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HOW SOON IS NOW?

The Handbook for Global Change

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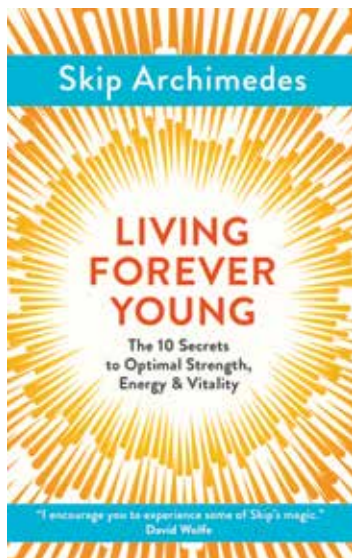
by James O'Dea

We have unleashed a mega-crisis threatening the future of life on Earth. The actions we take over the next decade are critical – they will determine the destiny of our descendants and the fate of our world.

Presenting a compelling manifesto for personal and planetary change Daniel Pinchbeck's *How Soon is Now?* proposes a new narrative for a unified social movement. Through global cooperation we can launch a new operating system for human society based on regenerative principles. Accepting this crisis as our initiation, we can choose to evolve to the next level of consciousness as a species. We can do more than survive: we can thrive.

Daniel Pinchbeck is the bestselling author of *Breaking Open the Head*, and *2012: The Return of Quetzalcoatl*. He co-founded *Reality Sandwich* and *Evolver.net*. His essays and articles have appeared in publications including the *New York Times Magazine*, *Esquire*, *Rolling Stone* and *ArtForum*.

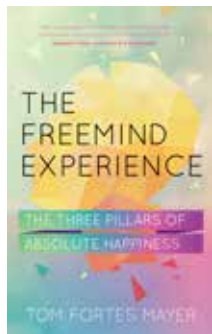
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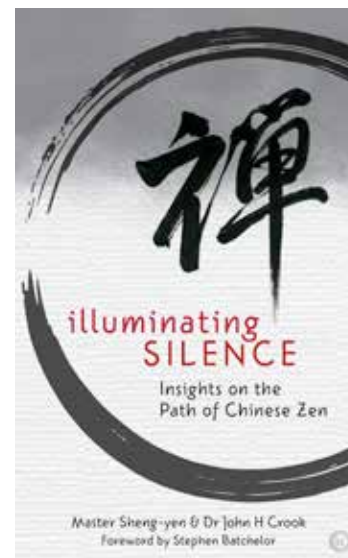
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Who wouldn't like to feel and look younger? Join high-energy holistic health coach Skip Archimedes as he empowers you to live long, strong, vibrant and happy!

After insight into what 'living forever young' really means and the author's inspirational back story, this book leads you through the ten highly effective steps that Skip has identified as a gateway to optimal wellbeing: Breathe, Move, Nourish, Rest, Love, Shine, Believe, Learn, Commit and Live. As well as a wide range of invaluable information backed up by insights from leading experts, each chapter includes lots of practical suggestions and real-life transformation stories. Each chapter ends with a call for readers to decide on the main ways in which they will 'live' this 'secret' in their own lives. Plus there are links to free online training.

Skip Archimedes is a motivational mentor and international speaker. He dedicates his life to helping people worldwide step into a positive mindset for overcoming adversities and 'living forever young'. For more information, visit: www.skiparchimedes.com

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ILLUMINATING SILENCE

Insights on the Path of Chinese Zen

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 Stephen Batchelor, Introduction by Simon Child

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 The Spirit of Zen by
 Solala Towler

Having emerged in 6th-century China, Chan Buddhism (Chinese Zen) is growing rapidly in popularity, largely due to its open, accepting attitude and the choice of meditation style it offers to suit each individual. Made up of the teachings from two major retreats led in 1989 and 1995 by the then-head of the movement, Master Sheng-yen, this book offers a rare, illuminating glimpse inside both the ancient teachings and contemporary practice of Chan. Commentary by Sheng-yen's Western disciple John Crook gives the teachings full context as well as a fascinating account of the practical aspects of a retreat, including the practices of watching the breath and of 'Silent Illumination' that lies at the heart of Chinese Zen.

Master Sheng-yen (1930–2009) was a prolific author and highly respected Chinese Zen master who taught extensively in the West.

Dr John Crook, PhD. DSc (1930–2011) was a Professor of Psychology, Chan meditation teacher, Western Dharma Heir of Master Sheng-yen and founder of the Western Chan Fellowship.

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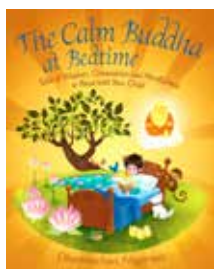


ANGELS AT BEDTIME

Tales of Love, Guidance and Support for You to Read
with Your Child - to Comfort, Calm and Heal

Karen Wallace, Lou Kuenzler, Katy Moran, Anne Civardi

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The Calm Buddha at
Bedtime by Nagaraja
Dharmachari

Angels have the power to guide and protect us throughout daily life; this collection of bedtime stories introduces their loving energy to your child. The tales are both magical and compelling, offering a gentle introduction to the techniques of meditation and visualization. The 22 illustrated stories in this book will boost your child's creativity and confidence and also help them to relax before a good night's sleep. Featuring amazing characters and accompanied by positive affirmations these are the perfect way to end any child's day.

Karen Wallace has written more than 90 books for children including *More Nightlights* for Watkins Publishing. **Lou Kuenzler** has a background in theatre direction and is a successful children's writer. Her books include *The Ugly Egg* and *The Runaway Bannock*. **Katy Moran** has written a number of children's books, including *Bloodline* and *Spirit Hunter*. **Anne Civardi** has written and edited more than 40 books for children.



The Turquoise Bird

Relax, be very still and listen carefully to this story about an adventurous boy called Tom. He loved exploring new places so much that he didn't always pay attention to what he was doing. Luckily, a very beautiful angel was there to help him.

One morning Tom was jumping up and down with excitement. He was about to set off on a proper jungle expedition with his dad, who was a scientist. Tom's dad was looking for a rare purple butterfly with wings as wide as your hand. Dad travelled all over the world on his expeditions and this was the first time he had agreed to take Tom with him.

As they were setting off, Dad told him something important. "Always keep to the path and you'll stay safe."

"Why?" asked Tom.

"Because there are snakes everywhere," said Dad. "And a snake bite can be very dangerous."

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But Tom wasn't really listening because a monkey was swinging through the trees above his head. And he'd never seen a monkey so close before.

All morning Tom and Dad walked along the path looking for the rare purple butterfly. They saw beetles the size of door knobs sitting on tree trunks and lizards that shone like jewels hanging by their tails from the branches. But they didn't see any butterflies.

Above them, the sun was hot and all around the shriek and buzz of the jungle was as loud as a traffic jam. Tom's dad turned a corner out of sight. In the same second, Tom saw a huge purple butterfly flutter past into the long grass beside the path. Without thinking, he pulled out his net and ran after it.

After that everything happened as if in a dream.

As Tom heard his father calling out for him, a bright turquoise bird flew right past his face. It was so close Tom could feel its wings brushing his cheeks.

He stopped dead in his tracks, suddenly remembering what his father had told him about never leaving the path.

And then he saw the snake – it was a deadly yellow viper with black markings. It was slithering

through the grass in front of him just where he had been about to put his foot!

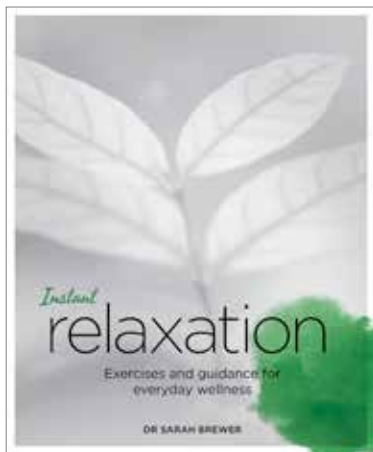
Tom jumped back on to the path. The turquoise bird was sitting on a branch watching him. Its eyes were pale and grey and thoughtful. Not like a bird's eyes at all. A strange stillness settled around them. Then the bird swooped down and flew around Tom's head before disappearing into the trees.

Tom ran to catch up with his father. He never told his dad what had happened. But whenever he thought of the bird's eyes and the feel of its wings on his cheek, he knew he had been saved from the snake by his guardian angel.

Affirmations

- Grow-ups have more experience than you, so you can learn and grow by listening to their advice.
- Getting carried away by excitement is fun, but you should pay attention to your inner judgment.
- You can keep yourself safe by making sure that you always follow instructions carefully.

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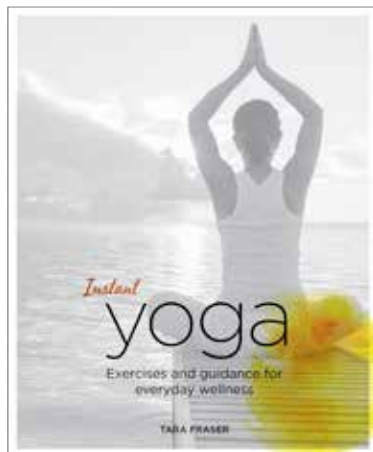
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Dr Sarah Brewer is a former GP, and author who contributed a health column to the *Daily Telegraph*. Her books include *Simply Relax* and the *Natural Health Guru* series.



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Tara Fraser is the director of *Yoga Junction* in London and Geneva, where she teaches regular classes and trains teachers. She is a contributor to *Yoga and Health* magazine and the author of *Yoga for You* (Watkins).



