

2017 Cow Yoga Mini Wall Calendar

It only takes five minutes to start changing your life. For good. Everyone wants to be healthy. But thanks to the unceasing distractions in modern life, virtually everyone also struggles to maintain this priority. And thanks to a flood of conflicting opinions and complicated programs, figuring out how to be healthy can be overwhelming. But what if all it took to make a real difference was five minutes of your day? If you've ever struggled to prioritize your health, or started an intensive plan only to stop days, weeks, or months later, it's not your fault—behavioral science shows that most plans simply aren't built to last.?

Already a #1 bestseller in the UK, *Feel Better in 5* outlines a daily five-minute plan that is easy to follow, easy to maintain, and requires minimum willpower. From Dr. Rangan Chatterjee, a pioneer in the emerging field of progressive medicine and star of BBC's *Doctor in the House*, *Feel Better in 5* draws on his 20 years of experience, including real-life case studies from his medical practice, to identify simple, effective strategies that will help you become healthier, happier, and less stressed. Inside, discover:

- A strength workout that you can do anywhere
- Gut-boosting snacks you can eat on the go
- Yoga moves to relax and stay supple
- Breathing exercises to calm the mind

To get healthy and stay that way, you need a program that doesn't force you to shape your life around its demands. *Feel Better in 5* gives you a program that shapes itself around your life. It is your daily five-minute prescription for a happier, healthier you.

In the tradition of Octavia Butler, here is radical self-help, society-help, and planet-help to shape the futures we want. Change is constant. The world, our bodies, and our minds are in a constant state of flux. They are a stream of ever-mutating, emergent patterns. Rather than steel ourselves against such change, *Emergent Strategy* teaches us to map and assess the swirling structures and to read them as they happen, all the better to shape that which ultimately shapes us, personally and politically. A resolutely materialist spirituality based equally on science and science fiction: a wild feminist and afro-futurist ride!

adrienne maree brown, co-editor of *Octavia's Brood: Science Fiction from Social Justice Movements*, is a social justice facilitator, healer, and doula living in Detroit.

This Yoga for Chronic Illness book includes 3 books in 1! With one purchase you'll receive: #1 BESTSELLER *Yoga for Chronic Pain: 7 Steps to aid recovery from fibromyalgia with yoga* *Yoga for Chronic Fatigue: 7 Steps to overcoming chronic fatigue syndrome with yoga* #1 BESTSELLER *Yoga for Insomnia: 7 Steps to better sleep with yoga and meditation*

The methods in these books, which cover yoga, meditation, mindfulness, ayurveda, and the latest scientific research have helped thousands of people living with chronic illnesses improve their health. Here's what readers are saying about *Yoga for Chronic Pain*: "This book would make a great gift for anyone who has a chronic condition. Whether they are active or not, incorporating yoga and mindfulness techniques can be extraordinary, whether improving one physically or mentally. The elements are

broken down in a really easy-to-digest manner and did not scare me off at all!" "Concise, informative and beautifully written, this book was a pleasure to read. The author goes deeper than I had originally expected as she delves effortlessly into the psychology behind the pain. The whole book is neatly packaged with step-by-step instructions and easy to follow photos. As an added bonus, we are offered sound nutritional advice and a range of stress management techniques. By the time I reached the end of this book not only did I have a very clear roadmap to follow, I also had a different perspective on pain. On the whole, a very enjoyable read and I think you will enjoy it too." "If you enact the actions suggested in this book you will certainly be on your way to fighting Fibromyalgia. Kurin goes through meditation, mindfulness and yoga and how they can help us to live well. She also provides two practices- for morning and evening - that are just delicious." Here's what readers are saying about Yoga for Chronic Fatigue: "In Yoga for Chronic Fatigue, Kayla Kuran provides seven steps for taking a holistic approach to treating chronic fatigue syndrome. Kurin explains complex ideas with clean, concise language such as the theory of the central nervous system's part in Chronic Fatigue Syndrome and yogic components such as ayurveda. If you enact the action points suggested at the end of each step you will be a long way toward a holistic healing process. I highly recommend this book and yoga if you struggle with chronic fatigue." "A short book which provides some very useful tips to aid recovery from CFS. The book is written from a holistic approach and in a style which is non-preachy. Kayla's own experience is shared in a way which is very understanding of the condition but offers suggestions to affect change." Here's what readers are saying about Yoga for Insomnia: "I was able to give the steps in this book a try to help me sleep better and it really did help a lot. It felt great to go to bed at a normal hour and wake not so tired and groggy the next morning." "The focus on meditation and body awareness were things I found particularly useful. Routines for sleeping and waking are helpful to a happy and healthy life. The book was chocked full of so much practical and useful information that it would be hard to list everything I liked. This is a well written book with tons of useful information that will help with sleep problems, reduce stress and develop healthy living patterns!" "I have horrible insomnia so when I got the chance to review Yoga For Insomnia I jumped at chance. I found it very helpful, this is the best I have slept in years." "For me, this has been such a lifesaver. I have slept so much better and more, I have felt better."

