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KEY=SIMPLICITY - ADRIENNE SANTOS

Secrets of Simplicity

Chronicle Books *Bulging in-boxes, out-of-control stress, and even climate change serve as reminders that when it comes to being happy and healthy, less is more. In this interactive journal, organization expert Mary Carlomagno leads readers on a journey toward release and discovery. Guided by the principle that the way you spend your time and money should reflect your true priorities, Secrets of Simplicity shows how to make practical changes to unburden your closets and calendars and make room for what's really important. Readers can record their successes, as they de-clutter their homes and in the process, their minds.*

Secrets of Simplicity

Learn to Live Better with Less

Chronicle Books *Bulging in-boxes, out-of-control stress, and even climate change serve as reminders that when it comes to being happy and healthy, less is more. In this interactive journal, organization expert Mary Carlomagno leads readers on a journey toward release and discovery. Guided by the principle that the way you spend your time and money should reflect your true priorities, Secrets of Simplicity shows how to make practical changes to unburden your closets and calendars and make room for what's really important. Readers can record their successes, as they de-clutter their homes and in the process, their minds.*

Live More, Want Less

52 Ways to Find Order in Your Life

Storey Publishing *"An enjoyable, inspiring guide to improving your life one clutter-free week at a time." —Lindsey Pollak, New York Times–bestselling author of Recalculating From taking control of an overflowing closet to creating clear and achievable life goals, Mary Carlomagno shows you how to strip away the nonessentials and make room for serenity, change, creativity, and even enlightenment. Offering a practical week-at-a-time approach, Carlomagno helps you shed not only the unnecessary things that are cluttering up your day, but also the habits and mindsets that keep you from reaching your fullest potential. "A highly readable expose on the meaning of stuff." —David Wann, coauthor of Affluenza*

DIY Conflict Resolution: Seven Choices and Five Actions of a Master

eBookIt.com *DIY Conflict Resolution is the first book by New York City Attorney, Mediator and Conflict Resolution Coach, Nance L. Schick. Exploring the less obvious causes of conflicts, she coaches readers to create action plans that reflect their unique beliefs, interests and values. Her process is based on proven mediation techniques and illuminates the power of compassionate "third ear" listening. As she says, "When the third eye is blind, it hinders wisdom. When the third ear is deaf, it hinders connection and resolution." Are you a credentialed professional whose business has plateaued? Are you an artist who has difficulty managing "drama queens" on your projects? Or are you the drama queen? Nance shares stories of how clients resolved conflicts with themselves and others. From body conflicts to marital discord and crime, she shows you how to keep going and keep creating the life you want—from the circumstances you have, not the ones you wish you had. In the book, you will be coached to: * Build skill in creating solutions from a broad range of options * Reconnect with your original and unmet expectations * Free yourself from anger, disappointment and distraction when it appears * Discover how to listen for the real obstacles to agreement * Become the Chief Resolution Officer in your life*

Tranquilista

Mastering the Art of Enlightened Work and Mindful Play

New World Library *Infuse your life with tranquility, panache, and a dash of joie de vivre As defined by the author, "a tranquilista is a woman who embraces her many sides: spiritual (she's a tranquility-seeker), creative (loves style), and entrepreneurial (calls her own shots). She hearts fashion and philanthropy...entertaining and enlightenment....She is full of aspirations and always seeking inspiration. Oh, and she sparkles. Literally." Presenting a potpourri of real-world tips, inspiration from modern-day muses, and savvy sources for further exploration, Tranquilista offers everything you need to bring balance and bliss into your everyday life. With spirituality as its foundation, the book highlights creative individual expression and offers an entrepreneurial approach to everything from homemaking to brand building. Step-by-step projects and to-dos cover a tranquilista's key pursuits: meditation, setting goals, personal style, living green, and even launching a nonprofit. The aim throughout is to help you realize — and revel in — your unique potential to make a splash and make a difference.*

