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*The Lost Art Of The  
Great Speech: How  
To Write One How To  
Deliver It*

*The new introduction and afterword bring fresh relevance to this insightful rumination on the act of reading--as a path to critical thinking, individual and political identity, civic engagement, and resistance. The former LA Times book critic expands his short book, rich in ideas, on the consequence of reading to include the considerations of fake news, siloed information, and the*

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*connections between critical thinking as the key component of engaged citizenship and resistance. Here is the case for reading as a political act in both public and private gestures, and for the ways it enlarges the world and our frames of reference, all the while keeping us engaged. Reveals the radical ancient practice of living resurrection, in which initiates ritually died and were reborn into a state of higher consciousness • Explores living resurrection initiation practices from world cultures, including Egyptian, Greek, Gnostic, Chinese, Celtic, and Native American traditions • Describes*

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*the secret chambers and temples where Mystery Schools practiced “raising the dead” • Shows why this practice was branded a heresy and suppressed by the Church More than two thousand years before the resurrection of Jesus, initiates from spiritual traditions around the world were already practicing a secret mystical ritual in which they metaphorically died and were reborn into a higher spiritual state. During this living resurrection, they experienced a transformative spiritual awakening that revealed the nature of reality and the purpose of the soul, described as “rising*

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*from the dead.” Exploring the practice of living resurrection in ancient Egyptian, Phoenician, Greek, Persian, Indian, Japanese, Chinese, Celtic, and Native American traditions, Freddy Silva explains how resurrection was never meant for the dead, but for the living--a fact supported by the suppressed Gnostic Gospel of Philip: “Those who say they will die first and then rise are in error. If they do not first receive the resurrection while they live, when they die they will receive nothing.” He reveals how these practices were not only common in the ancient world but also shared similar*

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*facets in each tradition: initiates were led through a series of challenging ordeals, retreated for a three-day period into a cave or restricted room, often called a "bridal chamber," and while out-of-body, became fully conscious of travels in the Otherworld. Upon returning to the body, they were led by priests or priestesses to witness the rising of Sirius or the Equinox sunrise. Silva describes some of the secret chambers around the world where the ritual was performed, including the so-called tomb of Thutmosis III in Egypt, which featured an empty sarcophagus and detailed instructions for the living on how*

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*to enter the Otherworld and return alive. He reveals why esoteric and Gnostic sects claimed that the literal resurrection of Jesus promoted by the Church was a fraud and how the Church branded all living resurrection practices as a heresy, relentlessly persecuting the Gnostics to suppress knowledge of this self-empowering experience. He shows how the Knights Templar revived these concepts and how they survive to this day within Freemasonry. Exploring the hidden art of living resurrection, Silva shows how this personal experience of the Divine opened*

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*the path to self-empowerment and higher consciousness, leading initiates such as Plato to describe it as the pinnacle of spiritual development.*

*This latest title in the highly successful Ancient Textiles series is the first substantial monograph-length historiography of early medieval embroideries and their context within the British Isles. The book brings together and analyses for the first time all 43 embroideries believed to have been made in the British Isles and Ireland in the early medieval period. New research carried out on those embroideries that are accessible today, involving the*

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*collection of technical data, stitch analysis, observations of condition and wear-marks and microscopic photography supplements a survey of existing published and archival sources. The research has been used to write, for the first time, the 'story' of embroidery, including what we can learn of its producers, their techniques, and the material functions and metaphorical meanings of embroidery within early medieval Anglo-Saxon society. The author presents embroideries as evidence for the evolution of embroidery production in Anglo-Saxon society, from a community-based*

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*activity based on the extended family, to organized workshops in urban settings employing standardized skill levels and as evidence of changing material use: from small amounts of fibers produced locally for specific projects to large batches brought in from a distance and stored until needed. She demonstrate that embroideries were not simply used decoratively but to incorporate and enact different meanings within different parts of society: for example, the newly arrived Germanic settlers of the fifth century used embroidery to maintain links with their homelands and to create tribal*

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*ties and obligations. As such, the results inform discussion of embroidery contexts, use and deposition, and the significance of this form of material culture within society as well as an evaluation of the status of embroiderers within early medieval society. The results contribute significantly to our understanding of production systems in Anglo-Saxon England and Ireland.*

*HOW TO GET WHAT YOU WANT MOST BY NOT CHASING WHAT YOU WANT NOW. (Get the audiobook FREE - Details in the Book and ebook). Every desire you have for your*