An Easy, Accessible Yoga Program for Health & Wellness Are you looking for a new health practice to enhance your day-to-day routines? Have you been interested in trying out yoga, but are too intimidated by the seemingly fancy and challenging poses? The Harvard Medical School Guide to Yoga is your guide to the true healing heart of yoga, sharing the techniques that Marlynn Wei and James Groves have used to tremendous success with their clients. In this simple, science-based eight-week program, you'll learn about the countless benefits of this proven practice, including: Increased flexibility and balance Greater muscle

and bone strength Improved sleep Better stress management and resilience Strengthened immune system Enriched brain health And much more! Complete with illustrations, dozens of yoga breathing and meditation techniques, adaptable sequences, and principles of yoga safety, The Harvard Medical School Guide to Yoga will guide you to health and wellness.

True crime stories provide the foundation of this prison memoir. Bill Dyer was robbed and shot at an ATM. In *Doing Time with God*, you go into prison with him and other victims of violence to meet with convicted felons who will be facing their worst and greatest realizations, before they are released. Nothing is predictable when victims and offenders come together and share their stories of the true crimes that have devastated their lives...and reshaped them. Victim-survivors remember their losses and feel their pain; Offenders come face-to-face with the hurt they have caused, and open wounds from their own past. Walls of defensiveness and fear are knocked down by empathy and compassion, vulnerability and tears. Raw emotions flow. The way to peace is often intense, turbulent, and heartbreaking. Even when it's not pretty, the journey is beautiful in its honesty... miraculous in the way it unfolds...divine in how it transforms lives. *This Amazing Process Opens the Heart, Touches the Soul, and Renews the Mind*

This book offers a sampling of cytological features and patterns as an aid to study, revision and continuing education for veterinarians in practice and training, for veterinary students, nurses, and technicians. The cases are presented randomly, are illustrated by 267 photomicrographs in full color, and appear as self-assessment questions and detailed explanatory answers. Species covered include the dog, the cat, and the horse, with additional material on the cow.

Yoga Therapy: A Personalized Approach for Your Active Lifestyle is a comprehensive and practical guide for identifying and incorporating yoga movements into a new or existing routine. This detailed resource offers descriptions and images of awareness exercises and proven poses as well as providing techniques to help you create a personalized practice for better health and performance.

Explores Jung's psychological concepts regarding the nature, function and importance of man's symbols as they appear on both the conscious and subconscious level

Cow Yoga Willow Creek Press

Flaps on each page open to reveal a farm animal surprise of what can be found in a barn, in a sty, and under a hen.

The *Paralysis Resource Guide*, produced by the Christopher & Dana Reeve Foundation, is a reference and lifestyle tool for people affected by paralysis. The book includes details on medical and clinical subjects related to all causes of paralysis, as well as health maintenance information. The fully-illustrated book provides a detailed overview of biomedical research, assistive technology, sports and recreation activities, legal and civil rights, social security and benefits, and numerous lifestyle options.