How to Survive Change . . . You Didn't Ask For

Bounce Back, Find Calm in Chaos, and Reinvent Yourself

Mango Media Inc. *"Teaches us how we can get through the pain more quickly and extract greater meaning from the nonnegotiable events of life."—Ellyn Spragins, author of What I Know Now: Letters to My Younger Self These are challenging times. Chances are, at this moment, you're confronting some change you never asked for—perhaps a life crisis, like a loss of job or the failure of a dream. Maybe you have to learn to work in new ways or find a new place to live. Bestselling author, thought leader, and change expert M.J. Ryan is here to help. Within the pages of How to Survive Change...You Didn't Ask For, you'll find the support and practices you need to adapt successful and ride the wave of this change, whatever it may be. Change is always hard, and it's even harder when it's thrust upon us, unbidden. But with every change, there is also opportunity. In this book, the New York Times–bestselling author of Attitudes of Gratitude provides strategies to retain your brain and optimize your response to life change, step by step. Best of all, as your adaptability increases, so does your confidence—with her guidance, you will be able to: · Accept change · Expand your options · Take action · Strengthen your adaptability · Turn life transitions into opportunities for success · survive and thrive no matter what life throws your way*

Discardia

More Life, Less Stuff

Dinah Sanders *Let go of everything that doesn't make your life awesome! With three key principles and numerous practical tips, Discardia—a new holiday—helps you solve specific issues, carve away the nonsense of physical objects, habits, or emotional baggage, and uncover what brings you joy. Dinah Sanders, productivity and happiness coach, draws on many years of experience to provide a flexible, iterative method for cutting out distractions and focusing on more fulfilling activities. Join others around the world who use Discardia's inspirational—but not sappy—approach, and put your energy where it counts: toward living the less stressful life of your dreams!*

Some Nerve

Lessons Learned While Becoming Brave

Penguin *"A compelling story of everyday courage" (Elizabeth Gilbert). Patty Chang Anker grew up eager to please and afraid to fail. But after thirty-nine years, she decided it was time to stop being a chicken. Motivated initially to become a better role model for her two kids, she vowed to master the fears that were choking the fun and spontaneity out of life. She learned to dive into a swimming pool, ride a bike, do a handstand, and surf. As she shared her experiences, she discovered that most people suffer from their own secret terrors—of flying, driving, heights, public speaking, and more. It became her mission to help others do what they thought they couldn't and to experience the joy and aliveness that is the true reward of becoming brave. Inspired and inspiring, this book draws on Anker's interviews with teachers, therapists, coaches, and clergy to convey both practical advice and profound wisdom. Through her own journey and the stories of others, she conveys with grace and infectious*

exhilaration the most vital lesson of all: Fear isn't the end point to life, but the point of entry.

At Wave's End

A Novel

Lake Union Publishing After a childhood as unpredictable as the flip of a coin, Faith Sterling has finally found her comfort zone in the kitchen of an upscale Manhattan restaurant. A workaholic chef, at least there she's in control. So when her free-spirited and often-gullible mother, Connie, calls to announce that she's won a bed-and-breakfast on the Jersey Shore, Faith's patience boils over. Convinced the contest is a scam, she rushes to Wave's End to stop Connie from trading her steady job for an uncertain future. When a hurricane ravages the coast, Faith is torn between supporting the shore rescue and bailing out her beleaguered boss. But the storm dredges up deceptions and emotional debris that threaten to destroy the inn's future and her fragile bonds with her mother. As the women struggle to salvage both the inn and their relationship, Faith begins to see herself and Connie in a new light—and to realize that some moments are better left to chance.

Give It Up!

My Year of Learning to Live Better with Less

Harper Collins "Refreshing, inspiring, and honest....One book I'm not going to be 'giving up' anytime soon." —Nicole Williams, author of *Earn What You're Worth* Give It Up! is author Mary Carlomagno's inspiring chronicle of her 365 days spent learning to live better with less—when she decided to give up one modern convenience (eg: elevators) or indulgence (eg: alcohol) every month for a year. A joyous celebration of voluntary simplicity, Give It Up! offers a solution and a liberating new outlook to shopaholics, jaded consumers, and spirituality seekers overwhelmed by the unnecessary clutter in their lives, in the most uplifting self-help guide to better living since Gretchen Rubin's *The Happiness Project*.