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*life is won with discipline. Few, however, understand how discipline works, what it is, and how to actually develop it and apply it to whatever area of life they want to improve. Do you want more money? Discipline will help you earn more and spend less on useless things. Want a better body? Your genetics aren't what stands in the way, a lack of discipline in training and nutrition, does. Want more meaning and purpose in your life? Discipline, again, will help you get it. Want more free time to actually live and adventurous life? Discipline will give you more time, but also a body that can endure said*

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*adventures. It's what makes mediocre men great, and a lack of it can send a man born with every opportunity and luxury available crashing into poverty. In the Lost Art of Discipline, author, Chad Howse, shows you how to make discipline automatic: - With historical examples of how discipline has repeatedly helped men rise from the bottom of society to its greatest heights. - How you can improve your life daily by adopting simple principles that will help you move closer to the person you can potentially become, the person your goals need you to become. - How you can do better work in*

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*less time. - How you can rid yourself of desires in the moment that hold you back from achieving your greater desires for how you want to ideally live your life. It doesn't matter what you want in life, discipline will help you get it, and the Lost Art of Discipline is the book that will provide the plan, the path, and the clarity you and your dreams need if they're to be fulfilled. "If you have any desire to achieve more in life, whether you want to make more money, spend less money, write your first book, get in the best shape of your life, live a more adventurous life, or you simply want to create a happier, more*

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*successful existence, you need  
this book."*

*The Lost Art of Healing*

*Deluxe Edition*

*A Romantic Comedy*

*The Lost Art of Handwriting*

*The Lost Art of Walking*

*The Lost Art of Sacrifice*

*Drawings*

**Much like unearthing a buried  
hoard of antiquities, the recovery  
of these retinal drawings offers  
fresh discovery of art in  
medicine. The striking  
representations of retinal  
disorders illustrate the range and  
beauty of this now rarely  
performed skill. Carefully  
rendered likenesses of the inside  
of the eye that are stunningly**

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**and eerily attractive were selected from a cache of over 12,000 drawings created over more than three decades. Unique to retinal drawing, the inside of the globe is shown as circular images, forcing each artist to depict distortions tinted by their own interpretation. This colorful book examines the technique and history of retinal drawing, its application and variations of artistic rendition, and covers a wide array of visually distinctive disorders.**

**It's time to take back the kitchen. It's time to unlock the pantry and break free from the shackles of ready-made, industrial food. It's time to cook supper. The Lost Art of Real Cooking heralds a new old-fashioned approach to food-**

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**laborious and inconvenient, yet extraordinarily rewarding and worth bragging about. From jam, yogurt, and fresh pasta to salami, smoked meat, and strudel, Ken Albala and Rosanna Nafziger arm you with the knowledge and skills that let you connect on a deeper level with what goes into your body. Ken and Rosanna celebrate the patience it takes to make your own sauerkraut and pickles. They divulge the mysteries of capturing wild sourdoughs and culturing butter, the beauty of rendering lard, making cheese, and brewing beer, all without the fancy toys that take away from the adventure of truly experiencing your food. These foods were once made by the**

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**family, in the home, rather than a factory. And they can still be made in the smallest kitchens without expensive equipment, capturing flavors that speak of place and personality. What you won't find here is a collection of rigid rules for the perfect meal. Ken and Rosanna offer a wealth of recipes, history, and techniques that start with the basics and evolve into dishes that are entirely your own.**

**A MILLENNIUM AFTER the formidable war machines of the User cultures devoured entire civilizations and rewrote planetary geography, Earth is in the grip of a perpetual Dark Age. Scientific endeavor is strongly discouraged, while remnant technology is locked**

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**away—hidden by a Church determined to prevent a new Armageddon. This is the world to which Benzamir Michael Mahmood must return. A descendant of the tribes who fled the planet during those ages old wars, he comes in pursuit of enemies from the far reaches of space. The technology he brings is wondrous beyond the imaginings of those he will meet, but can its potency match that of the Church's most closely guarded treasure? For centuries it has lain dormant, but it is about to be unearthed, and the powers that will be unleashed may be beyond anyone's capacity to control. Even a man as extraordinary as Benzamir . . .**  
**The Lost Art of Pie Making shows**

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**you how to make a darn good pie in a jiffy. You'll feel like you're in your grandma's kitchen, where she teaches you the secrets of her tender, flakey pie crust and shares recipes taken from handwritten 19th century cooking journals, recipes like Dutch Oven Apple Cherry, Vanilla Crumb, Fresh Raspberry, Louisiana Peanut, Sour Cherry Ammareto, and dozens more. There are also scores of vintage photos, pie insults, pie superstitions, pie advice, why men love pies and tips on how to host your own pie contest. Winning the Ten Commitments That Drive Sales The Lost Art of Disciple Making Rediscover the Beauty and Power of Penmanship**

