

## *Junkie Buddha A Journey Of Discovery In Peru*

Junkie Buddha A Journey of Discovery in Peru Eye Books (US&CA)

We all have secrets, but some of our secrets are darker than others...When Julia's husband leaves her, and their small son Matty, to live with another woman, her friends &- especially Caroline and Vick &- rally round to help. But when Julia starts a new relationship after a chance meeting, her friends are not quite as supportive. Julia sees Brendan, the quietly spoken IT guy who comes round to fix her computer, as a loving and protective man and &- as time passes &- a potential father figure for Matty. Caroline and Vick, on the other hand, see him as jealous, controlling and potentially dangerous. He appears to be a man with a secret past. What her friends don't know is that Julia has secrets of her own and, if they get out, they will almost certainly shatter her fragile domestic bliss. Landsliding is a compelling drama that turns your expectations on their head with a subtle twist to leave you wondering where your sympathies truly lie.

High priestesses are few and far between, white ones in Africa even more so. When Diane Esguerra hears of a mysterious Austrian woman worshipping the Ifa river goddess Oshun in Nigeria her curiosity is aroused. It is the start of an extraordinary friendship that sustains Diane through the death of her son and leads to a quest to take part in Oshun rituals. Prevented by Boko Haram from returning to Nigeria, she finds herself at Ifa shrines in Florida amid vultures, snakes, goats' heads, machetes, torrential rain and a cigar-smoking god. Her quest steps up a gear when Beyonce channels Oshun at the Grammys and the goddess goes global.

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“Consistently entertaining . . . she writes with unflinching honesty . . . Bridget Jones meets Buddha in this plucky, heartwarming, comical debut memoir.” —Kirkus Reviews (starred review) For years journalist Marianne Power lined her bookshelves with dog-eared copies of definitive guides on how to live your best life, dipping in and out of self-help books when she needed them most. Then, one day, she woke up to find that the life she hoped for and the life she was living were worlds apart—and she set out to make some big changes. Marianne decided to finally find out if her elusive “perfect existence” —the one without debt, anxiety, or hangover Netflix marathons, the one where she healthily bounced around town and met the cashmere-sweater-wearing man of her dreams—really did lie in the pages of our best known and acclaimed self-help books. She vowed to test a book a month for one year, following its advice to the letter, taking what she hoped would be the surest path to a flawless new her. But as the months passed and Marianne’s reality was turned upside down, she found herself confronted with a different question: Self-help can change your life, but is it for the better? With humor, audacity, disarming candor and unassuming wisdom, in *Help Me* Marianne Power plumbs the trials and tests of being a modern woman in a “have it all” culture, and what it really means to be our very best selves. “Equal parts touching and hilarious, Power’s account of the year she spent following the tenets of self-help books will make you feel better about your own flawed life.” —People

*A Journey of Discovery in Peru*

*My Life as a Skateboarder Junkie Inmate Pastor*

*The Extraordinary Life of a Global Adventurer*

*Let Go*

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## 365 Travel

### Daily Meditations on the Path to Freeing Your Soul

#### Raindrop in the Ocean

*A unique memoir in which a young adventurer from colonial Rhodesia charms his way around the world, sleeping in stately homes and public toilets, smuggling drugs across several borders, and losing a \$50 million fortune to the CIA, before settling into a stellar banking career. Looking back on a life well lived as he faces terminal illness, he swears that the key to his success was his grueling training as a Buddhist monk in a snowbound Japanese monastery. Fueled by the music of revolution, anger, fear, and despair, we dyed our hair or shaved our heads ... Eating acid like it was candy and chasing speed with cheap vodka, smoking truckloads of weed, all in a vain attempt to get numb and stay numb. This is the story of a young man and a generation of angry youths who rebelled against their parents and the unfulfilled promise of the sixties. As with many self-destructive kids, Noah Levine's search for meaning led him first to punk rock, drugs, drinking, and dissatisfaction. But the search didn't end there. Having clearly seen the uselessness of drugs and violence, Noah looked for positive ways to channel his rebellion against what he saw as the lies of society. Fueled by his anger at so much injustice and suffering, Levine now uses that energy and the practice of*

