

The Enchanted Life Unlocking The Magic Of The Everyday

Aidan Cain has had the worst week of his life. His gran died, he was sent to a foster home, and now malicious beings are stalking him. There is one person Gran told Aidan to go to if he ever got into trouble—a powerful sorcerer who lives at Melstone House. But when Aidan arrives on the doorstep, he finds that the sorcerer's grandson, Andrew, has inherited the house. The good news is that Aidan can tell immediately that Andrew's brimming with magic, too—and so is everyone else at Melstone. The bad news is that Andrew doesn't remember anything his grandfather taught him. Chaos is swiftly rising, and he has no idea how to control it. A sinister neighbor is stealing power from the land, magic is leaking between realms . . . and it's only a matter of time before the Stalkers find Aidan. If Aidan and Andrew can harness their own magics, they may be able to help each other. But can they do it before the entire countryside comes apart at the seams?

This biography introduces readers to William McKinley including his early political career and key events from McKinley's administration including the Spanish-American War, the expansion of US territory to include the Hawaiian Islands, and his assassination by Leon F. Czolgosz. Information about his childhood, family, and personal life is included. A timeline, fast facts, and sidebars provide additional information. Aligned to Common Core Standards and correlated to state standards. Checkerboard Library is an imprint of Abdo Publishing, a division of ABDO. The new book from internationally acclaimed writer, psychologist and mythologist Sharon

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Blackie, author of *If Women Rose Rooted*. The enchanted life is possible for anyone, no matter where they live. It is creative, intuitive, imaginative. It thrives on work that has heart and meaning. It respects the instinctive knowledge and playfulness of children, and relishes story, poetry and art. Sharon Blackie speaks to those who feel an emptiness at the heart of modern life - who long for a more authentic, harmonious and connected lifestyle. An inspiring new book for the intelligent, creative self-development arena with insight, wisdom, interviews, case studies and exercises.

Viscount Ponsonby proposes to young widow Agnes Keeping in order to escape his former fiancée, who deserted him after his return home from the Napoleonic Wars but is now eager to revive their engagement.

View our feature on Anya Bast's *Cruel Enchantment*. The Dark Magick series continues from this New York Times bestselling author. To keep her fae race from being eradicated, Emmaline Gallagher must retrieve an object of fae power from a locked ancient box. Only Aeric O'Malley has the forging skills to create a key. But will their tumultuous past stand in the way?

A self-help guide that offers a set of practical and grounded tools for enchanting our daily lives, leading to a greater sense of meaning and of belonging to the world.

The United States is obsessed with virginity - from the media to schools to government agencies. This panic is ensuring that young women's ability to be moral agents is absolutely dependent on their sexuality. Jessica Valenti, executive editor of *Feministing.com* and author of *Full Frontal Feminism* and *Yes Means Yes*, addresses this poignant issue in her latest book, *The Purity Myth*. Valenti argues that the country's intense focus on chastity is extremely damaging to young women. Through in depth analysis of cultural stereotypes and media

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messages, Valenti reveals that powerful messages - ranging from abstinence curriculum to "Girls Gone Wild" commercials - place a young woman's worth entirely on her sexuality. Morals are therefore linked purely to sexual behavior, as opposed to values like honesty, kindness, and altruism. Valenti approaches the topic head-on, shedding light on chastity in a historical context, abstinence-only education, pornography, and public punishments for those who dare to have sex, among other critical issues. She also offers solutions that pave the way for a future without a damaging emphasis on virginity, including a call to rethink male sexuality and reframing the idea of "losing it." With Valenti's usual balance of intelligence and wit, *The Purity Myth* presents a powerful and revolutionary argument that girls and women, even in this day and age, are overly valued for their sexuality, and that this needs to stop.

