

I Am Peace A Book Of Mindfulness

Children's mental health is key to their success. This award-winning, multicultural children's book won a Gold Medal in the "Health" category and also was named "Indie Human Relations Peace Book of the Year" surpassing adult titles, too. It shows that even a child with arguing parents, severe illness, or in conflict with a bully, can find peace,

What is Peace? is the 7th title in Etan Boritzer's best selling What is? series of Life Concepts books on character education and social issues. What is Peace? explores themes of non-violence and diversity helping kids, parents and teachers to discuss and cultivate the critical thinking required for peaceful actions. Young readers will be able to take a thoughtful and positive journey through the complex issues connected with the personal responsibilities inherent to peace. What is Peace? gently teaches the true essence and workings of peace.

From Colleen Hoover, the #1 New York Times bestselling author of *It Ends With Us*, a heart-wrenching love story that proves attraction at first sight can be messy. When Tate Collins meets airline pilot Miles Archer, she doesn't think it's love at first sight. They wouldn't even go so far as to consider themselves friends. The only thing Tate and Miles have in common is an undeniable mutual attraction. Once their desires are out in the open, they realize they have the perfect set-up. He doesn't want love, she doesn't have time for love, so that just leaves the sex. Their arrangement could be surprisingly seamless, as long as Tate can stick to the only two rules Miles has for her. Never ask about the past. Don't expect a future. They think they can handle it, but realize almost immediately they can't handle it at all. Hearts get infiltrated. Promises get broken. Rules get shattered. Love gets ugly. For fans of Susan Verde's *I Am Peace* and Deborah Underwood's *The Quiet Book*, this gentle story introduces kids ages 2-6 to mindfulness and breath awareness. *I Am a Peaceful Goldfish* teaches kids and families about playful breathing techniques that we can use to overcome our anxiety and feel calm and grounded. When we are overcome with emotions, our breath—and a bit of imagination—can bring us back to a peaceful place. In this simple story, two children learn how to settle their feelings with imaginative breathing techniques, pretending they are elephants, flowers, even dragons! This charming book teaches even the youngest readers fun ways to be mindful, relieve anxiety, and regain control over their bodies and actions—an essential and easy-to-learn life skill.

Infinite Jest

Activate Your Full Human Potential

Making Wise Choices in the Midst of Raw Emotions

What Does Peace Feel Like?

Unglued

A Book of Action

We can all be heroes. That's the inspiring message of this New York Times Bestselling picture book biography series from historian and

author Brad Meltzer. Even as a child, Martin Luther King, Jr. was shocked by the terrible and unfair way African-American people were treated. When he grew up, he decided to do something about it--peacefully, with powerful words. He helped gather people together for nonviolent protests and marches, and he always spoke up about loving other human beings and doing what's right. He spoke about the dream of a kinder future, and bravely led the way toward racial equality in America. This lively, New York Times Bestselling biography series inspires kids to dream big, one great role model at a time. You'll want to collect each book.

When you breathe in all the grace available to you and release everything that is outside of your control, you'll discover peace that surpasses your circumstances. All it takes is practice. If you feel overwhelmed with anxiety about the future, you're far from alone. For many of us, when we're not worrying about what is to come, we find ourselves wrestling with things from the past. Where does that leave us today? Morgan Harper Nichols has learned the answer to this question. She has examined stories from her own life and the lives of people around the world and noticed a common thread: we all long for peace. We're all seeking light and life. But these things don't happen passively. *Peace Is a Practice* invites you to become a peacemaker in your own life, starting right where you are, and in some of the most unexpected places. As these words and images inspire you to take daily steps toward peace, you'll uncover the key to: Embracing the beauty of the present Letting go of regret of the past and fear of the future Developing a path toward meaning and authenticity Approaching life's challenges with faith and a calm confidence Feeling peace even in the midst of uncertainty or difficult times In every moment, there is something as deep and boundless as a winding river waiting to be found--a true peace that flows, beckoning you to rest . . . and be still.