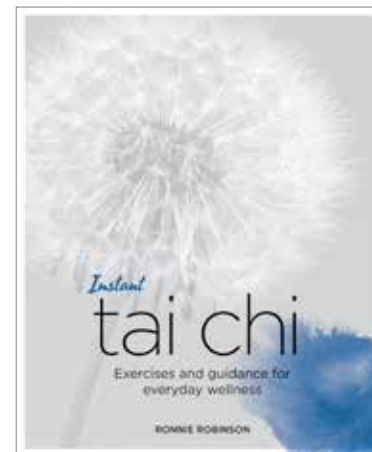
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The power of chakras has been used for centuries to enhance wellbeing. *Instant Chakra Healing* explains the location and importance of the chakras, and how you can work with these energy centres to optimize your energy and cleanse, unblock and rebalance yourself. With exercises and meditations for each chakra, this is the clear, inspirational guide to chakra healing.

Jennie Harding is a Tisserand-trained aromatherapist. She has lectured on aromatherapy in Europe and the USA and has published several titles on aromatherapy, crystals, herbs and stress management.



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Tai chi is an immensely effective technique that is used throughout the world to improve physical, mental and spiritual wellbeing. *Instant Tai Chi* provides the history and philosophy of this exercise, as well as its different styles and basic practices. It then guides you step by step through the core postures and sequences, and gives practical tips on how to bring the extraordinary benefits of Tai Chi into your life.

The late **Ronnie Robinson** founded Chiron Tai Chi & Qigong in 1985 and was secretary for *Tai Chi Union* for Great Britain. He taught tai chi for over 30 years.

TREGIFFIAN Alternative name: *Crick Tregiffian*
 Chamber Tomb | Nearest Village: *St Buryan, Trewode*
 Map: SW 4304 2443 | Sheet: E102 L203 | Lat: 50.06434N | Long: 5.99191W

This is a Neolithic entrance grave, with a walled and roofed passage leading into a formerly circular mound the northwest part of the mound was destroyed by the building of the road. Excavations have unearthed cables and bone fragments. Four large capstones can be seen, and one of the portal slabs is concrete replaced – the original is in the Royal Cornwall Museum in Truro is strikingly decorated with 26 deep cupmarks. Standing on the capstones, you can see over to the Merry Maidens and also to Gun Rith.



THE PIPERS
 Standing Stone | Nearest Village: *St Buryan, Trewode*
 Map: SW 4351 2479 | Sheet: E102 L203 | Lat: 50.064778N | Long: 5.98559W

In legend, the Pipers are two unfortunate musicians who were petrified as they fed the Merry Maidens's Sabbath-breaking dance. The tallest of Cornwall's remaining stones, the pair are in neighbouring fields more than 20m (65ft) apart. The southwest stone is 4.4m (14ft) tall, the northeast stone, which leans at quite an angle, is 4.1m (13ft 6in).

CARN GLUZE Alternative name: *Bollowed Barrow*
 Chambered Tomb | Nearest Village: *St Just*
 Map: SW 3552 3125 | Sheet: E012 L203 | Lat: 50.122240N | Long: 5.701482W

Hidden for many years beneath mine waste, Carn Gluze was excavated in the late 19th century by William Copeland Rolfe, apparently drawn here by miners' tales of mysterious lights and dancing fairies. This is an unusual multiple site, perhaps originally an entrance grave that was later incorporated into a much larger and more complex structure, and further complicated by the inauthentic 19th-century restoration. Inside the barrow, within two concentric rings of walls, Rolfe found five stone cists, some containing Bronze Age pottery and cremations. Imagination is needed to visualise the dramatic appearance of the original site, with its huge mound in a spectacular cliff-edge location.



THE MERRY MAIDENS

Alternative Names: *Rosemores Circle, Boleigh Circle, Dons Moen*
 Stone Circle | Nearest Village: *St Buryan, Trewode*
 Map: SW 4327 2450 | Sheet: E102 L203 | Lat: 50.065077N | Long: 5.98075W

Seen from the gate at the bottom of their field, the Merry Maidens look really splendid up on the skyline. All the stones in this elegant circle are around 1.2m (4ft) high and evenly spaced, apart from a large gap to the east that suggests a possible solar alignment. This is one of several 19th-century rings on the Lands End peninsula, although it seems the 19th stone was inserted in a second gap



during the 19th century. There are lots of large stones in the hedge surrounding the circle, and in the next field, but it is hard to say if any are connected to the site, or perhaps to a second circle that was recorded by antiquarian William Rolfe in the 18th century and apparently destroyed in the 19th century. As at many stone circles, a legend tale of carven gals turned to stone when, dancing past midnight at a wedding one February night, they inadvertently broke the Sabbath (the Cornish name Dons Moen means 'stone dance'). It said the musicians who had been playing for them ran off as the St Buryan clock began to strike twelve, but only got a little way before meeting the same fate as the dancers. This is one of Cornwall's best-known sites and easy to access (it's just off the B3315, where there is a convenient bus stop) and may be busy – try to get there early in the morning in summer.

GUN RITH Alternative name: *The Fiddler*
 Standing Stone | Nearest Village: *St Buryan* | Map: SW 4294 2447
 Sheet: E102 L203 | Lat: 50.06466N | Long: 5.99333W

The Fiddler from the Merry Maidens's ill-fated party is to be found in a hedge in a field close to Tregiffian burial chamber. The stone has fallen several times in recent years; in 2003 it was restored in its former leaning position but with its base set in concrete. William Copeland Rolfe (the great-great-grandson of William Rolfe) excavated here in 1871 and found a sandstone pebble, fathomed on one side, that he conjectured had been used as a whetstone.



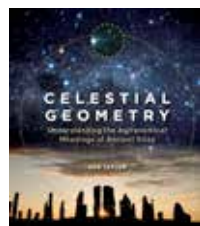
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THE OLD STONES

A Field Guide to the Megalithic Sites of Britain and Ireland

The Megalithic Portal, Edited by Andy Burnham,
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This is the most detailed guide ever published on prehistoric Britain and Ireland, featuring 750+ sites, with over 400 colour photographs. It is the only book created by the whole community of megalith enthusiasts, as represented by the archaeologists, photographers, theorists and stones aficionados who post on the biggest megalithic website in the world: the Megalithic Portal. An essay by archaeologist Vicki Cummings helps readers see the sites through prehistoric eyes, while articles by different contributors cover a huge range of topics, from up-to-the-minute insights based on computer modelling to contentious theories about Stonehenge. With a stunning contemporary design, this is a volume to gift and to treasure, to pore over at home and take out on expeditions.

The Megalithic Portal is the world's most-visited standing-stone website featuring thousands of contributors from all over the world. **Vicki Cummings** is a Reader in Archaeology at the University of Central Lancashire and author of *The Neolithic of Britain and Ireland*.

Stonehenge: Model of a Geocentric Universe

by Jan Morris

When the sun leaves the north for the winter, the land becomes cold. For the people who built Stonehenge, knowledge of solar movement may have been seen as fundamental to their very existence. The site itself could have acted as both a depository of knowledge about the universe and as a place of public learning: its inner ring of stones capable of producing a spectacular educational display.

The concept of a geocentric universe appears to have been embodied in the layout of Stonehenge some 4,500 years ago, with various elements in their correct positions relative to each other: a circular Earth (the sarsens), a circular heavens (the inner and outer henge banks and the Aubrey Holes), the points of the Sun's movement (the Station Stones) and the polar axis (the Heel Stone, the Slaughter Stone and the Avenue). This layout appears to have been designed to make it more precise, with some of the Avenue's stones removed around the time the sarsen ring was built, while the Heel Stone and the Slaughter Stone were retained. These two remaining or possibly repositioned stones are in the correct positions to represent the polar axis relative to

the true cardinal directions. When the horizon is even slightly elevated (as at Stonehenge) and without magnets, only tracing a line to the Pole Star enables an exact cardinal layout. Aligning a tree pole with the Pole Star (Thuban), and dropping a plumb-bob to the centre of the stone circle, would have given a precise setting to true north when the shadow from the pole aligned with the plumb-bob at midday.

Is it possible that Stonehenge was built to provide a working model of the sun's movements? One stone pair (Stones 53 and 54) have a socket that could have held a tree pole pointed at the Pole Star. A second pole, with a ball suspended from its end, could then have been rotated around it, and mirrors placed to focus sunlight onto the ball as shown in the diagram below left. (Cude marks could have been inscribed from its ball, has since degraded, leaving no archaeological trace.) If the device enabled the ball-reflector to be rotated, raised and lowered according to the second position of the sun, it could have been used to create a ball of light to simulate the sun, demonstrating its movement in an apparently geocentric universe to a huge crowd gathered in the Avenue.

The outer bluestone circle exists in just the right place to provide solid support points for mirrors to be tilted and shifted in spring and autumn. And another set of stones – the inner bluestones – exists in just the right place to allow the high end of the rotating pole to have either a counterweight guide or to be tied down. Stonehenge's entire plan layout can thus be shown to function as an idealised geocentric depiction of the universe.



Possible arrangement of Stonehenge of mirrors, reflector and rotating pole, demonstrating the movements of the sun.

Strange Experiences at Ancient Sites

by Brian

In contemporary western society, people who report experiencing anything at all unusual at ancient sites or elsewhere are often derided, although other cultures have greater respect for 'otherworldly' experiences. Much depends on your approach to a site. If you barge in looking for photo opportunities, you aren't likely to have much in the way of spiritual experiences. However, if you deliberately shift your consciousness by approaching a site on a sacred space, asking permission to enter and abiding by the answer, you are more likely to experience something special. Your intuition and perception will be heightened while your rational brain will be quieted, which is essential for any out-of-the-ordinary experience. Feeling ready for something unusual to happen doesn't guarantee that it will, but if it does then you are more likely to experience it fully.

Be respectful. According to several accounts, a certain site in Ireland will deter disrespectful visitors by making them slip, trip or fall. When you walk into a stone circle, you may notice an immediate change in ambience. This might manifest as a feeling of pure peace or as a change in temperature. Maybe the wind that had seemed biting now loses its chill, although the stones are too low to provide physical shelter. Some people have found that each site seems to have a boundary or boundaries around it, which manifest as three rings or bands. At the Ring of Brodgar, for example, you can feel a change in atmosphere at each band (at the top of the ditch, at the bottom of ditch and at the top of the stone bank). You can drowse for the bands or simply try experiencing them.