In *City of Saints and Madmen*, Jeff VanderMeer has reinvented the literature of the fantastic. You hold in your hands an invitation to a place unlike any you've ever visited—an invitation delivered by one of our most audacious and astonishing literary magicians. *City* of elegance and squalor. Of religious fervor and wanton lusts. And everywhere, on the walls of courtyards and churches, an incandescent fungus of mysterious and ominous origin. In *Ambergris*, a would-be suitor discovers that a sunlit street can become a killing ground in the blink of an eye. An artist receives an invitation to a beheading—and finds himself enchanted. And a patient in a mental institution is convinced he's made up a city called *Ambergris*, imagined its every last detail, and that he's really from a place called Chicago.... By turns sensuous and terrifying, filled with exotica and eroticism, this interwoven collection of stories, histories, and "eyewitness" reports invokes a universe within a puzzlebox where you can lose—and find—yourself again. From the Trade Paperback edition.

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A special artist's edition of the international bestseller Enchanted Forest with 20 illustrations from the original book, ready to color and frame."The colorists have a queen, and her name is Johanna Basford." - New York Magazine"Consider trading in your yoga mat for a set of markers and peruse the gorgeous gardens of Basford's imagination." - The Huffington Post"The best coloring book for anxiety." - Teen Vogue"This book celebrates the glory of all things green and nature-y in the best way possible: coloring book form! Even if you don't want to add color, the illustrations themselves are frame-worthy loveliness." - Brit+ CoFrom the publisher that brought you the hugely successful #1 New York Times bestsellers Secret garden and Enchanted Forest, this special artist's edition features 20 beautiful, removable art prints for coloring in. Coloring fans of all ages will enjoy immersing themselves in a selection of the most popular artworks from the original book featuring owls, unicorns, hot air balloons, birdhouses, floral skulls, a magic castle, and more. The stunning illustrations make for beautiful and affordable wall décor whether they are customized in color or left as simple, black and white line drawings.Special features of the artist's edition include: - Presented in a new, large-scale format for maximum coloring enjoyment- Printed on thicker, high-quality card stock- Can be used with a variety of mediums including both colored pencils and markers- Poster book-style prints can be removed easily for framing, display, or craft projects- Only one image is printed on each pull-out poster so coloring artists don't have to make an impossible choice between favoritesFans of Leila

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Duly, Millie Marotta, and Daisy Fletcher will devour Johanna Basford's intricate scenes of flora and fauna. Search #JohannaBasford on social media for hundreds of thousands of examples of shading and coloring techniques. Get inspired and get started.

The Enchanted Life Reclaiming the Magic and Wisdom of the Natural World September Publishing

The first book in Chris Colfer's #1 New York Times bestselling series The Land of Stories about two siblings who fall into a fairy-tale world! Alex and Conner Bailey's world is about to change forever, in this fast-paced adventure that uniquely combines our modern day world with the enchanting realm of classic fairy tales. The Land of Stories tells the tale of twins Alex and Conner. Through the mysterious powers of a cherished book of stories, they leave their world behind and find themselves in a foreign land full of wonder and magic where they come face-to-face with fairy tale characters they grew up reading about. But after a series of encounters with witches, wolves, goblins, and trolls alike, getting back home is going to be harder than they thought.

This title presents the history of genetics. Vivid text details how early studies of heredity and genes led to our modern understanding of how DNA works. It also puts a spotlight on the brilliant scientists who made these advances possible. Useful sidebars, rich images, and a glossary help readers understand the science and its importance. Maps and diagrams provide context for critical discoveries in the field. Aligned to Common Core Standards and correlated to state standards. Essential Library is an imprint of

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The enchanted life is possible for anyone. It is deeply grounded in the living world. It is creative, intuitive, imaginative. It thrives on work that has heart and meaning. Sharon Blackie speaks to those who feel an emptiness at the heart of modern life who long for a more authentic, harmonious and connected lifestyle. The Enchanted Life offers practical and grounded tools for enchanting our lives and the places we live in. An inspiring book for the intelligent, creative self development arena with insight, wisdom, interviews, case studies and exercises.

