

## Cultivating The Mind Of Love

Cultivating Love Growing Character is the fifth book in the Cultivating Love series and is actually a revised excerpt from Cultivating Love Renewal (Book 1), Cultivating Love Finishing Strong (Book 3) and Cultivating Love When Secrets Surface (Book 4). Growing Character is released as a “stand alone” version for the very reason it is included in the other books: regardless of the issues that we may struggle with in life and in our relationships (communication, infidelity, parenting issues, addictions, etc.) character growth is an essential part of our personal development and it is the application of our character values that leads us to the fruitful resolution of most of those issues. Like the other books in the Cultivating Love series, Growing Character is based on the principle of Phytoremediation. Phytoremediation is an environmentally sound technology (EST) in which plants are used to remove, detoxify or immobilize environmental contaminants that are in the soil and in the water. Plants belonging to the Cruciferae family work the best. These particular plants are named and are a part of this family because they have a corolla of four petals arranged like a cross. Once again, God shows us that the process of restoring and remediating health, healing and safety to our environment (whether we start in our head, or in the garden of our relationships) is done through the work on the Cross (Colossians 1:16-20). So how does this personal and relational “clean up” process happen? In this workbook, you will have the opportunity to “remediate” or “heal your land” by identifying areas of your life or marriage that need growth and development, fruitfulness and edification. Based on your self-discovery, you'll have the opportunity to select from over 400 “Positive Values” or “seeds” to plant in the soil of your heart which when developed, will help you to become a fruitful, mature and productive human being. The cultivation of your values creates healing agents in your life and marriage when they are intentionally and strategically developed. Remediation occurs when you live by the values that you cultivate within your head and heart and practice these values with the “neighbors” in your life (i.e., spouse, family members, workplace).

This book is a rich suite of practices that open the heart, counter the distortions in our relationships to ourselves, and deepen our relationship to others.

Discover the Transformative Effects of Being Kind to Yourself “This brilliant book offers us both the science and practice of how self-kindness is the secret sauce of fulfillment, transformation, and joy.” –Lorin Roche, meditation teacher and author of The Radiance Sutras Many of us yearn to feel a greater sense of inner calm, ease, joy, and purpose. We have tried meditation and found it too difficult. We judge ourselves for being no good at emptying our minds (as if one ever could) or compare ourselves with yogis who seem to have it all together. We live in a steady state of “not good enough.” It does not have to be this way. In Good Morning, I Love You, Dr. Shauna Shapiro brings alive the brain science behind why we feel the way we do—about ourselves, each other, and the world—and explains why we get stuck in thinking that doesn’t serve us. It turns out that we are hardwired to be self-critical and negative! And this negativity is constantly undermining our experience of life. “It is never too late to rewire your brain for positivity—for calm, clarity, and joy,” writes Dr. Shapiro. “I know this is possible because I experienced it. Best of all, you can begin wherever you are.” In short, lively chapters laced with science, wisdom, and story, Shapiro, one of the leading scientists studying the effects of mindfulness on the brain, shows us that acting with kindness and compassion toward ourselves is the key. With her roadmap to guide you, including her signature “Good Morning, I Love You” practice, in which you deliberately greet yourself each day with these simple words, you can change your brain’s circuitry and steady yourself in feelings of deep calm, clarity, and joy. For good.

One of the most beloved and trusted mindfulness teachers in America offers a lifeline for difficult times: the RAIN meditation, which awakens our courage and heart Tara Brach is an in-the-trenches teacher whose work counters today's ever-increasing onslaught of news, conflict, demands, and anxieties--stresses that leave us rushing around on auto-pilot and cut off from the presence and creativity that give our lives meaning. In this heartfelt and deeply practical book, she offers an antidote: an easy-to-learn four-step meditation that quickly loosens the grip of difficult emotions and limiting beliefs. Each step in the meditation practice (Recognize, Allow, Investigate, Nurture) is brought to life by memorable stories shared by Tara and her students as they deal with feelings of overwhelm, loss, and self-aversion, with painful relationships, and past trauma--and as they discover step-by-step the sources of love, forgiveness, compassion, and deep wisdom alive within all of us. A PENGUIN LIFE TITLE