Best Friend for Hire

A Novel

Simon and Schuster Need someone to talk to or a friend to lean on? Call Best Friend for Hire. I am here for you. Jersey Girl Jessie DeSalvo has her dream job at one of New York's top publishing companies. After ten years of hard work the day of her big promotion has arrived. Unfortunately, her company has other ideas. Instead of a corner office, Jessie is handed her pink slip. Left with little more than her cell phone and an unusable contact list, Jessie retreats to less-than-fashionable Hoboken, New Jersey, to figure out her life—and deal with the attentions of her loving but inquisitive Italian-American family. Then she accidentally stumbles into a career as a professional best friend—by helping friends and strangers straighten out whatever is wrong with their lives. Her jobs include planning the New Jersey wedding of the year and saving a bankrupt rock club in town. Soon, things get complicated when she falls in love with the club manager—and promises an appearance by Bruce Springsteen. In the end, Jessie realizes that not even "The Boss" can make things right—and that she needs to become her own best friend to be truly happy.

Camoens

His Life and His Lusiads

The Delight of Being Ordinary

A Road Trip with the Pope and the Dalai Lama

Vintage What happens when the Pope and the Dalai Lama decide they need a secret vacation? Roland Merullo's playful, eloquent, and life-affirming novel finds the world's two holiest men teaming up for an unsanctioned road trip through the Italian countryside—where they rediscover the everyday joys and challenges of ordinary life. During the Dalai Lama's highly publicized official visit to the Vatican, the Pope suggests an adventure so unexpected and appealing that neither man can resist: they will shed their robes for several days and live as ordinary men. Before dawn, the two beloved religious leaders make a daring escape from Vatican City, slip into a waiting car, and are soon traveling the Italian roads in disguise. Along for the ride is the Pope's neurotic cousin and personal assistant, Paolo, who—to his terror—has been put in charge of arranging the details of their disappearance. Rounding out the group is Paolo's estranged wife, Rosa, an eccentric entrepreneur with a lust for life, who orchestrates the sublime disguises of each man. Rosa is a woman who cannot resist the call to adventure—or the fun. Against a landscape of good humor, intrigue, and spiritual fulfillment, *The Delight of Being Ordinary* showcases the uniquely charming sensibilities of author Roland Merullo. Part whimsical expedition, part love story, part spiritual search, this uplifting novel brings warmth and laughter to the universal concerns of family life, religious inspiration, and personal identity—all of which combine to transcend cultural and political barriers in the name of a once-in-a-lifetime adventure.

The World According to Mister Rogers

Important Things to Remember

Hachette UK Experience a timeless collection of wisdom on love, friendship, respect, individuality, and honesty from the beloved PBS series *Mister Rogers' Neighborhood*. There are few personalities who evoke such universal feelings of warmth as Fred Rogers. An enduring presence in American homes for more than thirty years, his plainspoken wisdom continues to guide and comfort many. *The World According to Mister Rogers* distills the legacy and singular worldview of this beloved American figure. An inspiring collection of stories, anecdotes, and insights—with sections devoted to love, friendship, respect, individuality, and honesty—*The World According to Mister Rogers* reminds us that there is much more in life that unites us than divides us. Culled from Fred Rogers' speeches, program transcripts, books, letters, and interviews, along with some of his never-before-published writings, *The World According to Mister Rogers* is a testament to a man who served as a role model to millions—and continues to inspire us all with his legacy.

Life of Charlemagne

Too Busy for Your Own Good: Get More Done in Less Time—With Even More Energy

McGraw Hill Professional Taps into the "simplicity movement" featured in magazines and TV reports A high-profile expert on women's issues, Merritt has appeared on 100 radio and television shows, and is regularly quoted in *Cosmopolitan* and *Men's Health*. A member of 200 professional speaker's bureaus, Merritt gives keynote addresses all over the country Includes "Five Minute First Aid" for instant stress relief!

