

The Big Book For Peace

An instant New York Times bestseller Two spiritual giants. Five days. One timeless question. Nobel Peace Prize Laureates His Holiness the Dalai Lama and Archbishop Desmond Tutu have survived more than fifty years of exile and the soul-crushing violence of oppression. Despite their hardships—or, as they would say, because of them—they are two of the most joyful people on the planet. In April 2015, Archbishop Tutu traveled to the Dalai Lama's home in Dharamsala, India, to celebrate His Holiness's eightieth birthday and to create what they hoped would be a gift for others. They looked back on their long lives to answer a single burning question: How do we find joy in the face of life's inevitable suffering? They traded intimate stories, teased each other continually, and shared their spiritual practices. By the end of a week filled with laughter and punctuated with tears, these two global heroes had stared into the abyss and despair of our time and revealed how to live a life brimming with joy. This book offers us a rare opportunity to experience their astonishing and unprecedented week together, from the first embrace to the final good-bye. We get to listen as they explore the Nature of True Joy and confront each of the Obstacles of Joy—from fear, stress, and anger to grief, illness, and death. They then offer us the Eight Pillars of Joy, which provide the foundation for lasting happiness. Throughout, they include stories, wisdom, and science. Finally, they share their daily Joy Practices that anchor their own emotional and spiritual lives. The Archbishop has never claimed sainthood, and the Dalai Lama considers himself a simple monk. In this unique collaboration, they offer us the reflection of real lives filled with pain and turmoil in the midst of which they have been able to discover a level of peace, of courage, and of joy to which we can all aspire in our own lives.

Consists of a systematic program designed to show teachers methods that will help their students ward off or even bypass many conflicts and also presents nonviolent ways to resolve conflicts that do occur.

"The Making the Peace curriculum is a complete program offering you everything you need to address violence prevention in your classroom, after-school or residential programme, or juvenile justice setting."--p. 3.

PIECES TO PEACE is a poetic account of Laila's journey of self-discovery in Toronto as a 26-year-old Afghan-Muslim woman living on her own for the first time. It is her story of pursuing her dreams while coping with personal issues of grief, trauma, poverty, cultural identity and belonging. Laila is a woman in becoming as she rebuilds herself through poetry from pieces to peace.

A warm, comforting poem about finding peace in a community of neighbors Peace is an offering. A muffin or a peach. A birthday invitation. A trip to the beach. Join this group of neighborhood children as they find love in everyday things—in sunlight shining through the leaves and cookies shared with friends—and learn that peace is all around, if you just look for it. With rhyming verse and soft illustrations, this book will help families and teachers look for the light moments when tragedy strikes and remind readers of the calm and happiness they find in their own community every day.

NEW AGE | VISIONARY FICTION | ALLEGORY | INSPIRATIONAL | SPIRIT. Tormented by the never-ending voices of his inner critic and the 'thought storms' in his mind, a disheartened man travels West on the brink of despair, stopping overnight in a small Nebraska prairie town, where he experiences a surprising inner awakening...Through this allegory, discover and explore a key tool of self-awareness --'The Watcher' (witness consciousness)-- for finding peace on your own inner journey and spiritual path. Inspired by the profound wisdom of Michael Singer's The Untethered Soul, the author here shares the process of one person's internal struggle to understand--and escape from--the incessant voices of their inner self-critic. Then --moving well beyond the entry point of self-criticism--this simple story delves deeply to explore the very nature of thinking and emotions themselves and our relationship to them as human beings. What is real? What is illusion? Who ARE you? Is it possible to be freed from the "thought maze" that typically entangles a person in their everyday life? Through the protagonist's journey the larger picture of personal identity and its relationship to thoughts and feelings is revealed, as he unknowingly discovers a key tool of self-awareness that the reader will also be able take away for everyday use on their own spiritual path. This transformation evolves over the course of only 24 hours...yet magically, time stretches as the mind of the main character opens and his heart begins to truly flow for the first time. This New Age work falls into the more recently developing genre of Metaphysical & Visionary Fiction. Like James Redfield's The Celestine Prophecy and Paulo Coelho's The Alchemist, the subtle--yet powerful--unfolding of this allegorical journey will both captivate and inspire you!