Princess Annabelle, who is immune to magic and can temporarily reverse spells put on others, encounters various fairy tale characters when she embarks on an expedition into the woods to find a dwarf responsible for turning Sleeping Beauty's prince into a bear.

Winner of the International Lannan Literary Award for Nonfiction Animal tracks, word magic, the speech of stones, the power of letters, and the taste of the wind all figure prominently in this intellectual tour de force that returns us to our senses and to the sensuous terrain that sustains us. This major work of ecological philosophy startles the senses out of habitual ways of perception. For a thousand generations, human beings viewed themselves as part of the wider community of nature, and they carried on active relationships not only with other people with other animals, plants, and natural objects (including mountains, rivers, winds, and weather patterns) that we have only lately come

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to think of as "inanimate." How, then, did humans come to sever their ancient reciprocity with the natural world? What will it take for us to recover a sustaining relation with the breathing earth? In *The Spell of the Sensuous* David Abram draws on sources as diverse as the philosophy of Merleau-Ponty, Balinese shamanism, Apache storytelling, and his own experience as an accomplished sleight-of-hand of magician to reveal the subtle dependence of human cognition on the natural environment. He explores the character of perception and excavates the sensual foundations of language, which--even at its most abstract--echoes the calls and cries of the earth. On every page of this lyrical work, Abram weaves his arguments with a passion, a precision, and an intellectual daring that recall such writers as Loren Eiseley, Annie Dillard, and Barry Lopez.

What Lily Carter wants most in the world is to attend Princeton University just like her grandfather. When she finally visits the campus, Grandpa surprises her: She has been selected to take the top-secret Legacy Test. Passing means automatic acceptance to Princeton. Sweet! Lily's test is to find the Ivy Key. But what is she looking for? Where does she start? As she searches, Lily is joined by Tye, a cute college boy with orange and black hair who says he's her guard. That's weird. But things get seriously strange when a gargoyle talks to her. He tells her that there are two Princetons—the ordinary one and a magical one—and the Key opens the gate between them. But there are more secrets that surround Lily. Worse secrets. When Lily enters the magical Princeton, she

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uncovers old betrayals and new dangers, and a chance at her dream becomes a fight for her life. Soon Lily is caught in a power struggle between two worlds, with her family at its center. In a place where Knights slay monsters, boys are were-tigers, and dragons might be out for blood, Lily will need all of her ingenuity and courage—and a little magic—to unite the worlds and unlock the secrets of her past and her future.

Learn about chemist Rosalind Franklin from her early career in coal research and x-ray crystallography to her groundbreaking phot that showed the structure of DNA.

A book of natural wonders, practical guidance and life-changing empowerment, by the author of the word-of-mouth bestseller *If Women Rose Rooted*. 'To live an enchanted life is to pick up the pieces of our bruised and battered psyches, and to offer them the nourishment they long for. It is to be challenged, to be awakened, to be gripped and shaken to the core by the extraordinary which lies at the heart of the ordinary. Above all, to live an enchanted life is to fall in love with the world all over again.' The enchanted life has nothing to do with escapism or magical thinking: it is founded on a vivid sense of belonging to a rich and many-layered world. It is creative, intuitive, imaginative. It thrives on work that has heart and meaning. It loves wild things, but returns to an enchanted home and garden. It respects the instinctive knowledge, ethical living and playfulness, and relishes story and art. Taking the inspiration and wisdom that can be derived from myth, fairy tales and folk culture, this book offers a set of practical and grounded tools for reclaiming enchantment in our lives, giving us a greater

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sense of meaning and of belonging to the world.

A daughter learns to fly to overcome a fear of flying; her mother struggles with a past steeped in failure. From the deserts of Arizona to a misty Scottish sea-loch, this novel is an honest and moving exploration of the complexities of mother-daughter relationships - but above all a story of courage, endurance and redemption.