Robin Sharma Pack (8 Volume Set)

Jaico Publishing House THE ROBIN SHARMA LIBRARY FOR LEGENDS [AND EVERYDAY HEROES] Includes 8 international bestsellers New Collector's Edition has all of Robin Sharma's bestselling titles in one pack. Includes FREE *The Monk Who Sold His Ferrari* audiobook read by the author. Volume 1 - *The 5 am Club* Volume 2 - *The Monk Who Sold His Ferrari* (With free audiobook) Volume 3 - *Discover Your Destiny* Volume 4 - *Family Wisdom* Volume 5 - *Who Will Cry When You Die?* Volume 6 - *The Greatness Guide* Volume 7 - *The Mastery Manual* Volume 8 - *The Leader Who Had No Title* ROBIN SHARMA is a globally respected humanitarian. Widely considered one of the world's top leadership and personal optimization advisors, his clients include famed billionaires, professional sports superstars and many Fortune 100 companies. The author's #1 bestsellers, such as *The Monk Who Sold His Ferrari*, *The Greatness Guide* and *The Leader Who Had No Title* are in over 92 languages, making him one of the most broadly read writers alive today. Go to robinsharma.com for more inspiration + valuable resources to upgrade your life "Robin Sharma's Following Rivals that of the Dalai Lama." *The Times of India* "Global Humanitarian." CNN "Leadership Legend." *Forbes*

The Tools

5 Life-changing Techniques to Unlock Your Potential : Find Courage, Inspiration, Success and Happiness

Random House 5 unique Tools ... 3 seconds each to use ... A lifetime of fulfilment Can you imagine what your life would be if you could tap into a new source of power - one that has been inside you all along - to solve your own problems and become the master of your life? *The Tools* is an extraordinary psychological model based on the proven methods of Hollywood's greatest psychotherapists. Phil

Stutz and Barry Michels have over 60 years of psychotherapeutic experience between them. Together they have helped their A-list clients work through whatever has held them back - be it insecurity, trauma, anger, lack of willpower, negativity or avoidance - and achieve their greatest work and find a deep level of fulfillment. Now, at last, the acclaimed clinicians are sharing their methods in this eye-opening and empowering book. Introducing their five simple techniques, namely *The Reversal of Desire*, *Active Love*, *Inner Authority*, *The Grateful Flow* and *Jeopardy*, the authors clearly explain what they are and how and when to use them. Astonishingly effective and beautifully simple - once you've learned a tool it takes only three to five seconds to use it - this book will give you everything you need to propel yourself forward to achieve your ambitions and be who you were born to be.

Simple Fly Life

The Manual

Independently Published Do you dream of doing incredible things but don't have the time or money? Is your stuff stressing you? Come learn about time-tested strategies to find freedom through decluttering and frugality. You will find strategies for calming the chaos in your home, beginning financial recovery, and charting a bold, new path for your life to take. There will be a list of tools (that won't clutter your home) that you can use to impact your future. Lots of advice is given within these pages that you can take (or, leave) as you plot your course toward personal freedom. Practical wisdom interlaced with personal stories permeates these pages. You won't want to miss out on the benefits from these teachings: more time, money, and less stress. Simply Simple Fly (simplify) and find freedom!

Masks of the Spirit

Image and Metaphor in Mesoamerica

Univ of California Press Drawing on secondary works in archaeology, art history, folklore, ethnohistory, ethnography, and literature, the authors maintain that the mask is the central metaphor for the Mesoamerican concept of spiritual reality. Covers the long history of the use of the ritual mask by the peoples who created and developed the mythological tradition of Mesoamerica. Chapters: (I) the metaphor of the mask in Pre-Columbian Mesoamerica: the mask as the God, in ritual, and as metaphor; (II) metaphoric reflections of the cosmic order; and (III) the metaphor of the mask after the conquest: syncretism; the Pre-Columbian survivals; the syncretic compromise; and today's masks. Over 100 color and black-&-white photos.

