



Practicing Peace (Shambhala Pocket Classic)

Epic historical novel by Leo Tolstoy, originally published as *Voyna i mir* in 1865-69. This panoramic study of early 19th-century Russian society, noted for its mastery of realistic detail and variety of psychological analysis, is generally regarded as one of the world's greatest novels. War and Peace is primarily concerned with the histories of five aristocratic families--particularly the Bezukhovs, the Bolkonskys, and the Rostovs--the members of which are portrayed against a vivid background of Russian social life during the war against Napoleon (1805-14). The theme of war, however, is subordinate to the story of family existence, which involves Tolstoy's optimistic belief in the life-asserting pattern of human existence. The novel also sets forth a theory of history, concluding that there is a minimum of free choice; all is ruled by an inexorable historical determinism. Includes unique illustrations.

Inspiring teachings on what each of us can do to promote peace from the inside out—now available in a pocket-sized paperback edition With war and violence flaring all over the world, many of us are left feeling vulnerable and utterly helpless. In this book Pema Chödrön draws on Buddhist teachings to explore the origins of aggression, hatred, and war, explaining that they lie nowhere but within our own hearts and minds. She goes on to offer practical techniques any of us can use to work for peace in our own lives, at the level of our habits of thought and action. It's never too late, she tells us, to look within and discover a new way of living and transform not only our personal lives but our whole world. This is a pocket-sized reissue of Practicing Peace in Times of War.

Drawing on Buddhist teachings to explore the origins of aggression and war, the best-selling author of When Things Fall Apart shares a unique perspective on creating world peace, which begins at an individual level, by changing one's own behavior, thoughts, and actions.

How often in a given day do you feel rushed, judged, put upon, or ignored? It's tempting to respond to the slights and indignities of life with bitterness, resentment, frustration, or sadness. But what if there's a better way? Enter The Peace Project and its potent mixture of practicing thankfulness, kindness, and mercy. With short, digestible chapters and plenty of practical application, The Peace Project demonstrates that lasting inner peace comes from outward practices--seeing others, as well as ourselves, not as obstacles to overcome or objects against which to compete or compare but as people of great worth. This is no if-then theology where God's grace is earned by our actions. It's a chance to dive headfirst into the endless depths of his peace where we can actually, finally, somehow breathe. Welcome to the less-than-perfect, sometimes hilarious, consistently magical journey of practicing thankfulness, kindness, and mercy with Kay, her kids, and some brave friends.

Awakening Loving-Kindness

Creating Peace & Prosperity in Every Nation!

The Simple Practice of Peace When You Need It Most

Simple Tools for Managing Stress, Finding Inner Peace, and Uncovering Happiness

A Daily Journey in Seeing the Love and Joy You Have Today!

Everyday Praise

Ending Violence in Yourself, Your Family, Your Community, and the World

Practicing Peace in Times of WarShambhala Publications

With war and violence flaring all over the world, many of us are left feeling vulnerable and utterly helpless. In this book Pema Chödrön draws on Buddhist teachings to explore the origins of aggression, hatred, and war, explaining that they lie nowhere but within our own hearts and minds. She goes on to explain that the way in which we as individuals respond to challenges in our everyday lives can either perpetuate a culture of violence or create a new culture of compassion. "War and peace begin in the hearts of individuals," declares Pema Chödrön at the opening of this inspiring and accessible book. She goes on to offer practical techniques any of us can use to work for peace in our own lives, at the level of our habits of thought and action. It's never too late, she tells us, to look within and discover a new way of living and transform not only our personal lives but our whole world.

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.

That something you've been looking for in the empty stress of your mad-dash days? It has a name. The Psalms call it *selah*--the pause, rest, or interlude between the notes in a song. More than merely an empty space, *selah* is a chance to stop and resync with the story and song of God. For all the ways life keeps you running, this word and practice offers a way to re-center yourself on the One who holds all things together and makes all things beautiful. Stretched beyond her capacity in caring for a large family in the middle of Manhattan, Kristen Kill was exhausted, depressed, and desperate for a change. Then something sparked within her when she read the Psalms, and found that often all that stood between the psalmist's cries for help and celebrations of praise was this simple word, *selah*. Join Kristen in Finding Selah for a journey that will transform the way you think about work, rest, and the little spaces in between that make all the difference. This book will show you how to tune your ear to the song God is singing over you, embrace the "selah moments" able to transform your daily rhythms, and most of all, encounter the ultimate Selah in Christ, who stands in the gap between heaven and your most hectic of days. There is hope for the dissonance you feel. Finding Selah will show you not only how to sing a new song, but to live a new way.

Letting Go

Am I an Antisemite?

with Uncertainty and Change

Finding Selah

Walking in Greater Peace

Conflict Management in Southeast Asia and South America

Finding Peace One Day at a Time

The prophet Jeremiah told the weary and heart-broken exiles of Jerusalem that they should "seek the peace of the city." Rabbis, along with faith leaders of every tradition, teach that a broken society is one in which we fail to take care of others. This book asks some very hard questions of America in the midst of a Gun Violence epidemic, and presents a passionate, hopeful, healing response to a moment of national pain and fragility. The rabbis in this collection ask: How many innocent deaths will it take for our elect to wait to acknowledge that we lose 30+ American lives to Gun Violence every day, scarring our national life? How many tears must be shed? Learn, connect, and be inspired with the voices of today's rabbinic leaders.

Southeast Asia and South America are regions made up of largely illiberal states lacking stabilizing great powers or collective identities. But despite persistent territorial disputes, regime instability, and interstate rivalries, both regions have avoided large-scale war for decades. What accounts for the lack of war in these regions, and importantly, how are conflicts managed? In Practicing Peace, Aarie Glas offers a comparative regional perspective on conflict management and diplomacy in Southeast Asia and South America. Particular habitual dispositions--discrete sets of processual and substantive qualities of relations understood and enacted by diplomatic communities of practice. Different habitual dispositions in each case shape conflict management and regionalism in important ways, and lead to a tolerance of limited regional violence. Glas expands on new developments in social International Relations theory to develop a practice-oriented and interpretive account of regional relations and explores the existence of habitual dispositions. Southeast Asian response to the Preah Vihear dispute in 2011 and the South American response to the Cenepa conflict in 1995. Drawing on novel research methods and detailed interviews with regional practitioners, Practicing Peace challenges existing scholarly claims of peace in Southeast Asia and South America. Instead, Glas argues that officials successfully manage pervasive conflict short of war in both regions. He provides an in-depth look into how diplomacy unfolds and peace is practiced within diplomatic communities. He also attempts to respond to and resolve territorial disputes.

There may be war and destruction in certain parts of the world, but peace can still prevail! Peace is within all of us, It sits waiting to wake up and grow, then amazing things can happen. Based on a vision the author had when she was 16 years old. Children and adults will enjoy reading this book. The colorful images tell the story. Seeds of Peace has been translated into Arabic, French, German, Japanese and Spanish. We hope to reach all the children of the world, to spread the seeds of peace.