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**The Lost Art of Dying**

**Reviving Forgotten Wisdom**

**The Lost Art of Compassion**

**Initiation, Secret Chambers, and  
the Quest for the Otherworld**

***“Every time I meet someone  
who also loves I Capture the  
Castle, I know we must be  
kindred spirits.” —from the new  
foreword by Jenny Han, the  
New York Times bestselling  
author of To All the Boys I’ve  
Loved Before. A beautiful,  
deluxe edition of Dodie  
Smith’s beloved novel, I  
Capture the Castle, featuring a  
new foreword by New York  
Times bestselling author  
Jenny Han, a stunning new***

***cover, and designed  
endpapers that is perfect for  
devoted readers and those  
discovering this timeless story  
for the first time. Seventeen-  
year-old Cassandra Mortmain  
and her family may live in a  
ramshackle old English castle,  
but that's about as romantic  
as her life gets. While her  
beautiful older sister, Rose,  
longs to live in a Jane Austen  
novel, Cassandra knows that  
meeting an eligible man to  
marry isn't in either of their  
futures when their home is  
crumbling and they have to  
sell their furniture for food. So  
Cassandra instead strives to***

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***hone her writing skills in her journals. Until one day when their new landlords move in, which include two (very handsome) sons, and the lives of the Mortmain sisters change forever. Through Cassandra's sharply funny, yet poignant, journal entries, she chronicles the great changes that take place within the castle's walls, and her own first descent into love. By the time she pens her final entry, she has "captured the castle" – and the heart of the reader – in one of literature's most enchanting novels. "This book has one of the most***

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**charismatic narrators I've ever met.” —J.K. Rowling, bestselling author of the Harry Potter series**

**Isabel Dalhousie, philosopher and amateur solver of other people's problems, meets an old foe, Minty Auchterlonie, at a birthday party attended by their young children.**

**Ambitious Minty, now the head of a small investment bank, is in trouble with her shareholders. Isabel becomes involved, and is drawn into a murky world of financial concealment. Minty is not the only high-flier in Isabel's life; her niece Cat has just become**

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***engaged to a tightrope-walking stuntman. Isabel fears his next job - and the engagement - could end in disaster.***

***Meanwhile, her own boyfriend Jamie has marriage in mind too . . .***

***Revisit the lost art of writing with these fun prompts, worksheets, exercises—and more!—and experience the many benefits of writing by hand, including increased focus and memory, relaxation, and creative expression.***

***Writing by hand may seem passé in the digital age, but it shouldn't be dismissed as simply an activity for grade***

***schoolers—it offers countless benefits that have been studied by researchers, brain neurologists, therapists, educators, and others who are invested in helping handwriting thrive in an age of advancing technology.***

***Handwriting may be slower than typing—but this gives your brain more time to process information, and stimulates neurological connections that aid in memory, focus, and composition. The process of handwriting can also have a soothing, calming effect and can even serve as a great form of meditation. And of course,***

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***it's a great way of expressing your individuality and personal style. The Lost Art of Handwriting explores the history of writing longhand, and reintroduces proper stroke sequences, letter forms, and techniques for evaluating and improving your handwriting. You will discover how the amazing variety of letter forms provide endless opportunities for making these alphabets your own, and how to choose alternatives that fit your preferences while keeping your writing neat, consistent, and unique to you. You'll learn how to connect***

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***letters in cursive writing to help you write more smoothly, and with practice, more efficiently. Learn how easy it is to apply what you've learned into your everyday life with tips for integrating handwriting practice into already jam-packed schedules. Soon, you'll notice a steady increase in the relaxation, value, and joy that handwriting offers to everyone who persists in putting the pen or pencil to paper.***

***Now in paperback, this practical guide to cultivating compassion delivers Buddhist and psychological insight***

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***right where we need it most—navigating the difficulties of our daily lives. Compassion is often seen as a distant, altruistic ideal cultivated by saints, or as an unrealistic response of the naively kind-hearted. Seeing compassion in this way, we lose out on experiencing the transformative potential of one of our most neglected inner resources. Dr Lorne Ladner rescues compassion from this marginalised view, showing how its practical application in our life can be a powerful force in achieving happiness. Combining the wisdom of***

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***Tibetan Buddhism and  
Western psychology, Ladner  
presents clear, effective  
practices for cultivating  
compassion in daily living.***

