

Digital Detox II Modo Pi Facile Per Ritrovare Lequilibrio

This must-read for lovers of Stephen King's The Shining will leave readers breathless as Seda and her family find themselves at the mercy of a murderer in an isolated and snowbound hotel. Get ready for what Kirkus calls "A bloody, wonderfully creepy scare ride." When her mom inherits an old, crumbling mansion, Seda's almost excited to spend the summer there. The grounds are beautiful and it's fun to explore the sprawling house with its creepy rooms and secret passages. Except now her mom wants to renovate, rather than sell the estate—which means they're not going back to the city...or Seda's friends and school. As the days grow shorter, Seda is filled with dread. They're about to be cut off from the outside world, and she's not sure she can handle the solitude or the darkness it brings out in her. Then a group of teens get stranded near the mansion during a blizzard. Seda has no choice but to offer them shelter, even though she knows danger lurks in the dilapidated mansion—and in herself. And as the snow continues to fall, what Seda fears most is about to become her reality...

This book presents recent advances in the study of nitric oxide (NO) biology, biochemistry, molecular biology, and physiology in plants. It provides an overview of current understanding of the NO actions involved in adaptive responses of plant fitness to environmental constraints. Coverage places special emphasis on NO-dependent signaling, molecular adjustments, and targets as key elements in plant growth, development, and stress physiology.

NEW YORK TIMES BESTSELLER Grammy Award-nominated, platinum-selling musician Halsey is heralded as one of the most compelling voices of her generation. In I Would Leave Me If I Could, she reveals never-before-seen poetry of longing, love, and the nuances of bipolar disorder. In this debut collection, Halsey bares her soul. Bringing the same artistry found in her lyrics, Halsey's poems delve into the highs and lows of doomed relationships, family ties, sexuality, and mental illness. More hand grenades than confessions, these autobiographical poems explore and dismantle conventional notions of what it means to be a feminist in search of power. Masterful as it is raw, passionate, and profound, I Would Leave Me If I Could signals the arrival of an essential voice. Book cover painting, American Woman, by the author.

This rich classic passed out of common usage years ago, but here we find it restored for the first time to the benefit of the English reader. St. Alphonsus transformed the landscape of the experience of this Reconciliation, and our confessional experience would be unthinkable without his saintly, intellectual, and pastoral prowess. While the cultural and historical context is amazingly fascinating, it necessitates peeling back those layers to see the glimmering treasure within. For that reason, this edition provides an introductory essay that steps lightly to take note of these difference for a fruitful reception of the saint's genius. May all readers benefit for the greater glory of God.

The Assassination of Fred Hampton

Recipes & Rituals for Radical Self Care

Love and Space Dust

Conserving Land, Protecting Water

Strategic Conspiracy Narratives

A Semiotic Approach

Nourish your skin from the inside out

This annual report documents human rights abuses by governments and armed opposition groups in 150 countries across the world. It provides an invaluable reference guide to international human rights developments.

"And in the end we are nothing more than love and space dust." From the author of Lilith's Tears, The Travelling Circus of Lacrimosa and Could You Ever Live Without? Love & Space Dust is a poetry anthology exploring love and eternity. Timeless poetry of feeling and emotion, Love & Space Dust carries readers on a journey through love, life and relationships, and then far beyond, into the stars and the far flung galaxies, where all that remains of the feelings we once felt and the lives we once lived is love and space dust.

Beauty is Wellness. Wellness is Beauty. Kerrilynn Pamer and Cindy DiPrima Morisse, founders of CAP Beauty, the all-natural beauty site and store, want to share their deep knowledge of the benefits of natural beauty, foods, and mindfulness techniques with you. Natural beauty is about making choices that create true radiance from the foods we eat to the way we move to how we care for ourselves and our planet. You've already purified your meals, workouts, and bodies by returning to clean naturals. Now it's time to align your beauty routine with the other wellness practices you follow. What we put on our skin is easily as important as what we put in our mouths. But natural beauty is about much more than just products. Through routines, recipes, and rituals, High Vibrational Beauty addresses beauty from the inside out and vibrancy from the outside in. Divided into seasons and focused on self-care and rejuvenation, High Vibrational Beauty combines mantras, meditations, natural skin care regimens, and more than 100 plant-based recipes to help you achieve radical radiance. This is the only guidebook you need to create true and lasting beauty for the mind, body, and soul.

