

## The Path A New Way To Think About Everything

Internationally known yoga teacher Tias Little shares powerful, inspiring wisdom from a lifetime of practice. For over 30 years, Tias Little has explored yoga as a spiritual path. In this book he offers key teachings from his journey that will resonate with anyone who has dedicated themselves to a mind-body discipline. In short, accessible chapters, Little shares his struggles and joys as a yogi and chronicles the transformation of his understanding and practice along the way. There are many physical and emotional trials that come up in yoga as a spiritual practice: the urge toward perfectionism, the desire to get it all right, the way we push ourselves in the practice, being with "not-knowing," and the many ways some people use yoga as a sedative. To help the reader embody and experience each theme, Little includes companion practices at the end of each chapter including poses, reflections, meditations, and explorations.

The US trade union movement finds itself on a global battlefield filled with landmines and littered with the bodies of various social movements and struggles. Candid, incisive, and accessible, this text is a critical examination of labour's crisis and a plan for a bold way forward into the 21st century.

The The P.A.T.H. 2 is a new revised edition of The P.A.T.H. 1. This is a systematic blueprint on how to parallel the art of fishing and farming for recruiting in your organization using the bait of patience, attraction, technique and humility. #ThePATH

Not where you want to be? Wondering how to get there? Why is it that smart people with admirable life goals often end up far from where they intended to be? Why is it that so many people start out with a clear mental picture of where they want to be relationally, financially, and professionally and yet years later find themselves far from their desired destination? Why do our expectations about our own future often go unmet? What if you knew the answer to those questions? What if there was one simple idea that explained why so many people get lost along the way? There is. It's called the principle of the path. And not only does it explain the disappointment and regret that characterize the lives of so many, it provides a way for you to be the exception. As you are about to discover, the principle of the path is at work in your life every single day. Once embraced, this compelling principle will empower you to identify and follow the path that leads to your desired destination. And this same principle will enable you to avoid life-wasting detours along the way. "If you're ready to break the bad habits, bad behaviors, and bad decisions that have been leading you into trouble, you need Andy Stanley's The Principle of the Path."—Dave Ramsey, host of The Dave Ramsey Show and best-selling author of The Total Money Makeover

A manual on why and how to live a nature-connected lifestyle. The book discusses the biological needs of the human animal, including diet, water, medicine, movement, nature immersion, community, etc. A major theme is the philosophy of civilization vs. rewilding.

An ebook companion to The Path by Michael Puett and Christine Gross-Loh that puts together a broad selection of translated excerpts from the ancient works of Chinese philosophy discussed in the book. This free ebook gives readers a chance to deepen their understanding of The Path by Michael Puett & Christine Gross-Loh by reading translated excerpts from the original works of Chinese philosophy discussed in the book. It includes selections from the teachings of Confucius, the Mohists, Mencius, Laozi, Zhuangzi, and Xunzi, among others.

For the first time, an award-winning Harvard professor shares his wildly popular course on classical Chinese philosophy, showing you how ancient ideas—like the fallacy of the authentic self—can guide you on the path to a good life today. Why is a course on ancient Chinese philosophers one of the most popular at Harvard? Because it challenges all our modern assumptions about what it takes to flourish.

Astonishing teachings emerged two thousand years ago through the work of a succession of Chinese scholars exploring how humans can improve themselves and their society. And what are these counterintuitive ideas? Transformation comes not from looking within for a true self, but from creating conditions that produce new possibilities. Good relationships come not from being sincere and authentic, but from the rituals we perform within them. A good life emerges not from planning it out, but through training ourselves to respond well to small moments.

Influence comes not from wielding power but from holding back. Excellence comes from what we choose to do, not our natural abilities. In other words, The Path "opens the mind" (Huffington Post) and upends everything we are told about how to lead a good life. Its most radical idea is that there is no path to follow in the first place—just a journey we create anew at every moment by seeing and doing things differently.

"With its...spirited, convincing vision, revolutionary new insights can be gleaned from this book on how to approach life's multifarious situations with both heart and head" (Kirkus Reviews). A note from the publisher: To read relevant passages from the original works of Chinese philosophy, see our ebook Confucius, Mencius, Laozi, Zhuangzi, Xunzi: Selected Passages, available wherever books are sold.