***The Lost Art of Gratitude***

***The Lost Art of Mixing***

***The Lost Art of War***

***Rediscovering the Pleasures  
of Traditional Food One***

***Recipe at a Time***

***The Lost Art of Reading***

***The Lost Art of Heinrich Kley,  
Volume 1***

***The New Science of a Lost Art*  
*A Columbia University physician  
comes across a popular medieval text  
on dying well written after the horror  
of the Black Plague and discovers***

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*ancient wisdom for rethinking death and gaining insight today on how we can learn the lost art of dying well in this wise, clear-eyed book that is as compelling and soulful as Being Mortal, When Breath Becomes Air, and Smoke Gets in Your Eyes. As a specialist in both medical ethics and the treatment of older patients, Dr. L. S. Dugdale knows a great deal about the end of life. Far too many of us die poorly, she argues. Our culture has overly medicalized death: dying is often institutional and sterile, prolonged by unnecessary resuscitations and other intrusive interventions. We are not going gently into that good night—our reliance on modern medicine can actually prolong suffering and strip us of our dignity.*

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*Yet our lives do not have to end this way. Centuries ago, in the wake of the Black Plague, a text was published offering advice to help the living prepare for a good death. Written during the late Middle Ages, ars moriendi—The Art of Dying—made clear that to die well, one first had to live well and described what practices best help us prepare. When Dugdale discovered this Medieval book, it was a revelation. Inspired by its holistic approach to the final stage we must all one day face, she draws from this forgotten work, combining its wisdom with the knowledge she has gleaned from her long medical career. The Lost Art of Dying is a twenty-first century ars moriendi, filled with much-needed insight and thoughtful*

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*guidance that will change our perceptions. By recovering our sense of finitude, confronting our fears, accepting how our bodies age, developing meaningful rituals, and involving our communities in end-of-life care, we can discover what it means to both live and die well. And like the original ars moriendi, The Lost Art of Dying includes nine black-and-white drawings from artist Michael W. Dugger. Dr. Dugdale offers a hopeful perspective on death and dying as she shows us how to adapt the wisdom from the past to our lives today. The Lost Art of Dying is a vital, affecting book that reconsiders death, death culture, and how we can transform how we live each day, including our last.*

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*Explains a process of navigation that relies on natural phenomenon and describes techniques followed by ancient people involving the Sun, Moon, tides, currents, wind, and the horizon that can be used to determine direction and ensure arrival at a safe destination.*

*The Lost Art of Meditation explores various means through which believers in God and the spirit's supreme essence can reclaim their faith through the use of deep and soulful contemplation. For John Wilmot Mahood, the human spirit is being drowned out by the maddening hysteria of modern life. Our minds are so occupied with various distractions and happenings that the profound wisdom of Christ and the Lord are*

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*neglected. Our attention is forever outward, upon material objects and experiences - meanwhile the soul goes unattended, and suffers greatly in the face of such frenetic impatience. The author's proscription is simple, but requires lengthy dedication: the reader must take up and explore the spiritual craft of meditation, first by realizing its sheer importance and essence. We must ignore the overly simple statements of certain preachers and evangelists in favor of the soul's inner chamber, where spiritual nourishment may be accessed in its purest and least trammeled form. This book consists of a series of fourteen essays, each of which discusses meditation in relation to various religious practices. Its relation to the*

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*practice of prayer, to spiritual revelations, to the Holy Bible, and to guiding one's actions in life is explored. Mahood also describes how meditation makes the believer more conscious of God's creation; nature, in all its boundless splendor, becomes all the more vibrant and gorgeous to the vision.*

*“Always be closing!” —Glengarry Glen Ross, 1992 “Never Be Closing!” —a sales book title, 2014 “?????” —salespeople everywhere, 2017 For decades, sales managers, coaches, and authors talked about closing as the most essential, most difficult phase of selling. They invented pushy tricks for the final ask, from the “take delivery” close to the “now or never” close. But these tactics often alienated*

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*customers, leading to fads for the “soft” close or even abandoning the idea of closing altogether. It sounded great in theory, but the results were often mixed or poor. That left a generation of salespeople wondering how they should think about closing, and what strategies would lead to the best possible outcomes. Anthony Iannarino has a different approach geared to the new technological and social realities of our time. In The Lost Art of Closing, he proves that the final commitment can actually be one of the easiest parts of the sales process—if you’ve set it up properly with other commitments that have to happen long before the close. The key is to lead customers through a series of necessary steps designed to prevent*