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*Buddhism to awaken his natural wisdom and compassion. While Levine comes to embrace the same spiritual tradition as his father, bestselling author Stephen Levine, he finds his most authentic expression in connecting the seemingly opposed worlds of punk and Buddhism. As Noah Levine delved deeper into Buddhism, he chose not to reject the punk scene, instead integrating the two worlds as a catalyst for transformation. Ultimately, this is an inspiring story about maturing, and how a hostile and lost generation is finally finding its footing. This provocative report takes us deep inside the punk scene and moves from anger, rebellion, and self-destruction, to health, service to others, and genuine spiritual growth. This pioneering book provides guidance for those helping bereaved adults through the process of grieving loved ones who died as a result of substance use. People bereaved in this manner require very specific support through these unique circumstances, and this book contains contributions from a range of leading experts in the field on how to help people bereaved in this way, with examples of good practice. It combines theory, research and practice in a straightforward and untechnical way, clearly describing the complex, severe nature of these bereavements and how to support bereaved people through this complex grieving process. The book also explains bereavement, substance use and how addictive substance use can affect a family, and*

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*provides comprehensive case studies that illustrate how to support and counsel. Rooted in specialist professional experience, this is the indispensable guide for all those whose work involves supporting these bereaved people, as well as being of interest to those bereaved this way and their family, friends and colleagues who may be supporting them.*

*High priestesses are few and far between, white ones in Africa even more so. When Diane Esguerra hears of a mysterious Austrian woman worshipping the Ifa river goddess Oshun in Nigeria her curiosity is aroused. It is the start of an extraordinary friendship that sustains Diane through the death of her son and leads to a quest to take part in Oshun rituals. Prevented by Boko Haram from returning to Nigeria, she finds herself at Ifa shrines in Florida amid vultures, snakes, goats' heads, machetes, torrential rain and a cigar-smoking god. Her quest steps up a gear when Beyonce channels Oshun at the Grammys and the goddess goes global.*

*Journey of Insight Meditation*

*Tales of a Travel Junkie*

*A Radical Road to Self-love and Miracles*

*Close Encounters with Addiction*

*Buddha Self Compassion Lined Writing Journal*

*My Heartfelt (and Occasionally Inappropriate) Quest to Please Just*

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*About Everyone, and Ultimately Myself*

*The memoir of Boris Johnson's most classic spade: The 'Rona Years, Vol. 1*

Meditation: it's not just a way to relax, or to deal with life's problems. Done correctly, it can be a way to radically encounter bliss and to begin - and sustain - real transformation in ourselves. In *Mindfulness, Bliss, and Beyond*, self-described meditation junkie Ajahn Brahm shares his knowledge and experience of the jhanas - a core part of the Buddha's original meditation teaching. Never before has this material been approached in such an empowering way, by a teacher of such authority and popularity. Full of surprises, delightfully goofy humor, and entertaining stories that inspire, instruct, and illuminate, *Mindfulness, Bliss, and Beyond* will encourage those new to meditation, and give a shot in the arm to more experienced practitioners as well.

Taking a unique approach to self-help, this guide demonstrates how conveying love and compassion to others—whether communicated through a simple smile or by holding a dying soul—can act as antidotes to the often painful human condition. Revealing the small steps that can be taken to improve the attitudes of others and therefore create happiness for the self, this handbook presents a collection of encouraging stories illustrating the strength of the human spirit. Emphasizing that all people have within them the ability to make a difference, this emboldened exploration argues for this power to be acted upon, thereby ensuring a dependable sense of well-being amidst the turmoil of today.