For the first time an award-winning Harvard professor shares the lessons from his wildly popular course on classical Chinese philosophy, showing you how these ancient ideas can guide you on the path to a good life today. The lessons taught by ancient Chinese philosophers surprisingly still apply, and they challenge our fundamental assumptions about how to lead a fulfilled, happy, and successful life. Self-discovery, it turns out, comes through looking outward, not inward. Power comes from holding back. Good relationships come from small gestures. Spontaneity comes from practice. And excellence comes from what you choose to do, not your "natural" abilities. Counterintuitive. Countercultural. Even revolutionary. These powerful ideas have made Professor Michael Puett's course the third most popular at Harvard University in recent years, with enrollment surging every year since it was first offered in 2006. It's clear students are drawn by a bold promise Professor Puett makes on the first day of class: "These ideas will change your life." Now he offers his course to the world.

What is your truth? Have you ever felt like you're living a lie? Are you pretending to be someone you're not to fit in, or reaching for goals to meet the expectations of others, or settling for a life that doesn't feel good in your soul? By uncovering who you really are, what you really want, and what you're meant to do while you're here on earth, A New Way of Life offers simple and intuitive guidance for creating a life aligned with your truth. In A New Way of Life, author, mentor, and coach Leah Brathwaite shares her own journey of self discovery and walks you through 8 transformative steps that took her from living a lie to a life of purpose, passion, and joy. As you move through this book you will: - Identify the lies that are keeping you from the life you're meant to live. - Transform your relationship with yourself and the world around you. - Learn to free yourself from the habits and beliefs that limit your soul and your success. - Create a new way of life that leads you to your deepest desires and start living it NOW.

All life on earth is about to be terminated by an entity as old as the galaxy itself. To make matters worse, Simon has broken everything already. In a future world that is run by computer systems and that is without want, how can a man find his role? Then, if the very computers he works on to try to make them more human suddenly try to kill him, revealing a secret so vast that it affects every living soul on the planet, can that man be a hero? These are the questions that face the stumbling, comic, and certainly flawed Simon Bank. His job is to work with the System's artificial intelligence, making it fit more perfectly into human society so that it can keep the country running smoothly. But when the System threatens the peaceful world he knows, Simon suddenly must rush to save his own life, as well as the life of everyone on earth.

Forced to reassess everything that he thought he knew, he is caught within circumstances way beyond his control. Simon's only hope is to rely on intellect and instincts he didn't know he had, and on new friends, not all of them human, to change himself and all humanity. And he doesn't have much time. Skyhorse Publishing, under our Night Shade and

Talos imprints, is proud to publish a broad range of titles for readers interested in science fiction (space opera, time travel, hard SF, alien invasion, near-future dystopia), fantasy (grimdark, sword and sorcery, contemporary urban fantasy, steampunk, alternative history), and horror (zombies, vampires, and the occult and supernatural), and much more. While not every title we publish becomes a New York Times bestseller, a national bestseller, or a Hugo or Nebula award-winner, we are committed to publishing quality books from a diverse group of authors.

Dan Slaughter has given up on appearances. With his wife dead and his kids grown, he's slowly reverting back to the east Tennessee boy he used to be three decades earlier. He quit cutting his hair and started smoking pot. He drinks when he wants to and sings along with the classic songs of his lost youth. When his childhood friend Carl dies suddenly, Dan agrees to help Carl's mother with the estate, even when it means traveling across the country to Boise, Idaho. Worse yet, Dan has to fly and that's no easy task for a paranoid hillbilly not used to following rules. Once he arrives in Boise, it doesn't take long for Dan to figure out that there's a lot more to his friend's death than he'd been led to believe. He begins to suspect the overdose was actually murder and he can't let it rest. Only days after arriving, a mysterious solar event traps Dan in the city, leaving him with no prospect of returning home anytime soon. Rather than panicking, Dan readily accepts the new state of things. For him, the apocalypse is an opportunity. With no law enforcement, his plan to deliver a dose of Tennessee justice in downtown Boise just got a whole lot easier.

