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Ultimate Confidence - Marisa Peer 2009-06-04

PLEASE NOTE: LINK FOR THE FREE HYPNOSIS DOWNLOAD CAN BE FOUND ON THE CONTENTS PAGE
There's so much more to confidence than being outgoing, and self esteem has a huge impact on both your happiness and what you are able to achieve in life. Marisa Peer's tried and tested programme is an effortless way to maximise your potential and overhaul your whole outlook on life for the better. Her powerful hypnotic language and effective techniques mean that just reading the book enables you to change negative thought patterns and break harmful habits that have been holding you back without you knowing it. Written in the highly engaging style she is renowned for, Marisa's book speaks to you on an extremely personal level and tailors her proven methods in establishing confidence to your unique needs. Unlike other books on the market, not only does her programme provide lasting results but she focuses much more on how to like yourself, because until you do you can't enjoy the benefits of confidence. Marisa's programme is the effortless way to tackle every type of confidence issue so that you can achieve your full potential in life and reap the rewards.

Spider in a Tree - Susan Stinson 2013-10-18

Eighteenth-century preacher Jonathan Edwards made the town of Northampton famous for its piety before the town rejected him.

Placebo Effects - Fabrizio Benedetti 2014-09-18

One of the most widespread words in medicine is placebo and placebo effect, although it is not always clear what it means exactly. Recent progress in biomedical research has allowed a better clarification of the placebo effect. We know that this is an active psychobiological phenomenon which takes place in the patient's brain and that is capable of influencing both the course of a disease and the response to a therapy. Since publication of the first edition of this book in 2008, there has been an explosion of placebo research, and this new edition brings the topic fully up to date. Throughout, the book emphasizes that there are many placebo effects and critically reviews them in different medical conditions, such as neurological and psychiatric disorders, cardiovascular and respiratory diseases, immune and hormonal responses, as well as oncology, surgery, sports medicine and acupuncture. The psychosocial context around the patient is crucial to the placebo effect, for example the doctor's words and attitudes, and throughout this is considered. Exhaustive in its coverage, and written by a world authority in the field, this is the definitive reference text to the placebo effect - one that is essential for researchers and clinicians across a wide range of medical specialities.

Endoscopic Surgery of the Lacrimal Drainage System - Livio Presutti 2015-11-16

This manual covers all aspects of endoscopic surgery of the lacrimal drainage system. Step-by-step descriptions are provided of endoscopic dacryocystorhinostomy (DCR) and its use in revision surgery, accompanied by numerous helpful photographs and anatomical drawings. In addition, clear flow charts are included to aid in diagnostic and surgical decision making and identify surgical indications. Essential information is provided on anatomy, physiology and pathology and an individual chapter is devoted to imaging of the lacrimal drainage system. Further topics include lacrimal probes and stents, potential complications of surgery, and endoscopic DCR in the pediatric age group. This book will assist the practitioner

in negotiating the steep learning curve involved in gaining the skills needed to perform endoscopic surgery of the lacrimal drainage system, which offers significant advantages in terms of avoidance of external incisions and maintenance of the lacrimal pump.

Lady Bits - B. Grogan 2015-06-10

Collector's Edition (color interior): makes a great gift! Approachable and highly readable, Lady Bits offers empowering health information and simple tools to elevate your well-being and tap into your sensuality. Part women's health text, part sex manual, and part chatting over a glass of wine with your best friend, Lady Bits is a comprehensive guide that will help you understand, care for, and LOVE your unique female body. With two free digital workouts and a 14-Day Action Guide, the information found in this program is practical and eye-opening - ideal for women of all ages.

Other People's Love Affairs - D. Wylan Owen 2018-08-21

"Owen writes exquisite stories that lodge somewhere in my chest and keep detonating-loudly, devastatingly-again and again."-Garth Greenwell, author of What Belongs to You
In the ten luminous stories of D. Wylan Owen's debut collection, the people of Glass, a picturesque village on the rugged English coast, are haunted by longings and deeply held secrets, captive to pasts that remain as alive as the present. Each story takes us into the lives of characters reaching earnestly and often courageously for connection to the people they have loved. Owen observes their heartbreaks, their small triumphs, and their generous capacity for grace. A young nurse, reeling from the disappearance of her mother, forges an unlikely friendship with a local vagrant. A young boy is by turns dazzled and disillusioned by a trip to the circus with a family friend. A widower revisits the cinema where, as a teenager, he and an older woman shared trysts that both thrilled and baffled him. A woman is offered fragile, uneasy forgiveness for a cruel act from years ago. And in the title story, a shopkeeper's vision of the woman she loved is upended by the startling revelation of a secret life. Surprising and powerful, and in the classic tradition of fiction by James Joyce, William Trevor, and Elizabeth Strout, Owen's interconnected stories strike a deep and resounding emotional chord.