If a place gives you the creeps, or you feel that it is 'evil', heed your instincts and go home. You

are in the wrong frame of mind to connect with the site.

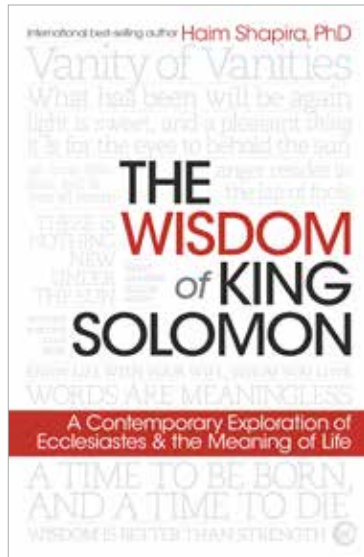
People report many different sensations from touching standing stones, ranging from pleasant tingles to electric shocks. They might identify warm spots, bands of different sensations, or even a pulse or a heartbeat in the stone. Some have been literally thrown off their feet through contact with a magnet, while others have experienced a flood of insight and knowledge akin to a sudden information download.

Some people develop a particular affinity with a site and find they are drawn to return to it again and again over the years to observe it. Of course, just because one person has had an experience with a certain site or stone, it does not guarantee that anyone else can replicate it. As a start, try leaning against a stone supporting yourself with just your head (be careful). What happens?



Thought by some to have once been a pilgrimage site of healing, Stonehenge still provokes inexplicable experiences in many visitors today.

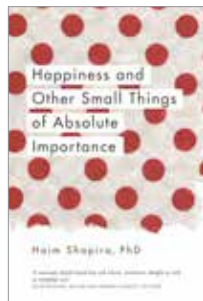
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THE WISDOM OF KING SOLOMON

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Ecclesiastes is among the most poetic books of the Old Testament, full of famous and resonant verses: 'Vanity of vanities, all is vanity'; 'A time to weep and a time to laugh, a time to mourn and a time to dance'; 'I have seen all the things that are done under the sun; all of them are meaningless, a chasing after the wind'.

Haim Shapira delves deep into the book's infinite wisdom to answer many perennial questions: Is life nonsense and suffering or bliss? Is there any meaning to our actions under the sun? What will happen at the end? Is there any advantage to wisdom?

What emerges is a rich and rigorously informed analysis that offers invaluable insights on human existence.

Haim Shapira was born in Lithuania in 1962 and immigrated to Israel in 1977. He teaches mathematics, psychology, philosophy, and literature. Haim is the author of seven bestselling books.

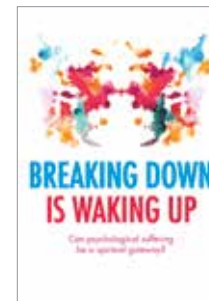
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SPIRITUAL SCIENCE

Why Science Needs Spirituality to Make Sense
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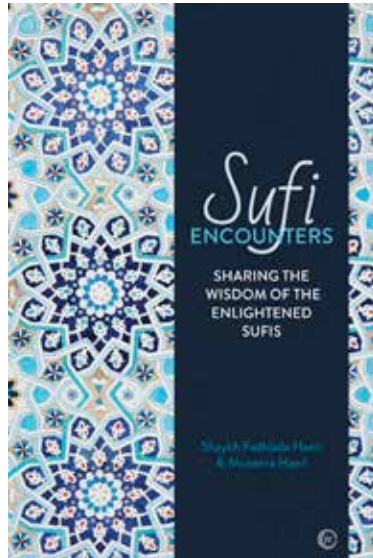
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Breaking Down Is
Waking Up by Dr. Russell
Razzaque

In our culture, it is often assumed that there are two ways of interpreting the world: a rational scientific way, or an irrational religious way. This book shows that there is a third alternative: a spiritual, or 'panpsychist' view of reality that transcends both conventional science and religion.

Presenting a compelling argument that it is more logical to be open to what is seemingly 'irrational' rather than to dismiss it out of hand, this fascinating book explores a spiritual view of reality that transcends both conventional science and religion, and answers many of the riddles that neither can explain.

Steve Taylor is a lecturer in psychology at Leeds Beckett University, and the author of several bestselling books on psychology and spirituality, including *Waking From Sleep*, *The Fall*, *Out of the Darkness*, *Back to Sanity*, and *The Leap*.

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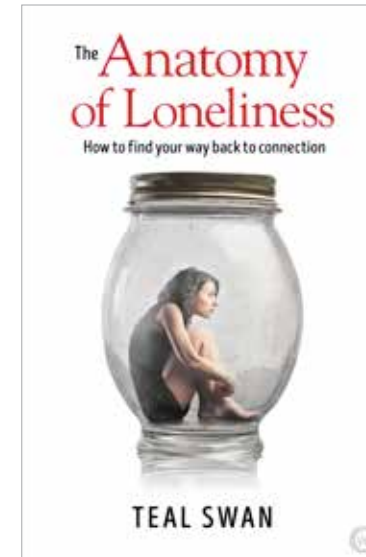
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The Quran

No other book offers such range of insight into Sufism around the world, drawing on the author's own extensive travels and inspiring readers with quotations from the great masters of the past. The book challenges the reader with an honest and brave assessment of the place of Sufism in today's world, covering topics such as Sufi women and jihad that will provoke debate. It also addresses, in clear and simple language, profound Sufi teachings concerning the nature of humankind, the cosmos and God. This is a metaphysical and spiritual guide to the Sufi path that ultimately offers insight into the meaning and purpose of life.

Shaykh Fadhlalla Haeri is a revered spiritual master and teacher who for over 40 years has guided students from all over the world on the path of Sufism. He is the author of more than 50 books on Islam, the Quran and Sufism.

Muneera Haeri is the author of *The Chishtis: A Living Light* and has a special interest in the history of Sufism.

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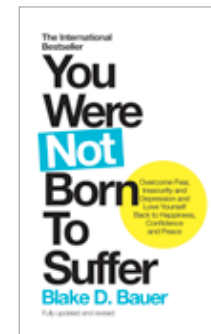


THE ANATOMY OF LONELINESS

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Teal Swan

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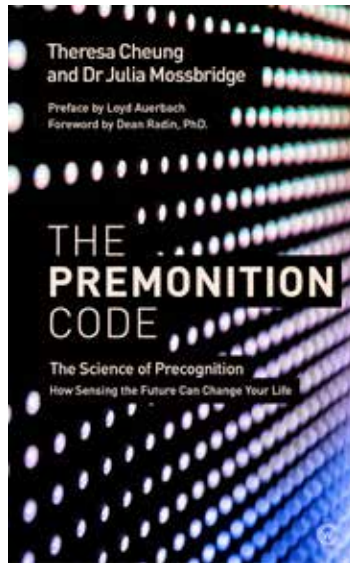
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You Were Not Born
to Suffer by Blake D.
Bauer

Loneliness is reaching endemic proportions in our society, reflected by rising suicide rates and increased mental illness. Now, more than ever we need to find a way to connect and, in *The Anatomy of Loneliness*, bestselling author and modern spiritual leader, Teal Swan, offers an in-depth exploration and understanding of what it means to be lonely.

In the book, Teal identifies the three pillars of loneliness: Separation, Shame and Fear and goes on to share her revolutionary technique – The Connection Process – which guides the reader through a series of exercises to help them face their fears and ultimately offers a way to experience connection, love and acceptance once again.

Teal Swan was born in Santa Fe, New Mexico with a range of extrasensory abilities, including clairvoyance, clairsentience, and clairaudience. She is a survivor of severe childhood abuse. Today she uses her gifts and life experiences to inspire millions of people towards authenticity, freedom and joy. Her success as a spiritual leader has earned her the nickname 'The Spiritual Catalyst'.

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THE PREMONITION CODE

The Science of Precognition, How Sensing the Future Can Change Your Life

Theresa Cheung and Dr Julia Mossbridge

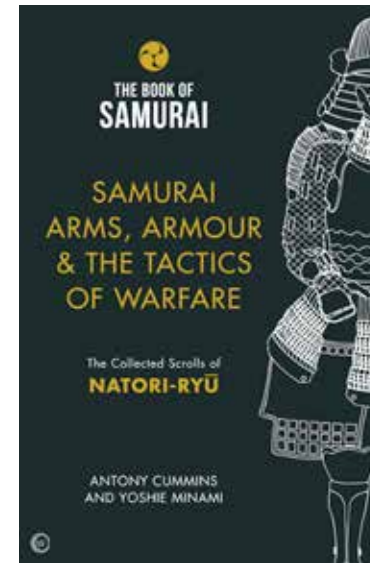
Introduction by Dean Radin, Preface by Loyd Auerbach

In this groundbreaking book, bestselling author Theresa Cheung joins forces with cognitive neuroscientist Julia Mossbridge, PhD. Together they reveal revolutionary new research showing that sensing the future is possible. Precognition is the knowledge or perception of the future, obtained through extrasensory means. Often called 'premonition', precognition is the most frequently reported of all extrasensory perception (ESP) experiences. It may also occur spontaneously in dreams, waking visions, auditory hallucinations, flashing thoughts entering the mind, the sense of 'knowing' and physiological changes. Combining science and practice, Theresa and Dr Julia unravel the mystery of precognition.

Theresa Cheung has a masters from King's College Cambridge and is the author of many bestselling books about the psychic world.

Julia Mossbridge MA, PhD, is a cognitive neuroscientist and director of the Innovation Lab at the Institute of Noetic Sciences (IONS) and visiting scholar in psychology at Northwestern University.

