemed endearing is now annoying, and the many ways that family history and personality type can wreak havoc in relationships. Her well-researched practices help keep love alive in the midst of seemingly intractable differences, and specific, effective solutions to couples' most common struggles provide a clear map for moving forward. Most important, Carroll's couple-tested techniques allow readers to deal with conflict without losing connection, and show that conflict, when navigated properly, can lead to renewed closeness and unprecedented connection.

### Tiny Buddha's 365 Tiny Love Challenges

Little known fact: Buddhist Monks are amazing at cleaning and tidying. In this one-of-a-kind guide to cleaning your home, Buddhist monk Shoukei Matsumoto reveals how to make your home as spotless as it is tranquil and peaceful. For Buddhist monks cleaning well is a cardinal skill and, in *A Monk's Guide to a Clean House and Mind*, readers will discover their never-before-shared cleaning pro tips. In the Zen Buddhist tradition, true enlightenment is impossible if your home has even a speck of dust and, as such, Buddhist monks have much to teach us lay people about achieving a truly Zen clean. *A Monk's Guide to a Clean House and Mind* features charming illustrations and step-by-step instructions on such essential household cleansing tips as: \* **First, Air It Out:** Before cleaning anything Monk's first open the temple windows to purify the air and let the crisp morning breeze in. \* **Don't Procrastinate:** 'Zengosaidan ' is a Zen expression meaning that one should put all their efforts into each day so they have no regrets. In the context of cleaning, this means don't put off cleaning those dishes you've left in the sink. \* **Remember to Put On Your Samue:** Samue robes are worn by Japanese monks when they perform their daily duties of cleaning and looking after the temple. Easy to move in and to wash and care for, they are the perfect cleaning attire. From cleaning up everything from your kitchen sink, toilet, and that pile of unidentified stuff in the corner of your garage to your mind, body, and spirit, this book will guide you in creating a home environment that will calm your thoughts and nourish your soul.

### How to Eat

Emotional Advantage is such an uplifting answer to our challenging times. In its pages, you will find encouragement, support, and new perspectives. Randy Taran offers an antidote to emotional overwhelm—a powerful way to discover how useful your emotions can be in guiding you towards your best life. Marci Shimoff, #1 New York Times bestselling author of *Happy For No Reason* and *Chicken Soup for the Woman's Soul* award-winning author, producer, and founder of Project Happiness, Randy Taran knows that every emotion, feeling, and mental state has the power to bring us back to our true essence, and that readers can use *Emotional Advantage* as a guide to get there. In recent years, there has been an overwhelming interest in the science of happiness and positive psychology, and many books on the subject. There is a good reason for this: it is a core, universal human drive. And while happiness has opened the door for many to move forward, there is a burgeoning curiosity about the full range of human emotions, all of which factor into the human experience. What do we do when life does not go as planned? Neuroscience reveals that to understand and utilize any emotion, we need to name it to tame it. It turns out that even negative emotions have something to offer, if we know how to learn from them. Have you ever woken up in a fog of feelings and felt directionless? Or maybe it was hard to pinpoint exactly what you were feeling, but it wasn't where you wanted to be? What if we could actually use our feelings as a pathway to guide us back to our inner compass? What if, like alchemists, we had the tools to transform our emotions to take charge of creating our very best life? What if we could comprehend how even the most troublesome emotions are sending messages to alert, protect, and fuel us forward? *Emotional Advantage* is that guide. It will show us how a new perspective on fear can move us to courage, how guilt can clarify our values, and how anger can help us create healthy boundaries.

### 52 Ways to Love Your Body

E. H. Gombrich's *Little History of the World*, though written in 1935, has become one of the treasures of historical writing since its first publication in English in 2005. The Yale edition alone has now sold over half a million copies, and the book is available worldwide in almost thirty languages. Gombrich was of course the best-known art historian of his time, and his text suggests illustrations on every page. This illustrated edition of the *Little History* brings together the pellucid humanity of his narrative with the images that may well have been in his mind's eye as he wrote the book. The two hundred illustrations—most of them in full color—are not simple embellishments, though they are beautiful. They emerge from the text, enrich the author's intention, and deepen the pleasure of reading this remarkable work. For this edition the text is reset in a spacious format, flowing around illustrations that range from paintings to line drawings, emblems, motifs, and symbols. The book incorporates freshly drawn maps, a revised preface, and a new index. Blending high-grade design, fine paper, and classic binding, this is both a sumptuous gift book and an enhanced edition of a timeless account of human history.

### The Glory of Their Times

First offers readers the technique of conscious breathing as a method for synchronizing the mind and body to establish the conditions of love, then explains a mantra practice for generating love that consists of four key statements or intentions in our relationships that will also heal our own pain, fear, and negativity.