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*a purchase stall. Iannarino addressed this in a chapter of The Only Sales Guide You'll Ever Need—which he thought would be his only book about selling. But he discovered so much hunger for guidance about closing that he's back with a new book full of proven tactics and useful examples. The Lost Art of Closing will help you win customer commitment at ten essential points along the purchase journey. For instance, you'll discover how to:*

- Compete on value, not price, by securing a Commitment to Invest early in the process.*
- Ask for a Commitment to Build Consensus within the client's organization, ensuring that your solution has early buy-in from all stakeholders.*
- Prevent the possibility of the sale falling*

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*through at the last minute by  
proactively securing a Commitment to  
Resolve Concerns. The Lost Art of  
Closing will forever change the way  
you think about closing, and your  
clients will appreciate your ability to  
help them achieve real change and  
real results.\*

*Breath*

*A Journey to Rediscover the  
Forgotten Essence of Human  
Movement*

*The Lost Art of the Anglo-Saxon  
World*

*The Lost Art of Doing Nothing*

*The Women Who Once Made  
America Stylish*

*Discovering the Practice of Happiness  
in the Meeting of Buddhism and  
Psychology*

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***Recently Discovered Companion to  
the Bestselling The Art of War, The***

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

A New York Times  
Bestseller A Washington  
Post Notable Nonfiction  
Book of 2020 Named a  
Best Book of 2020 by NPR  
"A fascinating  
scientific, cultural,

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spiritual and evolutionary history of the way humans breathe—and how we've all been doing it wrong for a long, long time.”  
—Elizabeth Gilbert, author of *Big Magic* and *Eat Pray Love* No matter what you eat, how much you exercise, how skinny or young or wise you are, none of it matters if you're not breathing properly. There is nothing more essential to our health and well-being than breathing: take air in, let it out,

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repeat twenty-five thousand times a day. Yet, as a species, humans have lost the ability to breathe correctly, with grave consequences. Journalist James Nestor travels the world to figure out what went wrong and how to fix it. The answers aren't found in pulmonology labs, as we might expect, but in the muddy digs of ancient burial sites, secret Soviet facilities, New Jersey choir schools, and the smoggy streets

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of São Paulo. Nestor tracks down men and women exploring the hidden science behind ancient breathing practices like Pranayama, Sudarshan Kriya, and Tummo and teams up with pulmonary tinkerers to scientifically test long-held beliefs about how we breathe. Modern research is showing us that making even slight adjustments to the way we inhale and exhale can jump-start athletic performance; rejuvenate

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internal organs; halt snoring, asthma, and autoimmune disease; and even straighten scoliotic spines. None of this should be possible, and yet it is. Drawing on thousands of years of medical texts and recent cutting-edge studies in pulmonology, psychology, biochemistry, and human physiology, *Breath* turns the conventional wisdom of what we thought we knew about our most basic biological function on its head.

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You will never breathe  
the same again.

True tales of lost art,  
built around case  
studies of famous works,  
their creators, and  
stories of disappearance  
and recovery From the  
bestselling author of  
The Art of Forgery comes  
this dynamic narrative  
that tells the  
fascinating stories of  
artworks stolen, looted,  
or destroyed in war,  
accidentally demolished  
or discarded, lost at  
sea or in natural  
disasters, or attacked

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by iconoclasts or vandals; works that were intentionally temporal, knowingly destroyed by the artists themselves or their patrons, covered over with paint or plaster, or recycled for their materials. An exciting read that spans the centuries and the continents.

'Heads up – here's how to run like a pro' – The Times 'A fascinating book' – Adharanand Finn, author of Running With the Kenyans The Lost Art of Running is an

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opportunity to join running technique analyst coach and movement guru Shane Benzie on his journey across five continents as he trains with and analyses the running style of some of the most gifted athletes on the planet. 'Excellent' Trail Running magazine 'Shane is the Indiana Jones of the running world' Damian Hall, ultra marathon runner & journalist 'Running technique has to be one of the most subjective

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issues out there: 10 minutes' investigation on the internet will generally confuse rather than confirm what you should or should not be doing. Mother Nature gave us some amazing gifts as runners – if we rediscover them and use them, we can transform our dynamic and everyday movement.' Shane Benzie Part narrative, part practical, this adventure takes you to the foothills of Ethiopia and the 'town of runners'; to the

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training grounds of world record holding marathon runners in Kenya; racing across the Arctic Circle and the mountains of Europe, through the sweltering sands of the Sahara and the hostility of a winter traverse of the Pennine Way, to witness the incredible natural movement of runners in these environments. Along the way, you will learn how to incorporate natural movement techniques into your own running and hear from

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some of the top athletes that Shane has coached over the years. Whether experienced or just tackling your first few miles, this groundbreaking book will help you discover the lost art of running.