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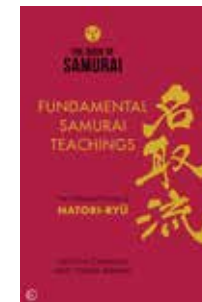


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Antony Cummins

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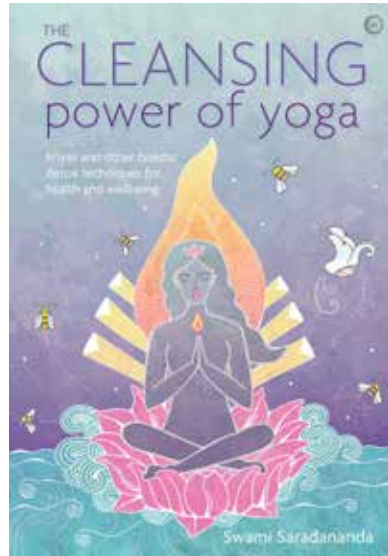


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 The Book of Samurai:
 Fundamental Teachings

This book is part of the unique *Book of Samurai* series that comprises the works of 17th-century samurai tactician Natori Sanjuro Masazumi. It offers an unparalleled insight into the weaponry and armour of the samurai era, as well as tactical advice for use on the battlefield and off – wisdom that can be applied to many scenarios today. Heieki Yoho, the first scroll in this book, offers advice for every possible military situation, from turning thieves to good service to penetrating the deeper motives of those who slander (or praise) others. Heigu Yoho, the second scroll, gives a rare and precious glimpse into samurai arms and armour, including details of associated ceremonies, mythology and Buddhist doctrine. Some 130 line drawings include illustrations of arms and armour, strategic diagrams and beautiful calligraphy.

Antony Cummins is an author and a historical researcher, who has been recognized by peers as a leading expert in the discovery of military arts of medieval Japan. He has previously published *The Book of Ninja* and *The Book of Samurai* (Watkins).

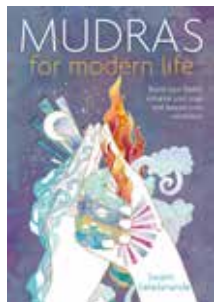
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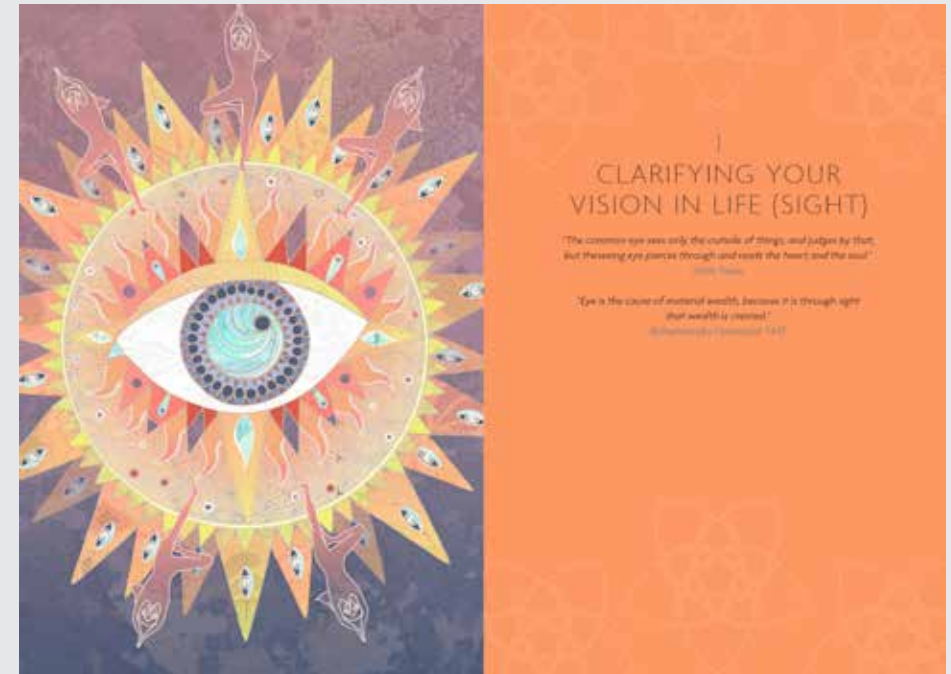
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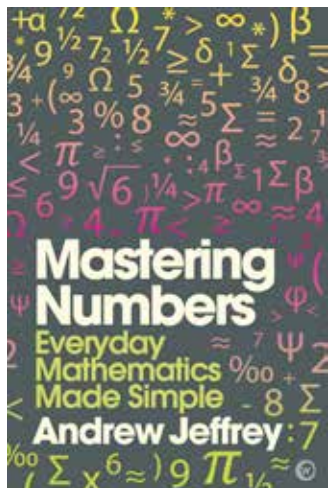


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Mudras for Modern Life

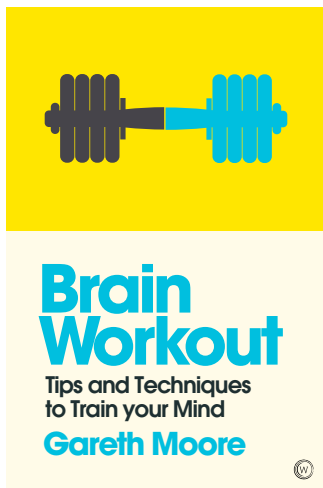
Purification (*saucha*) is a central aim of all yogic practices. After an insightful introduction to the amazing detoxifying power of yoga, this inspiring new book offers six chapters of holistic cleansing techniques related to our five senses and the mind in order to reinvigorate its readers both physically and emotionally: clarifying vision in life, enhancing communication skills, optimizing energy, enhancing capacity to 'digest' life, deepening connection with others, and simplifying life. Each chapter's exercises include at least one yoga pose (*asana*), as well as a range of breathing exercises, mudras, mantras, chakra visualizations and more. The book then ends with a chapter of carefully designed cleansing routines for easing a range of issues, from headaches and tinnitus, to sadness and anger.

Swami Saradananda is a renowned yoga and meditation teacher. She spent much of the last 40 years as spiritual head of the Sivananda Yoga Centres in New York, London, Delhi and the Himalayas. She is also a successful author, whose books include *The Power of Breath*, *Chakra Meditation* and *Mudras for Modern Life*.





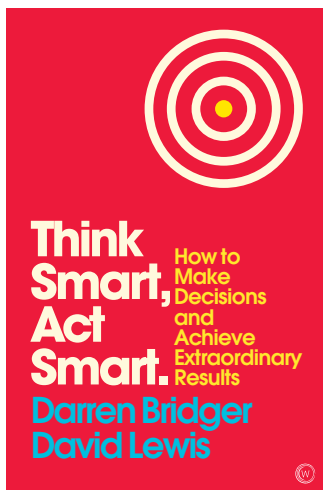
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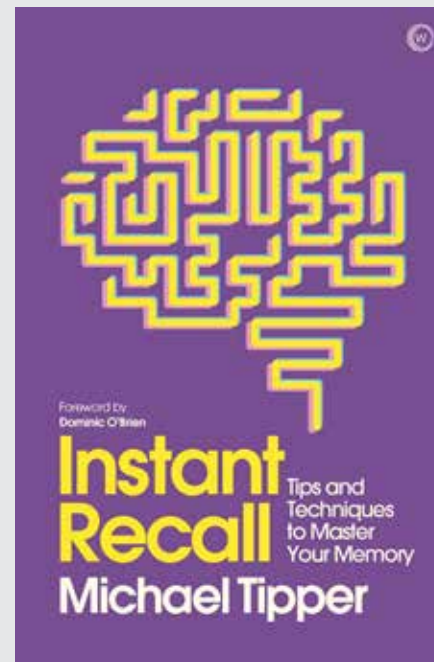
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Michael Tipper, Foreward by Dominic O'Brien
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These brilliant books are designed to make you smarter.

Boost your IQ provides a wealth of techniques for maximizing your IQ, as well as teaching a range of skills that go beyond IQ, such as using knowledge trees, intelligent mindfulness, time frame thinking and emotional intelligence.

Think Smart, Act Smart. is a brilliantly practical guide to the all-important mental process by which we all live our lives. It tells you everything you need to know about how to solve problems and make choices swiftly and effectively.

Instant Recall guides you through tried-and-tested methodologies to boost your powers of memorization to astonishing new levels.

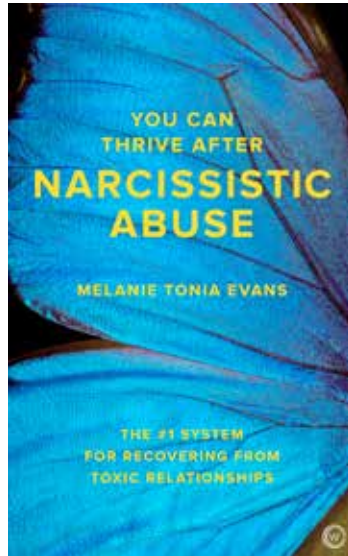
Work with techniques for remembering birthdays, putting names to faces and vice versa, and giving a word-perfect speech without notes.

Brain Workout is designed to hone your logical reasoning, number and word skills, pattern recognition, short- and long-term memory, comprehension, creative thinking, problem-solving, and much else besides. Your mind is what makes you tick, so keep it in tip-top condition.

Mastering Numbers is the antidote to number-phobia, offering a whole range of techniques and shortcuts you never knew existed. Full of enjoyable exercises, puzzles, demonstrations and self-testing interludes, this is the perfect way to boost your numeracy.