The Macrobiotic Path to Total Health - Michio Kushi 2008-12-10

"Food is the chief of all things, the universal medicine. . . . Food transmutes directly into body, mind, and spirit . . . creates our day-to-day health and happiness." -from The Macrobiotic Path to Total Health
Even in medical schools, alternative medicine is blossoming. Two thirds of them now offer courses in complementary healing practices, including nutrition. At the heart of this revolution is macrobiotics, a simple, elegant, and delicious way of eating whose health benefits are being confirmed at an impressive rate by researchers around the world. Macrobiotics is based on the laws of yin and yang-the complementary energies that flow throughout the universe and quicken every cell of our bodies and every morsel of the food we eat. Michio Kushi and Alex Jack, distinguished educators of the macrobiotic way, believe that almost every human ailment from the common cold to cancer can be helped, and often cured, by balancing the flow of energy (the ki) inside us. The most effective way to do this is to eat the right foods, according to our individual day-to-day needs. Now in this marvelous guide,

they give us the basics of macrobiotic eating and living, and explain how to use this powerful source of healing to become healthier and happier, to prevent or relieve more than two hundred ailments, conditions, or disorders—both physical and psychological. This encyclopedic compendium of macrobiotic fundamentals, remedies, menus, and recipes takes into account the newest thinking and evolving practices within the macrobiotic community. The authors integrate all the information into a remarkable A to Z guide to macrobiotic healing—from AIDS, allergies, and arthritis, to cancer, diabetes, and heart disease. They also clearly explain what we need to know to start eating a true macrobiotic diet that will provide us with a complete balance of energy and nutrients. Living as we all do in environmental and climactic circumstances that are largely outside our personal control, it is vital that we follow a healthy lifestyle, including a flexible diet that we can adjust to meet our own individual needs. The Macrobiotic Path to Total Health gives us precisely the tools and the understanding we need to achieve this goal. Use it to build a strong, active body and a cheerful, resourceful mind.

The Black Book of Training Secrets - Christian Thibaudeau 2014-06-04

The first book by Christian Thibaudeau and a classic strength training book. The Black Book includes informations that are applicable regardless of your goal, bodybuilders, athletes, powerlifters and health enthusiasts will all get something out of it. Read the book that started it all!

Paradise - Abdulrazak Gurnah 2021-11-11

By the winner of the 2021 Nobel Prize in Literature A BBC RADIO 4 Book at Bedtime SHORTLISTED FOR THE BOOKER PRIZE _____ 'A poetic and vividly conjured book about Africa and the brooding power of the unknown' Independent on Sunday 'Gurnah evokes his world in poetic prose which is pure and lucid - a small paradise in itself ... The pleasures, sadnesses and losses in all the shining facets of this book are lingering and exquisite' Guardian 'An obliterated world is enthrallingly retrieved' Sunday Times _____ Born in East Africa, Yusuf has few qualms about the journey he is to make. It never occurs to him to ask why he is accompanying Uncle Aziz or why the trip has been organised so suddenly, and he does not think to ask when he will be returning. But the truth is that his 'uncle' is a rich and powerful merchant and Yusuf has been pawned to him to pay his father's debts. Paradise is a rich tapestry of myth, dreams and Biblical and Koranic tradition, the story of a young boy's coming of age against the backdrop of an Africa increasingly corrupted by colonialism and violence. *Ideological Constructs of Vaccination* - MATEJA. CERNIC 2018

Zen Macro Biotics - Georges Ohsawa 1965

Twelve and Twelve in Acupuncture - Richard Tan 1991

Shiva - Vanamali 2013-10-04

The traditional understanding of Shiva told through stories and teachings from the Shiva Mahapurana • Explains Shiva's contradictory forms, such as destroyer or benefactor, and how his form depends on the needs of the devotee • Reveals how Shiva's teachings allow one to see through the illusions at the root of all grief and alienation in human life • Explores Shiva's relationships with Durga, Shakti, Sati, and Parvati and with his sons Ganesha and Kartikeya Shiva, the most ancient and complex deity of the Hindu pantheon, has been portrayed in many contrasting lights: destroyer and benefactor, ascetic and householder, wild demon slayer and calm yogi atop Mount Kailash. Drawing from the Hindu sacred text the Shiva Mahapurana—said to be written by Shiva himself—Vanamali selects the essential stories of Shiva, both those from his dark wild side and those from his benevolent peaceful side. Vanamali discusses Shiva's many avatars such as Shambunatha and Bhola, as well as Dakshinamurti who taught the shastras and tantras to the rishis. She explores Shiva's relationships with Durga, Shakti, Sati, and Parvati and with his sons Ganesha and Kartikeya. Examining Shiva's acceptance of outsiders, Vanamali explains why ghosts and ghouls are his attendants and why his greatest devotees are demon kings, like Ravana. She includes famous Shiva stories such as

the Descent of the River Ganga and Churning the Milky Ocean as well as those that reveal the origin of the festival of lights, Diwali; his creation of the cosmic couple, or hierogamos; and how Shiva and Parvati taught the world the secrets of Kundalini Shakti. The author also draws upon Shaivite teachings to illustrate the differences between Western science and Vedic science and their explanations for the origins of consciousness. Integrating Shiva's two sides, the fierce and the peaceful, Vanamali reveals that Shiva's form depends on the needs of the devotee. Understanding his teachings allows one to see through the illusions at the root of all grief and alienation in human life, for Shiva is the wielder of maya who does not fall under its spell. While Ganesha is known as the remover of obstacles, Shiva is the remover of tears.