Religious Narratives in Italian Literature after the Second Vatican Council

A Semiotic Analysis

Walter de Gruyter GmbH & Co KG This book presents a semiotic study of the re-elaboration of Christian narratives and values in a corpus of Italian novels published after the Second Vatican Council (1960s). It tackles the complex set of ideas expressed by Italian writers about the biblical narration of human origins and traditional religious language and ritual, the perceived clash between the immanent and transcendent nature and role of the Church, and the problematic notion of sanctity emerging from contemporary narrative.

Clutter Busting

Letting Go of What's Holding You Back

New World Library Piles of junk in garages and closets, overflowing papers on desks, items unused for years, masses of unanswered email, clothing never worn, useless gifts that collect dust; all these things, says Brooks Palmer, come weighted with shame and guilt and have a suffocating effect on spirit and soul. In this insightful book, Palmer shows how to get rid of the things in our lives that no longer serve us. By tossing out these unneeded items, we are also eliminating their negative influences, freeing up energy, and unlocking our potential. Loaded with inspiring anecdotes and practical tips, *Clutter Busting* is based on the premise that your things are not sacred, but you are. The book explores such fundamental topics as the false identities we assume through clutter, the fear of change those junk piles represent, the addictive nature of holding on to objects, how clearing clutter makes room for clarity and sweeps away confusion and stasis, and much more. With Brooks's upbeat and compassionate guidance, you'll find yourself clearing the way for new and exciting things to come into your life.

History of Spanish Literature

In Three Volumes

Schlieren and Shadowgraph Techniques

Visualizing Phenomena in Transparent Media

Springer Science & Business Media Schlieren and shadowgraph techniques are basic and valuable tools in various scientific and engineering disciplines. They allow us to see the invisible: the optical inhomogeneities in transparent media like air, water, and glass that otherwise cause only ghostly distortions of our normal vision. These techniques are discussed briefly in many books and papers, but there is no up-to-date complete treatment of the subject before now. The book is intended as a practical guide for those who want to use these methods, as well as a resource for a broad range of disciplines where scientific visualization is important. The colorful 400-year history of these methods is covered in an extensive introductory chapter accessible to all readers.

In Unknown Tuscany

Palala Press This work has been selected by scholars as being culturally important, and is part of the knowledge base of civilization as we know it. This work was reproduced from the original artifact, and remains as true to the original work as possible. Therefore, you will see the original copyright references, library stamps (as most of these works have been housed in our most important libraries around the world), and other notations in the work. This work is in the public domain in the United States of America, and possibly other nations. Within the United States, you may freely copy and distribute this work, as no entity (individual or corporate) has a copyright on the body of the work. As a reproduction of a historical artifact, this work may contain missing or blurred pages, poor pictures, errant marks, etc. Scholars believe, and we concur, that this work is important enough to be preserved, reproduced, and made generally available to the public. We appreciate your support of the preservation process, and thank you for being an important part of keeping this knowledge alive and relevant.

Visualfestation

How I Manifested the Life of My Dreams and You Can Too!

VisualFestation is a guide book that will show you exactly how to manifest the life of your dreams. Unlike other books on the law of attraction, the Author has successfully used the VisualFestation System to manifest miracles in his own life, and he shares them with you in *VisualFestation*. When you are finished with this book, you will have all the tools you need to create miracles in your life through practicing the VisualFestation System.