A book to help you to ask the internal questions about your health. A creative and insightful book about the many truths of not only the health and sickness industry, but also the truths of what drives us to be the way we are. Everyone will benefit from reading this book as its targeted at all age groups and cultures. You'll get a bit of everything in your read. Some science, some poetry and you may find yourself having a good laugh, that is of course, if you're not offended. May your health journey start here.

Alone

Doctors Study Sickness, You Should Study Health

Consciousness and the Unconscious

The Typewriter Revolution: A Typist's Companion for the 21st Century

A meditation handbook for every part of your day

The State of the World's Human Rights Nutrition for Beauty, Inside and Out

The connoisseur's guide to the typewriter, entertaining and practical What do thousands of kids, makers, poets, artists, steampunks, hipsters, activists, and musicians have in common? They love typewriters—the magical, mechanical contraptions that are enjoying a surprising second life in the 21st century, striking a blow for self-reliance, privacy, and coherence against dependency, surveillance, and disintegration. The Typewriter Revolution documents the movement and provides practical advice on how to choose a typewriter, how to care for it, and what to do with it—from National Novel Writing Month to letter-writing socials, from type-ins to typewritten blogs, from custom-painted typewriters to typewriter tattoos. It celebrates the unique quality of everything typewriter, fully-illustrated with vintage photographs, postcards, manuals, and more.

The ultimate escapist collection of environmentally sustainable houses, cabins, and retreats, this book circles the globe to find the best eco-architecture in the most stunning and remote locations. The imperative to reduce our carbon footprint and focus on renewable energy is having a profound impact on our daily lives and the way we think about living spaces. Surveying some of the world's most innovative off-grid homes, Off the Grid reveals the creative architecture and cutting-edge technologies that are redefining where and how we live—enabling us to escape to some of the most extraordinary and secluded natural environments on the planet. Dominic Bradbury tells the story of how innovative architects have made everyday living in the most wild and remote locations of the United States, Europe, Asia, and Australia not only feasible, as all of the homes featured are largely self-sustaining in terms of energy, water, and in some cases food, but also a rewarding and tempting reality. From snowbound cabins in the far Northern Hemisphere to coastal retreats that can only be accessed by boat, this fully illustrated overview explains the diverse ways in which architects are tackling extreme climates, remoteness, and sustainability challenges to enable a new way of life that is both liberating and responsible, wherever on Earth you happen to be.

Can't find couple stability ? Jealousy, anxiety, do you pervade your head like a worm ?In this book we have tried to give the answers you are looking for ! ??? Buy the Paperback version and get the Kindle Book versions for FREE ??? Everyone thrives on love, safety of family, friends, and community but, if you are denied these basic comforts, you may develop intense fears of abandonment that can last well into adulthood. Thanks to Anxiety in Relationship, you will be guided through a process, helping you undo negative thinking, based on anxiety and promoting mental changes and actions. You will learn how to: Understanding Anxiety Overcome Relationship Insecurity How Obsessive Attachment Impacts on the Couple Jealousy is Deleterious ...especially in Marriage Fear of Abandonment How to Reduce High Couple Conflicts The Life Cycle of Relationships Advice for Couples and Many, Many More... By recognizing these coping behaviors and understanding their cause, you will not only gain powerful insights into your own mind, but also into the minds of those around you. By understanding the psychological factors at the root of your attachment anxiety, you will learn to cultivate secure, healthy relationships to last a lifetime. You will learn that confronting jealousy in your relationship does not have to be a catastrophe, but can redirect you and your partner to build more trust, acceptance, and connection. If you are ready to stop with these painful relationships and start building lasting relationships and trust, this book can show you how to get the love you deserve So what are you waiting for ? Scroll up & click the bottom " Buy now " ??? Buy the Paperback version and get the Kindle Book versions for FREE ???