Paintings and Sketches

The Lost Art of Retinal  
Drawing

The Lost Art of Real  
Cooking

The Sacred and Secular  
Power of Embroidery

The Lost Art of Dress

The Lost Art of Thinking

The Lost Art of

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Convalescence

*A timely guide on how to make the most of your life when there's nothing to do (whether by choice or not)—niksen is the new Dutch philosophy teaching us how to rest and relax*

*A history of the women who taught Americans how to dress in the first half of the 20th century—and whose lessons we'd do well to remember today.*

**THE SUNDAY TIMES BESTSELLER:**  
*an uplifting account of hope and healing by GP Gavin Francis 'I cannot think of anybody - patient or doctor - who will not be helped by reading this short and profound book' - Henry Marsh*

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*'Such a wise, gentle,  
quietly hopeful book.  
Exactly what I needed' -  
Rachel Clarke 'A lovely  
little book' - Michael Rosen*  
*When it comes to illness,  
sometimes the end is just  
the beginning. Recovery and  
convalescence are words that  
exist at the periphery of  
our lives - until we are  
forced to contend with what  
they really mean. Here, GP  
and writer Gavin Francis  
explores how - and why - we  
get better, revealing the  
many shapes recovery takes,  
its shifting history and the  
frequent failure of our  
modern lives to make  
adequate space for it.  
Characterised by Francis's*

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*beautiful prose and his view of medicine as 'the alliance of science and kindness', Recovery is a book about a journey that most of us never intend to make. Along the way, he unfolds a story of hope, transformation, and the everyday miracle of healing.*

*How we walk, where we walk, why we walk tells the world who and what we are. Whether it's once a day to the car, or for long weekend hikes, or as competition, or as art, walking is a profoundly universal aspect of what makes us humans, social creatures, and engaged with the world. Cultural commentator, Whitbread Prize*

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**winner, and author of Sex  
Collectors Geoff Nicholson  
offers his fascinating,  
definitive, and personal  
ruminations on the  
literature, science,  
philosophy, art, and history  
of walking. Nicholson finds  
people who walk only at  
night, or naked, or in the  
shape of a cross or a  
circle, or for thousands of  
miles at a time, in costume,  
for causes, or for no reason  
whatsoever. He examines the  
history and traditions of  
walking and its role as  
inspiration to artists,  
musicians, and writers like  
Bob Dylan, Charles Dickens,  
and Buster Keaton. In The  
Lost Art of Walking, he**

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*brings curiosity,  
imagination, and genuine  
insight to a subject that  
often strides, shuffles,  
struts, or lopes right by  
us.*

*Lost Art*

*The Lost Art of Closing*

*The Lost Art of Listening*

*The Lost Art of Resurrection*

*The Lost Art of Heinrich*

*Kley, Volume 2*

*How Learning to Listen Can*

*Improve Relationships*

*Missing Artworks of the*

*Twentieth Century*

One man's journey across six continents to rediscover the lost art of running. The Lost Art of Running is an opportunity to join running technique analyst coach

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and movement guru, Shane Benzie, on his incredible journey of discovery across six continents as he trains with and analyzes the running style of some of the most naturally gifted athletes on the planet. Benzie believes that in analyzing these highly efficient yet increasingly forgotten running styles we can all access our body's natural elastic energy and unlock our true running potential. Part narrative, part practical, this running guide will take you to the training grounds of world record holding marathon runners in Kenya; racing across the brutal cold of the Arctic Circle and the

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mountains of Europe, through the expansive sweltering sands of the Sahara and the hostility of a winter traverse of the Pennine Way, to witness first-hand the incredible natural movement of runners in these environments. Along the way, you will learn how to incorporate natural movement techniques into your own running and you will hear from some of the athletes that Shane has worked with and coached over the years to understand how they have successfully adopted these techniques to improve their own performances, including two times Marathon des Sables winner, Elisabet Barnes, Team

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GB 24 hour athletes, Robbie Britton and Dan Lawson, mountain runners, Nicky Spinks, Damian Hall and Tom Evans and three times winner of The Spine race, Pavel Paloncy. Whether you're a veteran runner or just tackling your first few miles, this ground-breaking book will help you discover the lost art of running.