Flutter, wiggle, jiggle—it's never too early to introduce children to the fun and healthy joys of yoga. Flutter like a butterfly. Twist and turn like a grasshopper. Wiggle, jiggle, and giggle like a beetle. Kids love bugs—and what better way to get them excited about yoga than with the help of our multi-legged friends? This delightfully illustrated board book brings the fun and benefits of authentic yoga practice to infants and toddlers. Yoga Bug guides children through ten authentic yoga poses named after insects that unfold in an irresistibly whimsical flow of play, imagination, and movement. Kids will want to return to them again and again. Learning to love and accept our bodies, building lifelong attention, and self-soothing when distressed—when it comes to the benefits of yoga, you can't get started too early. Now, with Yoga Bug, parents, teachers, and caregivers have a perfect way to help children do just that. Includes a parents' guide to the source yoga poses and helpful tips.

The beloved, life-affirming international bestseller which has sold over 5 million copies worldwide - now a major film starring Lily James, Matthew Goode, Jessica Brown Findlay, Tom Courtenay and Penelope Wilton To give them hope she must tell their story It's 1946. The war is over, and Juliet Ashton has writer's block. But when she receives a letter from Dawsey Adams of Guernsey - a total stranger living halfway across the Channel, who has come across her name written in a second hand book - she enters into a correspondence with him, and in time with all the members of the extraordinary Guernsey Literary and Potato Peel Pie Society. Through their letters, the society tell Juliet about life on the island, their love of books - and the long shadow cast by their time living under German occupation. Drawn into their irresistible world, Juliet sets sail for the island, changing her life forever.

A New York Times Editor's Choice As a young girl, Katya Geller learned from her mother that math was the answer to everything. Now, approaching forty, she finds this wisdom tested: she has lost the love of her life, she is in the middle of a divorce, and has just found out that her mother is dying. Nothing is adding up. With humor, intelligence, and unfailing honesty, Katya traces back her life's journey: her childhood in Soviet Russia, her parents' great love, the death of her father, her mother's career as a renowned mathematician, and their immigration to the United States. She is, by turns, an adrift newlywed, an ESL teacher in an office occupied by witches and mediums, a restless wife, an accomplished writer, a flailing mother of two, a grieving daughter, and, all the while, a woman caught up in the most common misfortune of all—falling in love. Award-winning author Lara Vapnyar delivers an unabashedly frank and darkly comic tale of coming of age in middle age. *Divide Me* by Zerois almost unclassifiable—a stylistically original, genre-defying mix of classic Russian novel, American self-help book, Soviet math textbook, sly writing manual, and, at its center, a universal story with unforgettable lessons for us all.

The popular names of many yogic asanas - from Virbhadrā-asana and Hanuman-asana to Matsyendra-asana, Kurma-asana and Ananta-asana - are based on characters and personages from Indian mythology. Who were these mythological characters, what were their stories, and how are they connected to yogic postures? Devdutt Pattanaik's newest book *Yoga Mythology* (co-written with international yoga practitioner Matt Rulli) retells the fascinating tales from Hindu, Buddhist and Jain lore that lie behind the yogic asanas the world knows so well; in the process he draws attention to an Indic worldview based on the concepts of eternity, rebirth, liberation and empathy that has nurtured

yoga for thousands of years.

When two teenage girls fabricate one end of a correspondence, they leave a lonely, unprepossessing housemaid with some sadly misguided ideas. The prank upsets several lives, even if all the pieces don't tip over in the expected directions. Part of the Storycuts series, this short story was originally published in the collection Hateship, Friendship, Courtship, Loveship, Marriage.

An eye-opening biography of one of the most influential psychiatrists of the modern age, drawing from his lectures, conversations, and own writings. In the spring of 1957, when he was eighty-one years old, Carl Gustav Jung undertook the telling of his life story. Memories, Dreams, Reflections is that book, composed of conversations with his colleague and friend Aniela Jaffé, as well as chapters written in his own hand, and other materials. Jung continued to work on the final stages of the manuscript until shortly before his death on June 6, 1961, making this a uniquely comprehensive reflection on a remarkable life. Fully corrected, this edition also includes Jung's VII Sermones ad Mortuos.

