

Neville Goddard: The Complete Reader – Volume One

It's early morning on New Year's Eve, and 9-year-old Massimo wakes up to a long, doleful cry and the disconcerting image of his dad being supported by two strangers. Inexplicably, his mother has disappeared, leaving only a vague trail of perfume in his room and her dressing gown bundled up at the foot of his bed. Where has she gone? Will she ever come back? And will Massimo be able to say sorry, after quarrelling with her the night before?

If you're looking for a guide to strength training that addresses your needs—not your boyfriend's or husband's—then look no further! A Woman's Guide to Muscle and Strength is created for women, by a woman. Designed to target the unique ways your body works and reacts to exercises, this resource will produce the lean and well-toned physique that you seek. Nationally recognized and sought-after personal trainer Irene Lewis-McCormick has packed over 100 of the top exercises for women into this single resource. As a featured writer for popular publications such as Shape and More magazines, Lewis-McCormick makes it easy for women of all ages and abilities to transform their bodies, and she does so by providing progressive training programs while putting common training myths to rest. From free weights and TRX suspension training to foam rollers and exercise balls, this book has the workouts to fit your plan. Whether you're looking for a complete body transformation or simply looking for an easy way to gain strength and definition, A Woman's Guide to Muscle and Strength is your guide to the strong, sexy, and toned body you want.

L'INSICUREZZA È UN VELENO. IL MONACO CI AIUTA A TROVARE FIDUCIA IN NOI STESSI Nel suo primo libro, Keisuke Matsumoto ci ha mostrato come i lavori domestici possano diventare una pratica quotidiana per trovare armonia e serenità; nel secondo ci ha spiegato come imparare a isolarsi per ascoltare il suono della propria anima; nella sua nuova opera ci illumina sul cammino da intraprendere per vincere la timidezza e rendere più armoniose le relazioni interpersonali. Col suo stile originale e pragmatico, il bonzo di Tokyo affronta un tema universale come l'insicurezza e parla non solo a chi non ha fiducia in sé stesso, ma anche a chi mette a rischio le proprie relazioni con un eccesso d'autostima. «Non dico di aver sconfitto del tutto la timidezza, ma riesco a coglierne i meccanismi, a non accettarli passivamente, bensì a ridimensionarli, come se si trattasse di una semplice allergia. L'approccio buddhista consiste, infatti, nel comprendere interamente il malessere: proviamo a farlo insieme!» Keisuke Matsumoto Il nuovo capitolo dell'epopea zen di Keisuke Matsumoto ci insegna come migliorare le relazioni con gli altri e rendere più serena la nostra vita.

The Art of Discarding

Easyread Edition

Spazziamo via la polvere e le nubi dell'anima

How to Get Rid of Clutter and Find Joy

Manuale di un monaco buddhista per liberarsi dal rumore del mondo. 37 esercizi per ottenere la tranquillità dell'anima

Siddhartha

The key book in our quest for understanding of ourselves and our lives.What differences are there in Eastern and Western thought regarding the nature of the human mind and our role in the cosmos? How can Zen and psychoanalysis help us in our struggle to realise our full potential as human beings and members of society?Erich Fromm's seminal work among contemporary efforts to resolve our spiritual crisis results here in the great achievement of a language to reveal the contributions of Zen and psychoanalysis to our 'struggle to be fully born'. He shows how both can teach us in their different ways to live our lives rather than be 'lived by them'.D.T. Suzuki explains with profound and gentle wisdom how Western materialism and intellectualism contrast with the Eastern concept of acceptance as the basis of well-being for the 'whole man'. His illuminating discussion of the unconscious and the self shed fresh light on our understanding of our own nature.Combined with Richard De Martino's clear account of the psychology of Zen, these writings make up a work of brilliance and value that has much to help us in our quest for understanding.