You Don't Have to Go to Mars for Love

Mindfulness and Self-Compassion Practices to Rewire Your Brain for CaM, Clarity, and Joy

Think Like a Monk

Cultivating Qi

A Fierce Heart

The Science and Practice of Presence--The Groundbreaking Meditation Practice

Love in Action

Lessons on love and Dharma, from celebrated Vietnamese monk Thich Nhat Hanh and featuring a foreword by Natalie Goldberg In Cultivating the Mind of Love, Thich Nhat Hanh gives a most unusual Dharma teaching: the story of his first love. He pairs these personal memories with his insightful commentaries on classic Buddhist teachings, including the Diamond Lotus, Avatamsaka, and Vimalakirti Sutras. In combining personal experience and Dharma teachings, Nhat Hanh allows his readers to experience and to appreciate what is human and wonderful in all of us. He shows us how to cultivate our own “mind of love”—and how to bring joy and hope to ourselves and those around us. “I am continually amazed at how Thich Nhat Hanh is able to translate the Buddhist tradition into everyday life and make it relevant and helpful for so many people. Cultivating the Mind of Love just might be my favorite book of his.” –Natalie Goldberg, author of Writing Down the Bones

What can you uniquely give the world? We often sell ourselves short with self-limiting beliefs, but most of us would be amazed and delighted to know that we do have something special – our distinctive passions and talents – to offer. And what if I told you that what you have to give will also enable you to live a life of true contentment? How is that possible? It happens when you embrace and curate your own simply luxurious life. We tend to not realize the capacity of our full potential and settle for what society has deemed acceptable. However, each of us has a unique journey to travel if only we would find the courage, paired with key skills we can develop, to step forward. This book will help you along the deeper journey to discovering your best self as you begin to trust your intuition and listen to your curiosity. You will learn how to: - Recognize your innate strengths - Acquire the skills needed to nurture your best self - Identify and navigate past societal limitations often placed upon women - Strengthen your brand both personally and professionally - Build a supportive and healthy community - Cultivate effortless style - Enhance your everyday meals with seasonal fare - Live with less, so that you can live more fully - Understand how to make a successful fresh start - Establish and mastermind your financial security - Experience great pleasure and joy in relationships - Always strive for quality over quantity in every arena of your life Living simply luxuriously is a choice: to think critically, to live courageously, and to savor the everydays as much as the grand occasions. As you learn to live well in your everydays, you will elevate your experience and recognize what is working for you and what is not. With this knowledge, you let go of the unnecessary, thus simplifying your life and removing the complexity. Choices become easier, life has more flavor, and you begin to feel deeply satisfying true contentment. The cultivation of a unique simply luxurious life is an extraordinary daily journey that each of us can master, leading us to our fullest potential.

For all those who want to feel love, acceptance, forgiveness, peace, rest, and freedom from the past, Mike Bickle’s timeless message will break open and restore any heart. Many men and women struggle with what they’ve done and who they are. They have never really had an opportunity to encounter Jesus’ personality and to understand how He sees His children--until now. What does God feel about you? No matter what you have done, God wants you to know that His love is very deep. Seeing the passion of God’s personality will help bring you to a personal wholeness and spiritual maturity. It will awaken a stronger devotion to God and a passion for Jesus.

An introduction to the Tibetan Buddhist practice of lojong features a collection of classical "slogans" designed to help promote clarity, intelligence, compassion, and other virtues, in a guide that demonstrates how to overcome such challenges as fear and self-centeredness. Original.

