

Horse Yoga 2017 Wall Calendar

*Over 40 floorplans and 190 dressage exercises (including pole exercises) Never get stuck riding around the edge of the arena again! All floorplans have both 20x40 and 20x60 diagrams Space to take notes and keep track of your progress Directives and tips sharing what judges are looking for Exercises to suit a variety of levels with space to modify and make your own **THE TRUTH ABOUT THIS BOOK...** When it comes to creating dressage floorplans, there's actually not that much you can do. Think about it; a dressage floorplan is no more than a series of straight lines and circles. That's it! The level of difficulty is increased by riding these straight lines and circles in different places, including transitions, and riding lateral exercises. But ultimately, when it comes to navigating your 20x40 or 20x60 arena, you will either be following a straight line or riding around a circle. Even when riding lateral exercises such as half-pass and leg-yield, you're still following a straight line. The only difference is that you are following the line in two or three tracks, rather than on one track only. So technically, we lied to you a little bit! This guide isn't a book of dressage exercises. It's really a book of dressage floorplans. BUT each floorplan can be modified to included different combinations of paces, transitions, and lateral work, giving you an almost infinite amount of dressage exercise combinations. We've created some of the exercises for you (over 190), but there's also space for you to modify them and create your own. After working through this book, you'll never look at straight lines and circles in the same way again! Created by How To Dressage How To Dressage.com*
Winner of the 2019 PEN/ESP Award for Literary Sports Writing
"The Circuit is the best sports book I've read in years, maybe ever." —Rich Cohen, author of The Chicago Cubs and Monsters
"As sports writing goes, The Circuit is unusual in the very best way. Rowan Ricardo Phillips writes with such fluidity, and packs the book with bursts of brilliance. This is a compulsively readable guide to one truly Homeric year of professional tennis."—John Green, author of *The Fault in Our Stars*
An energetic, lyrical, genre-defying account of the 2017 tennis season. In *The Circuit*: A Tennis Odyssey, the award-winning poet—and Paris Review sports columnist—Rowan Ricardo Phillips chronicles 2017 as seen through the unique prism of its pivotal, revelatory, and historic tennis season. The annual tennis schedule is a rarity in professional sports in that it encapsulates the calendar year. And like the year, it's divided into four seasons, each marked by a final tournament: the Grand Slams. Phillips charts the year from winter's Australian Open, where Roger Federer and Rafael Nadal renewed their rivalry in a match for the ages, to fall's U.S. Open. Along the way, Phillips paints a new, vibrant portrait of tennis, one that captures not only the emotions, nerves, and ruthless tactics of the point-by-point game but also the quicksilver movement of victory and defeat on the tour, placing that sense of upheaval within a broader cultural and social context. Tennis has long been thought of as an escapist spectacle: a bucolic, separate bauble of life. *The Circuit* will convince you that you don't leave the world behind as you watch tennis—you bring it with you.

Can a cat be an accessory to a prison break? (It can.) Would your precious pet turn violent? Yes—a couple in Seattle had to call the police to save them from their ferocious feline. From cat burglars to terrorizing tabbies, meet the funniest furry felons in the Purrlitzer Prize-winning *Cats Gone Bad*. Each spread features a photograph or photomontage of an erring kitty.

Lonely Planet India is your passport to the most relevant, up-to-date advice on what to see and skip, and what hidden discoveries await you. Immerse yourself in the sacred city of Varanasi, wonder at the Taj Mahal in Agra, or cruise the tropical waterways of Kerala; all with your trusted travel companion.

Lonely Planet India

The Testing Charade

The Dressage Rider's Journal

190s Flatwork, Schooling, Dressage and Pole Exercises and Training Workbook

Horse Brain, Human Brain

Hocus Pocus: 13 Frights of Halloween

Extraordinary Black Dogs and Why We Can't Forget Them

Learn how to sit, stand, and roll over with this fully illustrated, “delightful” guide to yoga starring man’s best friend (Shutterbug magazine). Inspired by a friend’s mastiff who would imitate his master’s morning yoga routine, photographer Dan Borris created *Yoga Dogs*, a full-color collection of forty-five different dogs and puppies doing human yoga poses. Don’t worry: No animals were harmed during the making of these images; their extreme flexibility is the result of clever digital trickery. The curious, humorous, and distinctly original pictures are paired with useful information about the poses, as well as some funny canine meditations. “A fresh and highly entertaining visual treat,” *Yoga Dogs is perfect for any yogi of the two or four-legged variety* (Shutterbug magazine).