Read the story behind the award-winning film Judas and the Black Messiah On December 4, 1969, attorney Jeff Haas was in a police lockup in Chicago, interviewing Fred Hampton's fiancée. Deborah Johnson described how the police pulled her from the room as Fred lay unconscious on their bed. She heard one officer say, "He's still alive." She then heard two shots. A second officer said, "He's good and dead now." She looked at Jeff and asked, "What can you do?" The Assassination of Fred Hampton remains Haas's personal account of how he and People's Law Office partner Flint Taylor pursued Hampton's assassins, ultimately prevailing over unlimited government resources and FBI conspiracy. Fifty years later, Haas writes that there is still an urgent need for the revolutionary systemic changes Hampton was organizing to accomplish. Not only a story of justice delivered, this book spotlights Hampton as a dynamic community leader and an inspiration for those in the ongoing fight against injustice and police brutality.

High Vibrational Beauty

A Research Companion

My Brain Has Too Many Tabs Open

Swimming Lessons

A Digital Detox for the Whole Family

War Against the Panthers

Our Brains in Color

Since the launch of the infamous Silk Road the use of cryptomarkets - illicit markets for drugs on the dark web - has expanded rapidly around the world. Cryptomarkets: A Research Companion is a detailed guidebook which offers the tools necessary to begin researching cryptomarket phenomena and the dark web trade in illicit drugs.

Pillow Thoughts is a collection of poetry and prose about heartbreak, love, and raw emotions. It is divided into sections to read when you feel you need them most.

From the #1 New York Times bestselling author of milk and honey and the sun and her flowers comes her greatly anticipated third collection of poetry. rupi kaur constantly embraces growth, and in home body, she walks readers through a reflective and intimate journey visiting the past, the present, and the potential of the self. home body is a collection of raw, honest conversations with oneself - reminding readers to fill up on love, acceptance, community, family, and embrace change. illustrated by the author, themes of nature and nurture, light and dark, rest here. i dive into the well of my body and end up in another world everything i need already exists in me there's no need to look

anywhere else - home

RECIPES TO IMPROVE YOUR SKIN, SLEEP, MOOD, ENERGY, FOCUS, DIGESTION, AND SEX From the trusted, influential, and famously trend-setting website comes the first ever Well+Good cookbook. Founders Alexia Brue and Melisse Gelula have curated a collection of 100 easy and delicious recipes from the luminaries across their community to help you eat for wellness. These dishes don't require a million ingredients or crazy long prep times. They are what the buzziest and busiest people in every facet of the wellness world—fitness, beauty, spirituality, women's health, and more—cook for themselves. Enjoy Venus Williams' Jalapeno Vegan Burrito, Kelly LeVeque's Chia + Flax Chicken Tenders, Drew Ramsey's Kale Salad with Chickpea Croutons, and Gabrielle Bernstein's Tahini Fudge, among many other recipes for every meal and snack time. Whether you want to totally transform your eating habits, clear up your skin, add more nutrient-rich dishes to your repertoire, or sleep more soundly, you'll find what you need in this book. Along with go-deep guides on specific wellness topics contributed by experts, this gorgeous cookbook delivers a little more wellness in every bite.