We live in a day and age characterized by an extraordinary amount of agitation and lack of peace. This tendency manifests itself in our spiritual as well as our secular life. In our search for God and holiness, in our service to our neighbor, a kind of restlessness and anxiety take the place of the confidence and peace which ought to be ours. What must we do to overcome the moments of fear and distress which assail us all too often in our lives? How can we learn to place all our confidence in God and abandon ourselves into his loving care? This is what is taught in this simple, yet profound little treatise on peace of heart. Taking concrete examples from our everyday life, the author invites us to respond in a Gospel fashion to the upsetting situations we must all confront. Since peace of heart is a pure gift of God, it is something we should seek, pursue and ask him for without cease. This book is here to help us in that pursuit.

When the world feels chaotic, find peace within through an accessible mindfulness practice from the bestselling picture-book dream team that brought us I Am Yoga. Express emotions through direct speech. Find empathy through imagination. Connect with the earth. Wonder at the beauty of the natural world. Breathe, taste, smell, touch, and be present. Perfect for the classroom or for bedtime, Susan Verde's gentle, concrete narration and Peter H. Reynolds's expressive watercolor illustrations bring the tenets of mindfulness to a kid-friendly level. Featuring an author's note about the importance of mindfulness and a guided meditation for children, I Am Peace will help readers of all ages feel grounded and restored.

Thank you very much for getting started with this book! You are reading this now because I hope you have the chance to feel the love, peace, and joy I feel. If you read one chapter each day, you might be amazed before you are halfway through! You get 28 chapters in this book designed to be read one day at a time in the morning, throughout the day, or at night. I do this myself each day and share in my voice what I am learning in my daily journey of being the best person I can be today. Here are the titles for the 28 chapters in this book. From reading these, you can get a great idea of what this book will help you with! 1. Amazing things happen in appreciating the now. 2. How to thrive by taking your own advice. 3. Are you praying for help? You will receive it. 4. How to deal with uncertainty when you don't know. 5. Take your pick: choosing to be happy or sad. 6. How to take responsibility for your emotions and thrive. 7. How to tackle your problems right now. 8. Achieving happiness with positive affirmations every day. 9. Feeling tired? Create an uplifting daily self-care routine. 10. What could you gain from slowing down life? 11. How to continue consistent persistence every day. 12. Do you appreciate what you have today? 13. The benefits of sharing problems with others. 14. One easy solution to improving your mood. 15. How a daily prayer affirmation can improve your life. 16. Reality in the downside of wishful thinking. 17. You do make a unique impact in life. 18. Time travel is real - go backwards or forwards in time to appreciate now. 19. How can I love the people already in my life? 20. The key to overcoming fear with faith. 21. How to enjoy the journey as much as the destination. 22. Happiness challenge: how to master your mindfulness while sick. 23. Gaining peace in accepting your circumstances. 24. Perfect positioning: the right place at the right time in life. 25. How to treat emotional pain by eliminating physical pain. 26. Getting things done: how to get started on your goals. 27. How to simplify your lifestyle and have more than before. 28. How to be optimistic about death. Thank you for reading this book and I hope you enjoy it as much as I did creating it! Sincerely, Jerry Banfield

The Big Book for Peace Dutton Juvenile

Teenager Sammantha Rials presents this collection of free form writings expressed through poetry and short stories. Her thoughts paint a life-

like written mural of feelings and emotions that touch upon the different stages and phases that can be experienced in our lives. Sammantha Rials has written this book to share her journey of self-understanding and her quest for a deeper understanding of relationships.

Inspired by The School for The Work with Byron Katie(www.thework.com), where he found the true line of his innerpeace, Costa became an international presenter and facilitator for individual healing and interpersonal reconciliation. The Work That Brings Peace in the name of his book and of his presentation teaches much how to live The Present by questioning our mind.

Keeping the Peace speaks to all of us who work in difficult, people-oriented jobs and shows us how to turn environments that are often filled with anger, stress, and frustration into islands of peace. Zen Master Thich Nhat Hanh creates a revolutionary definition of public service that includes all of us. He challenges us to transform the way we think about our work and offers eleven key practices to strengthen our mindfulness and joy. Based on a retreat for civil servants, Keeping the Peace is the first book of its kind to demonstrate the usefulness of mindfulness practices for law enforcement officers, social workers, teachers, and others in people-helping professions. With empathy and humor, Thich Nhat Hanh demonstrates the need for public service professionals to cultivate their own inner peace in order to help others. In clear and simple prose, he offers a path for how we can reduce violence in ourselves, our workplace, and ultimately, in our world.