The world’s leading paleontologist takes us on a visual tour of the latest dinosaur science, illustrated with accurate and stunning paleoart. Dinosaurs are not what you thought they were—or at least, they didn’t look like you thought they did. Here, world-leading paleontologist Michael J. Benton brings us a new visual guide to the world of the dinosaurs, showing how rapid advances in technology and amazing new fossil finds have changed the way we see these extinct beasts forever. Stunning, brand-new illustrations by paleoartist Bob Nicholls display the latest and most exciting scientific discoveries in vibrant color. *First Dinosauropteryx*, the first dinosaur to have its color patterns identified—a ginger-and-white striped tail and a “bandit mask”—by Benton’s team at the University of Bristol to recent research on the surprising mixed feathers and scales of Kulindadromeus, this is one of the first books to include cutting-edge scientific research in paleontology. Each chapter focuses on a particular extinct species, featuring a specially commissioned illustration by Bob Nicholls that brings to life the latest scientific breakthroughs, with accompanying text exploring how paleontologists have determined new details, such as the patterns on skin and the colors of feathers of animals that lived millions of years ago. This visual compendium surprises and challenges everything you thought you knew about what dinosaurs looked like and how they lived.

Tame anxiety and take back control of your life with this no-*F*ucks-given guide from the bestselling author of *The Life-Changing Magic of Not Giving a F*ck* and *Get Your Sh*t Together*. Do you spend more time worrying about problems than solving them? Do you let unexpected difficulties ruin your day and do “what ifs” keep you up at night? Sounds like you need to *Calm the F*ck Down*. Just because things are falling apart doesn’t mean YOU can’t pull it together. Whether you’re stressed about sh*t that hasn’t happened yet or freaked out about sh*t that already has, the NoWorries method from “anti-guru” Sarah Knight helps you curb the anxiety and overthinking that’s making everything worse. *Calm the F*ck Down* explains: *The Four Faces of Freaking Out*—and their Flipsides *How to accept what you can’t control Productive Helpful Effective Worrying (PHEW) The Three Principles of Dealing With It And much more! Find even more calm with the Calm the F*ck Down Journal.*

The author describes her story of moving to a remote area of British Columbia with her husband, an area they share with a family of horses.

How to Control What You Can and Accept What You Can't So You Can Stop Freaking Out and Get On With Your Life

Brown Pony Series

The Ultimate Exercise Plan: Achieve Straightness, Suppleness, and Stamina In the Saddle

The Dance of Mayan Energies 2019: The Innerjourney

Yoga Mind, Body & Spirit

NEISS

Book One: Introduction to Hippotherapy

For decades we’ve been studying, experimenting with, and wrangling over different approaches to improving public education, and there’s still little consensus on what works, and what to do. The one thing people seem to agree on, however, is that schools need to be held accountable—we need to know whether what theyre doing is actually working. Lots of them. And that has become a major problem. Daniel Koretz, one of the nation’s foremost experts on educational testing, argues in *The Testing Charade* that the whole idea of test-based accountability has failed—it has increasingly become an end in itself, harming students and corrupting the very ideals of teaching. In this powerful experience with educational testing, Koretz calls out high-stakes testing as a sham, a false idol that is ripe for manipulation and shows little evidence of leading to educational improvement. Rather than setting up incentives to divert instructional time to pointless testing prep, he argues, we need to measure what matters, and measure it in ways that are fair to ourselves about whether our children are learning. And the longer we accept that lie, the more damage we do. It’s time to end our blind reliance on high-stakes tests. With *The Testing Charade*, Daniel Koretz insists that we face the facts and change course, and he gives us a blueprint for doing better.

The Homeschool Planner for 1 Student ? 42 Weeks of Undated Lesson Plan Pages is a one-stop organizer to help plan and document your homeschooling year. It is religious in nature (Christian), and is tailored to meet the needs of families who homeschool one child, up to 42 weeks in a school year. Each weekly lesson plan page includes a Family Schedule, a To-Do List, Books / Materials Needed, Character Training, Academic Priorities, and Miscellaneous Items.Other additional pages include Family Photo, Family Profile, Family Goals and Plans, Student’s First Day of School Photo, Student’s Profile, Student’s Goals and Plans for the Year, High School Requirements, High School Requirements, Curriculum, Resource, and Procurement, Test Scores / Projects Record Page, Year-End Evaluation, Student’s Year-End Notes, High School Academic Record, High School Transcript Template, a Reading Log, School Year Calendar, State Requirements Checklist and Deadlines, Workshops/Book Fairs/ Co-ops, Grading System, Determining High School Family Milestones, Teacher’s Year-End Notes, Summer Plans, and Ideas, for Next School Year, plus a Calendar from April 2019 to December 2020.