English-international Dictionary

Poems

Act Like a Lady

Eat Pretty

A Study of Repression in America

Stop Staring at Screens

Swimming LessonsPoemsSt. Martin's Griffin

Strategic Conspiracy Narratives proposes an innovative semiotic perspective for analysing how contemporary conspiracy theories are used for shaping interpretation paths and identities of a targeted audience. Conspiracy theories play a significant role in the viral spread of misinformation that has an impact on the formation of public opinion about certain topics. They allow the connecting of different events that have taken place in various times and places and involve several actors that seem incompatible to bystanders. This book focuses on strategic-function conspiracy narratives in the context of (social) media and information conflict. It explicates the strategic devices in how conspiracy theories can be used to evoke a hermeneutics of suspicion – a permanent scepticism and questioning of so-called mainstream media channels and dominant public authorities, delegitimisation of political opponents, and the ongoing search for hidden clues and coverups. The success of strategic dissemination of conspiracy narratives depends on the cultural context, specifics of the targeted audience and the semiotic construction of the message. This book proposes an innovative semiotic perspective for analysing contemporary strategic communication. The authors develop a theoretical framework that is based on semiotics of culture, the notions of strategic narrative and transmedia storytelling. This book is targeted to specialists and graduate students working on social theory, semiotics, journalism, strategic communication, social media and contemporary social problems in general.

On November 8, 1985, 18-year-old Tom Odle brutally murdered his parents and three siblings in the small southern Illinois town of Mount Vernon, sending shockwaves throughout the nation. The murder of the Odle family remains one of the most horrific family mass murders in U.S. history. Odle was sentenced to death and, after seventeen years on death row, expected a lethal injection to end his life. However, Illinois governor George Ryan's moratorium on the death penalty in 2000, and later commutation of all death sentences in 2003, changed Odle's sentence to natural life. The commutation of his death sentence was an epiphany for Odle. Prior to the commutation of his death sentence, Odle lived in denial, repressing any feelings about his family and his horrible crime. Following the commutation and the removal of the weight of eventual execution associated with his death sentence, he was confronted with an unfamiliar reality. A future. As a result, he realized that he needed to understand why he murdered his family. He reached out to Dr. Robert Hanlon, a neuropsychologist who had examined him in the past. Dr. Hanlon engaged Odle in a therapeutic process of introspection and self-reflection, which became the basis of their collaboration on this book. Hanlon tells a gripping story of Odle's life as an abused child, the life experiences that formed his personality, and his tragic homicidal escalation to mass murder, seamlessly weaving into the narrative Odle's unadorned reflections of his childhood, finding a new family on death row, and his belief in the powers of redemption. As our nation attempts to understand the continual mass murders occurring in the U.S., Survived by One sheds some light on the psychological aspects of why and how such acts of extreme carnage may occur. However, Survived by One offers a never-been-told perspective from the mass murderer himself, as he searches for the answers concurrently being asked by the nation and the world.

Technology was designed to make our lives easier, and yet it's one of the biggest drivers of family rifts and stress. Making healthy and realistic decisions about when and where you really need technology can be tricky but is essential for restoring harmony in your home. Stop Staring at Screens has the answers you need. * Find sanity-saving solutions and practical tips * Follow diagnostic quizzes * Identify key triggers * Address common issues * Learn what works best for you and your family

TechnoStress

How to Untangle Our Relationship with Tech

Home Body

Health Care Organizations and the Quest for Ethical Excellence

How To Eliminate Negative Thinking, Jealousy, Attachment And Overcome Couple Conflicts. Insecurity And Fear Of Abandonment Often Cause Irreparable Damage Without A Therapy - Help Yourself Understanding Your Partner

I Would Leave Me If I Could.

Anxiety in Relationship

The official guide to Riverdale High from the students who go there!

"Having been born a freeman, and for more than thirty years enjoyed the blessings of liberty in a free State—and having at the end of that time been kidnapped and sold into Slavery, where I remained, until happily rescued in the month of January, 1853, after a bondage of twelve years—it has been suggested that an account of my life and fortunes would not be uninteresting to the public." -an excerpt
48 page full-color tour of the brain and personality using today's EEG technology.