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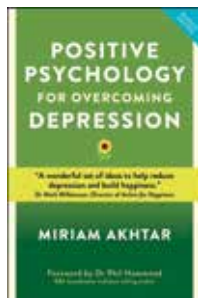
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YOU CAN THRIVE AFTER NARCISSISTIC ABUSE

The #1 System for Recovering from Toxic Relationships
Melanie Tonia Evans

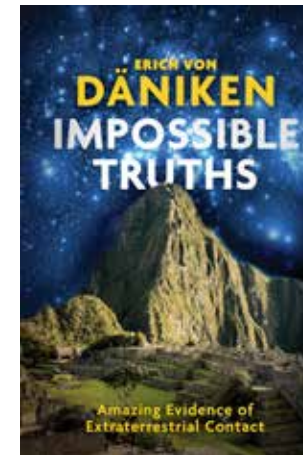
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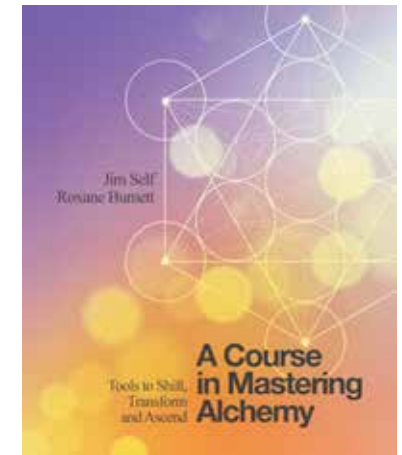
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Positive Psychology for
Overcoming Depression
by Miriam Akhtar

Narcissistic abuse can be mental, physical, financial, spiritual or sexual. If you have been through an abusive relationship with someone who has Narcissistic Personality Disorder, you will know that no one understands what you are going through unless they have personally experienced it. Melanie Tonia Evans was abused by her former husband. It almost took her to the point of no return, at her lowest moment she had an epiphany that signified the birth of the Quanta Freedom Healing Technique. This revolutionary programme is designed to heal you from the inside out, and its effectiveness has been proven by thousands of people worldwide. This book will provide you with all the information you need to start benefiting from Melanie's program.

Melanie Tonia Evans is a healer, author and radio host considered to be the world's leading online authority on narcissistic abuse recovery. She is the founder of Quanta Freedom Healing (QFH) and the Narcissistic Abuse Recovery Program (NARP), which have helped thousands of people worldwide not just survive but to thrive.



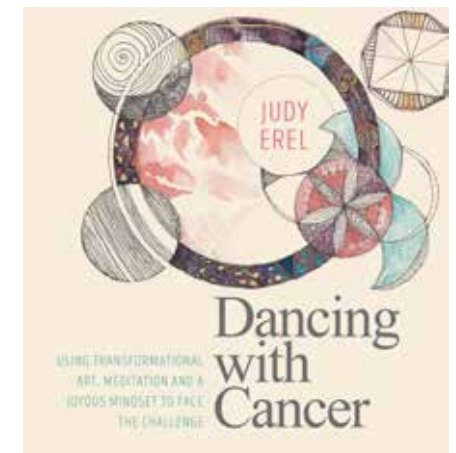
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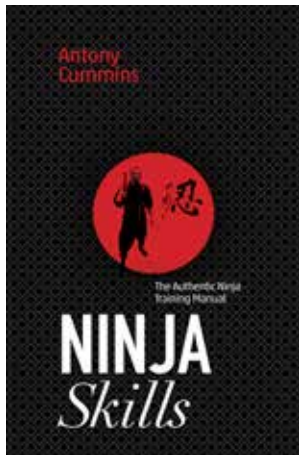
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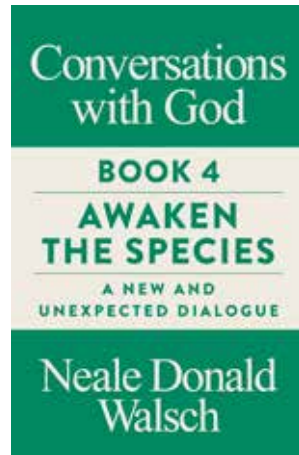


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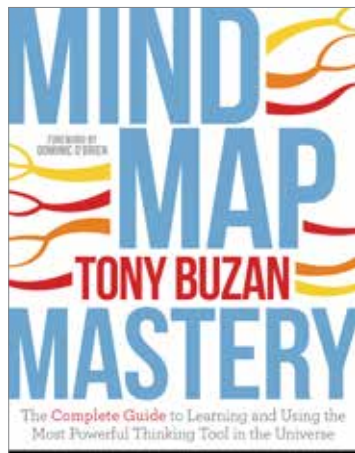
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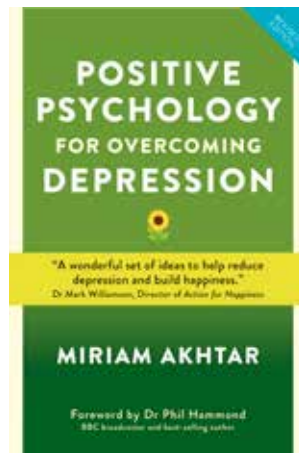
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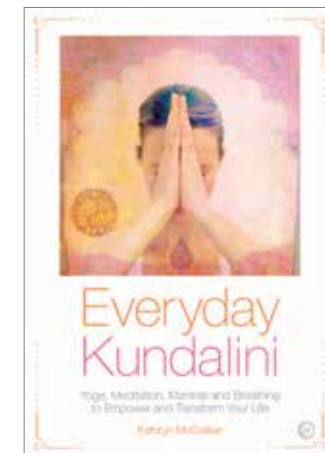
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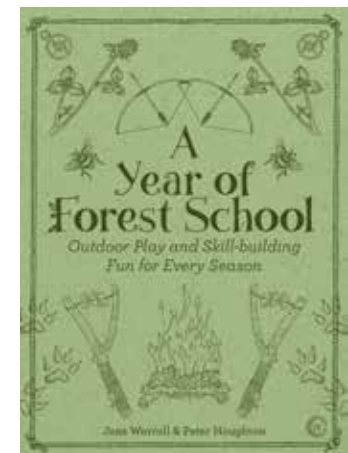
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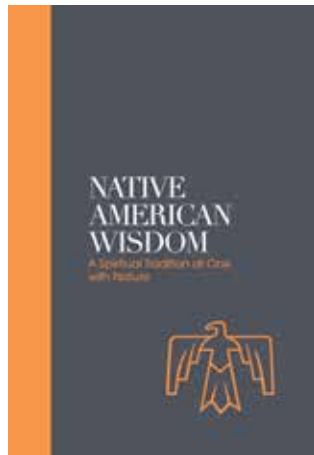
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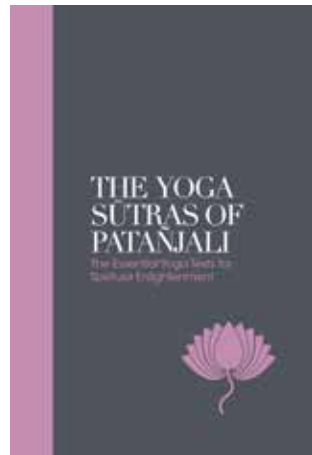