Witty and heartfelt, clear-sighted and irreverent, Poser is the book that sane, sensible and intelligent mothers around the world have been waiting for

Written in a succinct format, this book presents a variety of pain conditions seen in acute or sub-acute rehabilitation hospitals and in outpatient clinical settings. Bio-medical and bio-psychosocial perspectives, as well as theory, clinical practice, and practical aspects of managing pain are offered throughout this volume. Chapters are organized by sections, beginning with an introduction to pain as well use of the multi-disciplinary treatment approach. Additional sections cover headache management, pain diagnostics, medication management, rehabilitation, injections and procedures, behavioral management, complementary and alternative medicine, neuromodulation, neuroablation, surgical management of pain, and novel techniques. Business and legal perspectives of pain medicine are also addressed. Comprehensive Pain Management in the Rehabilitation Patient is a handy resource for any medical, interventional, surgical, rehabilitative, behavioral, or allied health provider who treats pain across the rehabilitation continuum.

From the bestselling author of Blink and The Tipping Point, Malcolm Gladwell's Outliers: The Story of Success overturns conventional wisdom about genius to show us what makes an ordinary person an extreme overachiever. Why do some people achieve so much more than others? Can they lie so far out of the ordinary? In this provocative and inspiring book, Malcolm Gladwell looks at everyone from rock stars to professional athletes, software billionaires to scientific geniuses, to show that the story of success is far more surprising, and far more fascinating, than we could ever have imagined. He reveals that it's as much about where we're from and what we do, as who we are - and that no one, not even a genius, ever makes it alone. Outliers will change the way you think about your own life story, and about what makes us all unique.

'Gladwell is not only a brilliant storyteller; he can see what those stories tell us, the lessons they contain' Guardian 'Malcolm Gladwell is a global phenomenon ... he has a genius for making everything he writes seem like an impossible adventure' Observer 'He is the best kind of writer - the kind who makes you feel like you're a genius, rather than he's a genius' The Times

In a world like ours, humans are born in pairs. When a newborn boy takes his first

breath in the coastal town of Tularosa, the exact time is noted, recorded in the Registry, and later compared to the birth times of other newborns around the globe. There will be one identical match—his half. They will meet on their eighteenth birthday and they will spend their lives together. Except this time, there is no match.

Time-shifted to the past, three twenty-first century children fight to survive or risk being lost in time forever. Into the Past, the first book in the Time Shifters series, is an exciting action and adventure novel for 9-12 year-olds.

Wouldn't it be great if your child could exercise, have fun, and build concentration skills all at the same time? In 2006, the Little Flower Yoga program was developed by teacher and certified yoga instructor Jennifer Cohen Harper, when her successful use of yoga in her kindergarten classroom led to requests by other students, teachers, and administrators for yoga programs of their own. Harper slowly began to teach more and more yoga classes, and eventually recruited other yoga teachers with education backgrounds to continue growing what had become a flourishing program. Little Flower Yoga for Kids offers this fun and unique program combining yoga and mindfulness in an easy-to-read format. Written specifically for parents and kids, the book aims at teaching children to pay attention, increase focus, and balance their emotions—all while building physical strength and flexibility. Based on a growing body of evidence that yoga and mindfulness practices can help children develop focus and concentration, the simple yoga exercises in this book can easily be integrated into their child's daily routine, ultimately improving health, behavior, and even school achievement. The book details the five main components of the program: connect, breath, move, focus, and relax. Drawing on these components, Harper shares practical activities that parents can use with their children both on a daily basis and as applied to particularly challenging issues. And while this book is targeted to parents, teachers may also find it extremely useful in helping students achieve better attention and focus. For more information about this innovative program, visit www.littlefloweryoga.com.

"Amongst the oil fumes and the briny dinge of the sea, greasy, tired, frustrated, I had a flash. Suddenly, I had it all figured out—the psychology of despots and CEOs. I figured that in order for civilization to exist, people have to stay in one place, and so it seems somehow natural that the evolution of society would be to create an illusion of motion where none exists. Faster cars. Faster editing. Increased sensory stimulation. But all the while we are actually sitting more and more still. The population is placated by the feeling of progress, when in reality they are imprisoned. Even if we feel or strive to be utterly irresponsible, we're still somehow doing our job." Carl Watson evokes his desolation angels with great empathy and care, but also with ruthless candor. He writes like someone who pushed himself to the wall, then pushed through it to the void and came back with stories to tell. Here he reclaims the Seventies, one of the more desolate of recent epochs, with the clarity of Proust, the balefulness of Bodenheim, and the raw honesty of an Iggy song. -John Strausbaugh, author of "Black Like You" and "Sissy Nation" "CW writes like he put his thumb in the air on some two-lane American highway that used to be an Indian Trail, where he got picked up by God. Like he has come back to the fire in the woods we have gathered around at the end of the world with our loved ones to tell us what he saw. -Andrew Huebner, author of "We Pierce," "American By Blood" and "East of Bowery" With prose unfurling like cigarette smoke bleeding into that cloud of half-forgotten memories forever shadowing missed