Instant New York Times Bestseller The debut collection of poetry from Lili Reinhart, the actress and outspoken advocate for mental health awareness and body positivity. I seem to be your new favorite novel. One that keeps you up at night, turning my pages. Fingers lingering on me so you don't lose your place. Swimming Lessons explores the euphoric beginnings of young love, battling anxiety and depression in the face of fame, and the inevitable heartbreak that stems from passion. Relatable yet deeply intimate, provocative yet comforting, bite-sized yet profound, Lili's poems reflect her trademark honesty and unique perspective. Accompanied by striking and evocative illustrations, Swimming Lessons reveals the depths of female experience, and is the work of a storyteller who is coming into her own.

Riverdale Student Handbook (Official)

100 Healthy Recipes + Expert Advice for Better Living

Eat Beautiful

No Margin, No Mission

Inhale · Exhale · Repeat

Nitric Oxide in Plant Growth, Development and Stress Physiology

Insights and Activities to Awaken with the Chakras

Nutrition is the fastest-rising beauty trend around the world. Eat Pretty simplifies the latest science and presents a userfriendly program for gorgeous looks, at any age, that Buzzwords like antioxidants, biotin, and omega-3s are explained alongside more than 85 everyday foods, each paired with their specific beauty-boosting benefit: walnuts for su radishes for strong nails. But healthful ingredients are just one aspect of beauty nutrition. Eat Pretty offers a full lifestyle makeover, exploring stress management, hormonal b mindful living. Charts and lists, plus nearly 20 recipes, make for a delicious and infinitely useful ebook—in the kitchen, at the grocer, and on the go.

Can the ethical mission of health care survive among organizations competing for survival in the marketplace? On this question hinges not only the future of health care in the the health care systems of all advanced countries. This book presents both an analytic framework and a menu of pragmatic answers. The team of authors, physician-ethicists t Medical School and the National Institutes of Health, worked with a consortium of health care organizations to explore some of the most challenging dilemmas in health care t health plans determine medical necessity in a way that ensures quality care, controls costs, and builds trust with patients and physicians? What are the strategies for caring f populations that meet their special neds without dramatically increasing costs? To answer these and other similar questions the authors blend ethical analysis with real-world outcome is a rich analysis of the ethical challenges facing health care organizations, combined with tangible examples of exemplary methods to address these challenges. This b health care leaders, regulators, and policy makers incorporate exemplary practices, and the underlying themes they embody, into the very heart and soul of health care organiza Like most technical disciplines, environmental science and engineering is becoming increasingly specialized. As industry professionals focus on specific environmental subjects th less familiar with environmental problems and solutions outside their area of expertise. This situation is compounded by the fact that many environmental science related term Prefixes such as bio-, enviro-, hydra-, and hydro- are used so frequently that it is often hard to tell the words apart. The Environmental Engineering Dictionary and Directory giv complete list of brand terms, brand names, and trademarks - right at your fingertips.

Who are you really? That is, how do you operate? And what is your best route to up your level in life? A century ago, the famous Swiss psychiatrist Dr. C.G. Jung described eigh function. Like right versus left handedness, we develop preferences-our gifts. But what's next? First, we can nurture our gifts. We can also deal with our shadowy blind-spots that continually completes the pattern of who we are. Jung predicted how the brain works: We start largely undifferentiated and grow with biases, then conflicts and crises a we can retreat from those opportunities or we can choose to reinvent ourselves. What is your choice? Based on the work of C.G. Jung's 8 Psychological Types, with over thirt quotations and analysis. Starts with a brain-based introduction to 8 cognitive processes. Takes you to the next level, focusing on development. Explores the problem of one-sid "tension of opposites", and the Transcendent function. For each process, features a 30-page coaching packet based on 14 years of hands-on neuroscience of 350+ people from life. Presents over 40 case studies and over 200 personalized tips for you to develop keener perception and wiser judgment. Puts personality within a social context. Includes activities for teams and coaches. Introduces The Magic Diamond, a powerful new metaphor to chart your path to personal and professional growth. Award-winning instructor a renowned personality and neuroscience researcher, Dario Nardi, brings Jung's incredible work into the 21st century. His other books include Neuroscience of Personality, 8 Keys Leadership, Jung on Yoga, and 16 Personality Types.