The Fact of a Body - Alexandria Marzano-Lesnevich 2017-05-16

"Complex and challenging... push[es] the boundaries of writing about trauma." —The New York Times "A True Crime Masterpiece" - Vogue Entertainment Weekly "Must" List and Best Books of the Year So Far Real Simple's Best New Books Guardian Best Book of the Year Lambda Literary Award Winner Chautauqua Prize Winner "The Fact of a Body is one of the best books I've read this year. It's just astounding." — Paula Hawkins, author of Into the Water and The Girl on the Train "This book is a marvel. The Fact of a Body is equal parts gripping and haunting and will leave you questioning whether any one story can hold the full truth." — Celeste Ng, author of the New York Times bestselling Everything I Never Told You and Little Fires Everywhere Before Alex Marzano-Lesnevich begins a summer job at a law firm in Louisiana, working to help defend men accused of murder, they think their position is clear. The child of two lawyers, they are staunchly anti-death penalty. But the moment convicted murderer Ricky Langley's face flashes on the screen as they review old tapes—the moment they hear him speak of his crimes -- they are overcome with the feeling of wanting him to die. Shocked by their reaction, they dig deeper and deeper into the case. Despite their vastly different circumstances, something in his story is unsettlingly, uncannily familiar. Crime, even the darkest and most unsayable acts, can happen to any one of us. As Alex pores over the facts of the murder, they find themselves thrust into the complicated narrative of Ricky's childhood. And by examining the details of Ricky's case, they are forced to face their own story, to unearth long-buried family secrets, and reckon with a past that colors their view of Ricky's crime. But another surprise awaits: They weren't the only one who saw their life in Ricky's. An intellectual and emotional thriller that is also a different kind of murder mystery, THE FACT OF A BODY is a book not only about how the story of one crime was constructed -- but about how we grapple with our own personal histories. Along the way it tackles questions about the nature of forgiveness, and if a single narrative can ever really contain something as definitive as the truth. This groundbreaking, heart-stopping work, ten years in the making, shows how the law is more personal than we would like to believe -- and the truth more complicated, and powerful, than we could ever imagine.

Admiring Silence - Abdulrazak Gurnah 2016-12-15

By the winner of the 2021 Nobel Prize in Literature 'There is a wonderful sardonic eloquence to this unnamed narrator's voice' Financial Times 'I don't think I've ever read a novel that is so convincingly and hauntingly sad about the loss of home' Independent on Sunday _____ He thinks, as he escapes from Zanzibar, that he will probably never return, and yet the dream of studying in England matters above that. Things do not happen quite as he imagined - the school where he teaches is cramped and violent, he forgets how it feels to belong. But there is Emma, beautiful, rebellious Emma, who turns away from her white, middle-class roots to offer him love and bear him a child. And in return he spins stories of his home and keeps her a secret from his family. Twenty years later, when the barriers at last come down in Zanzibar, he is able and compelled to go back. What he discovers there, in a story potent with truth, will change the entire vision of his life.

Liver Pathophysiology - Pablo Muriel 2017-03-02

Liver Pathophysiology: Therapies and Antioxidants is a complete volume on morphology, physiology, biochemistry, molecular biology and treatment of liver

diseases. It uses an integral approach towards the role of free radicals in the pathogenesis of hepatic injury, and how their deleterious effects may be abrogated by the use of antioxidants. Written by the most prominent authors in the field, this book will be of use to basic and clinical scientists and clinicians working in the biological sciences, especially those dedicated to the study and treatment of liver pathologies. Presents the most recent advances in hepatology, with a special focus on the role of oxidative stress in liver injury. Provides in vivo and in vitro models to study human liver pathology. Explains the beneficial effects of antioxidants on liver diseases. Contains the most recent and modern treatments of hepatic pathologies, including, but not limited to, stem cells repopulation, gene therapy and liver transplantation.

Cities I've Never Lived In - Sara Majka 2016-02-16

In subtle, sensuous prose, the stories in Sara Majka's debut collection explore distance in all its forms: the emotional spaces that open up between family members, friends, and lovers; the gaps that emerge between who we were and who we are; the gulf between our private and public selves. At the center of the collection is a series of stories narrated by a young American woman in the wake of a divorce; wry and shy but never less than open to the world, she recalls the places and people she has been close to, the dreams she has pursued and those she has left unfulfilled. Interspersed with these intimate first-person stories are stand-alone pieces where the tight focus on the narrator's life gives way to closely observed accounts of the lives of others. A book about belonging, and how much of yourself to give up in the pursuit of that, *Cities I've Never Lived In* offers stories that reveal, with great sadness and great humor, the ways we are most of all citizens of the places where we cannot be. *Cities I've Never Lived In* is the second book in Graywolf's collaboration with the literary magazine *A Public Space*.