Healing Love through the Tao

12 Food Plant Families to Change Your Life

You Are What You Love

Finding Strength, Courage, and Wisdom in Any Moment

Growing Character

Candide

The Art of Transforming Suffering

With stories from south central LA to the jungles of Peru, A Fierce Heart offers deep and honest reflections on compassion and suffering by one of the country's most powerful mindfulness teachers. Spring Washam is a founder of the East Bay Meditation Center, the most diverse and accessible meditation center in the United States. In A Fierce Heart, she shares her contemporary, unique interpretation of the Buddha's 2,500-year-old teachings that get to the heart of mindfulness, wisdom, and compassion. Woven throughout the book are stories from her life, family, and community, along with soulful and unexpected stories of compassion in action from all over the world. The life-saving teachings of this charismatic teacher are universal: her honesty, enthusiasm, and energy are a balm.

You are what you love. But you might not love what you think. In this book, award-winning author James K. A. Smith shows that who and what we worship fundamentally shape our hearts. And while we desire to shape culture, we are not often aware of how culture shapes us. We might not realize the ways our hearts are being taught to love rival gods instead of the One for whom we were made. Smith helps readers recognize the formative power of culture and the transformative possibilities of Christian practices. He explains that worship is the “imagination station” that incubates our loves and longings so that our cultural endeavors are indexed toward God and his kingdom. This is why the church and worshiping in a local community of believers should be the hub and heart of Christian formation and discipleship. Following the publication of his influential work Desiring the Kingdom, Smith received numerous requests from pastors and leaders for a more accessible version of that book’s content. No mere abridgment, this new book draws on years of Smith’s popular presentations on the ideas in Desiring the Kingdom to offer a fresh, bottom-up rearticulation. The author creatively uses film, literature, and music illustrations to engage readers and includes new material on marriage, family, youth ministry, and faith and work. He also suggests individual and communal practices for shaping the Christian life.

We know that faith means “being sure of what we hope for and certain of what we do not see” (Hebrews 11:1, NIV). Love Your God with All Your Mind explains the importance of using your mind not only to win others to Christ but also to experience personal spiritual growth. Author J. P. Moreland challenges you to use logic and reason to further God’s kingdom through evangelism, apologetics, worship, and vocation. This revised edition includes expanded appendixes and three new chapters that outline how to reason for the reality of God and the historicity of Jesus’ life teachings, death, and resurrection.

A Guide to Meditation and Mindfulness for the Modern Day in our never-ending search for happiness we often find ourselves looking to external things for fulfillment, thinking that happiness can be unlocked by buying a bigger house, getting the next promotion, or building a perfect family. In this profound and inspiring book, Gelong Thubten shares a practical and sustainable approach to happiness. Thubten, a Buddhist monk and meditation expert who has worked with everyone from school kids to Silicon Valley entrepreneurs and Benedict Cumberbatch, explains how meditation and mindfulness can create a direct path to happiness. A Monk’s Guide to Happiness explores the nature of happiness and helps bust the myth that our lives and minds are too busy for meditation. The book can show you how to: - Learn practical methods to help you choose happiness - Develop greater compassion for yourself and others - Learn to meditate in micro-moments during a busy day - Discover that you are naturally ‘hard-wired’ for happiness Reading A Monk’s Guide to Happiness could revolutionize your relationship with your thoughts and emotions, and help you create a life of true happiness and contentment.

Love Your God with All Your Mind

Cultivating the Mind of Love

Living the Simply Luxurious Life

The Spiritual Power of Habit

Easyread Super Large 20pt Edition

Easyread Comfort Edition

Happy Together

Thich Nhat Hanh's beautiful language and teachings help us cultivate confidence in ourselves so that we too can touch our own deepest desire and inspire in ourselves and others joy, energy and hope.