"Traces the lesser-known efforts of Hitler to build a master race of the finest purebred horses and the heroic achievements of American soldiers to rescue imperiled stolen equines from a hidden Czechoslovakian farm during a 1945 battle between Third Reich and Allied forces."--*NovaList*.

From the bestselling author of *Blink* and *The Tipping Point*, Malcolm Gladwell's *Outliers: The Story of Success* overturns conventional wisdom about genius to show us what makes an ordinary person an extreme overachiever. Why do some people achieve so much more than others? Can they lie so far out of the ordinary? In this provocative book, rock stars to professional athletes, software billionaires to scientific geniuses, to show that the story of success is far more surprising, and far more fascinating, than we could ever have imagined. He reveals that it's as much about where we're from and what we do, as who we are – and that no one, not even a genius, ever makes it alone. Gladwell's what makes us all unique. Gladwell is not only a brilliant storyteller; he can see what those stories tell us, the lessons they contain.'Guardian 'Malcolm Gladwell is a global phenomenon ... he has a genius for making everything he writes seem like an impossible adventure' Observer 'He is the best kind of writer - the kind who makes you think' *Supercars 2022*

The Circuit

The Lost Celt

Earl MacPherson: King of Pin Up Art

Stretch the Mindful Way

The Daring U.S. Mission to Rescue the Priceless Stallions Kidnapped by the Nazis

The world ’ s bestselling travel book is back in a more informative, more experiential, more budget-friendly full-color edition. A #1 New York Times bestseller, 1,000 Places reinvented the idea of travel book as both wish list and practical guide. As Newsweek wrote, it “ tells you what ’ s beautiful, what ’ s fun, and what ’ s just unforgettable— everywhere on earth. ” And now the best is better. There are 600 full-color photographs. Over 200 entirely new entries, including visits to 28 countries like Lebanon, Croatia, Estonia, and Nicaragua, that were not in the original edition. There is an emphasis on experiences: an entry covers not just Positano or Ravello, but the full 30-mile stretch along the Amalfi Coast. Every entry from the original edition has been readdressed, rewritten, and made fuller, with more suggestions for places to stay, restaurants to visit, festivals to check out. And throughout, the book is more budget-conscious, starred restaurants and historic hotels such as the Ritz, but also moderately priced gems that don ’ t compromise on atmosphere or charm. The world is calling. Time to answer.

Often seen as sad, rejected, and behind cold metal bars, it’s no wonder people would avoid images of shelter dogs awaiting forever homes. From talented photographer (and now public figure and adoption champion) Guinness Shuster comes *Shelter Dogs in a Photo Booth*, a guaranteed-to-make-you-smile photo book featuring shelter dogs in the brand-new light. Get ready to see the cutest and most beautiful faces you’ve ever seen! Guinnessere ’ s fantastic photos went viral and have been featured on websites, in magazines, and on television programs all over the world: Good Morning America, NBC, ABC, MSNBC, The Huffington Post, Time, The Daily Mail. . . even celebrities have gotten in on the action: Amy Poehler, Cassi Milan, and Zooey Deschanel have made statements and posts declaring their love of Guinnessere ’ s work. After the adorable and up-for-adoption photos of these furry friends were seen and enjoyed by millions, adoption rates at Utah’s Humane Society skyrocketed. The book features 100 dog photo booth style photographs, each accompanied by a short story about the dog’s personality, how the dog ended up in the shelter, and the adoption date. A follow-up will conclude the book, with photos of some of them with their new families. A portion of the proceeds of this book will benefit the Humane Society of Utah and Best Friends Animal Society.