Everyone wants to be happy. Here in this profound volume is a road map for discovering a life filled with happiness, joy, and a sense of purpose. The Dalai Lama's basic premise is that each of us is responsible for our own health and happiness and for the health of society. He further asserts that health and happiness are within our reach--both individually and collectively. How a person thinks, behaves, and feels ultimately impacts not only their own lives, but also the society in which they live. If you desire to attain happiness, you must understand that the journey begins with you. It is only then that you can reach out and touch the lives of others and change society. In this anthology, His Holiness the Dalai Lama, with characteristic wisdom, humor, and kindness, directs readers toward a happy, healthy, and peaceful life. Talking about universal themes such as compassion, peace, non-violence, secularism, and the pursuit of a healthy mind and body, he reminds us that the responsibility to change our thoughts, actions, and lives lies within our power. This is a book for fans of His Holiness, for spiritual seekers, and for those interested in the spiritual and emotional health of individuals and societies.

Offers an illustrated collection of poetry, stories, carols, and quotations about Christmas by such authors as William Blake, James Freeman Clarke, Christina Rossetti, and James Russell Lowell.

A comprehensive reference guide that provides profiles on sixteen revered peacemakers from around the world, including such leaders as Mahatma Gandhi, Cesar Chavez, and Anwar El-Sadat.

Do you spend much of your time struggling against the growing ranks of papers, books, clothes, housewares, mementos, and other possessions that seem to multiply when you're not looking? Do these inanimate objects, the hallmarks of busy modern life, conspire to fill up every inch of your space, no matter how hard you try to get rid of some of them and organize the rest? Do you feel frustrated, thwarted, and powerless in the face of this ever-renewing mountain of stuff? Help is on the way. Cindy Glovinsky, practicing psychotherapist and personal organizer, is uniquely qualified to explain this nagging, even debilitating problem -- and to provide solutions that really work. Writing in a supportive, nonjudgmental tone, Glovinsky uses humorous examples, questionnaires, and exercises to shed light on the real reasons why we feel so overwhelmed by papers and possessions and offers individualized suggestions tailored to specific organizing problems. Whether you're drowning in clutter or just looking for a new way to deal with the perennial challenge of organizing and managing material things, this fresh and reassuring approach is sure to help. Making Peace with the Things in Your Life will help you cut down on your clutter and cut down on your stress!

What would life be like if you could wallow in self-acceptance on a daily basis? What would it be like if you really believed that there was nothing wrong with you and that you were good enough just the way you are? What would it be like if you worked with what you've got right now versus putting your happiness on hold until you are thinner or richer or more successful? What if you could choose a more soothing soundtrack for life? Can you imagine a life like that? Welcome to the Big Peace -- the dynamic, creative place to life -- where you can take it easy, be happy and achieve your dreams. This book will show you how.

Juxtaposes photographs from around the world with a simple, reflective message about our responsibilities for finding and keeping peace on the planet. By the author of A Cool Drink of Water.

Peace is on purpose. Peace is a choice. Peace lets the smallest of us have a voice. From a hello and pronouncing your friend's name correctly to giving more than you take and saying I'm sorry, this simple concept book explores definitions of peace and actions small and big that foster it. Award-winning authors, Baptiste Paul and Miranda Paul, have teamed up with illustrator Estelí Meza—winner of the 'A la Orilla del Viento' the premier Picture Book Contest Award in Mexico—to create an inspiring look at things we can all do to bring peace into our lives and world.

Two men born with different backgrounds who were destined to collide in Dallas, Texas. One man came from a family of great wealth and power, while the other man came from a family who struggled for everything they ever had. One stood for peace while the other man stood for confusion and deceit. President John F. Kennedy had a dangerous goal in mind: end the Cold War in his lifetime. Lee Harvey Oswald was a pawn used by his employers, the Central Intelligence Agency, to stop President Kennedy from reaching his goal. This is a fictional re-telling of the events which led up to President Kennedy's Assassination. It tells how President Kennedy fought to spread his message of world peace, and how the CIA stopped him at every turn.

Mary Engelbreit knows that many of our dearest childhood memories are linked to Christmastime. Now, those memories, illustrated by one of America's favorite artists, are gathered in this Big Book of Santa. This special edition contains Mary's favorite Santa works of art. You don't have to be a child to appreciate the magic of Christmas. By recalling the joy and innocence of children, the excitement and activity of the preparations, and the true meaning of the season, Mary Engelbreit's art captures that we all hold dear.