"Deep inside you know Who You Truly Are. We all do. It's not a question of discovering it, it's a question of claiming it. Being it. And that's actually easier done than said. We're all just one decision away from The Essential Path. It's a path that could change a world that deeply yearns for a new direction." — Neale Donald Walsch, author, *The Essential Path*

Our modern era is plagued by increasing alienation—we are seeing an “us against them” world. Everywhere we turn, we find ourselves divided from each other as never before across political, economic, social, and spiritual lines. As humanity is being torn apart right before our eyes—separating many of us from our friends and even our loved ones, from our hopes and dreams, from the natural world, and from so much that gives meaning and value to our lives—people are blaming everyone and everything around them for the collective problems that we have created ourselves. We are turning against each other, rather than to each other, just when we need each other the most. Bestselling author of *Conversations with God* Neale Donald Walsch offers a radical solution to the growing problem of humanity's alienation. He invites us to question our basic assumptions about ourselves, about each other, about life and how it works, and about God, and to rethink the very definition of humanity. *The Essential Path* challenges every human to make a Daring Decision—to look at who we are and how we can choose to be, in a planet-altering new way. With insight and spiritual perceptivity, Walsch peers into the heart of a broken, divided society, prompting us to ask the critical questions that have the power to transform our world.

Stephen Parker has produced a profound explication of the psychological dimension of Yoga from the standpoint of classical Raja-yoga. I would recommend *Clearing the Path* for all students of Yoga and meditation who truly aspire to a deeper level of practice. - David Frawley

How can we think more deeply about our travels? This was the question that inspired Emily Thomas' journey into the philosophy of travel. Part philosophical ramble, part travelogue, *The Meaning of Travel* begins in the Age of Discovery, when philosophers first started taking travel seriously. It meanders forward to consider Montaigne on otherness, John Locke on cannibals, and Henry Thoreau on wilderness. On our travels with Thomas, we discover the dark side of maps, how the philosophy of space fuelled mountain tourism, and why you should wash underwear in woodland cabins... We also confront profound issues, such as the ethics of 'doom tourism' (travel to 'doomed' glaciers and coral reefs), and the effect of space travel on human significance in a leviathan universe. The first ever exploration of the places where history and philosophy meet, this book will reshape your understanding of travel.

An eye-opening guide to the world's best parenting strategies Research reveals that American kids lag behind in academic achievement, happiness, and wellness. Christine Gross-Loh exposes culturally determined norms we have about “good parenting,” and asks, Are there parenting strategies other countries are getting right that we are not? This book takes us across the globe and examines how parents successfully foster resilience, creativity, independence, and academic excellence in their children. Illuminating the surprising ways in which culture shapes our parenting practices, Gross-Loh offers objective, research-based insight such as: Co-sleeping may promote independence in kids.

“Hoverparenting” can damage a child's resilience. Finnish children, who rank among the highest academic achievers, enjoy multiple recesses a day. Our obsession with self-esteem may limit a child's potential.

For the first time in one volume, *The Analects* illustrated by bestselling cartoonist C. C. Tsai C. C. Tsai is one of Asia's most popular cartoonists, and his editions of the Chinese classics have sold more than 40 million copies in over twenty languages. This volume presents Tsai's delightful graphic adaptation of *The Analects*, one of the most influential books of all time and a work that continues to inspire countless readers today. Tsai's expressive drawings bring Confucius and his students to life as no other edition of the *Analects* does. See Confucius engage his students over the question of how to become a leader worth following in a society of high culture, upward mobility, and vicious warfare. Which virtues should be cultivated, what makes for a harmonious society, and what are the important things in life? Unconcerned with religious belief but a staunch advocate of tradition, Confucius emphasizes the power of society to create sensitive, respectful, and moral individuals. In many ways, Confucius speaks directly to modern concerns--about how we can value those around us, educate the next generation, and create a world in which people are motivated to do the right thing. A marvelous introduction to a timeless classic, this book also features an illuminating foreword by Michael Puett, coauthor of *The Path: What Chinese Philosophers Can Teach Us about the Good Life*. In addition, Confucius's original Chinese text is artfully presented in narrow sidebars on each page, enriching the books for readers and students of Chinese without distracting from the self-contained English-language cartoons. The text is skillfully translated by Brian Bruya, who also provides an

introduction.