In an overpopulated world seeking living room in the jungles, the International Ecological Organization was systematically exterminating the voracious insects which made these areas uninhabitable. Using deadly foamal bombs and newly developed vibration weapons, men like Joao Martinho and his co-workers fought to clear the green hell of the Mato Grosso. But somehow those areas which had been completely cleared were becoming reinfested, despite the impenetrable vibration barriers. And tales came out of the jungles. . . of insects mutated to incredible sizes. . . of creatures who seemed to be men, but whose eyes gleamed with the chitinous sheen of insects. . . A fascinating examination of the fragile balance between consciousness, man and insect from one of the best-loved science fiction creators of all time. At the Publisher’s request, this title is being sold without Digital Rights Management Software (DRM) applied.

At the dawn of a new era, the author ’ s brain instead of against it. In this illuminating book, brain scientist and horsewoman Janet Jones describes human and equine brains working together. Using plain language, she explores the differences and similarities between equine and human ways of negotiating the world. Mental abilities—like seeing, learning, fearing, trusting, and focusing—are discussed from both human and horse perspectives. Throughout, true stories of horses and handlers attempting to understand each other—sometimes successfully, sometimes not—help to illustrate the principles. Horsemanship of every kind depends on mutual interaction between equine and human brains. When we understand the function of both, we can learn to communicate with horses on their terms instead of ours. By meeting horses halfway, we achieve many goals. We improve performance. We save valuable training time. We develop much deeper bonds with our horses. We handle them with insight and kindness instead of force or command. We comprehend their misbehavior in ways that allow solutions. We reduce the human mistakes we often make while working with them. Instead of working against the horse ’ s brain, expecting him to function in unnatural and counterproductive ways, this book provides the information needed to ride with the horse ’ s brain. Each principle is applied to real everyday issues in the arena or on the trail, often illustrated with true stories from the author ’ s horse training experience. Horse Brain, Human Brain offers revolutionary ideas that should be considered by anyone who works with horses.

Through Your Eyes

42 Weeks of Undated Lesson Plan Pages

Yoga Dogs

The Neuroscience of Horsemanship

The BIG Book of Dressage Exercises

16-Month Calendar - September 2021 Through December 2022

A Telling

Texts from Mittens is a series of text message conversations between a snappy, self-absorbed housecat named Mittens and his long-suffering human, a single woman who works away from home during the day. Mittens relentlessly hassles his human all day long, while only taking breaks to watch Judge Judy, hang with his best friend Stumpy, complain about the antics of Drunk Patty the neighbor, ask Grandma for money to buy useless items from QVC, and harass the “ filthy beast ” dog, Phil. Angie Bailey is an avid-winning writer and blogger, humorist, and professional member of the Cat Writers ’ Association. Her primary blog, Catladyland, has won many awards, and her humor writing is featured nearly daily on Catster.com, one of the most popular cat sites on the Web. She loves to photograph her cats in silly poses and sleeps with one eye open. And yes, she has three cats. “ Each installment of Texts From Mittens is like a little gift to brighten your day! ” —Kate Benjamin, Hauspartner founder and co-author of *Catification* with Jackson Galaxy *Texts From Mittens* makes me wish my cat had thumbs! This is a hilarious book; Angie Bailey has done it again! ” —Jeremy Greenberg, author of *Sorry I Barfed on Your Bed* “We all know that cats were hilarious, but Ms. Bailey’s sardonic cat quips really take their mannerisms, attitude and occasional apathy to another level.” —Susan Michals, Curator of Cat Art Show Los Angeles Come home! There’s an emergency! What? Are you OK? My dish is half empty! I’ll be home soon. You wish starvation upon me! Stop being dramatic. Am week. Caan hardly type. Are you going to wear those black pants on your bed? Yes. I have a date. They’re comfortable. Mittens, get off my pants! FYI: Poly-blend makes you but look big Combat Black Dog Syndrome worldwide; a portion of all proceeds from Black Dog Project will be donated to black dog rescue. One of Tumblr’s most viral blogs of 2014, the Black Dogs Project is a stunning photo series by animal photographer Fred Levy. Known as “Black Dog Syndrome” in animal shelters and rescues, it refers to the unfortunate phenomenon that black dogs are frequently the LAST dogs to be adopted and the FIRST dogs to be euthanized in rescue shelters. Animal photographer Fred Levy couldn’t believe that it was true, so he began talking with shelters. Not only does the phenomenon exist, but he discovered it’s an epidemic. Levy decided to turn his camera lens to black dogs, showing the world how beautiful they truly are. He called the photo series, *The Black Dogs Project*, and the stunning photographs have been shared worldwide, spreading awareness and attention to the problem. A portion of all proceeds for Black Dogs Project will be donated to black dog rescue.