opportunities that hangs over a noontime dive somewhere during the twilight of the last blown century, heartbreak rock-n-roll on the radio crackling in exquisite precision between am stations and windswept interstates, Carl Watson daydreams before silent black-and-white televisions in SRO lobbies or as he drinks himself sober in crumbling Chicago tenements. "Backwards the Drowned Go Dreaming" explodes the bleary-eyed myth of the American road. -Donald Breckenridge, author of "This Young Girl Passing" Carl Watson's work is desolate poetry. He writes with sharp nostalgia for a past that really wasn't all that great. It feels like a stay in a down-and-out motel, but right on the other side of the paper-thin wall is transcendence. Watson never lets you forget that even in the most desperate situations, there is humor (even if it's mostly black) and greatness of the spirit. -Emily XYZ, "United States of Poetry"

In Dogspirations, our canine friends offer sweet, simple truths that are meant to encourage, inspire and impart a positive mindset. A dog is nothing without its character and we, their people, can learn a lot from how they see the world around them. This book is the perfect gift for anyone who cherishes their relationship with their pet and needs an emotional nuzzle every now and then. Uplifting, heartfelt and humorous, Dogspirations, is bound to be a bookshelf favorite for years to come.

Candace's approach to yoga, which combines old-world principles with a modern-day perspective comes from her own experience fighting back against a dangerous illness and depression. Her focus on perseverance and overcoming adversity transforms Namaslay into a powerful, motivational guide to help you live your most authentic life. With a distinct visual format, Namaslay guides readers step by step through more than 100 yoga poses. The poses are broken down by experience level into a series of progressions and include modifications for those who can't quite achieve the full expression of a pose just yet. Full-color photos and tips on overcoming common mistakes helps people get the most out of every pose. Namaslay also features three 30-day yoga programs that focus on: de-stress, core strengthening, and back pain. You will also find specific yoga sequences that are customized for everyone from the office dweller to the endurance athlete. Written with heart, humor, and swagger, Namaslay is a book for everyone, from beginners to advanced practitioners and even the simply curious. Namaslay's high-quality, edgy yet beautiful photographs add an artful flair that puts it in a class of its own—as appropriate for a coffee table as a yoga studio!

Relax into Yoga for Seniors presents twelve principles of yoga practice for seniors, including those with limited mobility. This evidence-based workbook will guide you safely—step-by-step, and with posture illustrations—on a six-week program for improved balance, flexibility, and overall well-being. Managing the emotional and physical challenges that come with aging can be difficult. Seniors face a number of age-related issues, such as chronic pain, hypertension, heart disease, osteoporosis, arthritis, and anxiety and depression. And while some people may consider yoga a young person's practice, there is a growing body of evidence that suggests yoga can be beneficial for a wide variety of age-related ailments. Relax Into Yoga for Seniors—based on the innovative Yoga for Seniors program, and including new material for fans of the Relax Into Yoga for Seniors DVD—provides a step-by-step guide that combines the best of modern, evidence-based medicine with the ancient wisdom, experience, and tradition of yogic teachings. With this book, you'll explore what yoga is and how to do it safely, including important movement considerations like how to get up and down from the

floor with care, and how to stand and sit with healthy postural alignment. With this popular program, you'll be able to create a safe and effective individualized practice that will address your needs, take personal limitations into consideration, and help you relieve pain, become more flexible and active, and connect more deeply with your inner experience. Relax into Yoga for Seniors includes free downloadable guided audio practices and printable PDFs. Instructions for downloading these extra features can be found on page 229 of the book.