Introduces the world of Roshar through the experiences of a war-weary royal compelled by visions, a highborn youth condemned to military slavery, and a woman who is desperate to save her impoverished house.

INSTANT NEW YORK TIMES BESTSELLER “This radiant book will not only change your life, but perhaps even save it.”—Elizabeth Gilbert, #1 New York Times bestselling author “Martha Beck’s genius is that her writing is equal parts comforting and challenging. A teacher, a mother, a sage, she holds our hand as she leads us back home to ourselves.”—Glennon Doyle, #1 New York Times bestselling author Bestselling author, life coach, and sociologist Martha Beck explains why “integrity”—needed now more than ever in these tumultuous times—is the key to a meaningful and joyful life As Martha Beck says in her book, “Integrity is the cure for psychological suffering. Period.” In *The Way of Integrity*, Beck presents a four-stage process that anyone can use to find integrity, and with it, a sense of purpose, emotional healing, and a life free of mental suffering. Much of what plagues us—people pleasing, staying in stale relationships, negative habits—all point to what happens when we are out of touch with what truly makes us feel whole. Inspired by *The Divine Comedy*, Beck uses Dante’s classic hero’s journey as a framework to break down the process of attaining personal integrity into small, manageable steps. She shows how to read our internal signals that lead us towards our true path, and to recognize what we actually yearn for versus what our culture sells us. With techniques tested on hundreds of her clients, Beck brings her expertise as a social scientist, life coach and human being to help readers to uncover what integrity looks like in their own lives. She takes us on a spiritual adventure that not only will change the direction of our lives, but also bring us to a place of genuine happiness.

#1 Wall Street Journal Bestseller *The Obstacle is the Way* has become a cult classic, beloved by men and women around the world who apply its wisdom to become more successful at whatever they do. Its many fans include a former governor and movie star (Arnold Schwarzenegger), a hip hop icon (LL Cool J), an Irish tennis pro (James McGee), an NBC sportscaster (Michele Tafoya), and the coaches and players of winning teams like the New England Patriots, Seattle Seahawks, Chicago Cubs, and University of Texas men’s basketball team. The book draws its inspiration from stoicism, the ancient Greek philosophy of enduring pain or adversity with perseverance and resilience. Stoics focus on the things they can control, let go of everything else, and turn every new obstacle into an opportunity to get better, stronger, tougher. As Marcus Aurelius put it nearly 2000 years ago: “The impediment to action advances action. What stands in the way becomes the way.” Ryan Holiday shows us how some of the most successful people in history—from John D. Rockefeller to Amelia Earhart to Ulysses S. Grant to Steve Jobs—have applied stoicism to overcome difficult or even impossible situations. Their embrace of these principles ultimately mattered more than their natural intelligence, talents, or luck. If you’re feeling frustrated, demoralized, or stuck in a rut, this book can help you turn your problems into your biggest advantages. And along the way it will inspire you with dozens of true stories of the greats from every age and era. The bestselling spiritual writer Joan Chittister reflects on 15 paintings by contemporary American artist Janet McKenzie in a 21st century interpretation of the centuries old Christian devotion. When popular writer Joan Chittister heard that artist Janet McKenzie painted the fifteen stations of the cross, she was eager to write the accompanying text—her first book-length treatment of the stations.

All developed countries in the world today, especially in the U.S., face a common problem: they have promised more than they can deliver. People are expecting benefits for which taxpayers are not likely willing or able to pay. In addition, the benefits that government provides are all too often delivered inefficiently, impersonally, inflexibly, and in a way that encourages perverse behavior on the part of the beneficiaries. In *Care for America: A Better Social Safety Net*, the author, John C. Goodman, considers this dilemma and explores reasonable alternatives to our current dependency on inefficient government programs. Dr. Goodman guides us through the governmental maze of healthcare, social security and other governmental insurance programs, and offers important solutions that are relevant for today.

