

Printable Desiderata Poem Alifeoflight

The beloved classic poem by Max Ehrmann. "Be gentle with yourself... You are a child of the universe no less than the trees and the stars. You have a right to be here."

Inspired by the great tradition of French love poetry, New Directions presents a beautiful, small gift edition, dedicated to what makes the world go round. Filled with devotion and lust, sensuality and eroticism, fevers and overtures, these poems showcase some of the most passionate verses in the French language. From the classic sixteenth-century love sonnets of Louise Labé and Maurice Sceve to the piercing lyricism of the Romantics and the dreamlike compositions of the Surrealists, French Love Poems is the perfect, seductive gift for anyone who makes your heart flutter. This collection includes poems by Guillaume Apollinaire, Charles Baudelaire, Claude Cahun, René Char, Marceline Desbordes-Valmore, Paul Éluard, Louise Labé, Stéphane Mallarmé, Anna de Noailles, Joyce Mansour, Arthur Rimbaud, Paul Verlaine, and many others; as well as translations by Mary Ann Caws, Robert Duncan, Lawrence Ferlinghetti, Denise Levertov, Ezra Pound, Kenneth Rexroth, Frederick Seidel, Richard Sieburth, and William Carlos Williams.

In Thrive, Arianna Huffington makes an impassioned and compelling case for the need to redefine what it means to be successful in today's world. Arianna Huffington's personal wake-up call came in the form of a broken cheekbone and a nasty gash over her eye--the result of a fall brought on by exhaustion and lack of sleep. As the cofounder and editor-in-chief of the Huffington Post Media Group--one of the fastest

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growing media companies in the world--celebrated as one of the world's most influential women, and gracing the covers of magazines, she was, by any traditional measure, extraordinarily successful. Yet as she found herself going from brain MRI to CAT scan to echocardiogram, to find out if there was any underlying medical problem beyond exhaustion, she wondered is this really what success feels like? As more and more people are coming to realize, there is far more to living a truly successful life than just earning a bigger salary and capturing a corner office. Our relentless pursuit of the two traditional metrics of success--money and power--has led to an epidemic of burnout and stress-related illnesses, and an erosion in the quality of our relationships, family life, and, ironically, our careers. In being connected to the world 24/7, we're losing our connection to what truly matters. Our current definition of success is, as Thrive shows, literally killing us. We need a new way forward. In a commencement address Arianna gave at Smith College in the spring of 2013, she likened our drive for money and power to two legs of a three-legged stool. They may hold us up temporarily, but sooner or later we're going to topple over. We need a third leg--a third metric for defining success--to truly thrive. That third metric, she writes in Thrive, includes our well-being, our ability to draw on our intuition and inner wisdom, our sense of wonder, and our capacity for compassion and giving. As Arianna points out, our eulogies celebrate our lives very differently from the way society defines success. They don't commemorate our long hours in the office, our promotions, or our sterling PowerPoint presentations as we

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relentlessly raced to climb up the career ladder. They are not about our resumes--they are about cherished memories, shared adventures, small kindnesses and acts of generosity, lifelong passions, and the things that made us laugh. In this deeply personal book, Arianna talks candidly about her own challenges with managing time and prioritizing the demands of a career and raising two daughters--of juggling business deadlines and family crises, a harried dance that led to her collapse and to her "aha moment." Drawing on the latest groundbreaking research and scientific findings in the fields of psychology, sports, sleep, and physiology that show the profound and transformative effects of meditation, mindfulness, unplugging, and giving, Arianna shows us the way to a revolution in our culture, our thinking, our workplace, and our lives.

A timeless and beautiful picture book--the perfect gift for every stage and season of life. The inspirational words of Max Ehrmann's timeless poem "Desiderata" have touched millions of readers throughout the world since it was first written in 1927. Now, more than 75 years later, the poem's simplicity and affirmation of life resonate more than ever, offering us--as only the truest words can--wisdom for how to live our lives with dignity, compassion, and faith. Marc Tauss's lyrical photographs, by turns surprising, thought provoking, and beautiful, are a visual poem in themselves.

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Desiderata, that world-famous poem that begins, "Go placidly amid the noise and

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haste", must be one of the best-loved poems in the English language, revered by many as the ideal philosophy of life. Few people realise that it was written, not on a gravestone in an old churchyard, but in 1927, by the Indiana poet Max Ehrmann who died in 1945 and whose work, until the 1960s, was largely forgotten. This beautiful little book brings together more of the writings of this remarkable man, revealing a love of the world and a concern for its social problems that mark him as one of the greatest spokesman of the twentieth century. Ehrmann was not afraid to express his thoughts about the evils and scandals he saw around him, and in his quest for contentment he turned to nature and the eternal passage of the seasons: his philosophical thoughts are a search for social truth and peace. Readers will find in his poems much that has relevance today. Through Ehrmann we are led to look again at our twenty-first century values and to turn for truth and reality to the essence of beauty and goodness that lies all around us, if we can but open our eyes to see

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