When the world feels chaotic, find peace within through an accessible mindfulness practice from the bestselling picture-book dream team that brought us *I Am Yoga*. Express emotions through direct speech. Find empathy through imagination. Connect with the earth. Wonder at the beauty of the natural world. Breathe, taste, smell, touch, and be present. Perfect for the classroom or for bedtime, Susan Verde's gentle, concrete narration and Peter H. Reynolds's expressive watercolor illustrations bring the tenets of mindfulness to a kid-friendly level. Featuring an author's note about the importance of mindfulness and a guided meditation for children, *I Am Peace* will help readers of all ages feel grounded and restored.

Encourage kids to find their inner strength with this companion to the New York Times bestsellers *I Am Human* and *I Am Love!* I move ahead one breath at a time. I act with bravery. I am courage. When we picture someone brave, we might think they're fearless but real courage comes from feeling scared and facing what challenges us anyway. When our minds tell us "I can't," we can look inside ourselves and find the strength to say, "Yes, I CAN!" From the New York Times bestselling team behind the *I Am* series comes a triumphant celebration of everyday courage: believing in ourselves, speaking out, trying new things, asking for help, and getting back up no matter how many times we may fall. Grounded in mindfulness and awareness, *I Am Courage* is an empowering reminder that we can conquer anything. Inside, you'll also find exercises to inspire confidence.

I Can See Peace

And I Shall Have Some Peace There

I Am Love

I Am Yoga

A Little Peace

The far right is back with a vengeance. After several decades at the political margins, far-right politics has again taken center stage. Three of the world's largest democracies - Brazil, India, and the United States - now have a radical right leader, while far-right parties continue to increase their profile and support within Europe. In this timely book, leading global expert on political extremism Cas Mudde provides a concise overview of the fourth wave of postwar far-right politics, exploring its history, ideology, organization, causes, and consequences, as well as the responses available to civil society, party, and state actors to challenge its ideas and influence. What defines this current far-right renaissance, Mudde argues, is its mainstreaming and normalization within the contemporary political landscape. Challenging orthodox thinking on the relationship between conventional and far-right politics, Mudde offers a complex and insightful picture of one of the key political challenges of our time. A celebration of love and connection for young readers Susan Verde and Peter H. Reynolds continue their collaboration with the fourth book in their bestselling wellness series. A celebration of love in all its forms, I Am Love asks readers to look inward when they feel afraid. Love allows us to act with compassion and kindness, to live with gratitude, and to take care of ourselves by practicing self-love.

A warm, comforting poem about finding peace in a community of neighbors Peace is an offering. A muffin or a peach. A birthday invitation. A trip to the beach. Join this group of neighborhood children as they find love in everyday things—in sunlight shining through the leaves and cookies shared with friends—and learn that peace is all around, if you just look for it. With rhyming verse and soft illustrations, this book will help families and teachers look for the light moments when tragedy strikes and remind readers of the calm and happiness they find in their own community every day.

In this picture book for children and adults, illustrated by Jim Durk, who is adored by thousands of children for his many Clifford the Big Red Dog and Thomas the Steam Engine books, a young boy discovers his mind is like a puppy, always wandering away, into the past or the future. He sets about learning to train his puppy mind to heel to the present moment. Through remembering to breathe, the boy becomes a stronger and more caring master of his puppy mind, keeping it in the present, if only for a moment. Includes a link to a discussion guide for parents and teachers.

I Am Peace

Peace Is a Practice

I Am a Peaceful Goldfish

I Choose Peace

Her Life and Work in Her Own Words

The Education of an Idealist

You and Me is a loving tribute to how fate brought two best friends together. An adorable cat muses about the what-ifs in life: What if he had slept late that one special morning? What if he'd missed his train on that fateful day? Then he might never have met his favorite person in the world, and his entire life would be different! Two friends delight in the incredible power of serendipity in this charming tale. Illustrated by the bestselling Peter H. Reynolds, You and Me is the ultimate gift for the closest of friends on Valentine's Day or any day of the year.