Brynn honors her passion for horses by studying at the toughest veterinary program in the country. Months from graduating, tragedy strikes—tragedy for which she can ’ t help but feel responsible. Brynn feels suffocated by the weight of her father ’ s legacy and his dusty hopes for horse show jumping success. When Brynn ’ s frenetic efforts to dig the family business out of debt fail, she ’ s down to one last desperate hope. Enter Jason Lander, who understands what it ’ s like to walk away from the ring. The onetime champion agrees to train Brynn, and her horse Jett, for an all-or-nothing run at the prestigious Million Dollar Gold Cup. But going all the way means doing it his way, which has Brynn questioning her decisions, her loyalties, and her growing feelings for Jason—complicating her relationship with her lover. Set in northern California against a stunning backdrop of coastal hills and valleys, Learning to Fall is about discovering how to let go—and how to hang on with your heart. Fans of *Seabiscuit* and *The Horse Whisperer* will love this beautifully written debut; one they ’ re bound to add to their shelf of favorites.

Speed, power, and head-turning looks—there ’ s no mistaking a supercar! In this 16-month wall calendar, G. F. Williams ’ superb photography captures the greatest high-performance offerings. From classics like the Jaguar XJ200 and Ferrari 250 to today ’ s stunning Bugatti, Pagani, and McLaren hypercars, Supercars 2022 features top makes and models from around the world. This 12” x 12” wall calendar includes a convenient page that shows the months of September, October, November, and December 2021, followed by individual pages for the months of 2022. Supercars 2022 belongs on the wall of any fan of these super high-performance machines.

A Cat Who Has an Unlimited Data Plan...and Isn't Afraid to Use It

Pretending to Make Schools Better

Fit to Ride in 9 Weeks!

Teaching Yoga

One With the Herd

These Precious Days

Exploring the Teacher-Student Relationship

Aging Wisely... Wisdom of our Elders is a unique resource that reflects the ideas, opinions and experiences of a diverse group of senior citizens. Each story provides a unique perspective on the physical, emotional, and social aspects of growing old from those who have made the journey.

Drawing on decades of experience training Yoga teachers and covering the California Yoga Teachers Association (CYTA) code of ethics, Donna Farhi offers the first book to set professional standards for teaching Yoga. A bonus CD features the author speaking about Yoga ethics at a 2002 conference.

Regardless of discipline, level of expertise, training philosophy, body shape, or fitness level, all riders do better—in horse-related activities on the ground—when they take care of their bodies and maintain their fitness. While riding is a great way to enjoy an active lifestyle, on its own it is not enough to condition and tone the body to the degree we need, and then the horse must make up the fitness gap in our physical partnership. If our reflexes are slow, if our bodies fatigue, if our position collapses, if tension patterns appear, then the horse suffers repetitive asymmetrical strain or develops compensatory movement habits. It is for his good, as well as ours, that certified personal trainer and riding coach Heather Sansom has developed an utterly achievable 9-week plan to give every rider the straightness, suppleness, strength, and stamina she needs to ride her best. With hundreds of one-of-a-kind illustrations depicting accurate musculature on the rider's body, and dozens of proven exercises organized in a progressive fitness program with easy-to-use schedule charts, Sansom's book is the key to enjoying the ride, being fair to your horse, and getting into fabulous shape—in nine weeks!

The author of Yoga Journal's most-read column presents the first holistic guide to yoga. A user-friendly guide illustrated with 140 two-color photographs and illustrations, Yoga Mind, Body & Spirit sets forth the tenets of this gentle yet rigorous exercise as no other book has. Integrating the teachings of every tradition, internationally renowned yoga instructor Donna Farhi reveals how yoga enhances the connections between the mind, body, and spirit. She outlines the seven simple movement principles that underlie all human motion and provides exercises to help readers understand how they can achieve all yoga postures. She also discusses the ten ethical precepts that are the foundation of all yoga teachings and explains how to incorporate them into a spiritually and emotionally rewarding inner practice. At the heart of Yoga Mind, Body & Spirit are more than seventy-five yoga asanas or postures. Each is one pictured and described in detail, and they are arranged into related groups—including standing postures, sitting postures, arm balances, and breathing practices—or easy reference. A selection of yoga practices of varying lengths and levels of difficulty provides challenges and inspiration for beginner, intermediate, and advanced students. A huge resurgence of interest in yoga is sweeping the country. With its broad scope and holistic approach, Yoga Mind, Body & Spirit is the ideal book for today's mainstream audience.