Peace--the issue of our times--affects everyone, but especially children, who deserve and wish for a peaceful future. Now over 30 of the best-loved authors and illustrators for children have combined their talents in a big, wonderful book for and about peace.

Hop aboard the Peace Train in this picture book adaptation of Cat Stevens's legendary anthem of unity and harmony in time for the song's 50th anniversary! With illustrations by New York Times bestselling illustrator Peter H. Reynolds.

“Now I've been happy lately Thinking about the good things to come And I believe it could be Something good has begun Oh, I've been smiling lately Dreaming about the world as one And I believe it could be Someday it's going to come” Readers are invited to hop on the PEACE TRAIN and join its growing group of passengers who are all ready to unite the world in peace and harmony. Featuring the timeless lyrics of Cat Stevens's legendary song and illustrations by New York Times bestselling artist Peter H. Reynolds, this hopeful picture book inspires tolerance and love for people of all cultures and identities.

Jill Murphy's bestselling classic *Peace at Last* has delighted young children for almost forty years, and is equally beloved by tired parents who are all too familiar with the plight of poor Mr Bear. With a snoring Mrs Bear, an excitable Baby Bear and a house full of tapping and dripping and ticking, peace is hard to come by – will Mr Bear ever get a decent night's sleep? The familiar noises, repetition and beautiful illustrations make Jill Murphy's delightful *Peace at Last* an all-time favourite bedtime story with children and adults everywhere. This edition comes in a chunky cased board book format, so even the youngest children can enjoy this classic story.

Peace is making new friends. Peace is helping your neighbor. Peace is growing a garden. Peace is being who you are. The Peace Book delivers positive and hopeful messages of peace in an accessible, child-friendly format featuring Todd Parr's trademark bold, bright colors and silly scenes. Perfect for the youngest readers, this book delivers a timely and timeless message about the importance of friendship, caring, and acceptance.

The definitive anthology of children's poetry with beautiful illustrations.

This book was written to help people achieve a more happy and successful life while better connecting to their spirituality. To provide direction for anyone that is seeking self-improvement, growth, motivation, and more fulfillment from life. We all have parts of our lives that are flourishing and parts that need healing. Things we would like to change and improve. The proper mindset and actions we put into these life circumstances make all the difference. The essence of the book is about the universal search we all undertake to find our true spirit, happiness, self-worth, and life success. This search for self-realization often requires courage to challenge the status quo to find and be who we are meant to be. The 50 success principles outlined provide direction for anyone that is seeking a more happy and successful life. Endorsement: *A Single Day of Peace* takes the reader on a fictional journey between two seemingly opposite worlds: the corporate business landscape of New York City and the austere Catholic Church. The protagonist demonstrates how the values and qualities needed to live a meaningful life do not come from the rules and social norms instilled by either world but rather from 50 guiding principles the author clearly lays out. The unique methodology of using a fictional storyline to provide self-help to the reader will appeal to readers young and old. - Lexi Marie, Bookstagrammer @completely__booked. About the Author: Stephen is a business executive with 30 years of experience in the software technology industry leading high-performing global organizations. Through his extensive business success, he has a keen awareness of the critical success principles everyone should follow to live a happy, healthy, and successful life. Stephen is a proponent of what he calls Spiritual Leadership which is something everyone, regardless of their chosen field, can execute to achieve greater success and happiness.

Hailed as one of the greatest novels of all time and a classic of world literature, *War and Peace* is a tale of strivers in a world fraught with conflict, social and political change, and spiritual confusion, Tolstoy's magnificent work continues to entertain, enlighten, and inspire readers around the world. Both an intimate study of individual passions and an epic history of Russia and its people, 'War and Peace' is nothing more or less than a complete portrait of human existence. Among its many unforgettable characters is Prince Andrey Bolkonsky, a proud, dashing man who, despising the artifice of high society, joins the army to achieve glory. Badly wounded at Austerlitz, he begins to discover the emptiness of everything to which he has devoted himself. His death scene is considered one of the greatest passages in Russian literature. Terror swiftly engulfs the country as Napoleon's army marches on Russia, and the lives of three young people are changed forever. The stories of quixotic Pierre, cynical Andrey and impetuous Natasha interweave with a huge cast, from aristocrats and peasants, to soldiers and Napoleon himself. In *War and Peace* (1868-9), Tolstoy entwines grand themes—conflict and love, birth and death, free will and fate.