"Do read this book if you are seeking. It keeps it simple, yet utterly profound."—Scott Kiloby, author of Love's Quiet Revolution I Am That I Am began as a journal, written at the suggestion of author Francis Bennett's spiritual director. It was intended to help Francis clarify and explore the shift in perception that had occurred to him—not only for his own sake, but for those who might seek his spiritual guidance in the future. This deceptively simple book brings a unique freshness and humanity to the meeting of Christianity with Eastern investigation of the nature of the self. As Francis says, "Who I am is happiness and bliss ... don't take my word for any of this. You can experiment with this on your own and discover for yourself whether or not these claims are true. This little book may be able to assist you in conducting just such an experiment in your own life. That is certainly my hope in writing it."

The youngest ever Nobel Prize laureate, Pakistani women's rights activist Malala Yousafzai, is the 26th hero in the New York Times bestselling picture book biography series for ages 5 to 8. Malala Yousafzai won the Nobel Peace Prize at the age of 17 for speaking out against injustice even when it was terrifying to do so. She was an ordinary Muslim girl who wanted to attend school, and she refused to stop protesting for her rights even after being attacked by a powerful group in Pakistan who wanted women to remain in the shadows. She continues to fight for women's rights and free education for children all over the world. This friendly, fun biography series inspired the PBS Kids TV show Xavier Riddle and the Secret Museum. One great role model at a time, these books encourage kids to dream big. Included in each book are: • A timeline of key events in the hero's history • Photos that bring the story more fully to life • Comic-book-style illustrations that are irresistibly adorable • Childhood moments that influenced the hero • Facts that make great conversation-starters • A character trait that made the person heroic and that readers can aspire to You'll want to collect each book in this dynamic, informative series!

God gave us emotions to experience life, not destroy it! Lysa TerKeurst admits that she, like most women, has had experiences where others bump into her happy and she comes emotionally unglued. We stuff, we explode, or we react somewhere in between. What do we do with these raw emotions? Is it really possible to make emotions work for us instead of against us? Yes, and in her usual inspiring and practical way, Lysa will show you how. Filled with gut-honest personal examples and biblical teaching, Unglued will equip you to: Know with confidence how to resolve conflict in your important relationships. Find peace in your most difficult relationships as you learn to be honest but kind when offended. Identify what type of reactor you are and how to significantly improve your communication. Respond with no regrets by managing your tendencies to stuff, explode, or react somewhere in between. Gain a deep sense of calm by responding to situations

out of your control without acting out of control.

The Far Right Today

Discovering the Love, Peace, Joy and Stability of the True Self

Peace Pilgrim

You and Me

The Peace Book

A Memoir

The instant #1 New York Times and Indie bestseller! Hop aboard the Peace Train in this picture book adaptation of Cat Stevens's legendary anthem of unity and harmony in time for the song's 50th anniversary! With illustrations by New York Times bestselling illustrator Peter H. Reynolds. "Now I've been happy lately Thinking about the good things to come And I believe it could be Something good has begun Oh, I've been smiling lately Dreaming about the world as one And I believe it could be Someday it's going to come" Readers are invited to hop on the PEACE TRAIN and join its growing group of passengers who are all ready to unite the world in peace and harmony. Featuring the timeless lyrics of Cat Stevens's legendary song and illustrations by New York Times bestselling artist Peter H. Reynolds, this hopeful picture book inspires tolerance and love for people of all cultures and identities.

Peace. What does that word really mean? Ask children from around the world, and this is what they say....

Peace is making new friends. Peace is helping your neighbor. Peace is a growing a garden. Peace is being who you are. The Peace Book delivers positive and hopeful messages of peace in an accessible, child-friendly format featuring Todd Parr's trademark bold, bright colors and silly scenes. Perfect for the youngest readers, this book delivers a timely and timeless message about the importance of friendship, caring, and acceptance.