Cryptomarkets

Lectures Delivered at ETH Zurich, Volume 2: 1934

How the FBI and the Chicago Police Murdered a Black Panther

Jung's 8 Paths for Self-Coaching

Neuroscience of Personality

Off the Grid

Guide for Confessors

Jung's lectures on consciousness and the unconscious—in English for the first time Between 1933 and 1941, C. G. Jung delivered a series of public lectures at the Swiss Federal Institute of Technology (ETH) in Zurich. Intended for a general audience, these lectures addressed a broad range of topics, from dream analysis and yoga to the history of psychology. They are at the center of Jung's intellectual activity in this period and provide the basis of his later work. Here for the first time in English is Jung's introduction to his core psychological theories and methods, delivered in the summer of 1934. With candor and wit, Jung shares with his audience the path he himself took to understanding the nature of consciousness and the unconscious. He describes their respective characteristics using examples from his clinical experience as well as from literature, his travels, and everyday life. For Jung, consciousness is like a small island in the ocean of the unconscious, while the unconscious is part of the primordial condition of humankind. Jung explains various methods for uncovering the contents of the unconscious, in particular talk therapy and dream analysis. Complete with explanations of Jungian concepts and terminology, *Consciousness and the Unconscious* painstakingly reconstructs and translates these talks from detailed shorthand notes by attendees, making a critical part of Jung's work available to today's readers.

The degradation of land and water resources as a result of agricultural activity has had an enormous impact on human societies and economies. It is predicted that, by 2025, most developing countries will face physical or economic water scarcity, compounded by land degradation. In order to alleviate this problem, an advanced understanding of the state of our water resources and the relationships between land use, water management and social systems is needed. *Conserving Land, Protecting Water* includes an overview of global patterns of land and water degradation and discusses new insights drawn from successful case studies on reversing soil and water degradation and their impact on food and environmental security.

NEW YORK TIMES BESTSELLER • The hosts of the popular podcast and E! show *LadyGang* offer a relatable, empowering, and hilarious take on being unapologetically yourself (even if that's not always your best self) in a manifesto that redefines womanhood for the twenty-first-century lady. If you're tired of being bombarded with the curated perfection on social media and you're starving for something raw, honest, and a little bit messy, welcome to the *LadyGang*. Keltie, Becca, and Jac are here to clear away the bullshit and give you the confidence to live your best lady life. Unabashedly sincere, clever, and full of questionable advice, *Act Like a Lady* explores the complexities surrounding topics like body image, breakups, navigating a career, and adult friendships through their own embarrassing experiences. The *LadyGang* has your back with essays like "Maybe She's Born with It, Maybe It's Photoshop" and "If You're Happy and You Know It, Thank Your Ex." You'll learn there's a million different ways to be a lady--and that includes accidentally farting during sex or having the guts to tell your friend she's being a selfish ass*le. No matter what you're going through, you'll find a space to bond over the sloppy, heartbreaking, joyous, and often ridiculous realities of womanhood. Nothing is TMI here.

We're all living faster, working harder, and often so busy we forget to take a moment to sit back, close our eyes and just, breathe. Yet this hectic lifestyle can get us down, making us lethargic, stressed and burnt out. So how to break the cycle? Inspired by traditional eastern lessons of meditation and mindfulness, neuroscience and insights from literature, Emma Mills offers fresh and simple tools to keep our minds healthy, from that early morning coffee through to the moment you climb into bed, without having to invest in expensive detox courses or far-flung retreats. She guides the reader through a course of a single day, with easy tips, meditations, recipes, literary recommendations and practical takeaways that can be completed in a matter of minutes. So just inhale, exhale, and repeat – and let a sense of calm and focus transform your day.