2017 Gold Moonbeam Children's Book Award: For dedication to children's books and literacy and for inspired writing, illustrating and publishing. The world can be a scary place. Anxious adults want children to be aware of dangers, but shouldn't kids be aware of kindness too? Michael Leannah wrote *Most People* as an antidote to the scary words and images kids hear and see every day. Jennifer Morris's emotive, diverting characters provide the perfect complement to Leannah's words, leading us through the crowded streets of an urban day in the company of two pairs of siblings (one of color). We see what they see: the hulking dude with tattoos and chains assisting an elderly lady onto the bus; the Goth teenager with piercings and purple Mohawk returning a lost wallet to its owner; and the myriad interactions of daily existence, most of them well intended. *Most People* is a courageous, constructive response to the dystopian world of the news media. Fountas & Pinnell Level M

The magic of nature, the moon, and the seasons had a profound effect on Melissa Kim Corter growing up. Mystical experiences unfolded in the simplest of moments. Rocks and trees were animated with life; the moon listened to her stories while the Earth held

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her as she stumbled through life as an empath (feeling everything so deeply). As she began to morph and adapt to the adolescent changes of life, magical views were stripped away until only a fragment of her imagination. She was lost and floundered until she awakened the wild, wise woman within. This book contains women who "know" truth through feeling and sensation without the need for evidence or approval. This collective includes women who own their light and release the opinions of others. It features women who have forged a path, and refuse to settle out of fear. The wise, wild woman lives in our bones and rises up through the core; she has an unapologetic desire to reflect this potential to those who feel called to welcome her. The pages within are filled with powerful women who share a desire to live an enchanted life and connect you to the intuitive knowing you hold. In the Wild Woman's Book of Shadows, Melissa Kim Corter and 22 magical women offer stories, tips, formulas, and wisdom to awaken and connect you to your own inner wisdom. They invite you to join them in sharing the most potent medicine of all ... the reclamation of enchantment.

2018 Readers' Favorite Gold Winner 2019 IAN Book of the Year Award 2017 Nautilus Award Gold Winner

Feel like you don't belong? You're not alone. The world has never been more connected, yet people are lonelier than ever. Whether we feel unworthy, alienated, or anxious about our place in the world — the absence of belonging is the great silent wound of our times. Most people think of belonging as a mythical place, and they spend a lifetime searching for it in vain. But what if belonging isn't a place at all?

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What if it's a skill that has been lost or forgotten? With her signature depth and eloquence, Toko-pa maps a path to Belonging from the inside out. Drawing on myth, stories and dreams, she takes us into the origins of our estrangement, reframing exile as a necessary initiation into authenticity. Then she shares the competencies of belonging: a set of ancestral practices to heal our wounds and restore true belonging to our lives and to the world.

The instant #1 NEW YORK TIMES Bestseller "A must read for anyone hoping to live a creative life... I dare you not to be inspired to be brave, to be free, and to be curious."
—PopSugar From the worldwide bestselling author of *Eat Pray Love* and *City of Girls*: the path to the vibrant, fulfilling life you've dreamed of. Readers of all ages and walks of life have drawn inspiration and empowerment from Elizabeth Gilbert's books for years. Now this beloved author digs deep into her own generative process to share her wisdom and unique perspective about creativity. With profound empathy and radiant generosity, she offers potent insights into the mysterious nature of inspiration. She asks us to embrace our curiosity and let go of needless suffering. She shows us how to tackle what we most love, and how to face down what we most fear. She discusses the attitudes, approaches, and habits we need in order to live our most creative lives. Balancing between soulful spirituality and cheerful pragmatism, Gilbert encourages us to uncover the "strange jewels" that are hidden within each of us. Whether we are looking to write a book, make art, find new ways to address challenges in our work,

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embark on a dream long deferred, or simply infuse our everyday lives with more mindfulness and passion, Big Magic cracks open a world of wonder and joy. Children will enjoy the exclusive bracelet included with this enchanting storybook as they read along and follow sisters Elsa and Anna on their adventures in Disney's Frozen 2. When Elsa wakes the spirits of nature, she embarks on an epic journey alongside Anna, Kristoff, Olaf, and Sven to the Enchanted Forest. Together, the friends uncover the truth about the past and discover more than they could have ever imagined. The sisters' fans will treasure the keepsake bracelet with special charms included with this hardcover edition.