Not many people in the medical world are talking about how being afraid can make us sick—but the truth is that fear, left untreated, becomes a serious risk factor for conditions from heart disease to diabetes to cancer. Now Lissa Rankin, M.D., explains why we need to heal ourselves from the fear that puts our health at risk and robs our lives of joy—and shows us how fear can ultimately cure us by opening our eyes to all that needs healing in our lives. Drawing on peer-reviewed studies and powerful true stories, The Fear Cure presents a breakthrough understanding of fear’s effects and charts a path back to wellness and wholeness on every level. We learn:• How a fearful thought translates into physiological changes that predispose us to illness • How to tell true fear (the kind that arises from a genuine threat) from false fear (which triggers stress responses that undermine health) • How to tune in to the voice of courage inside—our "Inner Pilot Light" • How to reshape our relationship to uncertainty so that it’s no longer something to dread, but a doorway to new possibilities • What our fears can teach us about who we really are At the intersection of science and spirituality, The Fear Cure identifies the Four Fearful Assumptions that lie at the root of all fears—from the sense that we’re alone in the universe to the belief that we can’t handle losing what we love—and shifts them into Four Courage-Cultivating Truths that pave our way to not only physical well-being, but profound awakening. Using exercises from a wide range of mind-body practices and spiritual traditions, Dr. Rankin teaches us how to map our own courage-cultivating journey, write a personalized Prescription for Courage, and step into a more authentic life.

Grow What You Love is designed to be a simple guide to growing vegetables, herbs and more that will add to the flavor and variety of fresh produce choices throughout the year. Aimed at novice and experienced gardeners alike it will be an image-driven, how-to adventure from an expert gardener and communicator with an enthusiasm for an authentic life.

In The 5 Love Languages, you will discover the secret that has transformed millions of relationships worldwide. Whether your relationship is flourishing or failing, Dr. Gary Chapman s proven approach to showing and receiving love will help you experience deeper and richer levels of intimacy with your partner starting today.

Grow What You Love

The Practice of Looking Deeply in the Mahayana Buddhist Tradition

Cultivating Extravagant Love for God

Cultivating Love

Making Your Everyday Extraordinary and Discovering Your Best Self

Passion for Jesus

Mapping Meaningful Connection and the Language of Human Experience

For many centuries Indian and Tibetan Buddhists have employed this collection of pithy, penetrating Dharma slogans to develop compassion, equanimity, lovingkindness, and joy for others. Known as the lojong—or mind-training—teachings, these slogans have been the subject of deep study, contemplation, and commentary by many great masters. In this volume, Traleg Kyabgon offers a fresh translation of the slogans as well as in-depth new commentary of each. After living among and teaching Westerners for over twenty years, his approach is uniquely insightful into the ways that the slogans could be misunderstood or misinterpreted within our culture. Here, he presents a refreshing and clarifying view, which seeks to correct points of confusion.

ented here make the process of linking sexual energy and transcendent states of consciousness accessible to the reader.

How to Love is the third title in Parallax’s Mindfulness Essentials Series of how-to titles by Zen Master Thich Nhat Hanh, introducing beginners and reminding seasoned practitioners of the essentials of mindfulness practice. This time Nhat Hanh brings his signature clarity, compassion, and humor to the thorny question of how to love. He distills one of our strongest emotions down to four essentials: you can only love another when you feel true love for yourself; love is understanding; understanding brings compassion; deep listening and loving speech are key ways of showing our love. Pocket-sized, with original two color illustrations by Jason DeAntonis, How to Love shows that when we feel closer to our loved ones, we are also more connected to the world as a whole. With sections on Love vs. Need, Being in Love, Reverence, Intimacy, Children and Family, Reconciling with Parents, and more, How to Love includes meditations you can do alone or with your partner to go deep inside and expand your own capacity to love. Scientific studies indicate that meditation contributes tremendously to well-being, general health, and longevity. How to Love is a unique gift for those who want a comprehensive yet simple guide to understanding the many different kinds of love, along with meditative practices that can expand the understanding of and capacity for love, appropriate for those practicing in any spiritual tradition, whether seasoned practitioners or new to meditation.

New York Times bestseller · This groundbreaking new book from New York Times bestselling author Daniel J. Siegel, M.D., introduces readers to his pioneering, science-based meditation practice. Aware provides practical instruction for mastering the Wheel of Awareness, a life-changing tool for cultivating more focus, presence, and peace in one's day-to-day life. An in-depth look at the science that underlies meditation's effectiveness, this book teaches readers how to harness the power of the principle "Where attention goes, neural firing flows, and neural connection grows." Siegel reveals how developing a Wheel of Awareness practice to focus attention, open awareness, and cultivate kind intention can literally help you grow a healthier brain and reduce fear, anxiety, and stress in your life. Whether you have no experience with a reflective practice or are an experienced practitioner, Aware is a hands-on guide that will enable you to become more focused and present, as well as more energized and emotionally resilient in the face of stress and the everyday challenges life throws your way.

