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Since 1947, the mysterious crash of an unidentified aircraft at Roswell, New Mexico, has fueled a firestorm of speculation and controversy with no conclusive evidence of its extraterrestrial origin -- until now. Colonel Philip J. Corso (Ret.), a member of President Eisenhower's National Security Council and former head of the Foreign Technology Desk at the U.S. Army's Research & Development department, has come forward to tell the whole explosive story. Backed by documents newly

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declassified through the Freedom of Information Act, Colonel Corso reveals for the first time his personal stewardship of alien artifacts from the crash, and discloses the U.S. government's astonishing role in the Roswell incident: what was found, the cover-up, and how these alien artifacts changed the course of 20th century history.

Con equilibrio ed un po' di scetticismo, attraverso un channeller l'autrice entra in contatto con il suo spirito guida. Inizia così a praticare quel tipo di scrittura che viene definita automatica, spirituale, medianica. Sollecitata ad offrire la sua mano per ricevere informazioni sul mondo esistente "dall'altra parte del velo", scoprirà le sue vite precedenti, i suoi

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compagni, le sue aspirazioni, ma soprattutto cosa accade in quella dimensione che consideriamo “altra”, e che invece è presente e perfettamente collegata a ciò che chiamiamo “realtà”. Alle domande l'autrice riceverà risposte limpide, che le rivelano il senso significativo della sua esistenza, di tanti personaggi ed eventi passati e contemporanei. Marisa Fabbri nasce nel 1935 a Migliarino, un piccolo paese della pianura padana. Il padre, diplomato alla scuola di amministrazione agraria, decide di lasciare il paese e si trasferisce con la famiglia in Umbria dove, al posto della pastorizia, si sta sviluppando l'agricoltura e di conseguenza la richiesta di esperti della materia. A Terni, superati gli

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studi, entra a lavorare nella Biblioteca Comunale assumendone presto la direzione. Qui scoprirà e coltiverà il suo amore per il libro, ne comprenderà l'importanza e proporrà il rapporto con la scuola accogliendo ragazzi in visita, mostrando loro le antiche pergamene, i corali, le prime opere a stampa. Stimolata dall'interesse che manifestavano i giovani visitatori aprirà, prima esperienza in Umbria, la Biblioteca per ragazzi. Ancora oggi è il libro, strumento di conoscenza e di sapere, la sua più cara compagnia. E gli angeli hanno condiviso il suo sentire e premiato il suo desiderio con il dono della loro scrittura.

The Turba Philosophorum, also known as the

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Assembly of the Philosophers, is one of the oldest European alchemy texts. It is considered to have been written c. 900 A.D. Nine philosophers take part in a discussion, being, once the text has been transcribed back to the original Arabic, Anaximander, Anximenes, Anaxagoras, Empedocles, Archelaus, Leucippus, Ecphantus, Pythagoras and Xenophanes. The statements of the philosophers, whilst usually different from the known beliefs of the pre-Socratics, are usually recognisable as outgrowths of Greek philosophy. They discuss matter, how it acts, and relate this to cosmology, with three theses presented by Xenophanes in his closing speech, being, 1) The creator of the World is Allah, the God of

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Islam; 2) The world is of a uniform nature; 3) All creatures of the upper as well as of the lower world are composed of all four elements.

A Novel

Il Canto della Meditazione

Italian Project 1a

A Seductive Serial Killer is Stalking the Streets of Bologna...

Il viaggio nella memoria di uno spirito cavaliere

The Turba Philosophorum

I cambiamenti in atto in questo periodo storico ci chiedono di riscoprire alcune nostre capacità perse o dimenticate. Per fare questo vengono qui proposte due grandi vie: la conoscenza di una parte della vera storia dell'umanità e il

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ritorno a un ruolo fondamentale del corpo, con un uso puro e sacro della sessualità. La separazione tra corpo e mente che stiamo vivendo e l'idea che la mente sia superiore al corpo ci stanno conducendo su una strada illusoria e poco umana. Farci rendere conto di questo è lo scopo del libro di Roberta Rio: un nuovo approccio alla sessualità, più naturale ed equilibrato, ci sottrarrà dalla fantasia deformante della mente per portarci alla più vera dimensione del corpo e della materia.