NEW YORK TIMES BESTSELLER USA TODAY BESTSELLER Amazon, Apple, Facebook, and Google are the four most influential companies on the planet. Just about everyone thinks they know how they got there. Just about everyone is wrong. For all that's been written about the Four over the last two decades, no one has captured their power and staggering success as insightfully as Scott Galloway. Instead of buying the myths these companies broadcast, Galloway asks fundamental questions. How did the Four infiltrate our lives so completely that they're almost impossible to avoid (or boycott)? Why does the stock market forgive them for sins that would destroy other firms? And as they race to become the world's first trillion-dollar company, can anyone challenge them? In the same irreverent style that has made him one of the world's most celebrated business professors, Galloway deconstructs the strategies of the Four that lurk beneath their shiny veneers. He shows how they manipulate the fundamental emotional needs that have driven us since our ancestors lived in caves, at a speed and scope others can't match. And he reveals how you can apply the lessons of their ascent to your own business or career. Whether you want to compete with them, do business with them, or simply live in the world they dominate, you need to understand the Four.

Raja Yoga is a book by Swami Vivekananda about "Raja Yoga", his interpretation of Patanjali's Yoga Sutras adapted for a Western audience. It became an instant success and was highly influential in the Western understanding of yoga. Each soul is potentially divine. The goal is to manifest this Divinity within by controlling nature, external and internal. Do this either by work, or worship, or psychic control, or philosophy — by one, or more, or all of these — and be free. This is the whole of religion. Doctrines, or dogmas, or rituals, or books, or temples, or forms, are but secondary details.

The winners of the Nobel Prize in Economics upend the most common assumptions about how economics works in this gripping and disruptive portrait of how poor people actually live. Why do the poor borrow to save? Why do they miss out on free life-saving immunizations, but pay for unnecessary drugs? In *Poor Economics*, Abhijit V. Banerjee and Esther Duflo, two award-winning MIT professors, answer these questions based on years of field research from around the world. Called "marvelous, rewarding" by the *Wall Street Journal*, the book offers a radical rethinking of the economics of poverty and an intimate view of life on 99 cents a day. *Poor Economics* shows that creating a world without poverty begins with understanding the daily decisions facing the poor.

INSTANT NEW YORK TIMES BESTSELLER "One of the most important books I've ever read—an indispensable guide to thinking clearly about the world." – Bill Gates "Hans Rosling tells the story of 'the secret silent miracle of human progress' as only he can. But *Factfulness* does much more than that. It also explains why progress is so often secret and silent and teaches readers how to see it clearly." —Melinda Gates "*Factfulness* by Hans Rosling, an outstanding international public health expert, is a

hopeful book about the potential for human progress when we work off facts rather than our inherent biases." - Former U.S. President Barack Obama

Factfulness: The stress-reducing habit of only carrying opinions for which you have strong supporting facts. When asked simple questions about global trends—what percentage of the world’s population live in poverty; why the world’s population is increasing; how many girls finish school—we systematically get the answers wrong. So wrong that a chimpanzee choosing answers at random will consistently outguess teachers, journalists, Nobel laureates, and investment bankers. In *Factfulness*, Professor of International Health and global TED phenomenon Hans Rosling, together with his two long-time collaborators, Anna and Ola, offers a radical new explanation of why this happens. They reveal the ten instincts that distort our perspective—from our tendency to divide the world into two camps (usually some version of us and them) to the way we consume media (where fear rules) to how we perceive progress (believing that most things are getting worse). Our problem is that we don’t know what we don’t know, and even our guesses are informed by unconscious and predictable biases. It turns out that the world, for all its imperfections, is in a much better state than we might think. That doesn’t mean there aren’t real concerns. But when we worry about everything all the time instead of embracing a worldview based on facts, we can lose our ability to focus on the things that threaten us most. Inspiring and revelatory, filled with lively anecdotes and moving stories, *Factfulness* is an urgent and essential book that will change the way you see the world and empower you to respond to the crises and opportunities of the future. --- “This book is my last battle in my life-long mission to fight devastating ignorance...Previously I armed myself with huge data sets, eye-opening software, an energetic learning style and a Swedish bayonet for sword-swallowing. It wasn’t enough. But I hope this book will be.” Hans Rosling, February 2017.