DIVÂ /div When I see a work of art, something happens in my heart! As a little girl tours and twirls through the halls of the art museum, she finds herself on an exciting adventure. Each piece of art evokes something new inside of her: silliness, curiosity, joy, and ultimately inspiration. When confronted with an empty white canvas, she is energized to create and express herself—which is the greatest feeling of all. With exuberant illustrations by Peter H. Reynolds, The Museum playfully captures the many emotions experienced through the power of art, and each child's unique creative process. UPraise for The Museum/u "Verde and Reynolds deliver a simple premise with a charming payoff... this "twirly-whirly"†? homage to a museum is, on balance, a sweet-natured and handsome celebration." —Kirkus Reviews "Debut author Verde makes an engaging case for understanding art as an experience rather than an object." —Publishers Weekly "The rhymed text captures the excitement of a being sparked by art.†? —Booklist

"Communicates a fresh, playful, childlike perspective on art and normalizes childlike responses to it. The idea that posing, laughing, and curious questions are all appropriate museum behavior may be a new one for both children and parents, and knowing this is sure to make for more enjoyable museum visits." —School Library Journal "For parents who have trouble communicating the excitement of art to their children, The Museum can serve as the starting point for a conversation. The book is also a wonderful reminder of visual

art's power to encourage and empower self-expression. Children and adults will finish this book excited about their next art experience, and perhaps tempted to dance through the halls of a museum in the near future." —Bookpage "This playful picture book pays tribute to the joyous effect art can have on the viewer." —Shelf-Awareness

Can You Say Peace?

Grandma's Tiny House

Breathing Makes It Better

Ugly Love

Wild Peace

Raw Stories of Real People Finding Contentment and Happiness (An I Am Second Book)

A memoir of the author's losses to fire and her work with Vietnam veterans also includes a novel about a Chinese American man and his wife who flee to Hawaii to evade the draft during the Vietnam War, only to work with Vietnam veterans.

Hailed as one of the greatest novels of all time and a classic of world literature, War and Peace is a tale of strivers in a world fraught with conflict, social and political change, and spiritual confusion, Tolstoy's magnificent work continues to entertain, enlighten, and inspire readers around the world. Both an intimate study of individual passions and an epic history of Russia and its people, 'War and Peace' is nothing more or less than a complete portrait of human existence. Among its many unforgettable characters is Prince Andrey Bolkonsky, a proud, dashing man who, despising the artifice of high society, joins the army to achieve glory. Badly wounded at Austerlitz, he begins to discover the emptiness of everything to which he has devoted himself. His death scene is considered one of the greatest passages in Russian literature. Terror swiftly engulfs the country as Napoleon's army marches on Russia, and the lives of three young people are changed forever. The stories of quixotic Pierre, cynical Andrey and impetuous Natasha interweave with a huge cast, from aristocrats and peasants, to soldiers and Napoleon himself. In War and Peace (1868-9), Tolstoy entwines grand themes—conflict and love, birth and death, free will and fate.

The companion to I Am Yoga that celebrates mindfulness--now available as a board book! When the world feels chaotic, find peace within through an accessible mindfulness practice from the picture book dream team that brought us I Am Yoga and the #1 New York Times bestseller I Am Human. Express emotions through direct speech. Find empathy through imagination. Connect with the Earth. Wonder at the beauty of the natural world. Breathe, taste, smell, touch, and be present. Perfect for the classroom or for bedtime, Susan Verde's gentle, concrete narration and Peter H. Reynolds's expressive watercolor illustrations bring the tenets of mindfulness to a kid-friendly level.

In nearly three decades, she walked more than 25,000 miles, carrying her possessions in her blue tunic and spreading her belief about peace: overcome evil with good, and falsehood with truth, and hatred with love.

The Museum

A Discovery of Witches

War and Peace

An Invitation to Breathe Deep and Find a New Rhythm for Life

A Book of Mindfulness

My Kicks

This sweet, rhyming counting book introduces young readers to numbers one through 15 as Grandma's family and friends fill her tiny house on Brown Street. Full color.