Healing with Whole Foods - Paul Pitchford 2003-02-28

Used as a reference by students of acupuncture, *Healing with Whole Foods* is an invaluable guide to the theory and practice of Chinese medicine. With facts about green foods such as spirulina and blue-green algae and information about the "regeneration diets" used by cancer patients and arthritics, it is also an accessible primer on nutrition—and a inspiring cookbook with more than 300 mostly vegetarian, nutrient-packed recipes. The information on Chinese medicine is useful for helping to diagnose health imbalances, especially nascent illnesses. It's smartly paired with the whole-foods program: because the Chinese have attributed various health-balancing properties to foods, you can tailor your diet to help alleviate symptoms of illness. For example, Chinese medicine dictates that someone with low energy and a pale complexion (a yin deficiency) would benefit from avoiding bitter foods and increasing "sweet" foods such as soy, black sesame seeds, parsnips, rice, and oats. (Note that the Chinese definition of sweet foods is much different from the American one!) Pitchford says in his dedication that he hopes the reader finds "healing, awareness, and peace" by following his program. The diet is certainly ascetic by American standards (no alcohol, caffeine, white flour, fried foods, or sugar, and a minimum of eggs and dairy) but the reasons he gives for avoiding these "negative energy" foods are compelling. From the adrenal damage imparted by coffee to the immune dysfunction brought on by excess refined sugar, Pitchford spurs you to rethink every dietary choice and its ultimate influence on your health. Without being alarmist, he offers dietary tips for protecting yourself against the dangers of modern life, including neutralizing damage from water fluoridation. There's further reading on food combining, female health, heart disease, pregnancy, fasting, and weight loss. Overall, this is a wonderful book for anyone who's serious about strengthening his or her body from the inside out.

Acupuncture 1, 2, 3 - 2007-01-01

Large Animals - Jess Arndt 2017-05-09

A Buzzfeed Best Fiction Book of 2017 • An Entropy magazine Best Book of 2017 "Jess Arndt's *Large Animals* is wildly original, even as it joins in with the classics of

loaded, outlaw literature. Acerbic, ecstatic, hilarious, psychedelic, and affecting in turn, this is an electric debut." —Maggie Nelson, National Book Critics Circle Award-winning author of *The Argonauts* Jess Arndt's striking debut collection confronts what it means to have a body. Boldly straddling the line between the imagined and the real, the masculine and the feminine, the knowable and the impossible, these twelve stories are an exhilarating and profoundly original expression of voice. In "Jeff," Lily Tomlin confuses Jess for Jeff, instigating a dark and hilarious identity crisis. In "Together," a couple battles a mysterious STD that slowly undoes their relationship, while outside a ferocious weed colonizes their urban garden. And in "Contrails," a character on the precipice of a seismic change goes on a tour of past lovers, confronting their own reluctance to move on. Arndt's subjects are canny observers even while they remain dangerously blind to their own truest impulses. Often unnamed, these narrators challenge the limits of language—collectively, their voices create a transgressive new formal space that makes room for the queer, the nonconforming, the undefined. And yet, while they crave connection, love, and understanding, they are constantly at risk of destroying themselves. *Large Animals* pitches toward the heart, pushing at all our most tender parts—our sex organs, our geography, our words, and the tendons and nerves of our culture.

Amsterdam Stories - Nescio 2012-03-20

No one has written more feelingly and more beautifully than Nescio about the madness and sadness, courage and vulnerability of youth: its big plans and vague longings, not to mention the binges, crashes, and marathon walks and talks. No one, for that matter, has written with such pristine clarity about the radiating canals of Amsterdam and the cloud-swept landscape of the Netherlands. Who was Nescio? Nescio—Latin for "I don't know"—was the pen name of J.H.F. Grönloh, the highly successful director of the Holland-Bombay Trading Company and a father of four—someone who knew more than enough about respectable maturity. Only in his spare time and under the cover of a pseudonym, as if commemorating a lost self, did he let himself go, producing over the course of his lifetime a handful of utterly original stories that contain some of the most luminous pages in modern literature. This is the first English translation of Nescio's stories.

The Eloquent Blood - Manon Hedenborg White 2019-10-14

In the conventional dichotomy of chaste, pure Madonna and libidinous whore, the former has usually been viewed as the ideal form of femininity. However, there is a modern religious movement in which the negative stereotype of the harlot is inverted and exalted. *The Eloquent Blood* focuses on the changing construction of femininity and feminine sexuality in interpretations of the goddess Babalon. A central deity in Thelema, the religion founded by the notorious British occultist Aleister Crowley (1875-1947), Babalon is based on Crowley's favorable reinterpretation of the biblical Whore of Babylon, and is associated with liberated female sexuality and the spiritual ideal of passionate union with existence. Analyzing historical and contemporary written sources, qualitative interviews, and ethnographic fieldwork in the Anglo-American esoteric milieu, the study traces interpretations of Babalon from the works of Crowley and some of his key disciples—including the rocket scientist John "Jack" Whiteside Parsons, and the enigmatic British occultist Kenneth Grant—until the present. From the 1990s onwards, this study shows, female and LGBTQ esotericists have challenged historical interpretations of Babalon, drawing on feminist and queer thought and conceptualizing femininity in new ways. Tracing the trajectory of a particular gendered symbol from the fin-de-siècle until today, Manon Hedenborg White explores the changing role of women in Western esotericism, and shows how evolving constructions of gender have shaped the development of esotericism. Combining research on historical and contemporary Western esotericism with feminist and queer theory, the book sheds new light on the ways in which esoteric movements and systems of thought have developed over time in relation to political movements.