La doula è una figura che offre supporto emotivo e accudimento pratico alle madri, ma non è un'ostetrica e nemmeno una psicologa. Lo spazio della doula offre una cartografia nazionale di un fenomeno sociale in emersione. Muovendo dall'osservazione etnografica e dall'ascolto delle

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voci di decine di doule e madri, Brenda Benaglia allarga lo sguardo al rapporto fra donne, corpi, cura e società nell'Italia contemporanea. Quali bisogni accoglie la doula? Quali vuoti personali, familiari, sociali e istituzionali denuncia? Quali solitudini? Il volume restituisce un panorama in cui risuona l'eredità femminista che ha teorizzato il valore della parola, del rispecchiamento fra donne, delle pratiche di condivisione simbolica e materiale, dell'importanza di pronunciare i propri bisogni e di riconoscere le proprie vulnerabilità. Oggi, l'esistenza stessa della doula tradisce tutta l'ambivalenza tipica della più audace contemporaneità occidentale in cui i confini fra individualità e individualismo, responsabilità e colpa, autodeterminazione e solitudine sono sempre più sfumati.

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A bestselling modern classic—both poignant and funny—narrated by a fifteen year old autistic savant obsessed with Sherlock Holmes, this dazzling novel weaves together an old-fashioned mystery, a contemporary coming-of-age story, and a fascinating excursion into a mind incapable of processing emotions. Christopher John Francis Boone knows all the countries of the world and their capitals and every prime number up to 7,057. Although gifted with a superbly logical brain, Christopher is autistic. Everyday interactions and admonishments have little meaning for him. At fifteen, Christopher's carefully constructed world falls apart when he finds his neighbour's dog Wellington impaled on a garden fork, and he is initially blamed for the killing. Christopher decides that he will track down the real killer, and turns to his

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favourite fictional character, the impeccably logical Sherlock Holmes, for inspiration. But the investigation leads him down some unexpected paths and ultimately brings him face to face with the dissolution of his parents' marriage. As Christopher tries to deal with the crisis within his own family, the narrative draws readers into the workings of Christopher's mind. And herein lies the key to the brilliance of Mark Haddon's choice of narrator: The most wrenching of emotional moments are chronicled by a boy who cannot fathom emotions. The effect is dazzling, making for one of the freshest debut in years: a comedy, a tearjerker, a mystery story, a novel of exceptional literary merit that is great fun to read.

Using Your Menstrual Cycle to Achieve Success and Fulfillment

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Once Upon a Time in America

Her Blood is Gold

Pietro Zovatto

Message in a Bottle

White as Silence, Red as Song

Il modo pi ù facile e divertente di esplorare il cielo notturno Conoscete la differenza tra una gigante rossa e una nana bianca? Dagli asteroidi ai buchi neri, questa guida vi porter à per mano in un grand tour dell'Universo. Con le sue mappe stellari, i grafici e una sezione a colori con meravigliose fotografie dei corpi celesti, *Astronomia For Dummies* è una risorsa chiara e preziosa per capire lo spettacolo del cielo notturno. • Scrutiamo la notte –

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tutti i consigli per osservare gli oggetti celesti con e senza ottiche, scegliere un binocolo e un telescopio e trovare il luogo migliore per una vista perfetta • Vicini di casa – facciamo un giro per vedere la moltitudine di pianeti, lune e detriti planetari che orbitano intorno al Sole • Incontriamo qualche vecchio sole – troviamo gli oggetti celesti migliori e quelli pi ù luminosi, impariamo a conoscere il ciclo di vita delle stelle per approfondire il nostro rapporto con l'Universo • Riflettiamoci su – esploriamo concetti sfidanti come la ricerca dell'intelligenza extraterrestre o la natura della materia oscura e dell'antimateria

In this New York Times bestseller, a single mother sets

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out to find the North Carolina man who sent a message meant for someone else . . . and the journey may change her life forever. Divorced and disillusioned about relationships, Theresa Osborne is jogging when she finds a bottle on the beach. Inside is a letter of love and longing to "Catherine," signed simply "Garrett."

Challenged by the mystery and pulled by emotions she doesn't fully understand, Theresa begins a search for this man that will change her life. What happens to her is unexpected, perhaps miraculous-an encounter that embraces all our hopes for finding someone special, for having a love that is timeless and everlasting.... Nicholas Sparks exquisitely chronicles the human heart. In his first

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bestselling novel, *The Notebook*, he created a testament to romantic love that touched readers around the world. Now in this *New York Times* bestseller, he renews our faith in destiny, in the ability of lovers to find each other no matter where, no matter when...