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This is the story of one woman's journey from her son's revelation that he had been sexually abused in childhood through to the scattering of his ashes at Machu Picchu in Peru. Sacha had died of a heroin overdose. A journal Diane kept while traveling around Peru and her experiences, encounters and reflections form the basis of her gut-wrenching and gripping book that reconnected her to life. Time and again in Peru, a place, event or a person reminded her of her son and the rollercoaster-white-knuckle-ride they had been on together, and these experiences are meaningfully and beautifully woven into this moving and uplifting narrative. Diane once asked "Why me?" and now asks "Why not me?"—a shift that now underlines her healing.

The Journey Of Your Daily Meditation Practice As you walk the path of self-discovery and unfolding it's important to track your experience, develop confidence and see your growth over time. This lined journal is the perfect place to write it all down and track it, a true space dedicated to your practice. Suggestions on how to use this journal: Date each entry Record meditation duration What are you currently struggling with? Share what you are grateful for Try different techniques and write down your experience Log where you meditated and how it made you feel Specifications: 6x9 inch book great on the go or by your bedside Printed on crisp white writing paper 100 writing pages Paperback flexible cover in a sophisticated matte finish Gift yourself or someone else this beautiful zen journal and be inspired every day!

Sanctuary

Help Me!

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Gold Zen Journal Notebook Your Daily Meditation Book

Approval Junkie

Twelve Steps to a Compassionate Life

The Oshun Diaries

My Life as a Rock & Roll Underdog

An updated edition including new color photographs and a new afterword looking back at the journey Alastair Humphreys' around-the-world journey of 46,000 miles was an old-fashioned adventure: long, lonely, low-budget, and spontaneous. Cycling across five continents and sailing over the oceans, his ride took four years to complete, on a tiny budget of hoarded student loans. Here is the story of the first remarkable stage of the expedition. Just two weeks into the ride the September 11th attacks changed everything. All Humphreys' plans went out the window and, instead of riding towards Australia, he suddenly found himself pedaling through the Middle East and Africa and on toward Cape Town. This book recounts an epic journey that succeeded through Humphreys' trust in the kindness of strangers, at a time where the interactions of our global community are more confused and troubled than ever. A companion to Add More ~Ing to Your Life chronicles the author's spiritual journey through low self-esteem and drug abuse to counsel readers on how to overcome personal fears and achieve greater fulfillment, providing a range of positive affirmations, physical activities and meditations.

Everything we know about the world today follows an invisible set of rules-how we

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work, love, parent, spend our money, and define success. But what if we could remove these outdated ideas and start anew? What would our lives look like if we could redefine the meaning of happiness, purpose, and success? The Code of the Extraordinary Mind blends computational thinking, integral theory, modern spirituality, evolutionary biology, and a little bit of humor to provide a revolutionary framework for re-coding ourselves with new, empowering beliefs and behaviors so we can live extraordinary lives. Throughout, Vishen Lakhiani shares transformative insights from legendary thinkers including Elon Musk, Richard Branson, and Arianna Huffington, among others, helping us to think like the greatest creative minds of our era-questioning, challenging, and creating new rules for our lives. Lakhiani's 10 laws help us retrain our minds to grow and achieve more than we ever thought was possible, showing us that we do not need to follow convention and can succeed on our own terms no matter where we are starting from.

Counsels readers on how to break negative habits and addictions through an application of Buddhist principles, introducing the author's philosophies about "creative engagement" in order to promote productive changes while ending cycles of abuse and negativity. Original.

A Meditator's Handbook

Exploring an Unforgiving Land

Bowing to Elephants

Walks on the Wild Side

One Woman's Quest to Find Out If Self-Help Really Can Change Your Life

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Finding Your Way Home

Confessions of a Basketball Junkie

*The memoir of Boris Johnson's most classic spad: The 'Rona Years, Vol. 1 'A pitch-perfect send-up' Evening Standard Unless you're a woman on Tinder between the ages of 19 and 30 in the Clapham area, or a high-end cocaine dealer operating in South West London, you probably won't have heard of Rafe Hubris, BA (Oxon). Despite that, he's a crucial figure in the life of our nation. As Boris Johnson's most classic special adviser (spad) at Number 10, he helped the UK government skilfully and efficiently control the Covid crisis, containing it for good by the end of 2020. In the first of what will doubtless be many memoirs as Rafe travels his own inevitable journey to the premiership, this fly-on-the-wall account documents his Year of 'Rona in its entirety (and iniquity). Even non-Oxbridge readers (for whom the author has taken care to keep his language as accessible as possible) will come away from this volume struck by how lucky we are to have him. Floreat Etona!\**  
*\*Note for non-Oxbridge readers: this means 'May Eton flourish' in Latin.\*\* \*\*Latin is the language of Ancient Rome and its empire.*