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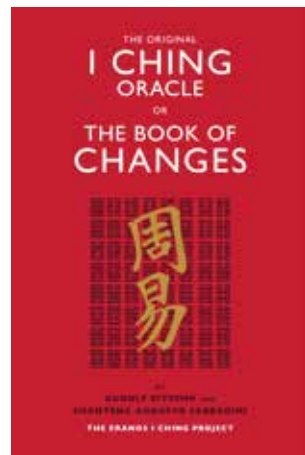
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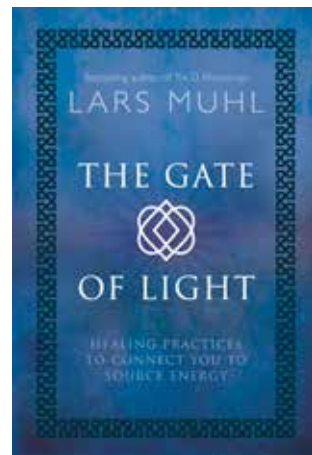
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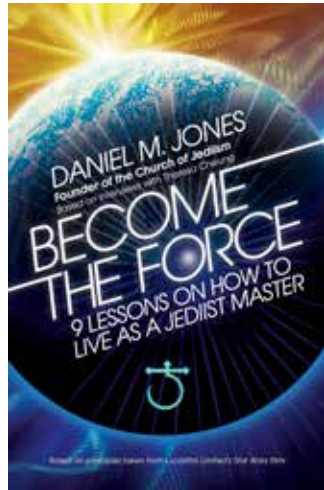
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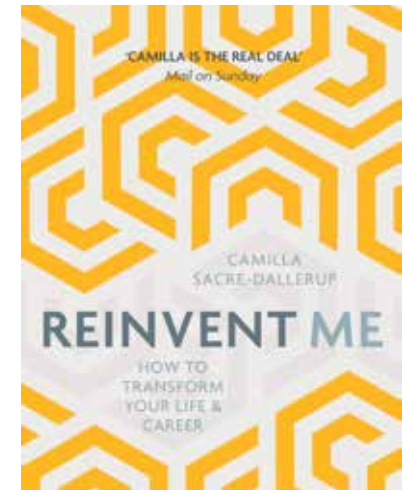
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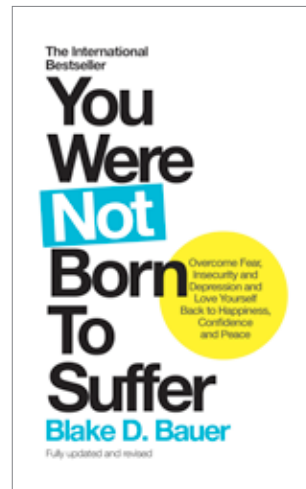
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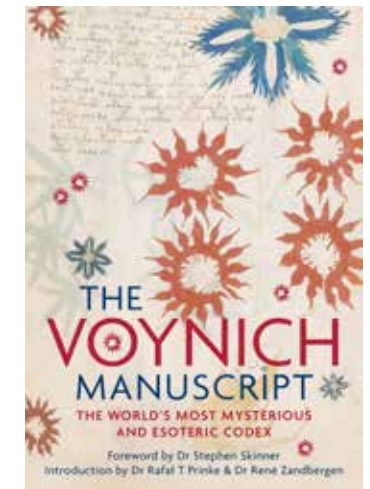
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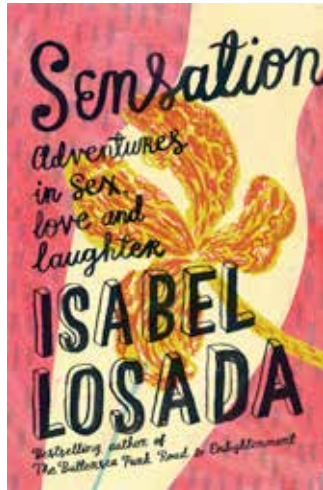
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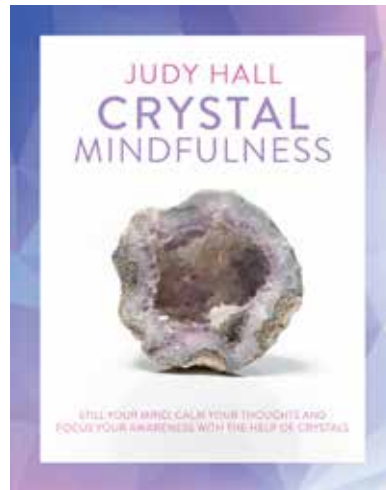
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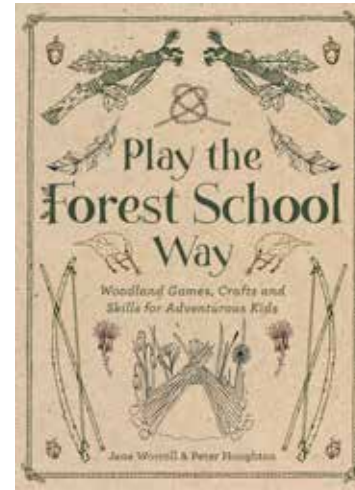
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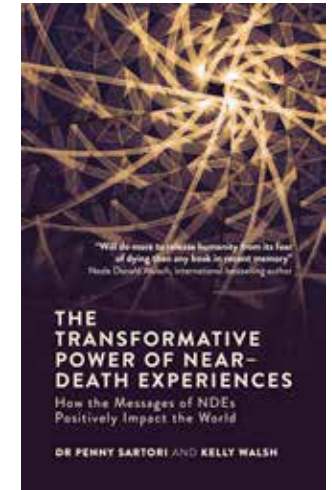
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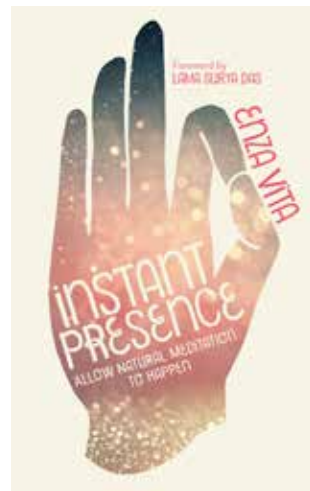
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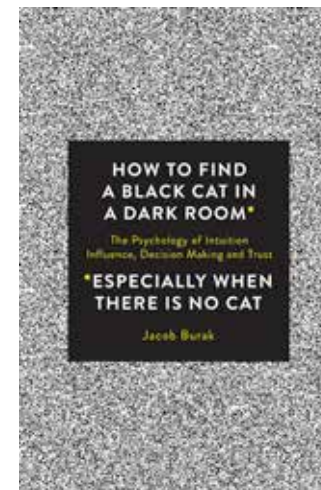
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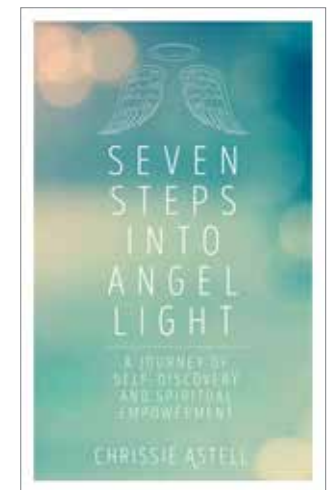
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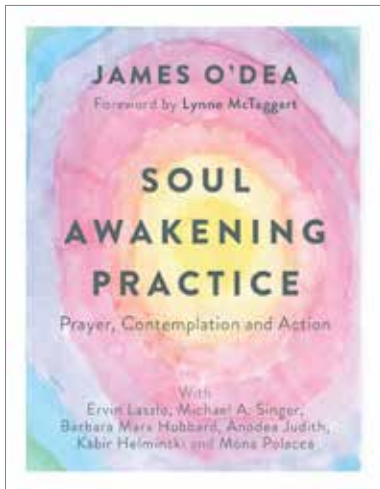
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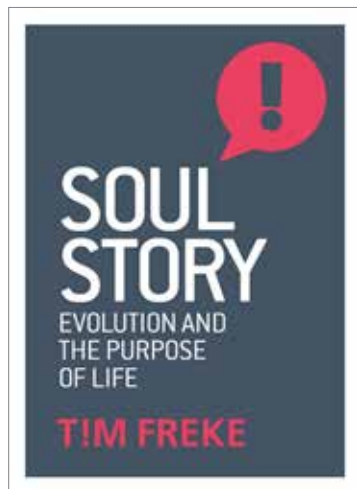
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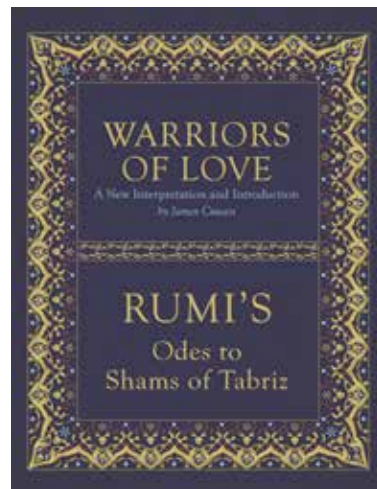
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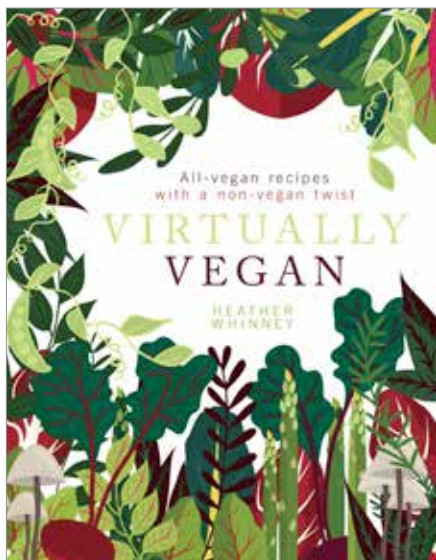
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VIRTUALLY VEGAN

All-Vegan Recipes with a Non-Vegan Twist

Heather Whinney

You might also like:



9781848993389
The Vegan Cookbook
by Adele McConnell

Whether you're a committed vegan, or just looking for plant-based recipes that look and taste great, this modern collection unlocks a whole host of inspirational vegan dishes – with delicious suggestions of meat and dairy variations for those who want it.

Try a classic breakfast of Vegeree (eggs optional), master the ultimate lentil and ale pie, or enjoy the flavours of a niçoise salad (with or without fish). And with a dedicated, dairy-free baking section, learn how to make sweet treats that everyone can enjoy.

With over 120 delicious, flexible recipes, from Sort of Sushi to Almost Paella, rice pudding to pavlova, discover how easy it is to eat vegan (or not!) whenever you want.

Heather Whinney is the contributing food editor at *Prima* magazine and a freelance recipe writer and food stylist. She was the cookery school manager at the Vegetarian Society. Heather has written several books for DK and Orion and was the food editor on various national food titles.



FOOD TO SHARE

Chickpea & pine nut balls in hot tomato sauce

This is rather like eating a good nut roast in a rich tomato sauce. I serve these with cubed rosemary potatoes in winter, or rice and a rocket/arugula salad in the warmer months.

Serves 4 (makes 20 small balls)
Prep: 20 mins Cook: 50 mins

1 tbsp olive oil
1 red onion, very finely chopped
2 garlic cloves, grated
1 tsp sumac
2 tomatoes
400g/14oz can of chickpeas/
garbanzos, drained, juice
reserved to use in baking (see
page 161)
5-6 tbsp fine breadcrumbs
zest and juice of 1 small lemon
1 tsp tahini
a few thyme sprigs, leaves only
1 handful of flatleaf parsley leaves,
finely chopped
sea salt and freshly ground black
pepper

FOR THE SAUCE

1 tbsp olive oil
1 onion, finely chopped
2 garlic cloves, finely chopped
1 red chili, deseeded and finely
chopped
a pinch of dried oregano
600g/1lb 5oz jar of passata/sieved
tomatoes
a pinch of chili flakes

TO SERVE

roasted rosemary potatoes, brown
rice or a rocket/arugula salad

1 To make the balls, heat the oil in a frying pan, add the red onion and cook for 1-2 minutes. Add the garlic and sumac and cook until translucent, around 2 minutes. Set aside.

2 To skin the tomatoes, cut a cross on the base of each one and place in a bowl. Pour boiling water over and leave for 30 seconds, then plunge into cold water and peel away the skin.

3 Put the pine nuts, chickpeas/garbanzos and breadcrumbs in a food processor and pulse until chopped. Add the tomatoes, lemon zest and juice, tahini, thyme leaves and parsley and pulse again until combined but retaining some texture. Add the cooked onion, season to taste and pulse again.

4 With wet hands, roll into 20 balls. Line a baking sheet with parchment paper, arrange the balls on the sheet and put in the refrigerator to chill while you make the sauce.

5 Preheat the oven to 200°C/400°F/Gas 6.

6 To make the sauce, heat the oil in a deep frying pan. Add the onion, season and cook for 2-3 minutes until soft. Stir in the garlic, chilli and oregano and cook for a minute more. Pour in the passata/sieved tomatoes, fill the jar with water and add to the pan. Bring to the boil, then reduce to a simmer, stir in the chili flakes and cook for 20 minutes more, topping up with hot water if it starts to thicken too much.