A Tennis Odyssey

1,000 Places to See Before You Die

Cats Gone Bad

Texts from Mittens

What Your Lab Is Thinking

The Homeschool Planner for 1 Student

Outliers

*Labs are known for their furry snuggles, playful romping and soulful eyes; just think if they're tongues were wagging instead of their tails! This playful little book is full of side-splitting inner monologues about a lab's favorite things, the people they meet and places they go. The bold colors and lighthearted quips are paired with an array of adorable yellow, black and chocolate dogs and puppies, making this the perfect gift book for anyone who's ever loved a lab. 5.5" X 5.5" * 96 PAGES, COLOR PHOTOS * HARDCOVER * \$14.95 (CAN \$19.95)*

The relationship between horses and humans is an ancient, profound and complex one. For millennia horses provided the strength and speed that humans lacked. How we travelled, farmed and fought was dictated by the needs of this extraordinary animal. They were sculpted, painted, cherished, admired; they were thrashed, abused and exposed to terrible danger. And then, suddenly, in the 20th century the links were broken and the millions of horses that shared our existence almost vanished.Farewell to the Horse is an engaging, brilliantly written and moving discussion of the endlessly various creature who has so often shared our fate.

An insightful #1 New York Times bestseller! From Ainsley Erhardt, the #1 New York Times bestselling author of *Take Heart, My Child*; *The Light Within Me*; and “FOX & Friends” journalist, comes a book celebrating everyday wonders and miracles. Ainsley Erhardt reflects on her experiences as a mother and viewing wonders of the world through a child’s eyes in this stunning follow up to *Take Heart, My Child*. So often as we race through life, we need the wisdom and perspective of a child to remind us what is important and what should be celebrated and remembered: the everyday joys and miracles and simple pleasures of life. Our children teach us and awaken our own inner child.

Open the secret pockets to reveal 13 hauntingly entertaining Hocus Pocus surprises every day (or night) leading up to Halloween! The Sanderson Sisters have come to haunt your holiday with mini books, mementos, decorations, and other tricks and treats! Why celebrate Halloween only one night a year when the 13 nights leading up to All Hallow’s Eve can be filled with bewitching fun? Enjoy daily surprises with Max and Dani Dennison, Hackery Binx, and more with Hocus Pocus: 13 Frights of Halloween. 13 SCARY SURPRISES: Collect sinister stickers, games, and holiday decorations to display or share with friends.

COUNTDOWN TO HALLOWEEN: Uncover a new surprise every day in the thirteen days leading up to Halloween! BEWITCHING DELIGHTS: Discover mini-books, themed recipe cards, and more! MEMORABLE MOMENTS: Relive favorite memories from the classic film Hocus Pocus with favorite quotes and scenes. NEW TRADITION Start a new Halloween routine with a daily surprise!

Embracing the Unexpected

Custer at the Alamo

*Calm the F*ck Down*

Dinosaurs: New Visions of a Lost World

The Story of Success

Essays

National Electronic Injury Surveillance System

This journal was designed especially for dressage riders to write down their riding goals, make a plan, and track their progress. It features pages for specific goal setting, planning and tracking each ride, preparing for competition, diagramming your dressage tests, and more. This is perfect for the equestrian with big goals for their dressage horse!

The knowledge and wisdom held with the Cholq’ij as a sacred calendar is very deep, so the information I present within these pages is simply a starting point for all those who want to begin their journey within this wisdom. Although the format of this book may be seen as a daily calendar (and can be used as such), my purpose in creating it this way is to accompany you on an inner journey. It is a way which allows you to begin to relate to, and understand the 20 energies making up the Cholq’ij; to begin to understand the Mayan signs themselves - a way which helps you to understand how those 20 energies relate to and influence us, in a very personal way. In the first pages you will find some theoretical information regarding the Sacred Calendar, the 20 energies which make it up, and an explanation of the importance of knowing your Mayan Sign. In this way you can begin to become familiar with the concepts of each of the different energetic vibrations manifesting within our universe, and the beautiful dance of transformation it brings to us. Within this book is a day by day guide for the whole year of 2019 on the Gregorian Calendar, combined with the messages of the Cholq’ij. On each date you will see a different quote related to the energy of that day, and how to connect, meditate, or act in harmony with the natural, universal vibration manifesting that day. You will have a space to make small notes about the main emotions, sensations, and events that you face each day. Making notes will help allow you to gain a better idea about your physical and emotional states, the way your relationships are going, messages you are receiving in your dreams, or situations which may seem out of the ordinary. This may expand into meeting someone from your past, the birth or death of a loved one, messages coming from nature, magical manifestations, or when an opportunity suddenly arises. This book is here as an effective guide; one where you can begin to relate to the energies of the Cholq’ij. Little by little, everything will begin to become clarified, and you will come to understand which days are beneficial to you for certain activities and which days are not. From my heart to yours, I hope that the words contained here will become a constant support for the greatest adventure you may ever take; The journey of knowing yourself, and understanding the constant natural movement of energy in which we all live in, and to begin dancing within its natural rhythms.