450 Large-Print Bible Word Search Puzzles! The *Peace of Mind Big Book of Bible Word Searches* combines brain-building fun with the powerful words of Jesus, favorite verses from the Old and New Testaments, and lyrics from beloved hymns. Thanks to large, boldface print, puzzle enthusiasts young and old can enrich their free time finding hidden words and phrases from uplifting selections of scripture and songs. Keep your brain sharp, your eyes at ease, and your heart full of God's Word! Enjoy 450 word search puzzles based around Biblical themes Highlights some of the most treasured passages and themes of the Bible Includes lyrics from favorite hymns Large, bold print prevents eye strain while you test your Bible knowledge! Complete answer key included You may find that you're committing Bible verses and songs to memory as you complete the puzzles! Clean, fun, and just challenging enough, this book is a perfect gift for the puzzler in your life.

Hailed as one of the year's top five novels by Time, and selected as one of the best books of the year by nearly all major newspapers, national bestseller *Peace Like a River* captured the hearts of a nation in need of comfort. "A rich mixture of adventure, tragedy, and healing," *Peace Like a River* is "a collage of legends from sources sacred and profane -- from the Old Testament to the Old West, from the Gospels to police dramas" (Ron Charles, The Christian Science Monitor). In "lyrical, openhearted prose" (Michael Glitz, The New York Post), Enger tells the story of eleven-year-old Reuben Land, an asthmatic boy who has reason to believe in miracles. Along with his sister and father, Reuben finds himself on a cross-country search for his outlaw older brother who has been controversially charged with murder. Their journey is touched by serendipity and the kindness of strangers, and its remarkable conclusion shows how family, love, and faith can stand up to the most terrifying of enemies, the most tragic of fates. Leif Enger's "miraculous" (Valerie Ryan, The Seattle Times) novel is a "perfect book for an anxious time ... of great literary merit that nonetheless restores readers' faith in the kindness of stories" (Marta Salij, Detroit Free Press).

A long time ago in China, there existed three Books of Peace that proved so threatening to the reigning powers that they had them burned. Many years later Maxine Hong Kingston wrote a Fourth Book of Peace, but it too was burned--in the catastrophic Berkeley-Oakland Hills fire of 1991, a fire that coincided with the death of her father. Now in this visionary and redemptive work, Kingston completes her interrupted labor, weaving fiction and memoir into a luminous meditation on war and peace, devastation and renewal.

A Small Book about a Big Problem by biblical counselor and psychologist Edward T. Welch guides readers to look carefully at how

their anger affects them and others through short, daily meditations. In a fifty-day reading plan journey, Welch unpacks anger while encouraging and teaching readers to respond with patience to life's difficulties. This biblically wise resource is a useful tool for pastors, counselors, and lay helpers who are working with people who struggle with a short fuse. In *A Small Book about a Big Problem*, Welch invites readers to consider how everyone can find anger in their actions and attitudes, but Jesus, the Prince of Peace, is the only one who can empower his people to grow in patience, peace, and wholeness. How many times today have you been irritated? Frustrated? Anger is so common—yet it also hurts. It not only leaves a mark on us, but it also leaves a mark on others. The wounds we inflict on ourselves and others because of anger—loss of intimacy, trust, security, and enjoyment in our closest relationships—give us compelling reasons to look closely at our anger and lift our eyes to Christ.

Beautiful mandala designs for inner peace and inspiration! Mandalas provide guidance to those seeking creativity and a more balanced life. *The Big Book of Mandalas* provides tranquility and a creative release with 200 customizable mandala illustrations. As you color in each mandala, your focus will shift, allowing you to fully relax your mind. The intricacy of the designs will also encourage you to express yourself as you use your own unique palette to fill in every pattern. Whether you're new to the practice or have been using mandalas for years, *The Big Book of Mandalas* will bring you inner calm and maximized creativity--one coloring page at a time.

More than forty acclaimed children's book authors and illustrators join together to create an anthology--whose proceeds will benefit environmental organizations--of stories, poems, essays, and pictures that celebrate Earth and call attention to environmental destruction.