“Thayne is a master at creating richly dimensional and kind characters from different generations who find themselves facing difficult challenges.”—Booklist With the emotional pull of Debbie Macomber, Barbara Delinsky and Susan Wiggs, RaeAnne Thayne brings readers an uplifting, brand new story told with her trademark charm and heart. She knows what’s best for everyone but herself... With a past like hers, Jessica Clayton feels safer in a life spent on the road. She’s made a career out of helping others downsize—because she’s learned the hard way that the less “stuff,” the better, a policy she applies equally to her relationships. But a new client is taking Jess back to Cape Sanctuary, a town she once called home...and that her little sister, Rachel, still does. The years apart haven’t made a dent in the guilt Jess still carries after a handgun took the lives of both their parents and changed everything between them. While Jess couldn’t wait to put the miles between her and Cape Sanctuary, Rachel put down roots, content for the world—and her sister—to think she has a picture-perfect life. But with the demands of her youngest child’s disability, Rachel’s marriage has begun to fray at the seams. She needs her sister now more than ever, yet she’s learned from painful experience that Jessica doesn’t do family, and she shouldn’t count on her now. Against her judgment, Jess finds herself becoming attached—to her sister and her family, even to her client’s interfering son, Nate—and it’s time to put everything on the line. Does she continue running from her painful past, or stay put and make room for the love and joy that come along with it? The author uses advice and insight to help readers find purpose, happiness, and fulfillment in their lives.

Everyone has a purpose. And, according to Oprah Winfrey, “Your real job in life is to figure out as soon as possible what that is, who you are meant to be, and begin to honor your calling in the best way possible.” That journey starts right here. In her latest book, *The Path Made Clear*, Oprah shares what she sees as a guide for activating your deepest vision of yourself, offering the framework for creating not just a life of success, but one of significance. The book’s ten chapters are organized to help you recognize the important milestones along the road to self-discovery, laying out what you really need in order to achieve personal contentment, and what life’s detours are there to teach us. Oprah opens each chapter by sharing her own key lessons and the personal stories that helped set the course for her best life. She then brings together wisdom and insights from luminaries in a wide array of fields, inspiring readers to consider what they’re meant to do in the world and how to pursue it with passion and focus. Renowned figures such as Eckhart Tolle, Brene Brown, Lin-Manuel Miranda, Elizabeth Gilbert, Jay-Z, and Ellen DeGeneres share the greatest lessons from their own journeys toward a life filled with purpose. Paired with over 100 awe-inspiring photographs to help illuminate the wisdom of these messages, *The Path Made Clear* provides readers with a beautiful resource for achieving a life lived in service of your calling – whatever it may be.

Accelerate your journey to financial freedom with the tools, strategies, and mindset of money mastery. Regardless of your stage of life and your current financial picture, the quest for financial freedom can indeed be conquered. The journey will demand the right tools and strategies

along with the mindset of money mastery. With decades of collective wisdom and hands-on experience, your guides for this expedition are Peter Mallouk, the only man in history to be ranked the #1 Financial Advisor in the U.S. for three consecutive years by Barron's (2013, 2014, 2015), and Tony Robbins, the world-renowned life and business strategist. Mallouk and Robbins take the seemingly daunting goal of financial freedom and simplify it into a step-by-step process that anyone can achieve. The pages of this book are filled with real-life success stories and vital lessons, such as... • Why the future is better than you think and why there is no greater time in history to be an investor • How to chart your personally tailored course for financial security • How markets behave and how to achieve peace of mind during volatility • What the financial services industry doesn't want you to know • How to select a financial advisor that puts your interests first • How to navigate, select, or reject the many types of investments available • Success without fulfillment is the ultimate failure! Financial freedom is not only about money—it's about feeling deeply fulfilled in your own personal journey "Want an eye-opening guide to money management—one that tells it like it is and will make you laugh along the way? Peter Mallouk's tour of the financial world is a tour de force that'll change the way you think about money." —Jonathan Clements, Former Columnist for The Wall Street Journal "Robbins is the best economic moderator that I've ever worked with. His mission to bring insights from the world's greatest financial minds to the average investor is truly inspiring." —Alan Greenspan, Former Federal Reserve Chairman "Tony is a force of nature." —Jack Bogle, Founder of Vanguard

Presents a twelve-week program intended to increase creativity by capturing the creative energy of the universe.