Any Baedeker will tell us where we ought to travel, but only Alain de Botton will tell us how and why. With the same intelligence and insouciant charm he brought to *How Proust Can Save Your Life*, de Botton considers the pleasures of anticipation; the allure of the exotic, and the value of noticing everything from a seascape in Barbados to the takeoffs at Heathrow. Even as de Botton takes the reader along on his own peregrinations, he also cites such distinguished fellow-travelers as Baudelaire, Wordsworth, Van Gogh, the biologist Alexander von Humboldt, and the 18th-century eccentric Xavier de Maistre, who catalogued the wonders of his bedroom. *The Art of Travel* is a wise and utterly original book. Don't leave home without it.

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A Wall Street Journal writer's conversation-changing look at how reading aloud makes adults and children smarter, happier, healthier, more successful and more closely attached, even as technology pulls in the other direction. A miraculous alchemy occurs when one person reads to another, transforming the simple stuff of a book, a voice, and a bit of time into complex and powerful fuel for the heart, brain, and imagination. Grounded in the latest neuroscience and behavioral research, and drawing widely from literature, *The Enchanted Hour* explains the dazzling cognitive and social-emotional benefits that await children, whatever their class, nationality or family background. But it's not just about bedtime stories for little kids: Reading aloud consoles, uplifts and invigorates at every age, deepening the intellectual lives and emotional well-being of teenagers and adults, too. Meghan Cox Gurdon argues that this ancient practice is a fast-working antidote to the fractured attention spans, atomized families and unfulfilling ephemera of the tech era, helping to replenish what our devices are leaching away. For everyone, reading aloud engages the mind in complex narratives; for children, it's an irreplaceable gift that builds vocabulary, fosters imagination, and kindles a lifelong appreciation of language, stories and pictures. Bringing together the latest scientific research, practical tips, and reading recommendations, *The Enchanted Hour* will both charm and galvanize, inspiring readers to share this

invaluable, life-altering tradition with the people they love most.

A guide to the characters and settings of the game "Temple Run" features facts and trivia about ancient civilizations, from Cambodia and Turkey to prehistoric England, ancient Egypt and Greece, and Machu Picchu in Peru.

Gives readers a look into the lives and abilities of people who have type 1 diabetes, as well as the challenges they face. Learn how medications and special tools such as insulin pumps help people manage their type 1 diabetes. Additional features include a table of contents, an informative infographic, a Fast Facts spread, critical-thinking questions, a phonetic glossary, a selected bibliography, an index, sources for further research, and information about the author.

ORPHAN, CLOCK KEEPER, AND THIEF, twelve-year-old Hugo lives in the walls of a busy Paris train station, where his survival depends on secrets and anonymity. But when his world suddenly interlocks with an eccentric girl and her grandfather, Hugo's undercover life, and his most precious secret, are put in jeopardy. A cryptic drawing, a treasured notebook, a stolen key, a mechanical man, and a hidden message from Hugo's dead father form the backbone of this intricate, tender, and spellbinding mystery.

Lily Dahl, the young heroine of Siri Hustvedt's riveting novel, *The Enchantment of Lily Dahl*, is a strong, beautiful and daring nineteen year old girl poised on the

brink of womanhood. In the small town of Webster, Minnesota, Lily's life revolves around the Ideal Café. She lives above the café in a rented room and works there as a waitress. This is the stage Hustvedt sets for a bizarre cast of characters who frequent the café and populate Lily's life. Weaving a fascinating spell of mystery and suspense, Hustvedt recounts the erotic adventures, unexpected friendships, and inexplicable acts of madness that usher Lily into womanhood. By skillfully mixing reality and dreams, fact and fiction, past and present, Hustvedt creates a powerful world not quite real, but altogether truthful.