Bone Marrow Nei Kung - Mantak Chia 2006-10-25

A guide to nourishing the body through bone marrow rejuvenation exercises • Presents exercises to "regrow" bone marrow, revive the internal organs, and

prevent osteoporosis • Explains the use of bone breathing and bone compression, “hitting” to detoxify the body, and sexual energy massage and chi weight lifting to enhance the life force within Most Westerners believe that a daily physical exercise program helps slow the aging process. Yet those whose bodies appear most physically fit on the outside often enjoy only the same life span as the average nonathletic person. It is the internal organs and glands that nourish every function of the body, and it is the bone marrow that nourishes and rejuvenates the organs and glands through the production of blood. By focusing only on the muscles without cultivating the internal organs, bones, and blood, the Western fitness regimen can ultimately exhaust the internal system. In Bone Marrow Nei Kung Master Mantak Chia reveals the ancient mental and physical Taoist techniques used to “regrow” bone marrow, strengthen the bones, and rejuvenate the organs and glands. An advanced practice of Iron Shirt Chi Kung, Bone Marrow Nei Kung was developed as a way to attain the “steel body” coveted in the fields of Chinese medicine and martial arts. This method of absorbing energy into the bones revives the bone marrow and reverses the effects of aging through the techniques of bone breathing, bone compression, and sexual energy massage, which stimulates the hormonal production that helps prevent osteoporosis. Also included is extensive information on chi weight lifting and the practice of “hitting” to detoxify the body.

White Dialogues - Bennett Sims 2017

Bennett Sims's award-winning debut novel, *A Questionable Shape*, heralded its author as a brilliant new literary light. The ambitious and wide-ranging stories in *White Dialogues*--which have been published in *Zoetrope*, *Tin House*, *Electric Literature*, and *A Public Space*--further underline and expand on this reputation. *Chinese Scalp Acupuncture* - Jason Jishun Hao 2011

This new book could make a difference in the life of a patient when no other therapies will help. The authors, who have a combined 60 years of experience using Chinese scalp acupuncture, have composed a thorough clinic manual for practical clinical applications of scalp acupuncture to treat patients who suffer from seriously debilitating conditions such as the sequelae of stroke, phantom limb pain, PTSD, Meniere's syndrome, multiple sclerosis, herpes zoster, seizures, essential tremor, and Parkinson's Disease. The authors begin with an introduction to the neuroanatomy and neurophysiology of the brain and scalp for non-Western medical practitioners. They review Chinese medical theories supporting the use of scalp acupuncture, provide thorough explanations of area locations and uses, and include details of needling technique specific to scalp acupuncture. There are over 40 case studies with treatment details, as well as excellent illustrations of each treatment area.

The Medical Classic of the Yellow Emperor - 2001

Compiled 2,000 years ago, *The Medical Classic of the Yellow Emperor* is the oldest extant classic of the field and serves as the theoretical basis of traditional Chinese medicine.

SCAM - Edzard Ernst 2018-06-22

So-called alternative medicine (SCAM) is popular and therefore important, no matter whether we love or loathe it. Consequently, an impressive number of books about SCAM are already available. Most of them, however, are woefully uncritical, overtly promotional and dangerously misleading. Not so this one! This book was written by someone who received SCAM as a patient, practised SCAM as a doctor, and researched SCAM as a scientist. It provides an insider's perspective by covering aspects of SCAM which most other books avoid, and by questioning the many tacitly accepted assumptions and wild extrapolations that underpin SCAM. The text is factual, occasionally dosed with a touch of humour or satire. The aim is not only to inform but also to entertain. It is written principally for members of the general public who have an interest in healthcare and are tired of the promotional counter-knowledge produced by SCAM enthusiasts. It is an exercise in critical thinking that might prevent you from wasting your money on (or endangering your health with) bogus treatments.