The Magic Diamond

Pillow Thoughts

The Life and Mind of a Family Mass Murderer

Questionable Advice, Ridiculous Opinions, and Humiliating Tales from Three Undignified Women

Twelve Years a Slave

Well+Good Cookbook

The Small Business Advocate

What is consciousness, and how can we awaken? Inside, you will find a powerful compass, along with daily body-mind practices, to part the curtains around the theater of the world. Come unfold your potential! In 1932, renowned analyst Dr. Carl G. Jung gave 4 talks on the psychology of kundalini yoga. You may know Dr. Jung for his work with archetypes, ego, functions of personality, the shadow self, and other aspects of psyche. This book adds to those. It is a tour of his words and wisdom on the chakras, reorganized and couched in more everyday language for the benefit of all. What's inside? Dr. Jung's insights on the ego, consciousness, and the unconscious. An introduction to kundalini yoga. The chakras, in Jung's own words. Over fifty exercises for health, happiness, and holiness. Science! Today's knowledge of the brain and larger nervous system illuminates the fact of body-mind connections. Advice tailored to each of the Jungian functions of personality: Sensing, Intuiting, Thinking, and Feeling. Making sense of what Jung called the Transcendent function. How entheogens like ayahuasca can greatly aid awakening. Jung's views contrast with most views of development today, which either reduce human beings to biological machines or seek to prop up the ego. Here, you will find ways to remove blinders and let go of unpleasant tensions, false identifications, and excessive cares. Award-winning UCLA instructor and author Dario Nardi brings together yoga, Dr. Jung's difficult lectures, and neuroscience insights. For over a decade, he has used brain imaging to understand personality and the impact of various body-mind practices.

Digital detox expert and tech therapist Tanya Goodin is on a mission to help us have a healthier relationship with our electronics. Here, she collects hours of conversations to form a fascinating compendium of everyday problems we all struggle with, plus solutions to stop them taking over lives.

Walk down any street, stroll through any park, step into a bar or restaurant, and everyone is glued to their mobile devices. Many of us struggle with the near-constant urge to check our phones—the average person interacts with their device more than 2,600 times a day—and this dependence is affecting our relationships, our work, and our quality of life. It seems the technology that was supposed to connect us has tipped us in the other direction, creating unnecessary stress and distance in our lives. *Off: Your Digital Detox for a Better Life* isn't about reverting to a tech-free way of life—it's about balance. Digital entrepreneur Tanya Goodin offers a guide that will free up hours of your time and lead you back to the pastimes (and people) you love. Learn to cultivate a healthier relationship with your digital devices by adopting simple practices that encourage mindfulness, deeper connection to others, more restful sleep, and increased creativity. Illustrated with serene and inspiring photography, *Off* will help you free yourself from technology and be more present in your own life.

Explains how and why technology increases stress, and offers tools and techniques to help cope with the changes of modern life

Environmental Engineering Dictionary and Directory

An N.Y.A. Project

A Report on the Cassidy Lake Technical School for Boys

Jung on Yoga

Amnesty International Report 2008

Survived by One

Off: Your Digital Detox for a Better Life

Foreword by Sienna Miller. World-renowned beauty and make-up expert Wendy Rowe knows skin inside out. In this refreshing beauty book, Wendy will teach you how to keep your skin healthy and let your inner and outer beauty shine. Wendy has devised over 70 easy and delicious recipes specifically designed to feed your skin with the nutrients it needs to glow. Each of the recipes correlates to an essential skin-feeding ingredient that will help target specific skin problems and common complaints. From cucumbers, 'the internal cleanser', to limes, 'the natural astringent' and carrots, 'the immunity booster', there are also breakdowns of the vitamins and nutrients each of these familiar ingredients provide. And not only will there be methods for feeding your skin, there will also be suggestions on how to keep your skin pampered with recipes for homemade masks, scrubs, mists, cleansers and toners, as well as an informative troubleshooting section for confidence-zapping skin problems. Wendy provides specific advice for foods to embrace or avoid depending on your skin. Split into the four seasons, this stunning book can be dipped in and out of, or followed like a seasonal plan, and will ensure that you achieve beautiful, radiant skin all year round.

Coping with Technology @Work @Home @Play

A Collection of Poetry

Houses for Escape