Generaciones Y Semblanzas

Memory and Genealogy in Medieval Iberian Historiography

Gunter Narr Verlag

Epic and Romance

BoD - Books on Demand Reproduction of the original: *Epic and Romance* by W.P. Ker

Business Innovation Through Blockchain

The B3 Perspective

Springer This book explores the main challenges and trends related to the use of blockchain technology for digital business innovation with the aim of providing practitioners with stimulating insights and ideas. Readers will find a unified survey of current scientific work on blockchain and related phenomena, such as bitcoin, from a range of perspectives, including information systems, technology management, innovation research, computer science, and engineering. In this way, the book links research and industry practices suitable for use by practitioners in their day-to-day activities and also provides an update on what academia may offer in terms of industry proposals. The contents are divided into three parts. After discussion of blockchain technology and management, including impacts on value chains and systems, governance, and security issues, the bitcoin phenomenon and main technological trends in the use of blockchain are addressed. The final part presents examples of business innovation using blockchain that are drawn from across the globe. Throughout, the author adopts a methodologically rigorous approach while ensuring that the text is readily understandable for readers, regardless of their degree of acquaintance with blockchain.

Don't Sweat the Small Stuff and It's All Small Stuff

Simple Ways to Keep the Little Things from Taking Over Your Life

Hyperion Don't Sweat the Small Stuff...and It's All Small Stuff is an audiobook that tells you how to keep from letting the little things in life drive you crazy. In thoughtful and insightful language, author Richard Carlson reveals ways to calm down in the midst of your incredibly hurried, stress-filled life. You can learn to put things into perspective by making the small daily changes Dr. Carlson suggests, including advice such as "Choose your battles wisely"; "Remind yourself that when you die, your 'in' box won't be empty"; and "Make peace with imperfection". With Don't Sweat the Small Stuff... you'll also learn how to: * Live in the present moment * Let others have the glory at times * Lower your tolerance to stress * Trust your intuitions * Live each day as it might be your last With gentle, supportive suggestions, Dr. Carlson reveals ways to make your actions more peaceful and caring, with the added benefit of making your life more calm and stress-free.

Hungary and the Hungarians

Western Europe's View in the Middle Ages

Viella Libreria Editrice During the Middle Ages the majority of people in Western Europe never met any Hungarians. They didn't even hear about them, as news about Hungary only reached Western Europe in times of extraordinary historical events—such as the adoption of Christianity at the turn of the 11th century, or the devastating Tatar invasion in 1241-1242. Obtaining information about the Hungarians from books was also difficult, as medieval Europe, even as late as in the 15th-16th centuries, lacked libraries that would have offered greater numbers of works on Hungary or on Hungarian topics. On top of it all, works that contained the most detailed and accurate information remained unknown, in their own period; posterity only found them in rare manuscript copies discovered much later. Yet once collected, we find that these sources, originating from distant parts of the continent and written for different purposes, contain information about Hungary and the Hungarians that most often reaffirm one another. This work examines these sources and sets out to answer four major questions: What did people in medieval Western Europe know, think, and believe about the Hungarians and Hungary? To what degree was this knowledge constant or fluid over the centuries that made up the medieval era, and were changes in knowledge followed by any changes in appreciation? Where was the country located in the hierarchy of European countries on the basis of the knowledge, suppositions, and beliefs relating to it? What were the most important elements in this image of the Hungarians and of Hungary, and which of them became the most enduring stereotypes?

The Place of Narrative

Mural Decoration in Italian Churches, 431-1600

University of Chicago Press Looking at more than two hundred Italian medieval and Renaissance mural cycles, Lavin examines—with the aid of computer technology—the "rearranged" chronologies of familiar religious stories found therein. "Like many masterpieces, Lavin's book builds upon a simple idea . . . it is possible to do a computer analysis of . . . visual narratives. . . . This is the first computer-based study of the visual arts of which I am aware that illustrates how those technologies can utterly transform the study of old master art. An extremely important book, one likely to become the most influential recent study of art of this period, *The Place of Narrative* is also a beautiful artifact."—David Carrier, *Leonardo* "Covering over a millennium and dealing with the whole of Italy, Lavin makes pioneering use of new methodology employing a computer database . . . [and] novel terminology to describe the disposition of scenes of church and chapel walls. . . . We should recognize this as a book of high seriousness which reaches out into new areas and which will fruitfully stimulate much thought on a neglected subject of very considerable significance."—Julian Gardner, *Burlington Magazine*

What's It Like in Space?