Make workplace conflict resolution a game that EVERYBODY wins! Recent studies show that typical managers devote more than a quarter of their time to resolving coworker disputes. *The Big Book of Conflict-Resolution Games* offers a wealth of activities and exercises for groups of any size that let you manage your business (instead of managing personalities). Part of the acclaimed, bestselling Big Books series, this guide offers step-by-step directions and customizable tools that empower you to heal rifts arising from ineffective communication, cultural/personality clashes, and other specific problem areas—before they affect your organization's bottom line. Let *The Big Book of Conflict-Resolution Games* help you to: Build trust Foster morale Improve processes Overcome diversity issues And more Dozens of physical and verbal activities help create a safe environment for teams to explore several common forms of conflict—and their resolution. Inexpensive, easy-to-implement, and proved effective at Fortune 500 corporations and mom-and-pop businesses alike, the exercises in *The Big Book of Conflict-Resolution Games* delivers everything you need to make your workplace more efficient, effective, and engaged.

****Winner of the 2015 Gelett Burgess Award for Best Intercultural Book**** ****Winner of the 2015 Silver Evergreen Medal for World Peace**** This true children's story is told by a little bonsai tree, called Miyajima, that lived with the same family in the Japanese city of Hiroshima for more than 300 years before being donated to the National Arboretum in Washington DC in 1976 as a gesture of friendship between America and Japan to celebrate the American Bicentennial. From the Book: "In 1625, when Japan was a land of samurai and castles, I was a tiny pine seedling. A man called Ito Yamaki picked me from the forest where I grew and took me home with him. For more than three hundred years, generations of the Yamaki family trimmed and pruned me into a beautiful bonsai tree. In 1945, our household survived the atomic bombing of Hiroshima. In 1976, I was donated to the National Arboretum in Washington D.C., where I still live today—the oldest and perhaps the wisest tree in the bonsai museum."

She gave up everything: her home, her possessions, even her real name. She called herself Peace Pilgrim, put on her sneakers, and started off on her quest to walk thousands of miles all around America. Step by step, mile after mile, Peace Pilgrim traveled tirelessly, inviting everyone she met to consider a world where each person and each nation chooses peace. This true story about a little-known woman who sacrificed everything for her convictions inspires us to step out for what we believe in, gathering others to join us along the way.

This profound guidebook reframes and expands the mission of building a global culture of peace. Going far beyond conventional techniques of conflict resolution, James O'Dea provides a holistic approach to peace work, covering its oft-ignored cultural, spiritual, and scientific dimensions while providing guidance suitable even for those who have never considered themselves peacebuilders. O'Dea is unique in his ability to integrate personal experience in the world's violent conflict zones with insights gathered from decades of work in social healing, human rights advocacy, and consciousness studies. Following in the footsteps of Gandhi and King, O'Dea keeps the dream of peace alive by teaching us how to dissolve old wounds and reconcile our differences. He strikes deep chords of optimism even as he shows us how to face the heart of darkness in conflict situations. His soulful but practical voice speaks universally to peace activists, mediators, negotiators, psychologists, educators, businesspeople, and clergy—and to everyday citizens.

June, 1968. Twenty-two years old, 5' 11" 155 pounds; red-haired, blue-eyed, fair-skinned, freckled and fresh out of college, I found myself flying out of Logan airport in Boston heading for a two-year stint in the Peace Corps in the Philippines teaching modern mathematics. It was the era of the Vietnam War – Woodstock – the first man landing on the moon. Everything I took as a given was challenged. My pre-conceived ideas of life, community, family and friendship were turned inside out, shaken apart, dismantled and reassembled. I was advantaged and was going to live with those who were less so. First hand in the "third world" was going to be a shocker. "Hey Joe" was a greeting of affection Filipinos had for Americans. I am not going to spend 100 pages telling you what my teaching experience was like. That will be covered in one brief section. I devote myself to life outside the classroom, for this is where the Peace Corps experience really shines. The talents we brought with us were important, but the interaction with those we lived and worked with was what really made a difference. I showed them skills they could go forward with, and they gave me a lifetime of warm memories. This is a collection of poems and stories about my experience. You will be learning some of the local dialect along with me as you read. I hope you enjoy reading this as much as I enjoyed living it. Come larga (sail) with me on a banca (outrigger canoe) across the Sibuyan Sea to the malayo (remote) isla (island) of Romblon in the Philippines. Take your siya (chair) at the lamisa (table) as my new pamilya (family) and I enjoy our panyaga (lunch) of kanon (cooked rice), isda (fish), utanon (vegetables), fried saging (banana) and tubig (water). Meet my host Nana Lola. Lakat (walk) down the dalan (street) with me as I join my migas (friends) Manny, Louie and Popeye to drink tuba (fermented coconut milk). And learn how I got my nickname, "Puti Iboy".

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