Learn how to sit, stay, and roll over with this fully illustrated, “delightful” guide to yoga starring man’s best friend (*Shutterbug* magazine). Inspired by a friend’s mastiff who would imitate his master’s morning yoga routine, photographer Dan Borris created *Yoga Dogs*, a full-color collection of forty-five different dogs and puppies doing human yoga poses. Don’t worry: No animals were harmed during the making of these images; their extreme flexibility is the result of clever digital trickery. The curious, humorous, and distinctly original pictures are paired with useful information about the poses, as well as some funny canine meditations. “A fresh and highly entertaining visual treat,” *Yoga Dogs* is perfect for any yogi of the two or four-legged variety (*Shutterbug* magazine).

Bovine fascination with yoga is sweeping pastures throughout the world. Cows are turning to this ancient discipline in herds to reap the benefits of relaxation, improved flexibility, and increased milk production. Impossible? One might think so if this fascinating book didn't provide photographic proof of Guernseys, Holsteins and other contented cows demonstrating 45 classic yoga poses including: Downward Facing Bovine (Udder Moooca Svavasana) and Salutation (Hooven Skyhigh). Each amazing full-color photograph is accompanied by an inspiring quotation to motivate readers on their own path to self-fulfillment.

James Maddox must face the demons of his past and question everything he thought was real; even his own memory. James was used to living without emotion after losing his Emilia unexpectedly; he gave up on happiness the day

she died. His plans for their future, of marriage and kids, died right along with her. He preferred feeling numb, rather than feeling the pain of losing his dreams. That all changed the day he received an anonymous letter in the mail with just three words: I am innocent. James began dreaming of Emilia that same night. However, his dream quickly becomes his nightmare as she haunts his sleep, demanding he knows the truth, that he faces the unseen. And what is hidden threatens to change James' life forever.

From the eyes of one who saw it all comes an insightful and fascinating biography on Elizabeth Studdert, a sculptor who deserves more recognition. Caroline Studdert explores her sister's life and work, set against the backdrop of her childhood in wartime and postwar England, Minden in Germany, and Waterford, Ireland. It also details the struggle to carve out time and money for her passion, as opportunities for art were limited, and there was growing parental opposition – and the traumatic death of her brilliant naval engineer father when she was sixteen. Delving into the complications of an Anglo-Irish heritage and stormy relationship with her mother, her supposedly unsuitable first marriage to a Roman Catholic and financial burdens, the book describes the many obstacles thrown in Elizabeth's path and her determination to overcome them. Thumbnail sketches give a fascinating glimpse of Anglo-Irish relationships, including an incident with Elizabeth's father and the famous Augusta Gregory after whom Elizabeth is named; her father's family background; her mother's turbulent history; and a slightly feudal Waterford aristocratic society where the Studderts are 'foreign' interlopers. The reader is also treated to an array of Elizabeth's work, from an initial focus on portrait heads to the whole figure, to an exploration of more abstract shapes. Today she lives near Aylesbury in a small house designed by her son, when she is not in Scotland. With lavish illustrations and a behind-the-scenes look at the passion and difficulties this extraordinary sculptor has dealt with, *Against the Odds* is a story not alone of art, but life on a truly relatable and inspiring level.

Would life be better without alcohol? It's the nagging question more and more of us are finding harder to ignore, whether we have a "problem" with alcohol or not. After all, we yoga. We green juice. We meditate. We self-care. And yet, come the end of a long work day, the start of a weekend, an awkward social situation, we drink. One glass of wine turns into two turns into a bottle. In the face of how we care for ourselves otherwise, it's hard to avoid how alcohol really makes us feel... terrible. How different would our lives be if we stopped drinking on autopilot? If we stopped drinking altogether? Really different, it turns out. Really better. Frank, funny, and always judgment free, *Sober Curious* is a bold guide to choosing to live hangover-free, from Ruby Warrington, one of the leading voices of the new sobriety movement. Drawing on research, expert interviews, and personal narrative, *Sober Curious* is a radical take down of the myths that keep so many of us drinking. Inspiring, timely, and blame free, *Sober Curious* is both conversation starter and handbook—essential reading that empowers readers to transform their

relationship with alcohol, so we can lead our most fulfilling lives.
Courage. Persistence. Heart. Soul. Wisdom. Women are changing the world and these beautifully illustrated words not only embody today's woman, but are sure to inspire women of all ages across the world.

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