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MORA BRUNO

Anime from Akira to Princess Mononoke Oxford University Press on Demand

A New York Times Bestseller A Washington Post Notable Nonfiction Book of 2020 Named a Best Book of 2020 by NPR "A fascinating scientific, cultural, spiritual and evolutionary history of the way humans breathe—and how we've all been doing it wrong for a long, long time." —Elizabeth Gilbert, author of *Big Magic* and *Eat Pray Love* No matter what you eat, how much you exercise, how skinny or young or wise you are, none of it matters if you're not breathing properly. There is nothing more essential to our health and well-being than breathing: take air in, let it out, repeat twenty-five thousand times a day. Yet, as a species, humans have lost the ability to breathe correctly, with grave consequences. Journalist James Nestor travels the world to figure out what went wrong and how to fix it. The answers aren't found in pulmonology labs, as we might expect, but in the muddy digs of ancient burial sites, secret Soviet facilities, New Jersey choir schools, and the smoggy streets of São Paulo. Nestor tracks down men and women exploring the hidden science behind ancient breathing practices like Pranayama, Sudarshan Kriya, and Tummo and teams up with pulmonary tinkerers to scientifically test long-held beliefs about how we breathe. Modern research is showing us that making even slight adjustments to the way we inhale and exhale can jump-start athletic performance; rejuvenate internal organs; halt snoring, asthma, and autoimmune disease; and even straighten scoliotic spines. None of this should be possible, and yet it is. Drawing on thousands of years of medical texts and recent cutting-edge studies in pulmonology, psychology, biochemistry, and human physiology, *Breath* turns the conventional wisdom of what we thought we knew about our most basic biological function on its head. You will never breathe the same again.

Moon in a Dewdrop Macmillan

In *Mystics*, William Harmless, S.J., introduces readers to the scholarly study of mysticism. He explores both mystics' extraordinary lives and their no-less-extraordinary writings using a unique case-study method centered on detailed examinations of six major Christian mystics: Thomas Merton, Bernard of Clairvaux, Hildegard of Bingen, Bonaventure, Meister Eckhart, and Evagrius Ponticus. Rather than presenting mysticism as a subtle web of psychological or theological abstractions, Harmless's case-study approach brings things down to earth, restoring mystics to their historical context.

Love & Misadventure Cambridge University Press

Winner of the 2016 Whiting Award One of Publishers Weekly's "Most Anticipated Books of Spring 2016" One of Lit Hub's "10

must-read poetry collections for April" "Reading Vuong is like watching a fish move: he manages the varied currents of English with muscled intuition. His poems are by turns graceful and wonderstruck. His lines are both long and short, his pose narrative and lyric, his diction formal and insouciant. From the outside, Vuong has fashioned a poetry of inclusion."—The New Yorker "Night Sky with Exit Wounds establishes Vuong as a fierce new talent to be reckoned with...This book is a masterpiece that captures, with elegance, the raw sorrows and joys of human existence."—Buzzfeed's "Most Exciting New Books of 2016" "This original, sprightly wordsmith of tumbling pulsing phrases pushes poetry to a new level...A stunning introduction to a young poet who writes with both assurance and vulnerability. Visceral, tender and lyrical, fleet and agile, these poems unflinchingly face the legacies of violence and cultural displacement but they also assume a position of wonder before the world."—2016 Whiting Award citation "Night Sky with Exit Wounds is the kind of book that soon becomes worn with love. You will want to create every page to come back to it, to underline every other line because each word resonates with power."—LitHub "Vuong's powerful voice explores passion, violence, history, identity—all with a tremendous humanity."—Slate "In his impressive debut collection, Vuong, a 2014 Ruth Lilly fellow, writes beauty into—and culls from—individual, familial, and historical traumas. Vuong exists as both observer and observed throughout the book as he explores deeply personal themes such as poverty, depression, queer sexuality, domestic abuse, and the various forms of violence inflicted on his family during the Vietnam War. Poems float and strike in equal measure as the poet strives to transform pain into clarity. Managing this balance becomes the crux of the collection, as when he writes, 'Your father is only your father/ until one of you forgets. Like how the spine/ won't remember its wings/ no matter how many times our knees/ kiss the pavement.'"—Publishers Weekly "What a treasure [Ocean Vuong] is to us. What a perfume he's crushed and rendered of his heart and soul. What a gift this book is."—Li-Young Lee *Torso of Air* Suppose you do change your life. & the body is more than a portion of night—sealed with bruises. Suppose you woke & found your shadow replaced by a black wolf. The boy, beautiful & gone. So you take the knife to the wall instead. You carve & carve until a coin of light appears & you get to look in, at last, on happiness. The eye staring back from the other side— waiting. Born in Saigon, Vietnam, Ocean Vuong attended Brooklyn College. He is the author of two chapbooks as well as a full-length collection, *Night Sky with Exit Wounds*. A 2014 Ruth Lilly Fellow and winner of the 2016 Whiting Award, Ocean Vuong lives in New York City, New York.