Stories from Astronauts Who've Been There

Chronicle Books Blast off and experience space travel with this collection of fascinating, funny, and sometimes weird anecdotes from real astronauts. Everyone wonders what it's really like in space, but very few of us have ever had the chance to experience it firsthand. This captivating illustrated collection brings together stories from dozens of international astronauts—men and women who've actually been there—who have returned with accounts of the sometimes weird, often funny, and awe-inspiring sensations and realities of being in space. With playful artwork accompanying each, here are the real stories behind backwards dreams, "moon face," the tricks of sleeping in zero gravity and aiming your sneeze during a spacewalk, the importance of packing hot sauce, and dozens of other cosmic quirks and amazements that come with travel in and beyond low Earth orbit. Praise for *What's It Like in Space?* "Houston, we have a winner." —Oprah Magazine "[A] captivating illustrated collection." —*Smithsonian Magazine* "A delightful mini-coffee table book about all the awkward and beautiful moments you can have in space, based on dozens of interviews with people who have actually been there. If you're looking for a fun read about life outside the gravity well, check out *What's It Like in Space?*" —*Ars Technica* "This charmingly illustrated book is much meatier than its diminutive size would suggest. These snippets are so clear, so beautifully curated, that they really do leave you with a sense of what it must be like to float miles above Earth." —*Entertainment Weekly*

Wake Up To The Joy Of You

52 Meditations And Practices For A Calmer, Happier, Mindful Life

Random House Wake up to the Joy of You is the simple way to find grace and meaning in your life. Inspirational motivational speaker and blogger, Agapi Stassinopoulos offers 52 weeks of super-accessible meditations that allow you to overcome disappointment, rejection, fear, and self-doubt - and to find something more in your life. With an approachable style and uplifting spirit, Agapi shares stories and explanations that illuminate topics such as... · How to Ask for Help · How to Stop People-Pleasing · 5 Questions to Find My Calling · Finding My Authentic Voice · Am I Running on Empty? And many more... As she walks you through a guided meditation for each theme, Agapi helps you to overcome inner roadblocks and enables you to achieve a happier, calmer and more balanced life. Wake Up to the Joy of You is the perfect introduction to meditation and mindfulness, and a book to treasure at any point on your journey through life.

Castellinaria

And Other Sicilian Diversions

The Visigothic Kingdom

The Negotiation of Power in Post-Roman Iberia

Amsterdam University Press How did the breakdown of Roman rule in the Iberian peninsula eventually result in the formation of a Visigothic kingdom with authority centralised in Toledo? This collection of essays challenges the view that local powers were straightforwardly subjugated to the expanding central power of the monarchy. Rather than interpret countervailing events as mere 'delays' in this inevitable process, the contributors to this book interrogate these moments to uncover the hidden agency of individuals and local authorities. What emerges is a story of contested interests seeking cooperation through institutions and social practices that were flexible enough to stabilise a system that was hierarchical yet mutually beneficial for multiple social groups. By examining the Visigothic settlement, the interplay between central and local power, the use of ethnic identity, projections of authority, and the role of the Church, this book articulates a model for understanding the formation of a large and important early medieval kingdom.

Two Lives of Charlemagne

Digireads.com This work contains two separate biographical accounts of Charlemagne, or Charles the Great, the man considered to be the father of Europe. One account was penned by the French, medieval biographer, Eginhard, who in 791 joined the royal court to serve as an epic poet, grammarian, mathematician, architect, and ultimately a confidante to the King. Eginhard's work is believed to be the most accurate portrayal of Charlemagne, and perhaps more importantly, as the finest biography of its time. This edition also contains the highly anecdotal "life" of Charlemagne, penned by the Monk of Saint Gall, who is now commonly believed to be Notker the Stammerer. This monk, a native-German speaker, wrote the volume at the request of Charles the Fat, great-grandson of Charlemagne. Although its accuracy has been scorned by historians, several of the monk's amusing and witty tales have been revived in modern biographies of this powerful monarch. This edition is printed on premium acid-free paper.