7 Meanwhile, put the balls in a roasting pan and roast for about 25 minutes, or until golden.

8 To serve, add the balls to the sauce and take straight to the table as everyone can help themselves. Serve with cubed roast rosemary potatoes, brown rice or a lightly dressed salad of rocket/arugula leaves.

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VIRTUALLY VEGAN

Mixed berry pavlova

This is a revelation: making meringue with the liquid from canned chickpeas/garbanzos. Known as aquafaba, it has emulsifying, foaming, binding, gelatinizing and thickening properties – wow! It whisks up for meringues just like egg whites, although it isn't as stable as meringue once cooked, so be aware that it is fragile. I didn't use a nut cream with this so it is not light enough to sit on the meringue without it breaking. Instead, the pavlova tastes great with soy yogurt, or just piled high with fruit and a drizzle of dairy-free single cream.

Serves 4-6
Prep: 20 mins Cook: 2½ hours

200ml/7fl oz/cant 1 cup aquafaba
(juice from canned chickpeas/
garbanzos; see page 161)
125g/4oz/½ cup caster/superfine
sugar
½ tsp cream of tartar
1 large handful of mixed berries of
your choice, frozen and defrosted
or fresh
5-6 tablespoons soy yogurt
a few edible flowers for decoration
(optional)
a dusting of icing/confectioners'
sugar, to serve

1 Preheat the oven to 110°C/225°F/Gas ¼, line a baking/
cookie sheet with parchment paper and draw out a circle on the
paper about 24cm/9½in in diameter.

2 In the bowl of a food mixer or using a bowl and a hand-
held whisk, add the aquafaba and whisk until it forms soft
peaks, which may take anything from 3-6 minutes. Slowly
tip in the sugar and cream of tartar, whisking as you go, until
it forms stiff peaks. You should be able to hold the bowl over
your head without fear!

3 Carefully spoon the meringue on the prepared sheet,
spreading it around to fill the circle, then use a dessert spoon
and make dollops all around the edge. This is to make the
sides a little higher than the middle.

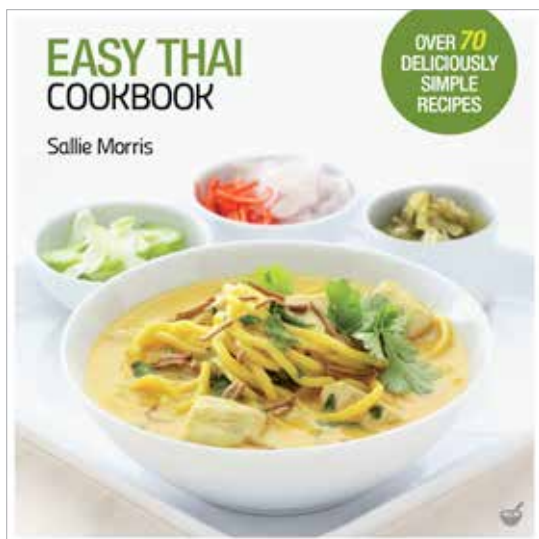
4 Bake for 2½ hours, remove from the oven and cool
completely. It may be tricky to remove from the paper as
it will be delicate. If it is easier, cut around the paper and
transfer it all to a serving plate. Spoon the soy yogurt on to
the meringue. Top with berries and edible flowers, if using,
dust with icing/confectioners' sugar and slice to serve.

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EASY THAI COOKBOOK

Over 70 Deliciously Simple Recipes

Sallie Morris

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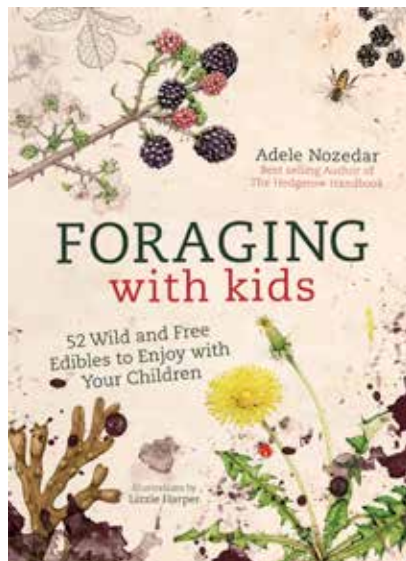
12 dedicated menu plans show you how to combine and time recipes to create stunning meals: an informal lunch or a sumptuous banquet for friends and family. With clear instructions and invaluable tips on preparation and timing, the *Easy Thai Cookbook* shows you how to prepare the perfect meal for any occasion.

Sallie Morris is the author of many books on Southeast Asian cookery, and has worked on the cookery pages of several well-known magazines. She has lived in both Kenya and Malaysia and travelled extensively in Thailand, and soon fell in love with the dishes of the East. She is a member of The Guild of Food Writers.





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FORAGING WITH KIDS

52 Wild and Free Edibles to Enjoy with Your Children
Adele Nozedar

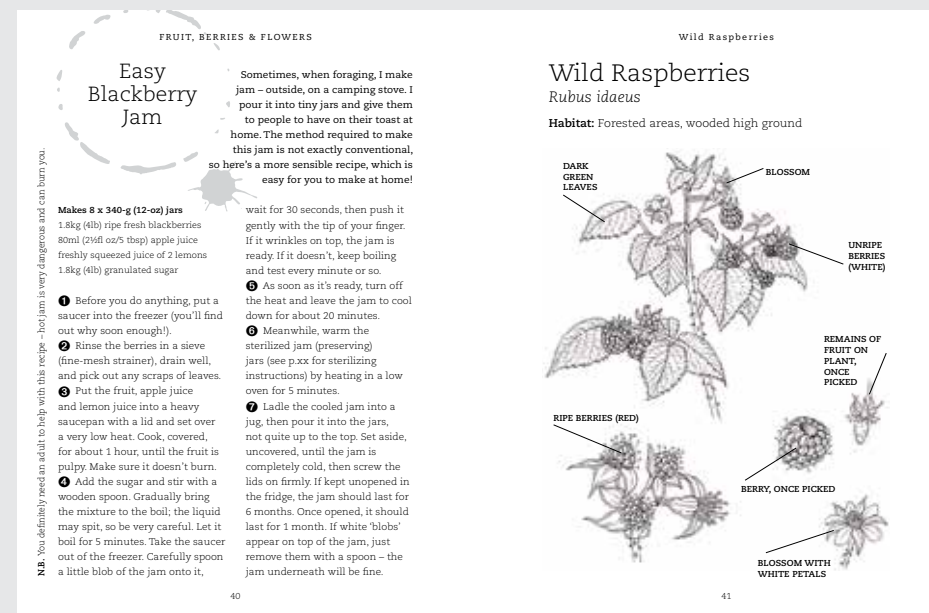
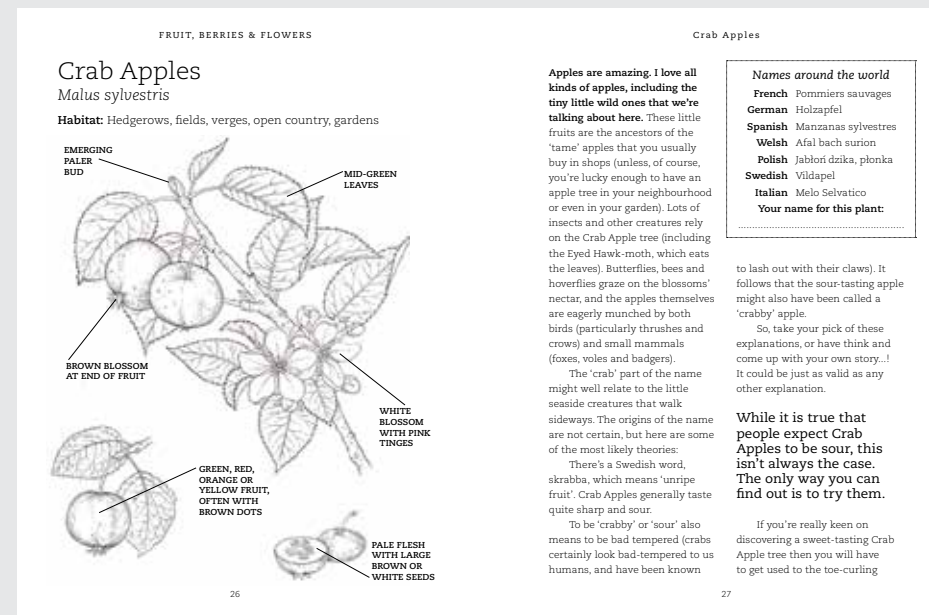
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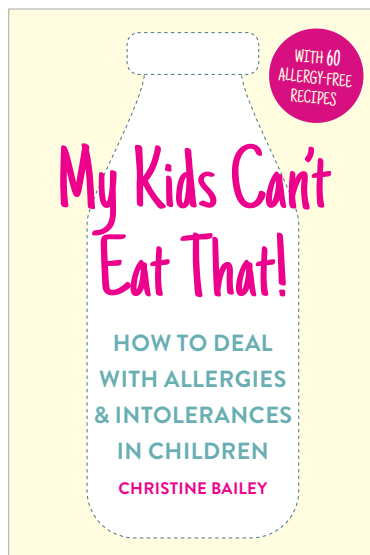
In today's world of increasingly sedentary lifestyles it has never been more important to encourage children to put down their screens, get outside and engage with the natural world around them. *Foraging with Kids* is a fun, practical book for parents to work through with their children. Based around 52 easy-to-identify plants that are abundant in parks, forests and hedgerows worldwide, this book is as accessible to those who live in the city as in the countryside. Children will be amazed by the diverse practical uses that they can set their foraged plants to; making soap from conkers or stopping minor cuts from bleeding with hedge woundwort. Illustrated throughout with beautiful hand drawings and with essential information on plant facts and identification, this is the perfect book for anyone who wants to get their children outside, connect with nature and have a lot of fun in the process.