The Journey/ The Path is a collection of defining moments in the author's life. Throughout her journey, the author learned of the attributes of God. This profound revelation shifted her mindset, birthed strength, and enhanced her relationship with God. This book sets out to assist others to find the beauty in growth, to embrace divine healing, and to move forward under the tutorship of God's divine plan.

Harvard's most popular professor explains how thinkers from Confucius to Zhuangzi can transform our lives The first book of its kind, The Path draws on the work of the great but largely unknown Chinese philosophers to offer a profound guide to living well. By explaining what these teachings reveal about subjects from decision-making to relationships, it challenges some of our deepest held assumptions, forcing us to "unlearn" many ideas that inform modern society. The way we think we're living our lives isn't the way we live them. The authors show that we live well not by "finding" ourselves and slavishly following a grand plan, as so much of Western thought would have us believe, but rather through a path of self-cultivation and engagement with the world. Believing in a "true self" only restricts what we can become - and tiny changes, from how we think about careers to how we talk with our family, can start to have powerful effects that will open up constellations of new possibilities. Professor Michael Puett's course in Chinese philosophy has taken Harvard by storm. In The Path, he collaborates with journalist and author Christine Gross-Loh to make this timeless wisdom accessible to everyone for the very first time.

"From the authors of the #1 New York Times best-selling Half the Sky, a unique and essential narrative about making a difference in the world--a roadmap to becoming a conscientious global citizen. Equal in urgency and compassion to Half the Sky, this galvanizing new book from the acclaimed husband and wife team is even more ambitious in scale: nothing less than a deep examination of people who are making the world a better place, and the myriad ways we can support them, whether with a donation of five dollars or five million, an inkling to help or a useful skill to deploy. With scrupulous research and on-the-ground reporting, the authors assay the art and science of giving--determining the current most successful local and global aid initiatives (on issues from education to inner-city violence to disease prevention), evaluating the efficiency and impact of specific approaches and charities, as well as fundraising. Most compellingly, perhaps, they show us how particular people have made a difference, and offer practical advice on how best each of us can give and what we can personally derive from doing so"--

"In Find your Way, you will discover the helpful, proven wisdom and deep care that I have experienced in working alongside Carly." --Henry Cloud, best-selling author of Boundaries A perfect gift for graduates! No matter where you are in life, you are not yet all you will be . . . At some point, virtually everyone finds themselves struggling to find their way in life. Perhaps you're just starting out and haven't yet found your personal or professional path. Maybe you've been plugging away for years, trying to live someone else's dream. Maybe you're outwardly successful but plagued by a nagging, soul-level sense of dissatisfaction. Carly Fiorina, who started as a secretary and later became the first female CEO of a Fortune 50 company, can help. Drawing on her own remarkable journey, and empirical evidence accumulated over four decades in the workplace, Carly will show you how to choose a path over a plan, use problems to propel yourself and your organization forward, overcome fear and procrastination, make smart decisions, and reclaim your power and use it for good. Carly Fiorina believes beyond a shadow of a doubt that your potential can be unleashed. In Find Your Way, she shows you the path to getting there.

How do we understand the motivations and dynamics of the different personality types we see in our intimate partners, our friends, or in our professional lives? This book from Suzanne Stabile on the nine Enneagram types and how they experience relationships will guide readers into deeper insights about themselves, their types, and others' personalities so that they can have loving, mature, and compassionate relationships.

'Roger Kneebone is a legend' Mark Miodownik, author of Stuff Matters 'Fascinating and inspiring' Financial Times 'The pandemic has made the necessity of relying on experts evident to all . . . this is a rich exploration of lifelong learning' Guardian What could a lacemaker have in common with vascular surgeons? A Savile Row tailor with molecular scientists? A fighter pilot with jazz musicians? At first glance, very little. But Roger Kneebone is the expert on experts, having spent a lifetime finding the connections. In Expert, he combines his own experiences as a doctor with insights from extraordinary people and cutting-edge research to map out the path we're all following - from 'doing time' as an Apprentice, to developing your 'voice' and taking on responsibility as a Journeyman, to finally becoming a Master and passing on your skills. As Kneebone shows, although each outcome is different, the journey is always the same. Whether you're developing a new career, studying a language, learning a musical instrument or simply becoming the person you want to be, this ground-breaking book reveals the path to mastery.