A humorous collection of dozens of photos of funny and adorable cats as they play with, roll in, and chow down their favorite snack of choice -- catnip. Cats love catnip. Whether it's eating it, playing with it, or rolling around in it, catnip turns our domestic feline friends into hilarious balls of activity. Carefree and unconstrained, they are free to be silly, exceptionally playful, and downright girly. Professional pet photographer and self-confessed crazy cat man Andrew Martilla (the photographer behind Shop Cats of New York) captures a range of the cats' silly and expressive personalities as they react to their catnip trip. Delightful, elegant Fluffy transforms into a hell-bent renegade. Shy, reserved Mittens becomes a free-loving acrobat. In the blink of an eye, a cat's expression transforms from bored to inquisitive to playful to curious to bizarre. . . . to utterly uninged. A fun and delightful look at our furry companions, this gift book is perfect for every cat lover.

Anniversaries are a time of celebrating unity in marriage if both spouses are on the same page. Jami Wilcox is a hard-working, dedicated husband and father who adores his wife and children. After years of slaving on the job, Jami vowed to show his wife, Harper, how much he appreciated her commitment to their marriage. With a surprise trip to the Smokey Mountains rearranged, all Jami needed was the woman he pledged to love forever. Unbeknownst to Jami, Harper had other plans. Although he requested her time, he hadn't revealed his intentions. Harper's refusal to cancel her arrangements sends Jami to a blissful, romantic getaway, alone. Standing firm in her decision, Harper takes a vacation with her girlfriends, sipping mojitos, lounging on the beach, and enjoying the tropical island of Jamaica was what Harper needed until she meets a man who wants to be more than her friend. Testing the strength of her vows, Harper must make a choice. Does she choose the man she knows like the back of her hand, or will she leap into uncertain waters with a man she wants to get to know? Will Jami and Harper celebrate their anniversary once reunited? Or will the events that unfolded while they were apart separate them forever?

Memoirs

The Final Century of Our Relationship

General Studies Manual Paper-1 2022

Farewell to the Horse

Yin Yoga

A Return to Wholeness

1. General Studies Paper – 1 is the best- selling book particularly designed for the civil services Preliminary examinations. 2. This book is divided into 6 major sections covering the complete syllabus as per UPSC pattern 3. Special Section is provided for Current Affairs covering events, Summits and Conferences 4. simple and lucid language used for better understanding of concepts 5. Crack Sets are given for practice 6. Practice Questions provides Topicwise Questions and Previous Years’ Solved Papers With our all time best selling edition of ‘General Studies Manual Paper 1’ is a guaranteed success package which has been designed to provide the complete coverage to all subjects as per prescribed pattern along with the updated and authentic content. The book provides the conventional Subjects like History, Geography, Polity and General Science that are thoroughly updated along with Chapterwise and Sectionwise questions. Contemporary Topics likes: Indian Economy, Environment & Ecology, Science & Technology and General Awareness have also been explained with latest facts and figures to ease the understanding about the concepts in this book. Current events of national and international interest have been listed in a separate section. Practice Sets are given at the end, keeping in view the trend of the questions coming in exams. L More than 5000 Most Important Points for Revision are provided in the attached booklet of the guide. It is a must have tool that proves to be one point solution for the preparat Civil Services Preliminary Examination. TOC Solved Paper 2021-2018, Indian History and Indian National Movement, India and World Geography, Indian Polity and Governance, Indian Economy, General Science & Science and Technology, General Knowledge & Computer Technology, Practice: Topicwise Questions, Current Affairs, Crack Sets (1-5). Many commercial artists have had a fling at pin up art but only a handful have become stars. Earl MacPherson was one of them. His “Sketch Book” series earned him wide acclaim and his fans dubbed him as the “King of Pin Up Artists.” His illustrative paintings and glamor art style adorned books and calendars throughout the 30s and 40s.