Adele Nozedar is an author, food writer and passionate forager. Her books include *The Hedgerow Handbook* and *The Garden Forager*. She founded Brecon Beacons Foraging, to help you find and recognise the plants, fungi and wildlife that are all around us.





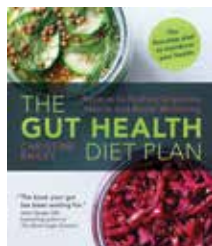
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MY KIDS CAN'T EAT THAT!

How to Deal with Allergies & Intolerances in Children
Christine Bailey

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The Gut Health Diet Plan

Having a child diagnosed with a food allergy, sensitivity or intolerance can be a daunting prospect. How did it happen? What can they eat? And can anything make it better? Award-winning functional nutritionist Christine Bailey is a mother of three children with autoimmune conditions. She understands how food reactions affect day-to-day life. In simple language, she helps you make sense of the diagnosis, shows you the obvious and hidden triggers and ensures your child maintains a healthy diet with 60 delicious, family-friendly allergen-free recipes. With simple, practical advice on eating out, travel, shopping and more, plus sympathetic advice on how to deal with schools, babysitters and other parents, this is the book that parents have been waiting for.

Christine Bailey, MSc, is a qualified nutritionist, health consultant and cookery teacher. She runs workshops, advises local authorities and schools, and works with a number of charities. The author of several books, including *The Brain Boost Diet Plan*, *The Gut Health Diet Plan* and *Supercharged Juices and Smoothies*.

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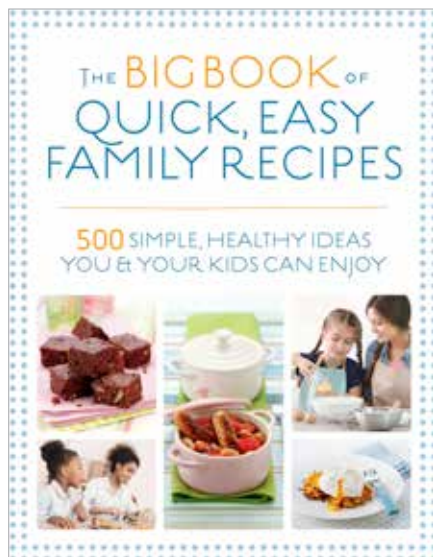
Good Mood Food is a brilliantly accessible explanation of how what you eat affects how you feel. It explains how to use diet to combat the most common mood disorders to improve your energy levels, focus, resist cravings, reduce anxiety, get more sleep, tackle depression and achieve balanced hormones.

Each chapter also features star recipes to tackle each issue, and ends with diet plans to help you work mood-boosting ingredients into your diet every day. With over 70 mood-boosting recipes, this book is the perfect companion for anyone who wants to understand a little more about how what they eat affects how they feel – and what to do about it.

Natalie Savona is one of Britain's leading nutritionists. She regularly features as an expert in the media and has presented two television series for the BBC. **Charlotte Watts** is a nutritional therapist and yoga teacher, and winner of the 2012 CAM Award for Outstanding Practice. She was a presenter on BBC3's *Freaky Eaters* and GMTV's *Beach Body Boot Camp*.



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THE BIG BOOK OF QUICK, EASY FAMILY RECIPES

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Gemini Adams, Christine Bailey, Nicola Graimes, Kirsten Hartvig and Charlotte Watts

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The Big Book of Quick, Easy Family Recipes is packed with easy, delicious meals that kids love to eat, and parents feel great about serving. Each recipe is either quick to prepare, or allows you to leave it in the oven and get on with something else, so stressful meal prep is a thing of the past. With over 500 recipes, you can find brilliant options for every meal of the day. Easy-to-use chapters include Breakfasts, Soups and Salads, Lunches, Dinners, Desserts, Snacks and Drinks. With dedicated storage instructions, batch cooking suggestions and detailed preparation and cooking times, it has never been easier to cook healthy for the whole family.

Gemini Adams is the multiple award-winning author of several inspiring healthy living books. **Christine Bailey** is a qualified nutritionist, food and health consultant, chef and cookery teacher. **Nicola Graimes** is an award-winning cookery writer. **Kirsten Hartvig** is an acclaimed nutritionist and naturopath. **Charlotte Watts** is a nutritional therapist and yoga teacher.



VEGETABLE RÖSTIS WITH POACHED EGGS

- SERVES 4**
PREPARATION 15 minutes
COOKING 35 minutes
STORAGE Make the röstis in advance and reheat in a warm oven while cooking the eggs. Leftovers will keep in the fridge for up to 1 day.
- olive oil, for greasing
200g/7oz sweet potatoes, peeled and grated
100g/3oz parsnips, peeled and grated
6 eggs
2 spring onions, chopped
75g/2oz goat's cheese, crumbled
freshly ground black pepper
- Preheat the oven to 200°C/400°F (Gas 6) and grease a large baking sheet with oil. Mix the sweet potatoes and parsnips in a bowl and season with pepper.
 - Put 2 of the eggs in a blender or food processor. Add the spring onions and cheese and blend until smooth. Pour the mixture into the grated vegetables and mix well.
 - Using a spoon, shape the mixture into 8 equal patties and put them on the baking sheet. Bake for 30–35 minutes until the patties are golden brown and crisp.
 - Meanwhile, bring a large pan of water to the boil. Break 1 egg into a cup and then gently slide it into the water. Repeat with the remaining eggs and poach for 3–4 minutes, or until cooked to taste. Using a slotted spoon, remove the eggs from the pan and drain on kitchen paper.
 - Put the röstis on plates and top with the eggs. Serve immediately.

6 | PART TWO

CHUNKY ITALIAN SOUP

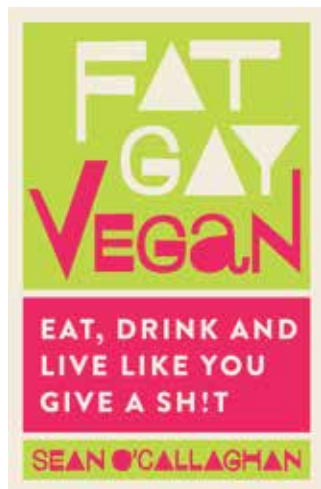
- SERVES 4–6**
PREPARATION 15 minutes
COOKING 30 minutes
STORAGE Make in advance and keep in the refrigerator for up to 3 days or freeze in single portions.
- 55g/2oz 1/2 cup small pasta shapes such as conchigliette (small shells)
1 tbsp olive oil
1 onion, chopped
1 stick celery, chopped
1 large carrot, diced
1 tsp dried oregano
2 bay leaves
12 litres/2 pints/5 cups vegetable stock
100ml/3 1/2 fl oz/scant 1/2 cup passata (sieved tomatoes)
100g/3 1/2 oz/scant 1 cup canned no-salt, no-sugar chickpeas, drained and rinsed
- Cook the pasta following the instructions on the packet until al dente; drain and rinse under cold running water.
 - Meanwhile, put the oil in a large saucepan and add the onion. Half-cover the pan and sauté the onion for 7 minutes, stirring occasionally. Add the celery, carrot and herbs and sauté for another 3 minutes.
 - Pour in the stock and passata and add the chickpeas. Bring to the boil, then reduce the heat and simmer, half-covered, for 15 minutes. Add the pasta, stir and cook for another 5 minutes.



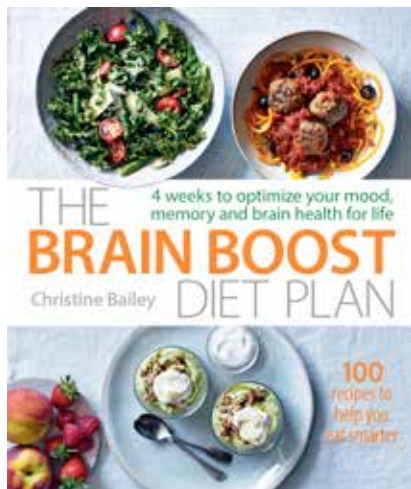


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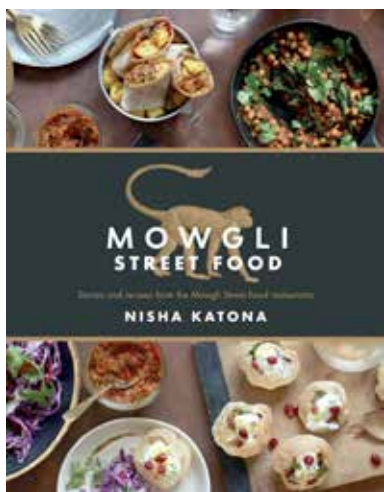
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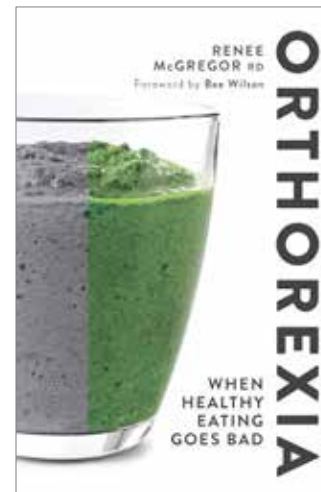
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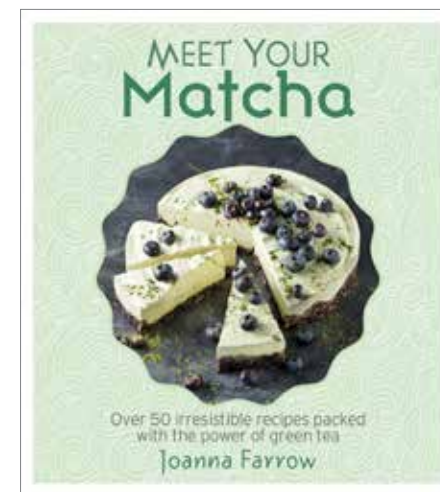
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