Believe in Yourself - Dr. Joseph Murphy 2021-09-04

Dr. Joseph Murphy (20th May 1898 - 16th Dec 1981), the author of the book grew up

in a devout religious home. His father, Denis Murphy, was a deacon and professor at the National School of Ireland. The major focus of Dr. Murphy was to explain things lucidly so that it would explain how it affects any individual. His basic theme was that the solution to all the problems lies within oneself. We are not affected by the outside circumstances rather by our own mindset. He wrote more than 30 books. His best seller is "The Power of your Unconscious Mind". The book, "Believe in yourself" narrates - How to fulfill your Dreams, through best utilization of your capabilities and talent. Thus achieve a big success in your life. Everyone has inborn talent and capability So it is the matter of attitude. One has to stimulate her conscious mind. The book focuses on - 'Making your dreams come true' and 'how to use Subconscious mind in business'. In the author's words - It is just as easy to imagine yourself Successful, as is to imagine failures but far more interesting". The master architect within you will project on the screen of visibility what you impress on your mind. Here mental attitude means your mental reaction to people, circumstances and objects in space. The circumstances can affect you only as you permit them. Your capacity to imagine causes you and enables you to remove all barriers of time and space. You can reconstruct the past through your inner eye. So the most important thing is imagination. If you don't develop imagine power then all the hard work or burning midnight lamp is all fullfile. In nutshell - Always believe in yourself. This attitude surely brings success in life.

Heal Yourself Naturally Now - Hongchi Xiao 2018-04-04

Join millions of other self-healers and be part of a worldwide self-healing movement. Slap and stretch to rejuvenate your health. Simple, spontaneous, free, and very effective! Sounds unbelievable? This is what *Heal Yourself Naturally Now* is all about. We all saw the purple spots on Michael Phelps' back during his swimming competition at the 2016 Olympics in Rio. As reported by CNN and Huffington Post, these purple spots are the results of a Chinese healing technique called "cupping," which keeps the athletes "injury free and speeds recovery." For centuries, based on the same principle, as stated in the oracle of Chinese Medicine, Yellow Emperor's Inner Canon, there exists a much more effective technique for self-healing: *PaidaLajin*. Over the last several years, *PaidaLajin* has been spread into 30-plus countries, healing millions of people from: -Chronic pain on the back, knee, neck, etc. -Immune disorders: diabetes, hypertension, tumor, insomnia, depression, arthritis, stroke sequelae, Alzheimer's, prostate issues, etc. -Acute illnesses: heart attack, stroke, stomach pain, menstrual pain, etc. -Gynecological issues: fibroids, cysts, anti-aging, weight management, etc. -Skin diseases: Psoriasis, lupus, herpes, Urticaria, etc. Trying this technique for yourself is the only way to find out. It takes no more than two weeks to witness its effectiveness. Don't just read this book. Try it. The results will astound you.

Underland: A Deep Time Journey - Robert Macfarlane 2019-06-04

National Bestseller • New York Times “100 Notable Books of the Year” • NPR “Favorite Books of 2019” • Guardian “100 Best Books of the 21st Century” • Winner of the National Outdoor Book Award From the best-selling, award-winning author of *Landmarks* and *The Old Ways*, a haunting voyage into the planet's past and future. Hailed as "the great nature writer of this generation" (*Wall Street Journal*), Robert Macfarlane is the celebrated author of books about the intersections of the human and the natural realms. In *Underland*, he delivers his masterpiece: an epic exploration of the Earth's underworlds as they exist in myth, literature, memory, and the land itself. In this highly anticipated sequel to his international bestseller *The Old Ways*, Macfarlane takes us on an extraordinary journey into our relationship with darkness, burial, and what lies beneath the surface of both place and mind. Traveling through “deep time”—the dizzying expanses of geologic time that stretch away from the present—he moves from the birth of the universe to a post-human future, from the prehistoric art of Norwegian sea caves to the blue depths of the Greenland ice cap, from Bronze Age funeral chambers to the catacomb labyrinth below Paris, and from the underground fungal networks through which trees communicate to a deep-sunk “hiding place” where nuclear waste will be stored

for 100,000 years to come. Woven through Macfarlane's own travels are the unforgettable stories of descents into the underland made across history by explorers, artists, cavers, divers, mourners, dreamers, and murderers, all of whom have been drawn for different reasons to seek what Cormac McCarthy calls "the awful darkness within the world." Global in its geography and written with great lyricism and power, Underland speaks powerfully to our present moment. Taking a deep-time view of our planet, Macfarlane here asks a vital and unsettling question: "Are we being good ancestors to the future Earth?" Underland marks a new turn in Macfarlane's long-term mapping of the relations of landscape and the human heart. From its remarkable opening pages to its deeply moving conclusion, it is a journey into wonder, loss, fear, and hope. At once ancient and urgent, this is a book that will change the way you see the world.