Taking as her starting point the inspiration and wisdom that can be derived from myth, fairy tales, and folk culture, Dr. Sharon Blackie offers a set of practical and grounded tools for enchanting our lives and the places we live, so leading to a greater sense of meaning and of belonging to the world. Enchantment. By Dr. Blackie's definition, a vivid sense of belongingness to a rich and many-layered world, a profound and whole-hearted participation in the adventure of life.

Enchantment is a natural, spontaneous human tendency — one we possess as children, but lose, through social and cultural pressures, as we grow older. It is an attitude of mind which can be cultivated: the enchanted life is possible for anyone. It is intuitive, embraces wonder, and fully engages the mythic imagination — but it is also deeply embodied in ecology, grounded in place and

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community. To live this way is to be challenged, to be awakened, to be gripped and shaken to the core by the extraordinary which lies at the heart of the ordinary.

For thousands of years people have been aware of the significance of numbers. The early Greeks taught that numbers are central to the understanding of life itself, while Galileo, the medieval Italian astronomer, said, "The book of nature is written in mathematical language". This attractively presented book explains both the history and theory of numerology, and, through practical advice, opens the door on a new world of possibilities. Rather than enduring the effects of various life circumstances, we can, through numerology, take part in their rhythmic process, one that links us with universal purpose and meaning. Numerology offers us the ability to order and control our lives.

The author of *If Women Rose Rooted* and *The Enchanted Life* returns to her first love, fiction, in this literary collection of fairy-tale retellings of transforming women.

C. S. Lewis was a British author, lay theologian, and contemporary of J.R.R. Tolkien. *The Lion, the Witch, and the Wardrobe* is the first book in *The Chronicles of Narnia*.

Exploring the extraordinary richness of Van Gogh's writings and depth of his

thinking on creativity, art and beauty. Vincent van Gogh's paintings are amongst the most iconic and admired in the world. The trials of his life and health are endlessly discussed but the extraordinary richness of his writings and depth of his thinking on creativity, art and beauty is less explored. Creative Inspiration, Van Gogh's writings have been edited and selected to create an enlightening, uplifting and helpful book for art lovers and creatives - amateurs and professionals alike. 150 carefully selected images illustrate these quotes, focusing on the sketches and drawings that reveal the rigour and ambition with which he approached his work. The book is thematically divided - from Beginnings to Routine to Beauty - and his determination and charisma are shared through words and pictures. A beautiful and delightfully handy art book that is designed to inspire. Please note this is a fixed-format ebook with colour images and may not be well-suited for older e-readers.

A haunting, richly atmospheric, and deeply suspenseful novel from the acclaimed author of *The Enchanted* about an investigator who must use her unique insights to find a missing little girl. "Where are you, Madison Culver? Flying with the angels, a silver speck on a wing? Are you dreaming, buried under snow? Or—is it possible—you are still alive?" Three years ago, Madison Culver disappeared when her family was choosing a Christmas tree in Oregon's Skookum National Forest.

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She would be eight-years-old now—if she has survived. Desperate to find their beloved daughter, certain someone took her, the Culvers turn to Naomi, a private investigator with an uncanny talent for locating the lost and missing. Known to the police and a select group of parents as "the Child Finder," Naomi is their last hope. Naomi's methodical search takes her deep into the icy, mysterious forest in the Pacific Northwest, and into her own fragmented past. She understands children like Madison because once upon a time, she was a lost girl, too. As Naomi relentlessly pursues and slowly uncovers the truth behind Madison's disappearance, shards of a dark dream pierce the defenses that have protected her, reminding her of a terrible loss she feels but cannot remember. If she finds Madison, will Naomi ultimately unlock the secrets of her own life? Told in the alternating voices of Naomi and a deeply imaginative child, *The Child Finder* is a breathtaking, exquisitely rendered literary page-turner about redemption, the line between reality and memories and dreams, and the human capacity to survive. "The Book of Secrets is the finest and most profound of Deepak Chopra's books to date. Want the answers to the secrets of life? Let me recommend that you start right here." —Ken Wilber, author of *A Brief History of Everything* We all want to know how to find a soul mate, what career would be most fulfilling, how to live a life with meaning, and how to teach our children well. We are looking for a