In the explosive finale to the epic romantic saga, Bella has one final choice to make. Should she stay mortal and strengthen her connection to the werewolves, or leave it all behind to become a vampire? When you loved the one who was killing you, it left you no options. How could you run, how could you fight, when doing so would hurt that beloved one? If your life was all you had to give, how could you not give it? If it was someone you

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truly loved? To be irrevocably in love with a vampire is both fantasy and nightmare woven into a dangerously heightened reality for Bella Swan. Pulled in one direction by her intense passion for Edward Cullen, and in another by her profound connection to werewolf Jacob Black, a tumultuous year of temptation, loss, and strife have led her to the ultimate turning point. Her imminent choice to either join the dark but seductive world of immortals or to pursue a fully human life has become the thread from which the fates of two tribes hangs. This astonishing, breathlessly anticipated conclusion to the Twilight Saga illuminates the secrets and mysteries of this spellbinding romantic epic. It's here! #1 bestselling author Stephenie

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Meyer makes a triumphant return to the world of Twilight with the highly anticipated companion, *Midnight Sun*: the iconic love story of Bella and Edward told from the vampire's point of view. "People do not want to just read Meyer's books; they want to climb inside them and live there." -- Time "A literary phenomenon." -- The New York Times

Red Moon

Looking for Mary Magdalene

Il mago quantico

Riscopri l'antica Dea che è in te

Discover the Magic of Your Menstrual Cycle and Awaken
the Feminine Path to Power

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Opere 1931-1986

Anne Fedele offers a comprehensive ethnography of alternative pilgrimages to French Catholic shrines dedicated to Saint Mary Magdalene.

Drawing on more than three years of extensive fieldwork, she describes how pilgrims from Italy, Spain, Britain, and the United States interpret Catholic figures, symbols, and sites according to spiritual theories and practices derived from the transnational Neopagan movement. Fedele pays particular attention to the life stories of the pilgrims, the crafted rituals they perform, and the

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spiritual-esoteric literature they draw upon. She examines how they devise their rituals; why this kind of spirituality is increasingly prevalent in the West; and the influence of anthropological literature on the pilgrims. Among these pilgrims, spirituality is lived and negotiated in interaction with each other and with textual sources: Jungian psychology, Goddess mythology, and "indigenous" traditions merge into a corpus of theories and practices centered upon the worship of divinities such as the Goddess, Mother Earth, and the sacralization of the reproductive cycle. The

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pilgrims' rituals present a critique of the Roman Catholic Church and the medical establishment and have critical implications for contemporary discourses on gender. Looking for Mary Magdalene is an invaluable resource for anyone interested in ritual and pilgrimage.

When ten-year-old Enaiatollah Akbari's small village in Afghanistan falls prey to Taliban rule in early 2000, his mother shepherds the boy across the border into Pakistan but has to leave him there all alone to fend for himself. Thus begins Enaiat's remarkable and often punishing five-year ordeal,

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which takes him through Iran, Turkey, and Greece before he seeks political asylum in Italy at the age of fifteen. Along the way, Enaiat endures the crippling physical and emotional agony of dangerous border crossings, trekking across bitterly cold mountain pathways for days on end or being stuffed into the false bottom of a truck. But not everyone is as resourceful, resilient, or lucky as Enaiat, and there are many heart-wrenching casualties along the way. Based on Enaiat's close collaboration with Italian novelist Fabio Geda and expertly rendered in English by an award-winning

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translator, this novel reconstructs the young boy's memories, perfectly preserving the childlike perspective and rhythms of an intimate oral history. Told with humor and humanity, In the Sea There Are Crocodiles brilliantly captures Enaiat's moving and engaging voice and lends urgency to an epic story of hope and survival.

The Second Edition of Parliamo italiano! instills five core language skills by pairing cultural themes with essential grammar points. Students use culture—the geography, traditions, and history of Italy—to understand and master the language. The

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60-minute Parliamo italiano! video features stunning, on-location footage of various cities and regions throughout Italy according to a story line corresponding to each unit's theme and geographic focus.