Getting Started with PowerShell - Michael Shepard 2015-08-27

Learn the fundamentals of PowerShell to build reusable scripts and functions to automate administrative tasks with Windows About This Book Harness the capabilities of the PowerShell system to get started quickly with server automation Learn to package commands into a reusable script and add control structures and parameters to make them flexible Get to grips with cmdlets that allow you to perform administration tasks efficiently Who This Book Is For This book is intended for Windows administrators or DevOps users who need to use PowerShell to automate tasks. Whether you know nothing about PowerShell or know just enough to get by, this guide will give you what you need to go to take your scripting to the next level. What You Will Learn Learn to verify your installed version of PowerShell, upgrade it, and start a PowerShell session using the ISE Discover PowerShell commands and cmdlets and understand PowerShell formatting Use the PowerShell help system to understand what particular cmdlets do Utilise the pipeline to perform typical data manipulation Package your code in scripts, functions, and modules Solve common problems using basic file input/output functions Find system information with WMI and CIM Automate IIS functionality and manage it using the WebAdministration module In Detail Windows PowerShell is a task-based command-line shell and scripting language designed specifically for system administration. Built on the .NET Framework, Windows PowerShell helps IT professionals and power users control and automate the administration of the Windows operating system and applications that run on Windows. PowerShell is great for batch importing or deleting large sets of user accounts and will let you collect a massive amount of detailed system information in bulk via WMI (Windows Management Instrumentation). Getting Started with PowerShell is designed to help you get up and running with PowerShell, taking you from the basics of installation, to writing scripts and web server automation. This book, as an introduction to the central topics of PowerShell, covers finding and understanding PowerShell commands and packaging code for reusability, right through to a practical example of automating IIS. It also includes topics such as installation and setup, creating scripts, automating tasks, and using Powershell to access data stores, registry, and file systems. You will explore the PowerShell environment and discover how to use cmdlets, functions, and scripts to automate Windows systems. Along the way, you will learn to perform data manipulation and solve common problems using basic file input/output functions. By the end of this book, you will be familiar with PowerShell and be able to utilize the lessons learned from the book to automate your servers. Style and approach A practical learning guide, complete with plenty of activities, examples and screenshots.

A Beginners' Guide to Scanning Electron Microscopy - Anwar Ul-Hamid 2018-10-26

This book was developed with the goal of providing an easily understood text for those users of the scanning electron microscope (SEM) who have little or no background in the area. The SEM is routinely used to study the surface structure and chemistry of a wide range of biological and synthetic materials at the micrometer to nanometer scale. Ease-of-use, typically facile sample preparation, and straightforward image interpretation, combined with high resolution, high depth of field, and the ability to undertake microchemical and crystallographic analysis, has made scanning electron microscopy one of the most powerful and

versatile techniques for characterization today. Indeed, the SEM is a vital tool for the characterization of nanostructured materials and the development of nanotechnology. However, its wide use by professionals with diverse technical backgrounds—including life science, materials science, engineering, forensics, mineralogy, etc., and in various sectors of government, industry, and academia—emphasizes the need for an introductory text providing the basics of effective SEM imaging. A Beginners' Guide to Scanning Electron Microscopy explains instrumentation, operation, image interpretation and sample preparation in a wide ranging yet succinct and practical text, treating the essential theory of specimen-beam interaction and image formation in a manner that can be effortlessly comprehended by the novice SEM user. This book provides a concise and accessible introduction to the essentials of SEM includes a large number of illustrations specifically chosen to aid readers' understanding of key concepts highlights recent advances in instrumentation, imaging and sample preparation techniques offers examples drawn from a variety of applications that appeal to professionals from diverse backgrounds.

The Macrobiotic Way - Michio Kushi 2004-03-08

The third edition of the "bible" of the macrobiotic movement. Originally published in 1985, The Macrobiotic Way is a classic in its field. It is the definitive guide to macrobiotics, an approach to diet and lifestyle that promotes both inner peace and harmony with others and the environment through plant-based whole foods. Now updated, it covers not only the central dietary principles, nutrition, and foods but also cooking techniques, essentials for a macrobiotic kitchen, menus and recipes, along with exercise, life philosophy, home and lifestyle, and the role of macrobiotics in natural healing.

Maggie Brown & Others - Peter Orner 2019-07-02

In this powerful and virtuosic collection of interlocking stories, each one "a marvel of concision and compassion" (Washington Post), a National Book Critics Circle Award finalist and "master of his form" (/~i~New York Times) takes the short story to new heights. Through forty-four compressed gems, Peter Orner, a writer who "doesn't simply bring his characters to life, he gives them souls" (NYT Book Review), chronicles people whose lives are at inflection points, gripping us with a series of defining moments. Whether it's a first date that turns into a late-night road trip to a séance in an abandoned airplane hangar, or a family's memories of the painful mystery surrounding a neglected uncle's demise, Orner reveals how our fleeting decisions between kindness and abandonment chase us across time. These stories are anchored by a poignant novella that delivers not only the joys and travails of a forty-year marriage, but an entire era in a working-class New England city. Bristling with the crackling energy of life itself, Maggie Brown & Others marks the most sustained achievement to date for "a master of his form" (New York Times). A New York Times Notable Book A Chicago Tribune Notable Book An Oprah Magazine Best Book of 2019 Kirkus Reviews Best Short Fiction of 2019 Longlisted for the Simpson/Joyce Carol Oates Prize
Longevity Now - David Wolfe 2013

One of the world's leading authorities on raw-food nutrition presents a five-part approach to breaking down calcification and removing parasites, heavy metals and other unwanted guests from the body, reversing the aging process and eliminating the prospect of degenerative disease.