*'Dan Rhodes is a true original' - Hilary Mantel When the sleepy English village of Green Bottom hosts its first literary festival, the good, the bad and the ugly of the book world descend upon its leafy lanes. But the villagers are not prepared for the peculiar habits, petty rivalries and unspeakable desires of the authors. And they are certainly not equipped to deal with Wilberforce Selfram, the ghoulish, ageing enfant terrible who wreaks havoc wherever he goes. Sour Grapes is a*

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*hilarious satire on the literary world which takes no prisoners as it skewers authors, agents, publishers and reviewers alike.*

*Richard Fenning has spent three decades advising multinational companies on volatile geopolitics and severe security crises. He was CEO of the British firm Control Risks for 14 years. His career coincided with the glory years of globalization, the rise of China, the tumult of the Middle East wars, a new vicious form of terrorism, the transforming impact of digital technology, and America's retreat from leadership. Offering him a rare insight into what happens when people and organizations come under enormous stress, it dispelled any illusions that the world is ordered, predictable, or fair. But amid the chaos and upheaval, he also found humanity and humor. In a whirlwind tour that takes us from the battlefields of Iraq to the back streets of Bogotá, from the steamy Niger delta to the chill of Putin's Moscow, he looks back with wit and insight on the people and places he has got to know, while also offering some timely thoughts about the relationship between risk and danger in a terrifyingly changeable world.*

*If drugs were people you met at a party, ganja and hashish would be the middle-aged guys in dirt-starched jeans sitting on the terrace strumming a guitar. They would say things like 'dude, check out the moon' a lot. Acid would be the amateur DJ mixing Buddha Bar and Ibiza trance, trying to catch all the pretty colours drifting from the sound speakers. Ecstasy the young girl touching herself, touching everybody, touching the walls, making love to the world... Heroin. She's the bitch in the corner, man, just an ageless coldhearted bitch in a business suit. Billy Joel*

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*wrote a song about her. Not far from Mumbai is a rehab called Land, founded by Dr Yusuf Merchant (or Doc, as he is known among his patients). A meeting point for those suffering from a range of addictions and behavioural disorders, Land holds extraordinary stories of tragedy, fortitude and survival—including Doc's own story. In White Magic, Arjun Nath looks back on the time he spent at Land as a recovering heroin addict: the rules and rituals, the agony of withdrawal and the moments of lightness he shared with his fellow inhabitants. Woven into this personal record is the tale of the maverick doctor's several incarnations: from Ismail to Yusuf to Bhai to Doc. Sharp, sensitive, yet full of swag, White Magic is an outstanding achievement.*

*Loving Someone in Recovery*

*Moods of Future Joys*

*Hosoi*

*Around the World by Bike Part One: From England to South Africa*

*Mindfulness, Bliss, and Beyond*

*The Book of Help*

*Noise Damage*

A mix of Tony Hawk and Brian Welch comes together in skateboarding legend Christian Hosoi, who reveals everything about his rise, fall, and redemption, in this amazing tell-all—from being named the greatest skater of all time to bottoming out on drugs to finally finding redemption through God. Fans of Slater Kelly's Pipe Dreams and Brian Welch's Save Me From Myself, and followers of Tony Alva, Jay Adams, and Steve Caballero, will

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be captivated by this extraordinary, star-studded story, a gripping read that ranges from the heart of the 1980s skateboarding scene to the inside of a prison, from Hollywood parties to intense prayer sessions. Hosoi: My Life as a Skateboarder Junkie Inmate Pastor takes readers to the heart of one little-known world after another—and he portrays them in all their gore and glory for all the world to see.