Spades OUP USA

An anthology of the greatest writings of modern mystic, Neville

Goddard, who has enthralled a new generation of readers with his simple but radical principle that your imagination is God. This broad-ranging anthology assembles the greatest works of Neville Goddard, who, writing under the sole name Neville, became one of the most quietly seismic spiritual philosophers of the modern age. From the late 1930s until his death in 1972, Neville promulgated one basic, extraordinary idea, which he restated with freshness and verve in more than ten books and hundreds of lectures: The human imagination is the Jesus Christ of Scripture, and the world around you is the out-picturing of your emotionalized thoughts. Here is an unparalleled journey into the ideas and methods of a profoundly practical spiritual thinker whose vision of life can challenge your concept of what it means to be human. This volume features a rare personal portrait of Neville by journalist and philosopher Israel Regardie. Includes these classic works: *Introduction: Neville: A Portrait* by Israel Regardie (1947) *Your Faith Is Your Fortune* (1941) *Freedom for All: A Practical Application of the Bible* (1942) *Feeling is the Secret* (1944) *Prayer: The Art of Believing* (1945) *The Search* (1946) *Out of this World: Thinking Fourth-Dimensionally* (1949) *The Power of Awareness* (1952) *Awakened Imagination* (1954) *Seedtime and Harvest: A Mystical View of the Scriptures* (1956) *The Law and the Promise* (1961)

Zen Ritual Free Assn Books

Pillow Thoughts is a collection of poetry and prose about heartbreak, love, and raw emotions. It is divided into sections to read when you feel you need them most.

The Anatomy of Being Copper Canyon Press

Fully revised and expanded, this new work is the first major revision of the liturgical calendar of the Episcopal Church in more than 40 years! It is the official revision of *Lesser Feasts and Fasts* and authorized by the 2009 General Convention. All commemorations in *Lesser Feasts and Fasts* have been retained, and many new ones added. Three scripture readings (instead of current two) are provided for all minor holy days. Additional new material includes a votive mass of the Blessed Virgin Mary, many more ecumenical commemorations, plus a proper for space exploration. For years the oft revised volume, *Lesser Feasts and Fasts* (LFF), has served parishes and individuals mark part of the holiness of each day by providing Scripture readings, a collect, a Eucharistic preface, and a narrative about those remembered on the church's calendar that day whose lives have witnessed to the grace of God. *Holy Women, Holy Men* (HWHM) is a major effort to revise, but also to expand and enrich LFF. Where LFF provided two readings (gospel and other New Testament) plus a psalm, HWHM adds an Old Testament citation. Where LFF was limited to few non-Anglicans in the post-reformation period (and few non-Episcopalians after 1789), HWHM dramatically broadens appreciation for other Christians and their traditions. Over-

emphasis on clergy is redressed by additional laity, males by females, and "in-church" activities by contributions well beyond the workings of institutional agendas. These almost daily commemorations occupy over 600 of the book's 785 pages, by far the lion's share of its content. Remaining sections address: principles of revision and guides for future revision; liturgical propers for seasons (Advent/Christmas, Lent, and Easter); and new propers for a miscellany of propers usable with individuals (or events) not officially listed in the formal calendar. Two cycles of propers for daily Eucharist are also included, one covering a six week period, the other a two year cycle.