A gargantuan, mind-altering comedy about the Pursuit of Happiness in America Set in an addicts' halfway house and a tennis academy, and featuring the most endearingly screwed-up family to come along in recent fiction, Infinite Jest explores essential questions about what entertainment is and why it has come to so dominate our lives; about how our desire for entertainment affects our need to connect with other people; and about what the pleasures we choose say about who we are. Equal parts philosophical quest and screwball comedy, Infinite Jest bends every rule of fiction without sacrificing for a moment its own entertainment value. It is an exuberant, uniquely American exploration of the passions that make us human - and one of those rare books that renew the idea of what a novel can do. "The next step in fiction...Edgy, accurate, and darkly witty...Think Beckett, think Pynchon, think Gaddis. Think." --Sven Birkerts, The Atlantic

The fifth book in Susan Verde and Peter H. Reynolds's #1 bestselling mindfulness series One seed to start a garden, one note to start a melody, one brick to start breaking down walls: Every movement and moment of change starts with just one. From the #1 New York Times-bestselling team behind I Am Yoga, I Am Peace, I Am Human, and I Am Love comes a powerful call to action, encouraging readers to raise their voices, extend a hand, and take that one first step to start something beautiful and move toward a better world. Includes a guided meditation and self-reflection activity.

INSTANT NEW YORK TIMES BESTSELLER *The only definitive book authored by Wim Hof on his powerful method for realizing our physical and spiritual potential. "This method is very simple, very accessible, and endorsed by science. Anybody can do it, and there is no dogma, only acceptance. Only freedom." --Wim Hof*
Wim Hof has a message for each of us: "You can literally do the impossible. You can overcome disease, improve your mental health and physical performance, and even control your physiology so you can thrive in any stressful situation." With The Wim Hof Method, this trailblazer of human potential shares a method that anyone can use—young or old, sick or healthy—to supercharge their capacity for strength, vitality, and happiness. Wim has become known as "The Iceman" for his astounding physical feats, such as spending hours in freezing water and running barefoot marathons over deserts and ice fields. Yet his most remarkable achievement is not any record-breaking performance—it is the creation of a method that thousands of people have used to transform their lives. In his gripping and passionate style, Wim shares

his method and his story, including:

- *Breath*—Wim's unique practices to change your body chemistry, infuse yourself with energy, and focus your mind
- *Cold-Safe*, controlled, shock-free practices for using cold exposure to enhance your cardiovascular system and awaken your body's untapped strength
- *Mindset*—Build your willpower, inner clarity, sensory awareness, and innate joyfulness in the miracle of living
- *Science*—How users of this method have redefined what is medically possible in study after study
- *Health*—True stories and testimonials from people using the method to overcome disease and chronic illness
- *Performance*—Increase your endurance, improve recovery time, up your mental game, and more
- *Wim's Story*—Follow Wim's inspiring personal journey of discovery, tragedy, and triumph
- *Spiritual Awakening*—How breath, cold, and mindset can reveal the beauty of your soul

Wim Hof is a man on a mission: to transform the way we live by reminding us of our true power and purpose. "This is how we will change the world, one soul at a time," Wim says. "We alter the collective consciousness by awakening to our own boundless potential. We are limited only by the depth of our imagination and the strength of our conviction." If you're ready to explore and exceed the limits of your own potential, The Wim Hof Method is waiting for you.

I Am Human

The Fifth Book of Peace

The Gift of Peace

Trading in the Fast Lane for My Own Dirt Road

A Book of Empathy

A Sneaker Story!