Laugh like an Egyptian

Humour in the Contemporary Egyptian Novel

Walter de Gruyter GmbH & Co KG Egyptians are known among the Arabs as *awlād al-nukta*, Sons of the Jokes, for their ability to laugh in face of adversity. This creative weapon has been directed against socio-political targets both in times of oppression and popular upheaval, such as the 2011 Tahrir Revolution. This book looks at the literary expression of Egyptian humour in the novels of Muḥammad Mustajāb, Khayrī Shalabī, and Ḥamdī Abū Julayyīl, three writers who revive the comic tradition to innovate the language of contemporary fiction. Their modern tricksters, wise fools, and antiheroes play with the stereotypical traits attached to the ordinary Egyptians, while laughing at the universal contradictions of life. This ability to combine local and global culture, literary traditions and popular references, makes them a stimulating read in an intercultural perspective. Combining humour studies and literary criticism, this book examines language play and narrative creativity to understand which strategies craft Egyptian literary humour. In doing so, it sheds light on the contribution of humour to literary innovations of Egyptian fiction since the late Seventies, while adding new writers to those who are considered the masters of humour in the Arab novel.

Chemistry and Biochemistry of Winemaking, Wine Stabilization and Aging

BoD - Books on Demand This book, written by experts, aims to provide a detailed overview of recent advances in oenology. Book chapters include the latest progress in the chemistry and biochemistry of winemaking, stabilisation, and ageing, covering the impact of phenolic compounds and their transformation products on wine sensory characteristics, emerging non-thermal technologies, fermentation with non-Saccharomyces yeasts, pathways involved in aroma compound synthesis, the effect of wood chips use on wine quality, the chemical changes occurring during Port wine ageing, sensory mechanisms of astringency, physicochemical wine instabilities and defects, and the role of cork stoppers in wine bottle ageing. It is highly recommended to academic researchers, practitioners in wine industries, as well as graduate and PhD students in oenology and food science.

The Essential Screenplay (3-Book Bundle)

Screenplay: Foundations of Screenwriting, Screenwriter's Workbook, and Screenwriter's Problem Solver

Bantam Hollywood's script guru teaches you how to write a screenplay in the ultimate three-volume guide to writing for film, featuring "the 'bible' of screenwriting" (The New York Times), Screenplay—now celebrating forty years of screenwriting success! This blockbuster ebook bundle includes: SCREENPLAY: FOUNDATIONS OF SCREENWRITING • THE SCREENWRITER'S WORKBOOK • THE SCREENWRITER'S PROBLEM SOLVER Syd Field was "the most sought-after screenwriting teacher in the world" according to The Hollywood Reporter. His pioneering insights into structure, concept, and character launched innumerable careers. Now in one handy collection, his invaluable expertise is available to aspiring writers and working professionals alike. The Essential Screenplay contains Syd Field's Screenplay: The Foundations of Screenwriting, the industry standard for script development; The Screenwriter's Workbook, a hands-on workshop full of practical exercises for creating successful screenplays; and The Screenwriter's Problem Solver, a guide to identifying and fixing problems in your latest draft. Throughout, you'll learn: • why the first ten pages of your script are crucially important • how to visually "grab" the reader from page one • what makes great stories work • the basics of writing dialogue • the essentials of creating great characters • how to adapt a novel, a play, or an article for the screen • the three ways to claim legal ownership of your work • tips for allowing your creative self to break free when you hit the "wall" • how to overcome writer's block forever Featuring expert analysis of popular films including Pulp Fiction, Thelma & Louise, and the Lord of the Rings trilogy, The Essential Screenplay will transform your initial idea into a screenplay that's destined for success—and maybe even Cannes. Praise for Syd Field "The most sought-after screenwriting teacher in the world."—The Hollywood Reporter "Syd Field is the preeminent analyzer in the study of American screenplays."—James L. Brooks, Academy Award-winning writer, director, producer