All the Things I Never Said Andrews McMeel Publishing
Albert Einstein said: We are using only 10% of our mental potential. Dianetics tells you how you can free a significantly larger part of your potential. Self confidence, harmonic relationships and a positive attitude towards life can absolutely be achieved. It makes Positive Thinking a reality. You can achieve your goals with more certainty if you are able to find the cause of upsets, unwanted reactions or emotions. The human mind is not a mysterious puzzle - impossible to resolve. Read and work with Dianetics, see how it works for you and make up your own mind. The book gives a clear description of what is happening in the mind and explains a practical method, enabling you to explore your own subconscious, and rid yourself of what holds you down, resulting in increased IQ and well-being. Watching the DVD called 'How to Use Dianetics' along with the book is recommended to have a visual illustration of the concepts and the practical application.

Infinite Potential Church Publishing, Inc.

Fully revised and expanded, the third edition of *Acoustic and Auditory Phonetics* maintains a balance of accessibility and scholarly rigor to provide students with a complete introduction to the physics of speech. Newly updated to reflect the latest advances in the field Features a balanced and student-friendly approach to speech, with engaging side-bars on related topics Includes suggested readings and exercises designed to review and expand upon the material in each chapter, complete with selected answers Presents a new chapter on speech perception that addresses theoretical issues as well as practical concerns
Crush Anchor

Michio Kaku, the New York Times bestselling author of *Physics of the Impossible* and *Physics of the Future* tackles the most fascinating and complex object in the known universe: the human brain. *The Future of the Mind* brings a topic that once belonged solely to the province of science fiction into a startling new reality. This scientific tour de force unveils the astonishing research being done in top laboratories around the world—all based on the latest advancements in neuroscience and physics—including recent experiments in telepathy, mind control, avatars, telekinesis, and recording memories and dreams. *The Future of the Mind* is an extraordinary, mind-boggling exploration of the frontiers of neuroscience. Dr. Kaku looks toward the day when we may achieve the ability to upload the human brain to a computer, neuron for neuron; project thoughts and emotions around the world on a brain-net; take a "smart pill" to enhance cognition; send our consciousness across the universe; and push the very limits of immortality.

Dianetics Penguin

What makes a man like John, in every respect a cultured and charming man, successful in his career and liked by his friends and acquaintances, behave violently towards a woman he says he loves? Is he sick? Is he different from other men? Is it, as he says,

Jane's fault? Does she like being beaten? Otherwise why would she go on doing what she knows upsets him? Adam Jukes hopes that by the end of his demanding but gripping book, the reader will be able to answer these questions. Adam Jukes works with men who are abusive and violent to women. In the last five years he has been involved in the London Men's Centre, which offers dedicated programmes to men who are violent. He began working with abusive men as a psychodynamic psychotherapist, but as his work continued he found that the work of feminists in the refuge movement and in the 'speaking bitterness' literature could not be ignored. He integrates these two perspectives in his work. The way in which he presents men in this book will generate distress for those men who experience their masculinity as a burden - for he argues that misogyny, the hatred of women, is an inescapable element in the development of masculinity. But he also shows how the model of misogyny which informs the book is applied to an intervention programme to stop male abusiveness. This is a shocking book. Its thought-provoking view of the issues will be of great interest to mental health professionals and all concerned readers.

This Is How We Find Each Other Simon and Schuster

All The Things I Never Said is a collection of poetry and journal-like entries. Throughout the pages you will experience heartbreak, happiness, sadness, and be reminded of what it was like to be a teenager. {written by createspace}

Breath Penguin

From the internationally bestselling author of *Love Her Wild* comes *The Dark Between Stars*, a new illustrated collection of heartfelt, whimsical, and romantic poems from Instagram poetry sensation, Atticus. Atticus, has captured the hearts and minds of nearly 700k followers (including stars like Karlie Kloss, Emma Roberts, and Alicia Keys). In his second collection of poetry, *The Dark Between Stars*, he turns his attention to the dualities of our lived experiences—the inescapable connections between our highest highs and lowest lows. He captures the infectious energy of starting a relationship, the tumultuous realities of commitment, and the agonizing nostalgia of being alone again. While grappling with the question of how to live with purpose and find meaning in the journey, these poems offer both honest explorations of loneliness and our search for connection, as well as light-hearted, humorous observations. As Atticus writes poignantly about dancing, Paris, jazz clubs, sunsets, sharing a bottle of wine on the river, rainy days, creating, and destroying, he illustrates that we need moments of both beauty and pain—the darkness and the stars—to fully appreciate all that life and love have to offer.