Training the Mind & Cultivating Loving-kindness

The Four Immeasurables

Cultivating Female Sexual Energy

The Five Love Languages

A Monk's Guide to Happiness

The Fear Cure

A Practice for Awakening the Heart

A new edition of the bestseller • The first book to reveal in the West the Taoist techniques that enable women to cultivate and enhance their sexual energy • Reveals Taoist secrets for shortening menstruation, reducing cramps, and compressing more chi into the ovaries for greater sexual power • Teaches the practice of total body orgasm For thousands of years the sexual principles and techniques presented here were taught by Taoist masters in secret only to a small number of people (sworn to silence), in the royal courts and esoteric circles of China. This is the first book to make this ancient knowledge available to the West. The foundation of healing love is the cultivation, transformation, and circulation of sexual energy, known as jing. Jing energy is creative, generative energy that is vital for the development of chi (vital life-force energy) and shen (spiritual energy), which enables higher practices of spiritual development. Jing is produced in the sexual organs, and it is energy women lose continually through menstruation and child bearing. Mantak Chia teaches powerful techniques developed by Taoist masters for the conservation of jing and how it is used to revitalize women's physical, mental, and spiritual well-being. Among the many benefits conferred by these practices are a reduction in the discomfort caused by menstruation and the ability to attain full-body orgasm.

The secret to happiness is to acknowledge and transform suffering, not to run away from it. In No Mud, No Lotus, Thich Nhat Hanh offers practices and inspiration transforming suffering and finding true joy. Thich Nhat Hanh acknowledges that because suffering can feel so bad, we try to run away from it or cover it up by consuming. We find something to eat or turn on the television. But unless we're able to face our suffering, we can't be present and available to life, and happiness will continue to elude us. Nhat Hanh shares how the practices of stopping, mindful breathing, and deep concentration can generate the energy of mindfulness within our daily lives. With that energy, we can embrace pain and calm it down, instantly bringing a measure of freedom and a clearer mind. No Mud, No Lotus introduces ways to be in touch with suffering without being overwhelmed by it. "When we know how to suffer," Nhat Hanh says, "we suffer much, much less." With his signature clarity and sense of joy, Thich Nhat Hanh helps us recognize the wonders inside us and around us that we tend to take for granted and teaches us the art of happiness.

Presents the classical methods for developing the mind of enlightenment and examines a wide range of obstacles to its development.

Weaving together traditional stories, personal experiences, and a deep understanding of the Buddha's way of mindful living, Thich Nhat Hanh provides step-by-step practices that foster understanding and intimacy in any relationship and extend our love even to those that cause us pain. Teachings on Love is a treasure-trove of guidance for couples, co-workers, or friends who wish to nourish the gift and strength of their relationships and deal creatively with their weaknesses and difficulties. We all yearn to experience a love that is deeper and more joyful. Teachings on Love provides a time-tested path that anyone can follow to nurture the deepest love in ourselves and others. With a new introductory chapter by Thich Nhat Hanh

Train Your Mind for Peace and Purpose Every Day

A Profound Mind

Cultivating the Compassionate Mind of Enlightenment

Good Morning, I Love You

Cultivating Wisdom in Everyday Life

Aware

Easyread Super Large 18pt Edition

Candide by Voltaire from Coterie Classics All Coterie Classics have been formatted for ereaders and devices and include a bonus link to the free audio book. "Do you believe," said Candide, 'that men have always massacred each other as they do to-day, that they have always been liars, cheats, traitors, ingrates, brigands, idiots, thieves, scoundrels, gluttons, drunkards, misers, envious, ambitious, bloody-minded, calumniators, debauchees, fanatics, hypocrites, and fools?' Do you believe,' said Martin, 'that hawks have always eaten pigeons when they have found them?' Voltaire, Candide Candide is a young man who is raised in wealth to be an optimist but when he is forced to make his own way in the world, his assumptions and outlook are challenged.