One of the most original thinkers on the role of religion in the modern world—author of such acclaimed books as *A History of God*, *Islam*, and *Buddha*—now gives us an impassioned and practical book that can help us make the world a more compassionate place. Karen Armstrong believes that while compassion is intrinsic in all human beings, each of us needs to work diligently to cultivate and expand our capacity for compassion. Here, in this straightforward, thoughtful, and thought-provoking book, she sets out a program that can lead us toward a more compassionate life. The twelve steps Armstrong suggests begin with “Learn About Compassion” and close with “Love Your Enemies.” In between, she takes up “compassion for yourself,” mindfulness, suffering, sympathetic joy, the limits of our knowledge of others, and “concern for everybody.” She suggests concrete ways of enhancing our compassion and putting it into action in our everyday lives, and provides, as well, a reading list to encourage us to “hear one another’s narratives.” Throughout, Armstrong makes clear that a compassionate life is not a matter of only heart or mind but a deliberate and often life-altering commingling of the two.

Learn to Love Yourself From Stress to Happiness. Many of us know intellectually that we need to be good to ourselves if we want to be happy. But it feels so hard. We are

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simultaneously the harsh judge and the lost, scared child who wants to stop feeling judged. It becomes a vicious cycle. It only stops when we step outside ourselves and observe how we got ourselves stuck. Only then can we learn to practice gratitude and positive thinking. Joy and Peace. Lori Deschene, creator of TinyBuddha.com and the self-help journals Tiny Buddha's Worry Journal and Tiny Buddha's Gratitude Journal, shares 40 unique perspectives and insights to help you stop judging yourself so harshly. Featuring stories selected from hundreds of TinyBuddha.com contributors, Tiny Buddha's Guide to Loving Yourself provides an honest look at what it means to overcome critical, self-judging thoughts to create a peaceful, empowered life. More than a Self-Help Book. Tiny Buddha's Guide to Loving Yourself is a collection of vulnerable reflections and epiphanies from people who are learning to love themselves, just like you. In this book, you will find:

- Four authentic, vulnerable stories in each chapter
- Insightful observations about our shared struggles and how to overcome them
- Action-oriented suggestions based on the wisdom in the stories

Readers of inspirational books and spiritual books like The Book of Joy or other books by Lori Deschene such as Tiny Buddha's Worry Journal or Tiny Buddha's Gratitude Journal will love Tiny Buddha's Guide to Loving Yourself.

The tale that follows is not another clichéd collection of rock'n'roll debaucheries (sorry) nor is it another tired fable of triumph over adversity (you're welcome). It's the story of a half-deaf kid from a tiny, remote village in South Wales who was hailed as a genius by the UK's biggest radio station and headhunted by major record labels, only for the music industry to collapse. It crashed hard, taking with it an entire generation of

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talented artists who would never now get their shot. CNN called it &'music's lost decade'.Along the way, there are goodies, baddies, gun-toting label execs, life-saving surgeons, therapy, true love, loyalty, hope, breakdowns, suicidal managers, betrayal, drummers and way too many hangovers. James Kennedy shows that the best lessons are to be learned from good losers. It really is all about the journey.Part memoir, part exposé of the music world's murky underbelly, Noise Damage is emotional, painfully honest, funny, informative and ridiculous. It's also a celebration of the life-changing magic of music.