The Evolution of a Girl St. Martin's Essentials

In *The Race of Sound* Nina Sun Eidsheim traces the ways in which sonic attributes that might seem natural, such as the voice and its qualities, are socially produced. Eidsheim illustrates how listeners measure race through sound and locate racial subjectivities in vocal timbre—the color or tone of a voice. Eidsheim examines singers Marian Anderson, Billie Holiday, and Jimmy Scott as well as the vocal synthesis technology Vocaloid to show how listeners carry a series of assumptions about the nature of the voice and to whom it belongs. Outlining how the voice is linked to ideas of racial essentialism and authenticity, Eidsheim untangles the relationship between race, gender, vocal technique, and timbre while addressing an undertheorized space of racial and ethnic performance. In so doing, she advances our knowledge of the cultural-historical formation of the timbral politics of difference and the ways that comprehending voice remains central to understanding human experience, all the while advocating for a

form of listening that would allow us to hear singers in a self-reflexive, denaturalized way.

The Power of Awareness Oxford University Press on Demand
The epic made simple. The miracle in the mundane. One day, while browsing an antique store in Helena, Montana, photographer Tyler Knott Gregson stumbled upon a vintage Remington typewriter for sale. Standing up and using a page from a broken book he was buying for \$2, he typed a poem without thinking, without planning, and without the ability to revise anything. He fell in love. Three years and almost one thousand poems later, Tyler is now known as the creator of the Typewriter Series: a striking collection of poems typed onto found scraps of paper or created via blackout method. *Chasers of the Light* features some of his most insightful and beautifully worded pieces of work—poems that illuminate grand gestures and small glimpses, poems that celebrate the beauty of a life spent chasing the light.

Zen Classics Lulu.com

The first science fiction course in the American academy was held in the early 1950s. In the sixty years since, science fiction has become a recognized and established literary genre with a significant and growing body of scholarship. *The Cambridge History of Science Fiction* is a landmark volume as the first authoritative history of the genre. Over forty contributors with diverse and complementary specialties present a history of science fiction across national and genre boundaries, and trace its intellectual and creative roots in the philosophical and fantastic narratives of the ancient past. Science fiction as a literary genre is the central focus of the volume, but fundamental to its story is its non-literary cultural manifestations and influence. Coverage thus includes transmedia manifestations as an integral part of the genre's history, including not only short stories and novels, but also film, art, architecture, music, comics, and interactive media.

Mystics Abrams Noterie

First published collection of poetry and prose by J. Raymond.

Religion Vs. Science The Anatomy of Being

DELUXE EDITION The best Law of Attraction book of the twentieth century... *The Power of Awareness* by Neville Goddard is undoubtedly one of the greatest self-improvement books of the last hundred years. The advice in this manifesting guide is stunningly clear and unlike anything that came after it. This deluxe edition presents Neville's words with unprecedented energy and intelligence, resulting in an even greater version of a great book.

Andrews McMeel Publishing

Magisterial in vision, sweeping in scope, this monumental work presents a seamless account of Japanese society during the modern era, from 1600 to the present. A distillation of more than fifty years' engagement with Japan and its history, it is the crowning work of our leading interpreter of the modern Japanese experience.

Poetics of the Elements in the Human Condition: The Sea Butterworth-Heinemann

Written by prominent scholars, this text covers rituals from the early Chan period to modern Japan and key developments that occurred in the Linji/Rinzai and Caodan/Soto schools. It describes how rituals mould the lives of its practitioners in accordance with the ideal of Zen awakening.

The Future of the Mind Springer

A companion volume to 'The Koan' and 'The Zen Canon' this text concentrates primarily on texts from Korea and Japan that brought the Zen tradition to fruition.

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