From the influential and ever-growing movement "I Am Second" comes a remarkable collection of well-known lives transformed from restless to happy by the power of God. When I Am Second launched in 2008, the organization meant simply to tell stories of people whose lives changed utterly when they placed God first and themselves second. Although the organization has exploded in size and influence since, that original mission has remained the same--and continues to have enormous power today. I Choose Peace is the highly anticipated new book from I Am Second, gathering together stories of people who searched everywhere for fulfillment and wholeness and found it only when they surrendered to God. People whose stories appear include the following: Chip and Joanna Gaines Kathie Lee Gifford Albert Pujols Shawn Johnson Phil and Kay Robertson Brian "Head" Welch Moving, compelling, and profoundly inspiring, the stories found here remind us that our hearts will always be restless until they find their rest in God.

Boys love sneakers. But when a child finds that his toes have outgrown his favorite shoes, and they've gotten too dirty and smelly, his mom says it's time for a new pair. Resistant to let go, the boy reminisces about all the good times he's had with his favorite kicks on the city streets. There's the paint splatter from his masterpiece and the drip from a Popsicle. There's the scuff from when he fell off his skateboard. And there are those frayed laces that he learned to tie in bows and doubles. A new pair just won't be the same. But, with bigger shoes to fill, the boy realizes new adventures

await him. Maybe he could paint a little better? Or skate a little faster? This new picture book from the bestselling author of I Am Yoga explores the love and pride that kids have for their sneakers and the joy that can be found in growing up, growing out, and moving on.

I am human I am a work in progress Striving to be the best version of ME From the picture book dream team behind I Am Yoga and I Am Peace comes the third book in their wellness series: I Am Human. A hopeful meditation on all the great (and challenging) parts of being human, I Am Human shows that it's okay to make mistakes while also emphasizing the power of good choices by offering a kind word or smile or by saying "I'm sorry." At its heart, this picture book is a celebration of empathy and compassion that lifts up the flawed fullness of humanity and encourages children to see themselves as part of one big imperfect family—millions strong.

Winner of the 2019 Moonbeam Children's Mind, Body, Spirit Bronze Medal and a 2020 Mom's Choice Awards® Gold Recipient! An engaging and interactive story showing children ages 3-6 the power of breath when dealing with new and difficult emotions. Read aloud and breathe along with this sweet story teaching children how to navigate powerful emotions like anger, fear, sadness, confusion, anxiety, and loneliness. With rhythmic writing and engaging illustrations, Breathing Makes It Better guides children to breathe through their feelings and find calm with recurring cues to stop and take a breath. Simple guided practices, like imagining you are a tree blowing in the wind, follow each story to teach children how to apply mindfulness techniques when they need them the most.

Peace Train

I am Malala Yousafzai

A Novel

I Am Courage

A Book of Resilience

I Am That I Am

Every September 21 on the International Day of Peace, children around the world wish in many different languages for peace.

This e-book includes 26 bonus photos from the author! Margaret Roach worked at Martha Stewart Living Omnimedia for 15 years, serving as Editorial Director for the last 6. She first made her name in gardening, writing a classic gardening book among other things. She now has a hugely popular gardening blog, "A Way to Garden." But despite the financial and professional rewards of her job, Margaret felt unfulfilled. So she moved to her weekend house upstate in an effort to lead a more authentic life by connecting with her garden and with nature. The memoir she wrote about this journey is funny, quirky, humble--and uplifting--an Eat, Pray, Love without the travel--and allows readers to live out the fantasy of quitting the rat race and getting away from it all.

I Am Peace A Book of Mindfulness Abrams

Wild Peace by Irene Latham and Il Sung Na is a lush, soothing mindfulness picture book about finding solace in the natural world. With lyrical text and whimsical art, Wild Peace follows a girl whose imagination helps her escape her frenzied home and discover the joys of nature. After enjoying the serenity of the forest, she is finally ready to return to her family, where peace welcomes all that is wild, and kisses the forehead of every child. When the world fills with noise and fury, and the days pass, all rush and scurry, it's time to step into the forest . . .

Peace is an Offering

What is Peace?