Standard Acupuncture Nomenclature - 1993

Now in its second edition, Standard Acupuncture Nomenclature has been extensively revised following a number of consultations with experts representing all the major traditions of acupuncture. The nomenclature covers the 361 classical acupuncture points organized according to the fourteen meridians. Each entry gives the standardized name of the point in its three elements: an alphanumeric code derived from the English language translation of the meridian name the Chinese phonetic alphabet (Pinyin) name, and the Han (Chinese) character. The original form of the writing is shown first followed by a simplified form of the character. Each entry also provides a brief comment on the point explaining the meaning of the Han character and the significance of the point's location. Use of the

nomenclature is facilitated by the inclusion of two indexes. The first lists the equivalent names and code names of the acupuncture points as used in English French Japanese Korean and Vietnamese. The second lists the Han characters for the 361 points.

Gua sha - E-Book - Arya Nielsen 2014-09-05

'Sometimes called coining, spooning or scraping, Gua sha is defined as instrument-assisted unidirectional press-stroking of a lubricated area of the body surface that intentionally creates 'transitory therapeutic petechiae' representing extravasation of blood in the subcutis.' Gua sha has been used for centuries in Asia, in Asian immigrant communities and by acupuncturists and practitioners of traditional East Asian medicine worldwide. With the expansion of traditional East Asian medicine, Gua sha has been used over broad geographic areas and by millions of people. It is valuable in the treatment of pain and for functional problems with impaired movement, the prevention and treatment of acute infectious illness, upper respiratory and digestive problems, and many acute or chronic disorders. Research has demonstrated Gua sha radically increases surface microperfusion that stimulates immune and anti-inflammatory responses that persist for days after treatment. The second edition expands on the history of Gua sha and similar techniques used in early Western Medicine, detailing traditional theory, purpose and application and illuminated by science that focuses its relevance to modern clinical practice as well as scholarly inquiry. This book brings the technique alive for practitioners, with clear discussion of how to do it - including correct technique, appropriate application, individualization of treatment - and when to use it, with over 50 case examples, and superb color photographs and line drawings that demonstrate the technique. NEW TO THIS EDITION • New chapter on immediate and significant Tongue changes as a direct result of Gua sha • Research and biomechanisms • Literature review from Chinese language as well as English language medical journal database • New case studies • Over 30 color photographs

Changing Seasons Macrobiotic Cookbook - Aveline Kushi 2003-07-28

Rooted in centuries-old principles, the macrobiotic diet consists of simple yet highly nutritious foods such as whole grains, vegetables, and beans, selected and prepared in harmony with the seasons. From lightly sautéed spring greens and sea vegetables and refreshing summer salads, to harvest vegetables and hearty winter stews, The Changing Seasons Macrobiotic Cookbook provides hundreds of easy-to-follow and flavorful recipes for complete and balanced macrobiotic meals. A combination of great taste and whole foods, this is traditional macrobiotic

cooking at its best.

The 9-Day Liver Detox Diet - Patrick Holford 2010-12-28

Boost your energy, improve your digestion, and detox your liver in 9 days—without fasting! A healthy liver keeps your bloodstream and other organs clean. But when it's overloaded with toxins from alcohol, caffeine, pesticides, pollution, and artificial sweeteners, the liver can't function properly. In The 9-Day Liver Detox Diet, nutrition and alternative treatments expert Patrick Holford guides you through his swift, easy-to-implement program for cleansing the liver and improving body function without feeling deprived. What will a 9-day liver cleanse do for you? • Boost energy levels • Improve digestion • Support healthy skin • Counteract effects of stress Holford's safe and effective plan centers on eating foods—such as fish, nuts and seeds, cruciferous vegetables, leafy greens, and more—that superboost your liver's ability to detoxify. Featuring more than 30 tasty liver-supporting recipes formulated by a nutrition specialist plus friendly real-world examples, like the woman who detoxed to get rid of acne in time for her wedding day, this targeted regimen will bring health and balance to your body without fasting and without disrupting your normal routine.

Afterlives - Abdulrazak Gurnah 2021

BY THE WINNER OF THE NOBEL PRIZE IN LITERATURE 2021 SHORTLISTED FOR THE ORWELL PRIZE FOR POLITICAL FICTION 2021 LONGLISTED FOR THE WALTER SCOTT PRIZE 2021

"Riveting and heartbreaking ... A compelling novel, one that gathers close all those who were meant to be forgotten, and refuses their erasure." --Maaza Mengiste, Guardian "A brilliant and important book for our times, by a wondrous writer." --Philippe Sands, New Statesman, Books of the Year While he was still a little boy, Ilyas was stolen from his parents by the German colonial troops. After years away, fighting in a war against his own people, he returns to his village to find his parents gone, and his sister Afiya given away. Another young man returns at the same time. Hamza was not stolen for the war, but sold into it; he has grown up at the right hand of an officer whose protection has marked him life. With nothing but the clothes on his back, he seeks only work and security - and the love of the beautiful Afiya. As fate knots these young people together, as they live and work and fall in love, the shadow of a new war on another continent lengthens and darkens, ready to snatch them up and carry them away... "Rarely in a lifetime can you open a book and find that reading it encapsulates the enchanting qualities of a love affair ... One scarcely dares breathe while reading it for fear of breaking the enchantment."--The Times