Memoirs offers a look at the man the legend he became with photo studies of his models and the art that was inspired by them from that memorable era.

The beloved New York Times bestselling author reflects on home, family, friendships and writing in this deeply personal collection of essays. “The elegance of Patchett’s prose is seductive and inviting: with Patchett as a guide, readers will really get to grips with the power of struggles, failures, and triumphs alike.” —Publisher’s Weekly “Any story that starts will also end.” As a writer, Ann Patchett knows what the outcome of her fiction will be. Life, however, often takes turns we do not see coming. Patchett ponders this truth in these wise essays that afford a fresh and intimate look into her mind and heart. At the center of these Precious Days is the title essay, a surprising moving meditation on an unexpected friendship that explores “what it means to be seen, to find someone with whom you can be your best and most complete self.” When Patchett chose an early galaxy of actor and producer Tom Hanks’ short story collection to read one night before bed, she had no idea that this single choice would be life changing. It would introduce her to a remarkable woman—Tom’s brilliant assistant Sooki—with whom she would form a profound bond that held monumental consequences for them both. A literary alchemist, Patchett plumbs the depths of her experiences to create gold: engaging and moving pieces that are both self-portrait and landscape each vibrant with emotion and rich in insight. Turning her writer’s eye on her own experiences, she transforms the private into the universal, providing us all a way to look at our own worlds anew, and reminds how fleeting and enigmatic life can be. From the enchantments of Kate DiCamillo’s children’s books (author of *The Beatrice Prophecy*) to youthful memories of Paris; the cherished life gifts given by her three fathers to the unexpected influence of Charles Schultz’s Snoopy; the expansive vision of Eudora Welty to the importance of knitting, Patchett connects life and art as she illuminates what matters most. Infused with the author’s grace, wit, and warmth, the pieces in These Precious Days resonate deep in the soul, leaving an indelible mark—and demonstrate why Ann Patchett is one of the most celebrated writers of our time.

Knowing his people face a bleak future on the reservations, Chief Sitting Bull prays to the Great Spirit for a different path. The Great Spirits answer is to send General George Custer and the Seventh Cavalry 40 years into the past, where they join Davy Crockett to defend the Alamo against Mexican forces under the command of General Al

An Alternate History Adventure

Learning to Fall

The Perfect Horse

The Black Dogs Project

The Green Brain

Revised Second Edition

Shelter Dogs in a Photo Booth

Written in the voice of Mikey, a fourth-grader who believes that eating crunchy things will get you neurons to fire. The Lost Celt follows Mikey's adventures after a chance encounter with what he thinks is a time-traveling Celtic warrior. With the help of his best friend Kyler, and clues from his military history book, Mikey tracks down the stranger, and in the process learns about the power and obligations of friendship. Full of heart, The Lost Celt throws a gentle light on some of the issues facing our veterans and their families, but it's the humor and infectious camaraderie throughout this book that makes it so memorable.

Twenty Years Combining Horses, People and Therapy Brown Pony Series Book One: Introduction to Hippotherapy This book offers a vignette of hippotherapy appropriate for parents and children considering hippotherapy treatment, and expresses clearly the differences of hippotherapy and the therapeutic use of horses.

Return to balance with this calming, healing approach. Yin yoga offer remedies to the stresses of your busy yang life. Each restorative pose targets your deeper fascia and connective tissues, helping you experience increased flexibility and improved joint health. Yin yoga also focuses on deep breathing and longer hold times, allowing you the time and space to clear your mind and enhance your mental acuity. These meditative poses will help you attain a renewed sense of mindfulness and physical well-being, making them the perfect complement to an active yang lifestyle and helping bring you back into balance. Yin Yoga includes these features: More than 50 step-by-step poses that focus on specific areas of the body 20 sequences linking the poses, designed to help you reach specific physical, mental, or emotional goals Expert information on techniques and philosophies, including correct breathing techniques, chakras and meridians, and how best to practice yin yoga If you're looking for something to settle your mind and body, look no further than yin yoga the practice and Yin Yoga the book.