I Am Martin Luther King, Jr

A Book for Sad Days, Mad Days, Glad Days, and All the Feelings In-Between

I Am One

Puppy Mind

Book one of the New York Times-bestselling All Souls trilogy—"a wonderfully imaginative grown-up fantasy with all the magic of Harry Potter and Twilight" (People). Look for the hit TV series "A Discovery of Witches," streaming on AMC Plus, Sundance Now and Shudder. Season 2 premieres January 9, 2021!

Deborah Harkness's sparkling debut, A Discovery of Witches, has brought her into the spotlight and galvanized fans around the world. In this tale of passion and obsession, Diana Bishop, a young scholar and a descendant of witches, discovers a long-lost and enchanted alchemical manuscript, Ashmole 782, deep in Oxford's Bodleian Library. Its reappearance summons a fantastical underworld, which she navigates with her leading man, vampire geneticist Matthew Clairmont. Harkness has created a universe to rival those of Anne Rice, Diana Gabaldon, and Elizabeth Kostova, and she adds a scholar's depth to this riveting tale of magic and suspense. The story continues in book two, Shadow of Night, and concludes with The Book of Life.

A NEW YORK TIMES, WALL STREET JOURNAL, AND USA TODAY BESTSELLER An intimate, powerful, and galvanizing memoir by Pulitzer Prize winner, human rights advocate, and former US Ambassador to the UN Samantha Power. Named one of the best books of the year: The New York Times □ National Public Radio □ Time □ The Economist □ The Washington Post □ Vanity Fair □ Christian Science Monitor □ Publishers Weekly □ Audible "Her highly personal and reflective memoir . . . is a must-read for anyone who cares about our role in a changing world."—President Barack Obama Includes an updated afterword Tracing her distinctly American journey from immigrant to war correspondent to presidential Cabinet official, Samantha Power's acclaimed memoir is a unique blend of suspenseful storytelling, vivid character portraits, and shrewd political insight. After her critiques of US foreign policy caught the eye of Senator Barack Obama, he invited her to work with him on Capitol Hill and then on his presidential campaign. When Obama won the presidency, Power went from being an activist outsider to serving as his human rights adviser and, in 2013, becoming the youngest-ever US Ambassador to the United Nations. Power transports us from her childhood in Dublin to the streets of war-torn Bosnia to the White House Situation

Room and the world of high-stakes diplomacy, offering a compelling and deeply honest look at navigating the halls of power while trying to put one's ideals into practice. Along the way, she lays bare the searing battles and defining moments of her life, shows how she juggled the demands of a 24/7 national security job with raising two young children, and makes the case for how we each can advance the cause of human dignity. This is an unforgettable account of the power of idealism—and of one person's fierce determination to make a difference. "This is a wonderful book. [...] The interweaving of Power's personal story, family story, diplomatic history and moral arguments is executed seamlessly and with unblinking honesty."—THOMAS L. FRIEDMAN, *The New York Times Book Review* "Truly engrossing...A pleasure to read."—RACHEL MADDOW "A beautiful memoir about the times we're living in and the questions we must ask ourselves...I honestly couldn't put it down." —CHERYL STRAYED, author of *Wild* "Power's compelling memoir provides critically important insights we should all understand as we face some of the most vexing issues of our time." —BRYAN STEVENSON, author of *Just Mercy*

Juxtaposes photographs from around the world with a simple, reflective message about our responsibilities for finding and keeping peace on the planet. By the author of *A Cool Drink of Water*. An eagle soaring among the clouds or a star twinkling in the night sky . . . a camel in the desert or a boat sailing across the sea—yoga has the power of transformation. Not only does it strengthen bodies and calm minds, but with a little imagination, it can show us that anything is possible. New York Times bestselling illustrator Peter H. Reynolds and author and certified yoga instructor Susan Verde team up again in this book about creativity and the power of self-expression. *I Am Yoga* encourages children to explore the world of yoga and make room in their hearts for the world beyond it. A kid-friendly guide to 17 yoga poses is included.

The Wim Hof Method