Reach your goals with Kaizen—the Japanese art of gentle self-improvement From Hygge to Ikigai, positive philosophies have taken the world by storm. Now, Kaizen—meaning “good change”—will help you transform your habits, without being too hard on yourself along the way. With Kaizen, even the boldest intention becomes a series of small, achievable steps. Each person's approach will be different, which is why it's so effective. First popularized by Toyota, Kaizen is already proven in the worlds of business and sports. Here, Sarah Harvey shows how to apply it to your health, relationships, money, career, hobbies, and home—and how to tailor it to your personality. Kaizen is the key to lasting change

It had never been done before. Not in 2,000 years of Japanese recorded history had anyone followed the Cherry Blossom Front from one end of the country to the other. Nor had anyone hitchhiked the length of Japan. But, heady on sakura and sake, Will Ferguson bet he could do both. The resulting travelogue is one of the funniest and most illuminating books ever written about Japan. And, as Ferguson learns, it illustrates that to travel is better than to arrive.

Manuale di (R)ESISTENZA

Vita: istruzioni per l'uso. Dall'autostima allo zen

The Japanese Secret to Lasting Change—Small Steps to Big Goals

Sweet Dreams, Little One

Le buone regole di un monaco buddhista per essere in armonia con se stessi

Amigurumi Pattern for Animal Friends

Life is full of endless noise - from your phone, the buzz of people, traffic and television. You are also subject to internal noise - worries, fears, negative emotions and racing thoughts. Fuelling stress and anxiety, this overload is harmful to your mental and physical health, distracting you from living a fulfilling, purposeful and peaceful life. Drawing on the practices and teachings of Buddhism, this book explains the causes of the 'noise', looking at your relationship with people, money and technology.It reveals the benefits of turning your consciousness inwards and with a new awareness teaches you how to quieten your mind. Offering powerful insights, simple tips and helpful advice, A Quiet Mind is the key to achieving ease, finding balance and calm in a chaotic world.

An illustrated introduction to digital photography, examining hardware such as cameras, computers, scanners, and printers and the relationship between them; looking at image-editing software, tools, and techniques; featuring step-by-step instructions for taking professional-quality photographs; and discussing special-effects options.

Containing the first 50 chapters of China's best-loved work, in an edited, yet complete and wholly accurate translation for the Western reader. Volume 1 begins with Monkey's birth, his secret education in the ways of magic at the hands of the Patriarch, his dealings with the Cloud Emperor, the famous revolt in heaven, and the Great Sage's fall and punishment. Then, with a reprieve, Monkey joins the Tang Priest as his guide to India. Paired with the monster Pig and Friar Sand, the quartet embark on a quest at once dazzling and comic, with non-stop action.

Manuale di un monaco buddhista per sconfiggere la paura degli altri

Soji. Manuale di un monaco buddhista per pulire lo spirito e creare spazio nel cuore

The Sutra on the Full Awareness of Breathing: Easyread Edition

The Journey to the West

Felici senza Ferrari

Tecniche per vivere meglio senza consumare la propria anima

"... Cominciai a seguire l'insegnamento del Buddha dal momento in cui capii che il vero e proprio non è una religione - una fede in una Divinità e in una relazione con Essa, comunque articolata -, ma un umanesimo e, più concretamente, un sistema di metodi pratici per raggiungere, qui e ora, la piena realizzazione delle proprie potenzialità benefiche. In Occidente, l'insegnamento del Buddha è stato più volte 'interpretato' in senso più o meno teistico: il Buddha come Dio o come sua rappresentazione. Il mio resoconto che il Buddha (il Risvegliato) non pretendeva essere un Dio o un profeta, bensì esempio supremo di ciò che l'essere umano può diventare, mi disse: "Questo sì che ha un senso: il Risvegliato insegna agli altri, come risvegliarsi". Questa comprensione della natura pratica e concreta dell'insegnamento del Buddha, il cui cuore è l'esercizio meditativo. Vi sono delineate le sue caratteristiche essenziali, per offrire al lettore non specializzato un'introduzione generale, che possa incoraggiare. Quando in Sri Lanka (...) ebbi la fortuna di leggere le parole del Buddha: la spiegazione di quello che lui stesso aveva sperimentato, e di come anche altri possano arrivare alla stessa esperienza. E così scoprii la straordinaria semplicità e la profonda concretezza di una visione profonda, da lui indicata. Mi dedicai, quindi, allo studio dell'antica lingua pali e dei testi. Nel 1974 feci un corso di meditazione Vipassana con il maestro indo-birmano S.N. Goenka; questa pratica dell'insegnamento del Buddha mi convinse a dedicarmi a questa guida di vita, e ad impegnarmi da allora al continuativo esercizio meditativo di Vipassana. Ben sapendo che è una strada lunga, a ogni passo mi appare giusta e benefica."