If On A Winter's Night A Traveler

*Pratiche di cura e accompagnamento alla maternità
Alternative Pilgrimage and Ritual Creativity at
Catholic Shrines in France*

Lo spazio della doula

Trieste e un poeta

The Arthurian Tarot

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Hailed as Italy's The Fault in Our Stars, this Italian bestseller is now available for the first time in English. "I was born on the first day of school, and I grew up and old in just two hundred days . . ." Sixteen-year-old Leo has a way with words, but he doesn't know it yet. He spends his time texting, polishing soccer maneuvers, and killing time with Niko and Silvia. Until a new teacher arrives and challenges him to give voice to his dreams. And so Leo is inspired to win over the red-haired beauty Beatrice. She doesn't know Leo exists, but he's convinced that his dream will come true. When Leo lands in the hospital and learns that Beatrice has

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been admitted too, his mission to be there for her will send him on a thrilling but heartbreaking journey. He wants to help her but doesn't know how—and his dream of love will force him to grow up fast. Having already sold over a million copies, Alessandro D'Avenia's debut novel is considered Italy's The Fault in Our Stars. Now available in English for the first time, this rich, funny, and heartwarming coming-of-age tale asks us to explore the meaning—and the cost—of friendship, and shows us what happens when suffering bursts into the world of teenagers and renders the world of adults speechless.

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These seemingly disparate characters gradually realize their connections to each other just as they realize that something is not quite right about their world. And it seems as though the answers might lie with Hawthorne Abendsen, a mysterious and reclusive author whose bestselling novel describes a world in which the US won the War... The Man in the High Castle is Dick at his best, giving readers a harrowing vision of the world that almost was. "The single most resonant and carefully imagined book of Dick's career." —New York Times
A handful of disparate lives converge at a remote seaside inn: a lovelorn professor, a renowned

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painter, an inscrutable seductress - and a beautiful young girl, fatally ill, brought to the sea by a desperate father's last hope. An intricate web of destinies and associations begins to reveal itself, but it is not until the arrival of a mysterious sailor called Adams that the truth in all its dreamlike beauty and cruelty becomes clear. Adams may furnish the key to the girl's salvation, but only the fulfilment of his obsessive secret purpose - to answer murder with murder - can conclude the journey that has brought him from the ends of the earth. Alternately playful and profoundly serious, Baricco's novel surges with the hypnotic power of

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the ocean sea.

Based on the True Story of Enaiatollah Akbari

Alla scuola degli angeli

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Female Energy Awakening

Ocean Sea

Sciamane, Donne che si Risvegliano

A beautiful killer, a cop determined to unravel an enigmatic trail of bloody butchery, a young medium fleeing her past, troubled dreams of murder. A perverse game of life and death unfolds between the hunter and the hunted, murderer and detective, night and

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day, where the female of the species proves as daringly evil as Hannibal Lecter, giving 'Femme Fatale' a whole new meaning.

Sciamane, Donne che si risvegliano Riscopri l'antica Dea che è in te «Le donne sono per natura sciamane, e finalmente si stanno risvegliando.» Gli archeologi e gli antropologi moderni hanno trovato innumerevoli reperti che dimostrano come da 25.000 fino a 5.000 anni fa esistesse una società pacifica, matriarcale e matrilineare, che venerava una Dea. Alle donne era permesso esprimere se stesse, occupavano posizioni di rilievo nella società e avevano la completa

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gestione del proprio corpo e della propria sessualità. Nessun ruolo le schiacciava e le confinava in alienanti gabbie sociali: non esisteva il concetto di coppia, né il matrimonio, né il possesso dell'altro, né, di conseguenza, l'adulterio e le relative penalizzazioni. Cos'è successo? Come si è potuti arrivare a una società in cui gli uomini dettano legge, una legge fatta di sessismo, sopraffazione e guerra? Giovanna Lombardi ci accompagna in questo viaggio di scoperta del culto della Dea Madre, dei suoi misteri e delle sue verità.

Dark, moving and original, a story of family,

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survival, and getting on with life... Flynn Sinclair understands pack loyalty - for years as his Alpha father's enforcer, he has done things in the name of duty that he can't ever forget. But the vast expanse of Alaska offers him a peace he's never known. Alone, removed from pack life, he can focus on his research and try to forget his life before. But duty has a way of inviting itself in, and Flynn finds himself doing two reckless things in one week: leaving the safety of Alaska to save his brother Connor's life, and unwittingly falling in love with Evie Thompson, a woman who doesn't deserve to be

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drawn into his terrifying world. Connor carries news of their father's descent into madness, and it looks like neither geography nor Flynn's attempts at disengagement will put off a confrontation. Flynn had finally begun to believe that he might deserve something good in his life - something like Evie - but to move forward in the light, he must first reconcile with the dark.