### Making Space

Learn to stop self-judgment and practice self-love with these helpful stories, insights, and epiphanies from the Tiny Buddha community. We know we need to be good to ourselves if we want to be happy. So why is it so difficult? We are simultaneously the harsh judge and the lost, scared child who wants to stop feeling judged. It becomes a vicious cycle that only stops when we step outside ourselves and observe how we got ourselves stuck. Only then can we learn to practice gratitude and positive thinking. Lori Deschene, author and creator of [TinyBuddha.com](http://TinyBuddha.com), shares forty insightful perspectives on why we judge ourselves so harshly—and how we can stop. Featuring stories, reflections, and epiphanies selected from hundreds of [TinyBuddha.com](http://TinyBuddha.com) contributors, *Tiny Buddha's Guide to Loving Yourself* provides an honest look at what it means to overcome critical, self-judging thoughts and create a peaceful, empowered life.

### True Love

The world needs another self-help book like it needs another Reality TV show. At least, that's what I would have said right up until I found myself in need of something—anything—to pull me through the worst breakup of my life. What do you do when you want to be gracious, pragmatic, and filled with equanimity, but you're so hurt and angry you feel as if you could go around town ramming your car into stationary objects without batting an eyelash? What do you do when your friends and family run out of platitudes and old, tired slogans like, "Time heals all wounds" and "Better to have loved and lost"? (Slogans which, incidentally, make you want to scoop out your frontal lobe with a melon

baller.) This is the stuff that drives us to the very edge of annihilation. At least, it feels that way. It feels like a very real obliteration of the self. But this breakdown can be the worst thing that's ever happened to you, or it can be the best thing for precisely this moment in your life. Buddha Breaking Up is a modern-day spiritual guide for how to embrace dramatic, life-altering change and use it as a means of rediscovering the Self. Combining humor, pop culture, and Zen principles, Part I of Buddha Breaking Up explores the science of falling in love, provides useful tools for riding out the heartbreak-including how to handle social networking and other technology designed for liberal applications of self-torment-and offers unique and practical techniques for moving through the lowest depths of the shattering. Part II, "The Bodhicitta of Breaking Up," illuminates methods for battling the wounded ego, dealing with anger, creating better relationships, and finally, loving and valuing yourself so you can reach a place of acceptance and grace in your new life.

### Suffering Is Optional

It's time to step away from the scale, ditch the fad diets, and embrace the body you're in. In this powerful book, Kimber Simpkins, yoga instructor and author of Full, gives you 52 undeniable ways to love your body and discover your own unique beauty! Do you look in the mirror and see all the things you dislike about your body? For many of us, the first step to loving our bodies is being able to look at our reflection and not criticize what we see. And in a culture that worships thin, beautiful celebrities, it's easy to feel like we just don't measure up. So, how can you get over your flaws and focus on your fabulous? 52 Ways to Love Your Body is packed with easy and fun practices—one for each week of the year—to help you toss perfectionism out the window, turn down the volume on that nagging inner critic who is always going on about what's wrong, stop the never-ending comparison game, and finally love your body. You'll also find encouraging, in-the-moment affirmations to keep negative self-talk at bay, and give you a much-needed pick-me-up, any time, any place. If you're ready to start loving your body, this book gives you 52 ways to get started now. So, what are you waiting for?

### Tiny Buddha

▫ More than 500 appearances on national bestseller lists ▫ #1 Wall Street Journal, New York Times, and USA Today ▫ Won 12 book awards ▫ Translated into 35 languages ▫ Voted Top 100 Business Book of All Time on Goodreads People are using this simple, powerful concept to focus on what matters most in their personal and work lives. Companies are helping their employees be more productive with study groups, training, and coaching. Sales teams are boosting sales. Churches are conducting classes and recommending for their members. By focusing their energy on one thing at a time people are living more rewarding lives by building their careers, strengthening their finances, losing weight and getting in shape, deepening their faith, and nurturing stronger marriages and personal relationships. YOU WANT LESS. You want fewer distractions and less on your plate. The daily barrage of e-mails, texts, tweets, messages, and meetings distract you and stress you out. The simultaneous demands of work and family are taking a toll. And what's the cost? Second-rate work, missed deadlines, smaller paychecks, fewer promotions--and lots of stress. AND YOU WANT MORE. You want more productivity from your work. More income for a better lifestyle. You want more satisfaction from life, and more time for yourself, your family, and your friends. NOW YOU CAN HAVE BOTH ▫ LESS AND

MORE. In *The ONE Thing*, you'll learn to \* cut through the clutter \* achieve better results in less time \* build momentum toward your goal\* dial down the stress \* overcome that overwhelmed feeling \* revive your energy \* stay on track \* master what matters to you *The ONE Thing* delivers extraordinary results in every area of your life--work, personal, family, and spiritual. WHAT'S YOUR ONE THING?

## Tiny Buddha

Drawn from traditional Buddhist wisdom, Pema Chodrons radical and compassionate advice for what to do when things fall apart in our lives goes against the grain of our usual habits and ex pectations.--from back cover.

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