How do you get to "happily ever after"? In fairy tales, lasting love just happens. But in real life, healthy habits are what build happiness over the long haul. Happy Together, written by positive psychology experts and husband-and-wife team Suzann Pileggi Pawelski and James O. Pawelski, is the first book on using the principles of positive psychology to create thriving romantic relationships. Combining extensive scientific research and real-life examples, this book will help you find and feed the good in yourself and your partner. You will learn to develop key habits for building and sustaining long-term love by: • Promoting a healthy passion • Prioritizing positive emotions • Mindfully savoring experiences together • Seeking out strengths in each other Through easy-to-follow methods and fun exercises, you'll learn to strengthen your partnership, whether you're looking to start a relationship off on the right foot, weather difficult times, reignite passion, or transform a good marriage into a great one.

Cultivating the Mind of LoveParallax Press

I am continually amazed at how Thich Nhat Hanh is able to translate the Buddhist tradition into everyday life and make it relevant and helpful for so many people. Cultivating the Mind of Love just might be my favorite book of his.----Natalie Goldberg

Cultivating Compassion through Training the Mind

No Mud, No Lotus

An Introduction to Chinese Body-Mind Energetics

Cultivating Male Sexual Energy

Radical Compassion

The Role of Reason in the Life of the Soul

"The poems document the Afro-futuristic journey of an unnamed, female protagonist passing through various districts in space"--

**#1 NEW YORK TIMES BESTSELLER** • In her latest book, Bren é Brown writes, "If we want to find the way back to ourselves and one another, we need language and the grounded confidence to both tell our stories and be stewards of the stories that we hear. This is the framework for meaningful connection." In Atlas of the Heart, Brown takes us on a journey through eighty-seven of the emotions and experiences that define what it means to be human. As she maps the necessary skills and an actionable framework for meaningful connection, she gives us the language and tools to access a universe of new choices and second chances—a universe where we can share and steward the stories of our bravest and most heartbreaking moments with one another in a way that builds connection.

Over the past two decades, Brown's extensive research into the experiences that make us who we are has shaped the cultural conversation and helped define what it means to be courageous with our lives. Atlas of the Heart draws on this research, as well as on Brown's singular skills as a storyteller, to show us how accurately naming an experience doesn't give the experience more power—it gives us the power of understanding, meaning, and choice. Brown shares, "I want this book to be an atlas for all of us, because I believe that, with an adventurous heart and the right maps, we can travel anywhere and never fear losing ourselves."

While Chinese acupuncture and herbalism enjoy widespread popularity in the West, traditional Chinese exercise techniques—with the exception of qi gong—have rarely been taught outside China. This book is designed to change that. Written by Jun Wang, a doctor of Chinese medicine, Cultivating Qi draws on classic Chinese texts to introduce these body-mind healing exercises to Western readers. In simple, accessible language, Wang presents three specific qi exercises: the Yijin Jing, a popular form of calisthenics associated with both Chinese Buddhist and Daoist traditions; Taiji Neigong, a series of 34 movements adapted from the Wu-Hao style of Taiji Quan; and the "Six Healing Breaths," which combines spoken sounds with movements associated with the six major vital organs of Chinese medicine. Written for beginning students of Chinese medicine as well as laypersons, healthcare practitioners, and martial artists, Cultivating Qi includes clear explanations of Chinese medical terminology—and provides the original Chinese characters for more advanced students—as well as step-by-step instruction in the three exercises. Accompanied by 100 photographs, these exercises are suitable for all ages and activity levels, and most of them take no more than 10 to 15 minutes to complete.