What on Earth Can Go Wrong

A Surfer's Quest to Find Zen on the Sea

A Personal Experience of the Buddha's Way

Mastering the Core Teachings of the Buddha

The Answers You Need When Your Partner Is Recovering from Addiction

Sour Grapes

Supporting People Bereaved through a Drug- or Alcohol-Related Death

***What does it mean to feel at home, truly present with ourselves, comfortable with our choices, and alive to the possibilities of conscious change? How can we develop inner balance and connection, keeping our boundaries clear while opening our hearts to those we love? With practical wisdom and insight, Melody Beattie addresses these questions, encouraging us to reach a higher level of living and loving, and showing us***

***how to be at home with ourselves wherever we are in the world, at whatever stage of life. Through true stories and take-action exercises, including journaling, visualizations, affirmations, meditations, and prayers, Beattie provides the essential tools to help us discover our own sense of home. Accessible and illuminating, Finding Your Way Home is a soul-searching look at how not to be victimized by ourselves or other people. Beattie urges us to discover new levels of integrity, to break through barriers that have blocked us for too long. This is a powerful and challenging book about buying back our souls and learning to live a life guided by spirit.***

***The very idea that the teachings can be mastered will arouse controversy within Buddhist circles. Even so, Ingram insists that enlightenment is an attainable goal, once our fanciful notions of it are stripped away, and we have learned to use meditation as a method for examining reality rather than an opportunity to wallow in self-absorbed mind-noise. Ingram sets out concisely the difference between concentration-based and insight (vipassana) meditation; he provides example practices; and most importantly he presents detailed maps of the states of mind we are likely to encounter, and the stages we must negotiate as we move through clearly-defined cycles of insight. Its easy to feel overawed, at first, by***

***Ingram's assurance and ease in the higher levels of consciousness, but consistently he writes as a down-to-earth and compassionate guide, and to the practitioner willing to commit themselves this is a glittering gift of a book. In this new edition of the bestselling book, the author rearranges, revises and expands upon the original material, as well as adding new sections that bring further clarity to his ideas.***

***In 2032, when sixteen-year-old Vali's mother is detained by the Deportation Forces, Vali must flee Vermont with her little brother, Ernie, hoping to reach their Tía Luna in the sanctuary state of California.***

***Journey to the Heart by New York Times bestselling author of Codependent No More, Beyond Codependency, and Lessons of Love, contains 365 insightful daily meditations that inspire readers to unlock their personal creativity and discover their divine purposes in life. "Melody Beattie gives you the tools to discover the magnificence and splendor of your being."***

***-Deepak Chopra, author of Jesus and Buddha***

***Saltwater Buddha***

***Tales from the Risk Business***

***Of Bubbles, Buddha, and Butterflies: How This Butterfly Found Her Wings Without Leaving the Ground***

## **Junkie Buddha**

### **White Magic: A Story of Heartbreak, Hard Drugs and Hope A Soul Survival Kit**

LOS ANGELES TIMES BESTSELLER \* WINNER OF THE NAUTILUS BOOK AWARD \* "In a world full of spiritual seekers, Megan Griswold is an undisputed all-star. What a delightful journey!"--Elizabeth Gilbert, #1 New York Times bestselling author of Big Magic and Eat, Pray, Love The Book of Help traces one woman's life-long quest for love, connection, and peace of mind. A heartbreakingly vulnerable and tragically funny memoir-in-remedies, Megan Griswold's narrative spans four decades and six continents--from the glaciers of Patagonia and the psycho-tropics of Brazil, to academia, the Ivy League, and the study of Eastern medicine. Megan was born into a family who enthusiastically embraced the offerings of New Age California culture--at seven she asked Santa for her first mantra and by twelve she was taking weekend workshops on personal growth. But later, when her newly-wedded husband calls in the middle of the night to say he's landed in jail, Megan must accept that her many certificates, degrees and licenses had not been the finish line she'd once imagined them to be, but instead the preliminary training for what would prove to be the wildest, most growth-insisting journey of her life.

Author Tanya Destang-Beaubrun has always known that her calling was to heal, nurture, and care for her fellow human beings; it has always been a deep, unwavering conviction at her core. And so she became a family physician who put patients first, treating their bodies, minds, and spirits. In *Of Bubbles, Buddha, and Butterflies*, Dr. Destang-Beaubrun chronicles the changes that have occurred in her life since she decided to follow her heart and pursue her dreams. She presents a series of essays and narratives written during the four-year period after she left her thriving Western medical practice and

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immersed herself in the study of integrative and functional medicine. Destang-Beaubrun recalls her breakdowns, breakthroughs, fears, and faith as she navigated her way to a new way of living, learning, and loving. This collection of personal essays on bravery, trust, and faith shares one woman's insights and life lessons as she shifted from traditional medical practice to something more.