Crochet pattern for 5 cute little animals: a little bear, piglet, frog, puppy and bunny. The pattern is written in English (using US crochet terms). The dolls are very easy and quick to make. The animals are 3 inches/ 7.5 cm high (excluding ears). Materials: 100% cotton yarn; 4 mm crochet hook; 4 ply yarn (white, black, purple, green, dark green, cream, brown, light pink, blue, red, pink and peach); Black embroidery floss; Polyester fiberfill; Ten 4 mm black beads for eyes or other eyes as desired; Tapestry needle; Sewing needle. (These materials are not included.)

An Unabridged Series to include: AWAKENED IMAGINATION - Who Is Your Imagination? - Sealed Instructions - Highways of the Inner World - The Pruning Shears of Revision - The Coin of Heaven - It Is Within - Creation Is Finished - The Apple of Knowledge - AT YOUR COMMAND - FEELING IS THE SECRET - Foreword - Law and Its Operation - Sleep - Prayer - Spirit-Feeling - FREEDOM FOR ALL - Foreword - The Oneness of God - The Name of God - The Law of Creation - The Secret of Feeling - The Secret of the Word of God - Faith - The Annunciation - OUT OF THIS WORLD - Thinking Fourth - Dimensionally - Assumptions Become Facts - Power of Imagination - No One to Change but Self - PRAYER, THE ART OF BELIEVING - Law of Reversibility - Duress - Imagination and Faith - Controlled - Reverie - Law of Thought Transmission - Good Tidings - The Greatest Prayer - SEEDTIME AND HARVEST - The End of a Golden String - The Four Mighty Ones - The Gift of Faith - The Scale of Being - The Golden Rule - Half - Be Ye Wise as Serpents - The Water and the Blood - A Mystical View - THE LAW AND THE PROMISE - Foreword - The Law - Imagining Creates Reality - Dwell Therein - Turn the Wheel Backward - There Is No Fiction - Subtle Threads - Vision - The Looking Glass - Enter Into - Things Which Do Not Appear - The Potter - Attitudes - All Trivia - The Creative Moment - The Promise - Four Mystical Experiences - THE POWER OF AWARENESS - I Am - Consciousness - Power of Assumption - Freedom - Free - Attention - Attitude - Renunciation - Preparing Your Place - Creation - Interference - Subjective Control - Acceptance - The Effortless Way - The Crown of the Mysteries - Personal Impotence - All Things Are Possible - Be Ye Doers - Essence - Persistence - Case Histories - Failure - Faith - Destiny - Reverence - YOUR FAITH IS YOUR FORTUNE - Before Abraham Was - You Shall Decree - The Principle of Truth - Whom Seek Ye? - Who Am I? - I Am He - Thy Will Be Done - No Other God - Him That Hath - Christmas - Crucifixion & Resurrection - The I'm-Pressions - Circumcision - Interval of Time - The Triune God - Prayer - The Twelve Disciples - Liquid Light - The Breath of Life - Daniel in the Lions' Den - Fishing - Be Ears That Hear - Commentary - Twenty-Third Psalm - Gethsemane - A Formula for Victory

Quiete e visione profonda

Essays in Zen Buddhism

Manuale di un monaco buddhista per avere successo sul lavoro. 31 pensieri zen per l'ufficio

Breathe, You Are Alive!

Manuale di un monaco buddhista per abbandonare la rabbia. Accumulare energia positiva per trovare un animo sereno