personal breakthrough, a turning point, a revelation that brings with it new meaning. The Book of Secrets—a crystalline distillation of insights and wisdom accumulated over the lifetime of one of the great spiritual thinkers of our time—provides an exquisite new tool for achieving just that. Every life is a book of secrets, ready to be opened. The secret of perfect love is found there, along with the secrets of healing, compassion, faith, and the most elusive one of all: who we really are. We are still mysteries to ourselves, despite the proximity of these answers, and what we most long to know remains lodged deep inside. Because answers to the questions at the center of life are counterintuitive, they are often hidden from view, sequestered from our everyday gaze. In his ongoing quest to elevate our experience, bestselling author Deepak Chopra has isolated fifteen secrets that drive the narrative of this inspiring book—and of our lives. From "The World Is in You" and "What You Seek, You Already Are" to "Evil Is Not Your Enemy" and "You Are Truly Free When You Are Not a Person," The Book of Secrets is rich with insights. It is a priceless treasure that can transport us beyond change to transformation, and from there to a sacred place where we can savor the nectar of enlightenment.

A life-changing journey from the wasteland of modern society to a place of nourishment and connection. Fifth anniversary edition, with new afterword for

2021. 'Mind-blowing. An anthem for all we could be . . . I sincerely hope every woman who can read has the time and space to read it.' Manda Scott, author of *Boudica and A Treachery of Spies* 'This is the core of our task: to respect and revere ourselves, and so bring about a world in which women are respected and revered, recognised once again as holding the life-giving power of the earth itself.' *If Women Rose Rooted* has been described as both transformative and essential. Sharon Blackie leads the reader on a quest to find their place in the world, drawing inspiration from the wise and powerful women in native mythology, and guidance from contemporary role models who have re-rooted themselves in land and community and taken responsibility for shaping the future. Beautifully written, honest and moving, *If Women Rose Rooted* is a passionate song to a different kind of femininity, a rallying, feminist cry for the rewilding of womanhood; reclaiming our role as guardians of the land. 'Powerful and inspiring.' Melissa Harrison, author of *All Among the Barley*

2019 IPPY Gold Medal Winner in Self Help Kirkus Reviews Best Books of 2018

Being kind is something most of us do when it's easy and when it suits us. Being kind when we don't feel like it, or when all of our buttons are being pushed, is hard. But that's also when it's most needed; that's when it can defuse anger and even violence, when it can restore civility in our personal and virtual

interactions. Kindness has the power to profoundly change our relationships with other people and with ourselves. It can, in fact, change the world. In *A Year of Living Kindly*—using stories, observation, humor, and summaries of expert research—Donna Cameron shares her experience committing to 365 days of practicing kindness. She presents compelling research into the myriad benefits of kindness, including health, wealth, longevity, improved relationships, and personal and business success. She explores what a kind life entails, and what gets in the way of it. And she provides practical and experiential suggestions for how each of us can strengthen our kindness muscle so choosing a life of kindness becomes ever easier and more natural. An inspiring, practical guide that can help any reader make a commitment to kindness, *A Year of Living Kindly* shines a light on how we can create a better, safer, and more just world—and how you can be part of that transformation.

Have you ever shopped for fruits, vegetables, or meat at a local farmers' market? Or maybe your family picks up a weekly box of fresh fruits and vegetables grown by local farmers in a community supported agriculture (CSA) program. So what does it mean to eat local, why is it a good idea, and how can you participate in your own community?

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