A renowned Zen master and Nobel Peace Prize nominee introduces a Buddhist approach to practicing authentic love in our everyday lives In this eye-opening guide, Zen monk Thich Nhat Hanh offers timeless insight into the nature of real love. With simplicity, warmth, and directness, he explores the four key aspects of love as described in the Buddhist tradition: lovingkindness, compassion, joy, and freedom—explaining how to experience them in our day-to-day lives. He also emphasizes that in order to love in a real way, we must first learn how to be fully present in our lives, and he offers simple techniques from the Buddhist tradition that anyone can use to establish the conditions of love. Thich Nhat Hanh, a Vietnamese Zen Buddhist monk, is an internationally known author, poet, scholar, and peace activist who was nominated for the Nobel Peace Prize by Martin Luther King Jr.

True Love

Teachings on Love

Bodhicitta

Taoist Secrets of Love

Meditation in the 21st Century

Writings on Nonviolent Social Change

How to Love

Love in Action is a collection of over two decades of Thich Nhat Hanh's writing on nonviolence, peace, and reconciliation. Reflecting on the devastation of war, he makes the strong argument that mindfulness, insight, and altruistic love are the only sustainable bases for political action. This timeless book is an important resource for those interested in social change.

The Nobel Peace Prize and Albert Schweitzer Humanitarian Award-winning Buddhist leader provides a succinct overview of the basic techniques of spiritual development in Tibetan Buddhism, explaining how to transform difficult situations into opportunities for growth through various practices in mind training.

Jay Shetty, social media superstar and host of the #1 podcast On Purpose, distills the timeless wisdom he learned as a monk into practical steps anyone can take every day to live a less anxious, more meaningful life. When you think like a monk, you'll understand: -How to overcome negativity -How to stop overthinking -Why comparison kills love -How to use your fear -Why you can't find happiness in your thoughts -How to find your purpose -Why kindness is crucial to success -And much more... Shetty grew up in a family where you could become one of three things—a doctor, a lawyer, or a failure. His family was convinced he had chosen option three: instead of attending his college graduation ceremony, he headed to India to become a monk, to meditate every day for four to eight hours, and to do nothing but work. At the end of his journey, he realized that he would have more impact on the world if he left the monk's path to share his experience and wisdom with others. Heavily in debt, and with no recognizable skills on his re?sume?, he moved back home in north London with his parents. Shetty reconnected with old school friends—many working for some of the world's largest corporations—who were experiencing tremendous stress, pressure, and burnout. He decided to write a book on how to find happiness in a world of so much stress, and his book became a #1 New York Times bestseller. Since then, Shetty has become one of the world's most popular influencers. In 2017, he was named in the Forbes magazine 30-under-30 for being a game-changer in the world of media. In 2018, he had the #1 video on Facebook with over 360 million views. His social media following totals over 38 million, he has produced over 400 viral videos which have amassed more than 1 billion views, and his podcast 'On Purpose' is consistently ranked #1 in the world. Shetty's work has been translated into dozens of languages, and the book has sold more than 10 million copies. Now, the world's #1 Health and Wellness podcast. In this inspiring, empowering book, Shetty draws on his time as a monk to show us how we can clear the roadblocks to our potential and power. Combining ancient wisdom and his own rich experiences in the ashram, Think Like a Monk reveals how to overcome negative thoughts and habits, and access the calm and purpose that lie within all of us. He tra

stress, improve relationships, and give the gifts we find in ourselves to the world. Shetty proves that everyone can—and should—think like a monk. Equanimity, good health, peace of mind, and long life are the goals of the ancient Taoist tradition known as "internal alchemy," of which Cultivating Stillness is a key text. Written between the second and fifth centuries, the book is attributed to Tai Shang Lao-chun—the legendary figure more widely known as Lao-Tzu, author of the Tao-te Ching . The accompanying commentary, written in the nineteenth century, explains the text and the methods for cultivating internal stillness of body and mind. A principal part of the Taoist canon for many centuries, Cultivating Stillness is still the first book studied by Taoist initiates today.

The Practice of Lojong

Cultivating Courage as Medicine for the Body, Mind, and Soul

Learning to Love Yourself and Your World with the Practice of RAIN

Cultivating Stillness

Easyread Edition

Using the Science of Positive Psychology to Build Love That Lasts

Cultivating a Boundless Heart