In *Bowing to Elephants*, a woman seeking love and authenticity comes to understand herself as a citizen of the world through decades of wandering the globe. During her travels she sees herself more clearly as she gazes into the feathery eyes of a 14,000-pound African elephant and looks for answers to old questions in Vietnam and the tragically ravaged landscape of Cambodia. *Bowing to Elephants* is a travel memoir with a twist—the story of an unloved rich girl from San Francisco who becomes a travel junkie, searching for herself in the world to avoid the tragic fate of her narcissistic, alcoholic mother. Haunted by images of childhood loneliness and the need to learn about her world, Dimond journeys to far-flung places—into the perfumed chaos of India, the nostalgic, damp streets of Paris, the gray, watery world of Venice in the winter, the reverent and silent mountains of Bhutan, and the gold temples of Burma. In the end, she accepts the death of the mother she never really had—and finds peace and her authentic self in the refuge of Buddhist practice.

The existence of striking parallels between elements of the New Testament gospels and Buddhist texts has caused controversy among scholars and theologians in recent decades. In this book, the authors of *The Jesus Conspiracy* explore the connections between Buddhist missionaries in the Holy Land and the origins of Christianity.

*Tiny Buddha's Guide to Loving Yourself*

Spirit Junkie

Staggering Hubris

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40 Ways to Transform Your Inner Critic and Your Life

A Buddhist Guide to Breaking Free of Habits

An Unusually Hardcore Dharma Book - Revised and Expanded Edition

In the Realm of Hungry Ghosts

In the early 1980s, John Pakenham walked a total of 1,500 miles, with a series of companions from the local Turkana and Samburu tribes and their long-suffering donkeys, around a lake in the Great Rift Valley of northern Kenya.

Repeatedly beset by extreme thirst and dehydration, bitterly cold torrential rains, poisonous spiders, vindictive mosquitoes and the ever-present threat of bandits, not to mention a fatal fight between two of his companions, he was lucky to live to tell his tale. Pakenham's account provides a rare glimpse of a tough terrain and its even tougher inhabitants, where every day was a battle for survival. This is extreme travel that, four decades on, still packs a powerful punch.

Recovering addicts are faced with many challenges, and these challenges can often extend to their romantic partners.

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During the recovery period, couples often struggle with overcoming feelings of betrayal and frustration, and may have a hard time rebuilding trust and closeness. While there are many resources available to recovering addicts, there are limited resources for the people who love them. In *Loving Someone in Recovery*, therapist Beverly Berg offers powerful tools for the partners of recovering addicts. Based in mindfulness, attachment theory, and neurobiology, this book will help readers sustain emotional stability in their relationships, increase effective communication, establish boundaries, and take real steps toward reigniting intimacy. The material in this book is drawn from the author's successful Conscious Couples Recovery Workshop. With more than 25 years in the field, she has developed a unique set of exercises that address the issues faced by couples in recovery. This book addresses the roles that both partners play in recovery, and aims to help readers develop a new appreciation for one another and improve self-confidence and acceptance. The road to recovery is never an easy one, but

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by building a strong support system, the chances of success are exponentially greater. For more information on Berg's work, visit [consciouscouplesrecovery.com](http://consciouscouplesrecovery.com)

From comedian and journalist Faith Salie, of NPR's *Wait Wait...Don't Tell Me!* and CBS News Sunday Morning, a collection of daring, funny essays chronicling the author's adventures during her lifelong quest for approval Faith Salie has done it all in the name of validation. Whether she's trying to impress her parents with a perfect GPA, undergoing an exorcism to save her toxic marriage, or baking a 3D excavator cake for her son's birthday, Salie is the ultimate approval seeker—an "approval junkie," if you will. In this collection of daring, honest essays, Salie shares stories from her lifelong quest for gold stars, recounting her strategy for winning (very Southern) high school beauty pageant; her struggle to pick the perfect outfit to wear to her divorce; and her difficulty falling in love again, and then conceiving, in the years following her mother's death. With thoughtful irreverence, Salie reflects on why she tries