Wild Power

A un passo dalla felicità. Ritrovare la gioia nei momenti di crisi

Iniziazione e Rituali Avanzati

Al macero

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In the Sea There are Crocodiles
Living with a Menstrual Teenager in Anxious
Times

The Italian project 1 is the first level of a modern multimedia course of Italian language. Suitable to adolescent and adult students. It provides a balanced information, with pleasant and amusing conversation and useful grammatical examples.

Introduces students to modern Italy and its culture.

Ancient reverence for the mystery and magic of menstruation has been replaced by silence, ignorance, and PMS jokes.

Breaking the silence of the menstruation taboo, here is a pioneering and liberating exploration of the "M" in PMS. The powerful stories of three very different women help women

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recognize the power of their periods.

It can be hard enough living with a teenager with a menstrual cycle under normal circumstances, but with worldwide insecurity, financial meltdowns, global pandemics, pending environmental catastrophe, civil unrest, increasing international isolation, and rapidly changing technology, social relations and regulations, things can be even more challenging for both Mother and Daughter to understand each other and to meet each other's needs. With two menstrual cycles living under the same roof it's not surprising that emotions run high, and that there is misinterpretation and misunderstanding. Living together in close proximity, small misunderstandings have the potential to become major disputes that affect the

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wellbeing of the whole family. Many Mothers feel the need for a guide to understand the menstrual cycle of their teenage Daughters, and in that understanding to also recognise how their own cycle affects them and impacts on their Daughter. This process is not a science - there is no instruction manual for you as a Cyclic Woman or for your Daughter, instead you need to view things in the light of caring and loving exploration and discovery. If you can understand how your Daughter is feeling then you can change your approach to be more empathic and more flexible, which will not only create more positive responses from her but also allow you to meet your needs as well as hers without confrontation. This book will help you to navigate the challenges and build a closer and

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more harmonious relationship and living environment. Understand your own cycle and your teenager's cycle better. Make things easier for both you and her. Know when and what to do, and what not to do. Create a flexible and adaptive cyclic relationship. The outcome is a simple and heartfelt desire: To manage the complexities of the menstrual cycle in the modern environment with your teenager in the most harmonious way possible, meeting her needs as well as your own. If you see your current situation as an opportunity to explore who you are and to observe your Daughter as she expresses herself in the world then you can deepen your relationship with your Daughter, with her cyclic femininity and with your own cyclic nature. Then you can both approach

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the personal and global challenges in harmony and step out into the world feeling strong and empowered and with a better understanding of who you are and what you can do together.

Miranda Gray is a best-selling author of ground-breaking books on the menstrual cycle published in multiple languages.

She is also the originator of the Worldwide Womb Blessing.

Celebrating the Power of Menstruation

The Girl with the Crystal Eyes

La via del corpo

Astronomia For Dummies

Parliamo Italiano!

Affrontando il rapporto tra polizia e potere politico, l'obiettivo di

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questa monografia è quello di comprendere come la polizia risolve le molteplici tensioni che la pervadono, in particolare nel contesto delle grandi mobilitazioni di cittadini. Muovendo a partire dalla protesta No Tav – caso di studio di questa ricerca – si pone in rilievo il difficile equilibrio tra mandato di polizia e rispetto della libertà di espressione, ma anche tra polizia al servizio dei cittadini e polizia politica. In altre parole, si evidenzia la complessità e le interconnessioni del ruolo delle forze dell'ordine nella gestione della folla e in relazione alle politiche di ordine pubblico. Il filo rosso che gradualmente emerge è il legame privilegiato che il potere politico stabilisce con l'istituzione di polizia: le richieste e la direzione delle autorità politiche – la luna – si nascondono dietro la polizia – il dito –, che deve tradurre tali volontà in azioni. Lo studio analizza, inoltre, le diverse funzioni all'interno della catena di comando dell'agenzia di sicurezza

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pubblica durante la gestione delle manifestazioni, proseguendo la ricerca di punti di connessione con l' universo delle autorità politiche, dove tale legame trova terreno fertile, si alimenta e si concretizza. E ci è al fine di mettere in luce gli aspetti critici che questo rapporto porta con sé, a livello operativo di polizia e nel confronto con la cittadinanza.

Inspired by the Robert De Niro film, this story spans three generations of a family of Jewish immigrants to the United States. A gang of friends discover - through trust, hard work and brutality - the true meaning of the American Dream.