Meet three kids on their usual walk down the path near their house. Every day, they notice something new: the trail, the plants and the animals - some of the changes are almost too small to recognize! With sketchbooks under their arms and a magnifying glass in hand, each child interacts with the path in a different way. Together, they create a whole world for themselves. The Path (working title) encourages us to take a closer look and be curious about our surroundings. For readers of all ages, this book shows that the only thing we can count on for certain is change.

What if all our lives were mapped out before birth? Does anyone have the power to change our destiny? Ella hates London. She misses her old life in Spain and is struggling to get over her past—until she meets Zac. He's always loved her but isn't meant to be part of her story. Not this time. Not ever. Little does she know that his secret is the one thing that will tear them apart and force her to live in a world that no longer makes sense. A world full of danger, lies and magic. The Path Keeper is a passionate tale of first loves, second chances and the invisible threads that bind us. Can love ever be stronger than fate?

INTERNATIONAL BESTSELLER SUNDAY TIMES TOP TEN BESTSELLER Harvard's most popular professor explains how thinkers from Confucius to Zhuangzi can transform our lives The first book of its kind, The Path draws on the work of the great but largely unknown Chinese philosophers to offer a profound guide to living well. By explaining what these

teachings reveal about subjects from decision-making to relationships, it challenges some of our deepest held assumptions, forcing us to "unlearn" many ideas that inform modern society. The way we think we're living our lives isn't the way we live them. The authors show that we live well not by "finding" ourselves and slavishly following a grand plan, as so much of Western thought would have us believe, but rather through a path of self-cultivation and engagement with the world. Believing in a "true self" only restricts what we can become - and tiny changes, from how we think about careers to how we talk with our family, can start to have powerful effects that will open up constellations of new possibilities. Professor Michael Puett's course in Chinese philosophy has taken Harvard by storm. In *The Path*, he collaborates with journalist and author Christine Gross-Loh to make this timeless wisdom accessible to everyone for the very first time.

While in grad school in the early 1990s, Chris Niebauer began to notice striking parallels between the latest discoveries in psychology, neuroscience, and the teachings of Buddhism, Taoism, and other schools of Eastern thought. When he presented his findings to a professor, his ideas were quickly dismissed as "pure coincidence, nothing more." Fast-forward 20 years later and Niebauer is a PhD and a tenured professor, and the Buddhist-neuroscience connection he found as a student is practically its own genre in the bookstore. But according to Niebauer, we are just beginning to understand the link between Eastern philosophy and the latest findings in psychology and neuroscience and what these assimilated ideas mean for the human experience. In this groundbreaking book, Niebauer writes that the latest research in neuropsychology is now confirming a fundamental tenet of Buddhism, what is called Anatta, or the doctrine of "no self." Niebauer writes that our sense of self, or what we commonly refer to as the ego, is an illusion created entirely by the left side of the brain. Niebauer is quick to point out that this doesn't mean that the self doesn't exist but rather that it does so in the same way that a mirage in the middle of the desert exists, as a thought rather than a thing. His conclusions have significant ramifications for much of modern psychological modalities, which he says are spending much of their time trying to fix something that isn't there. What makes this book unique is that Niebauer offers a series of exercises to allow the reader to experience this truth for him- or herself, as well as additional tools and practices to use after reading the book, all of which are designed to change the way we experience the world—a way that is based on being rather than thinking.

*The Path* A New Way to Think about Everything Viking

A six week Artist's Way Programme from legendary author Julia Cameron From the bestselling author of *The Artist's Way* comes a new, transformative guide to deeper, more profound listening and creativity. Over six weeks, readers will be given the tools to become better listeners—to their environment, the people around them, and themselves. The reward for learning to truly listen is immense. As we learn to listen, our attention is heightened and we gain healing, insight, clarity. But above all, listening creates connections and ignites a creativity that will resonate through every aspect of our lives. Each week, readers will be challenged to expand their ability to listen in a new way, beginning by listening to their environment and culminating in learning to listen to silence. These weekly practices open up a new world of connection and fulfilment. The Listening Path is a deeply necessary reminder of the power of truly hearing. In a time of unnecessary noise, listening is the artist's way forward.

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