At once far flung and intimate, a fascinating look at how finding our way make us human. In this compelling narrative, O'Connor seeks out neuroscientists, anthropologists and master navigators to understand how navigation ultimately gave us our

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humanity. Biologists have been trying to solve the mystery of how organisms have the ability to migrate and orient with such precision—especially since our own adventurous ancestors spread across the world without maps or instruments. O'Connor goes to the Arctic, the Australian bush and the South Pacific to talk to masters of their environment who seek to preserve their traditions at a time when anyone can use a GPS to navigate. O'Connor explores the neurological basis of spatial orientation within the hippocampus. Without it, people inhabit a dream state, becoming

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amnesiacs incapable of finding their way, recalling the past, or imagining the future. Studies have shown that the more we exercise our cognitive mapping skills, the greater the grey matter and health of our hippocampus. O'Connor talks to scientists studying how atrophy in the hippocampus is associated with afflictions such as impaired memory, dementia, Alzheimer's Disease, depression and PTSD. Wayfinding is a captivating book that charts how our species' profound capacity for exploration, memory and storytelling results in topophilia, the love of place. "O'Connor

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talked to just the right people in just the right places, and her narrative is a marvel of storytelling on its own merits, erudite but lightly worn. There are many reasons why people should make efforts to improve their geographical literacy, and O'Connor hits on many in this excellent book—devouring it makes for a good start." —Kirkus Reviews

Uncover a new way to network and build relationships that last! Networking is often considered a necessary evil for all working professionals. With social media platforms like LinkedIn, Twitter, Instagram, and Facebook at our

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disposal, reaching potential investors or employers is much easier. Yet, these connections often feel transactional, agenda-driven, and dehumanizing, leaving professionals feeling burnt out and stressed out. Instead, we should connect on a human level and build authentic relationships beyond securing a new job or a new investor for your next big idea. To build real and meaningful networking contacts, we need to go back to basics, remembering that technology is a tool and not a means and end. We need to tap into our humanity and learn to be more intentional and authentic.

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As a “serial connector” and communications expert, Susan McPherson has a lifetime of experience building genuine connections in and out of work. Her methodology is broken down into three simple steps 1. Gather: Instead of waiting for the perfect networking opportunity to come to you, think outside the box and create your own opportunity. Host your own dinner party, join a local meet-up group, or volunteer at your neighborhood food pantry. Anyone from your local barista to a fellow parent at your daughter’s elementary school can lead to another connection that you just might

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need. 2. Ask: Instead of leading with our own rehearsed elevator pitches asking for help, ask to help, opening the door to share resources, experience, contacts, and perspectives that add diversity to your own vision. 3. Do: Turn new connections into meaningful relationships by taking these newly formed relationships deeper. Follow through on the promises you made, keep in touch, and learn to move past small talk by embracing your vulnerability and having conversations that matter. Woven together with helpful tips and useful advice on making the most out of every step, the book

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draws on the real-life success stories of friends, and clients, as well as McPherson's own experience as a renowned "serial connector." Filled with humor, humility, and wisdom, *The Lost Art of Connecting* is the handbook we all need to foster personal and professional relationships that blur the lines between work and play—and enrich our lives in every way. All her life, Ava Young has assumed the only way any guy would take a second look at her was if she was the only person in the room. And on fire. So she's been distant, and possibly a little cold—at least on the outside. But

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after her workplace crush says some crushingly mean things, she's ready to do something big about it, inside and out. And she'd better hurry because when a priceless art exhibit hits the Phoenix Metropolitan Art Museum and Ava's in charge, a billionaire bachelor and a handsome FBI agent will be taking a deeper look at the art—and at Ava. *The Lost Art* is another romantic comedy (with a bit of cozy mystery this time) from award-winning author Jennifer Griffith.

The Science and Mystery of How Humans Navigate the World  
The Lost Art

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How the Dutch Unwind with  
Niksen

The Prerequisite for Victory

Why Books Matter in a  
Distracted Time

I Capture the Castle

The Lost Art of Reverie

***Like those of his distinguished ancestor, Sun Tzu II's insights and strategies can be applied to life situations far beyond warfare - including government, diplomacy, business, relationship, and social action.***

***An inheritance. A long-forgotten dream. A new life in a spacious place. Corporate life has not been treating Katie Grace well. Suffering from extreme anxiety after a disaster at work, Katie learns that she has inherited her late***

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***grandmother's Victorian house in the lake town of Aveline, in the rolling hills of the Los Padres National Forest. Maybe a new start will be exactly what she needs. Hardware store owner Sam Grant remembers Katie from when they spent summers together, years before. Sam has determined never to get involved in a relationship again, but working on Katie's house renovations might put that resolve to the test. In Aveline, Katie allows herself to dream again, finding solace in creating food and a space for her new friends to gather. As members of the town welcome Katie, her heart begins to find safety, but will the events of the past repeat themselves? Note from the author: I have always loved romance, and I think love stories***