« Quando diventi uno specchio senza pensieri, tutte le distinzioni scompaiono dal mondo. Allora la rosa, l'uccello, la terra, il cielo, il mare, la sabbia e il sole sono tutti un'unica cosa, un'unica energia. »
Questo libro ci conduce in modo semplice e diretto all'essenza della

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meditazione. Si tratta di una serie di discorsi in cui Osho commenta Il Canto della Meditazione, un breve testo di Hakuin, maestro zen del XVIII secolo. « Il canto di Hakuin non è un canto, non è una canzone qualsiasi: è una delle affermazioni più straordinarie che siano mai state pronunciate... Più sai cos'è la meditazione – non intellettualmente, ma esistenzialmente –, più senti cos'è la meditazione, più facilmente ti ci addentrerai. E un giorno il suo significato esploderà in te. »

Sesso sacro

1927-1940

The Jungle Book

Panorama

An Empowering Guide for Mothers and Caregivers

Il dito e la luna

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If you want to get ahead, get a cycle. The menstrual cycle consists of Optimum Times - days of heightened performance skills and abilities. When we 'match the task to the time' we have the opportunity to excel beyond our expectations. We can achieve goals and success more easily, get ahead in the workplace, and enhance our feelings of fulfilment. In The Optimized Woman, Miranda Gray presents a flexible plan of practical daily actions for self-development, goal achievement and work enhancement, aligned to the phases of the menstrual cycle. This book will totally change how women think about their cycles. It will change how they live their lives, achieve their goals, plan their work and careers, and create happiness and well being. The reader will be amazed that this is the

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one self-development method that they can apply month after month without losing the commitment and motivation to achieve their dreams, and bring fulfilment and success. Luna rossa. Capire e usare i doni del ciclo mestruale Luna rossa. Capire e usare i doni del ciclo mestruale Red Moon HarperCollins Australia

Il Mago Quantico è colui che possiede l'antica sapienza magica, potenziata dalle scoperte della Fisica Quantistica. In questo manuale di Magia avanzata, riceverai la tua iniziazione e apprenderai sette rituali superiori, riservati solo agli iniziati. Dopo il bestseller Magia Quantica, ecco il tanto atteso manuale di Alta Magia avanzata. In quest'epoca di Risveglio, la conoscenza segreta delle società iniziatiche può ora essere divulgata. Al contempo,

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la rivoluzione scientifica della Fisica Quantistica ha portato a una straordinaria scoperta: la Magia esiste davvero, e funziona. L'antica sapienza esoterica, unita alle consapevolezze della scienza, ha dato vita alla Magia Quantica. In questo affascinante percorso, apprendrai come diventare tu stesso un Mago Quantico di livello avanzato. Riceverai l'iniziazione e apprendrai sette rituali superiori, riservati agli iniziati, coi quali potrai: fare viaggi astrali ed esperienze fuori dal corpo, incontrare la Sorgente di Amore Universale, creare serbatoi di energia e scudi di protezione, realizzare desideri col tuo Sé Superiore, eseguire esorcismi, guarire energeticamente la Madre Terra. Aprirai il tuo Terzo Occhio e svilupperai il tuo grande potere magico interiore.

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The Curious Incident of the Dog in the Night-Time
Puberty Girl

Trattato di alta magia. Nera, bianca, rossa
Ordine pubblico tra Polizia e potere politico, un caso di studio

The Optimized Woman

The Day After Roswell

Frankly discusses the physical and social changes that occur when a girl goes through puberty, and offers suggestions on how to deal with them.

Unprecedented insight into the feminine body and on using its natural rhythms to heal, find balance and reconnect to our emotions. Your power lies in the rhythm of your menstrual cycle. Connect with your body on a

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deeper level to find healing, balance and wholeness. The menstrual cycle is a vital and vitalizing system in the female body, yet our understanding of and respect for this process is both limited and distorted. Few women really know about the physiology of their cycle, and many do not see it as an integral part of their health and wellbeing, let alone as a potential guide to emotional and spiritual empowerment. Wild Power tells a radical new story about feminine power. It reveals:

- Your inner architecture and the path to power that is encoded in your body
- How to tune in to the rhythm and changes of your menstrual cycle to realize the fullness and beauty of your authority
- Three 'maps' to guide you through the energies, tasks and challenges presented as you journey

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through each cycle · How to work with your Inner Seasons to pace your energy, calm your nervous system and gain insight into your overall wellbeing · How to work with your cycle to channel spiritual forces, affirm your expression in the world and achieve a deep sense of belonging Written with humour, tenderness and practicality, and packed with women's stories and quotes throughout, *Wild Power* will restore women to wholeness and reinstate the full majesty and grace of the Feminine.

Breaking Dawn

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