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so hard to please others, and herself, highlighting a phenomenon that many people—especially women—experience at home and in the workplace. Equal parts laugh-out loud funny and poignant, Approval Junkie is one woman's journey to realizing that seeking approval from others is more than just getting them to like you—it's challenging yourself to achieve, and survive, more than you ever thought you could. Collects quotations on the wonder, exhilaration, discomfort and uncertainty that one encounters on a journey, from such authors as Paul Theroux, Mark Twain, Virginia Woolf, Freya Stark, and Lewis Carroll.

The Buddhist Sources of Christianity

Dharma Punx

A Daily Book of Journeys, Meditations, and Adventures

10 Unconventional Laws to Redefine Your Life and Succeed on Your Own Terms

Journey to the Heart

The Original Jesus

The Code of the Extraordinary Mind

***Fed up with teenage life in the suburbs, Jaimal Yogis ran off to Hawaii with little more than a copy of Hermann Hesse's Siddhartha and enough cash for a surfboard. His journey is a coming-of-age saga that takes him from communes to monasteries, from the warm Pacific to the icy New York shore. Equal parts spiritual memoir and surfer's tale, this is a chronicle of finding meditative focus in the barrel of a wave and eternal truth in the great salty blue.***

***From bestselling author Gabor Maté, the essential resource for understanding the roots and behaviors of addiction--now with an added introduction by the author. Based on Gabor Maté's two decades of experience as a medical doctor and his groundbreaking work with the severely addicted on Vancouver's skid row, In the Realm of Hungry Ghosts radically reenvision this much misunderstood field by taking a holistic approach. Dr. Maté presents addiction not as a discrete phenomenon confined to an unfortunate or weak-willed few, but as a continuum that runs throughout (and perhaps underpins) our society; not a medical "condition" distinct from***

***the lives it affects, rather the result of a complex interplay among personal history, emotional, and neurological development, brain chemistry, and the drugs (and behaviors) of addiction. Simplifying a wide array of brain and addiction research findings from around the globe, the book avoids glib self-help remedies, instead promoting a thorough and compassionate self-understanding as the first key to healing and wellness. In the Realm of Hungry Ghosts argues persuasively against contemporary health, social, and criminal justice policies toward addiction and those impacted by it. The mix of personal stories—including the author's candid discussion of his own "high-status" addictive tendencies—and science with positive solutions makes the book equally useful for lay readers and professionals. If you were free from fear, who would you have the freedom to be? #1 New York Times best-selling author Gabrielle Bernstein charts a path to heal trauma, unlearn fear, and remember love. What if you could wake up every day without anxiety? View your past with purpose, not regret? Live happy, peaceful, and***

***free from fear? You can—and Gabrielle Bernstein will show you the way. Gabby has long been loved by her readers as a spiritual teacher, motivational speaker, and catalyst for profound inner change. Her new book presents her most powerful teaching yet: a plan for transforming the pain of your past, whatever that may be, into newfound strength and freedom. You'll learn: • Why most people feel stuck in patterns that make them unhappy—and what to do about it • 9 transformational, yet untapped, techniques for serenity and genuine happiness—from techniques for “reparenting” yourself to bodywork practices for freeing the stuck energy of past trauma • The mindset shift that can do more for you than decades of personal work • How to go into the places that scare you—and come away freer than ever before “This book is my gift to you,” Gabby writes. “It will answer your questions about why you feel blocked, scared, anxious, depressed, or alone, and it will liberate you from the belief system that has kept you small for so long. . . . By taking this path you will become the best version of yourself. You will become new.”***

***Happy Days***

***All Will Be Well***

***A Memoir in Remedies***

***Landsliding***

***Encounters with an African Goddess***

***The Guided Path from Trauma to Profound Freedom and Inner Peace***