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***are so beautiful. I also love the picture of the small town as a kind of landscape for community. I wanted to write something that reflected the kinds of people I have known all my life. So that is why I wrote about Aveline, a small town that is like the life I have known, with quirky, real, lovable characters who come from many backgrounds and ways of life. Community, brokenness, kindness, and the kingdom of God in action. Isn't it amazing, how vulnerable we all are? And then we offer food and friendship in the context of houses and cafés and forests... we extend our hands to one another and become family. The Lost Art of Thinking is a unique tool that you can use to improve mental performance, emotional***

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***intelligence, and life satisfaction in a practical and all inclusive way. - Experience emotional calm and stability under tremendous stress.- Make lasting positive changes in your mental ability and mood. - Find high levels of motivation, with more energy and better productivity. - Develop a high ability to think through complex situations, analyze information accurately, and make correct decisions habitually. - Improve your relationships and enjoy a healthy zest for life. Damaged, attacked, rejected, destroyed, transient - there are many ways that art can become lost. With work by Marcel Duchamp, Wassily Kandinsky, Frida Kahlo, Joseph Beuys, John Baldessari, Rachel Whiteread and Lucian Freud, this is a lively look at a often***

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***little considered aspect of  
contemporary art.***

***The Lost Art of Running***

***The Lost Art of Meditation***

***The Lost Art of Discipline***

***The Museum of Lost Art***

***Recovery***

***Books and Resistance in a Troubled  
Time***

***How to Improve Emotional  
Intelligence and Achieve Peak  
Mental Performance***

*One person talks; the other listens.  
It's so basic that we take it for  
granted. Unfortunately, most of us  
think of ourselves as better listeners  
than we actually are. Why do we so  
often fail to connect when speaking  
with family members, romantic  
partners, colleagues, or friends? How  
do emotional reactions get in the way  
of real communication? This*

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*thoughtful, witty, and empathic book has already helped over 100,000 readers break through conflicts and transform their personal and professional relationships.*

*Experienced therapist Mike Nichols provides vivid examples, easy-to-learn techniques, and practical exercises for becoming a better listener--and making yourself heard and understood, even in difficult situations.*

*Restaurant owner Lillian manages an unexpected challenge while sharing her days with a circle of friends and regulars, including ritual-performing accountant Al, heartbroken chef Chloe, and unobtrusive giant Finnegan.*

*"Every believer in Jesus Christ deserves the opportunity of personal nurture and development." says*

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*LeRoy Eims. But all too often the opportunity isn't there. We neglect the young Christian in our whirl of programs, church services, and fellowship groups. And we neglect to raise up workers and leaders who can disciple young believers into mature and fruitful Christians. In simple, practical, and biblical terms, LeRoy Eims revives the lost art of disciple making. He explains: - How the early church disciplined new Christians - How to meet the basic needs of a growing Christian - How to spot and train potential workers - How to develop mature, godly leaders "True growth takes time and tears and love and patience," Eims states. There is no instant maturity. This book examines the growth process in the life of a Christian and considers what nurture and guidance*

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*it takes to develop spiritually qualified workers in the church. In these pages, Vicki Burback explains that while Christ's words are challenging, he isn't asking us to pick up our cross because he is vindictive or twisted, nor because He wants to see us suffer. It's because sacrifice is the greatest manifestation of love, and He created our souls in order to love and to be loved.*

*Wayfinding*

*The History, Science, and Literature of Pedestrianism*

*The Lost Art of Finding Our Way*

*The Lost Art of Connecting: The Gather, Ask, Do Method for Building Meaningful Business Relationships*

*The Lost Art of Pie Making Made Easy*

*Reading is a revolutionary act, an act*

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of engagement in a culture that wants us to disengage. In *The Lost Art of Reading*, David L. Ulin asks a number of timely questions - why is literature important? What does it offer, especially now? Blending commentary with memoir, Ulin addresses the importance of the simple act of reading in an increasingly digital culture. Reading a book, flipping through hard pages, or shuffling them on screen - it doesn't matter. The key is the act of reading, and its seriousness and depth. Ulin emphasizes the importance of reflection and pause allowed by stopping to read a book, and the accompanying focus required to let the mind run free in a world that is not one's own. Are we willing to risk our collective interest in contemplation, nuanced thinking, and empathy? Far from preaching to the choir, *The Lost*

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Art of Reading is a call to arms, or rather, to pages.