

## Home Of One Mind

An instant #1 New York Times bestseller. The definitive behind-the-scenes story of Trump's final year in office, by Phil Rucker and Carol Leonnig, the Pulitzer-Prize winning reporters and authors of *A Very Stable Genius*. "Chilling." – Anderson Cooper "Jaw-dropping." – John Berman "Shocking." – John Heilemann "Explosive." – Hallie Jackson "Blockbuster new reporting." – Nicolle Wallace "Bracing new revelations." – Brian Williams "Bombshell reporting." – David Muir The true story of what took place in Donald Trump's White House during a disastrous 2020 has never before been told in full. What was really going on around the president, as the government failed to contain the coronavirus and over half a million Americans perished? Who was influencing Trump after he refused to concede an election he had clearly lost and spread lies about election fraud? To answer these questions, Phil Rucker and Carol Leonnig reveal a dysfunctional and bumbling presidency's inner workings in unprecedented, stunning detail. Focused on Trump and the key players around him—the doctors, generals, senior advisers, and Trump family members—Rucker and Leonnig provide a forensic account of the most devastating year in a presidency like no other. Their sources were in the room as time and time again Trump put his personal gain ahead of the good of the country. These witnesses to history tell the story of him longing to deploy the military to the streets of American cities to crush the protest movement in the wake of the killing of George Floyd, all to bolster his image of strength ahead of the election. These sources saw firsthand his refusal to take the threat of the coronavirus seriously—even to the point of allowing himself and those around him to be infected. This is a story of a nation sabotaged—economically, medically, and politically—by its own leader, culminating with a groundbreaking, minute-by-minute account of exactly what went on in the Capitol building on January 6, as Trump's supporters so easily breached the most sacred halls of American democracy, and how the president reacted. With unparalleled access, Rucker and Leonnig explain and expose exactly who enabled—and who foiled—Trump as he sought desperately to cling to power. A classic and heart-racing work of investigative reporting, this book is destined to be read and studied by citizens and historians alike for decades to come.

One Mind How Our Individual Mind Is Part of a Greater Consciousness and Why It Matters Hay House, Inc

As a deadly cancer spread inside her brain, leading neuroscientist Barbara Lipska was plunged into madness—only to miraculously survive with her memories intact. In the tradition of *My Stroke of Insight* and *Brain on Fire*, this powerful memoir recounts her ordeal and explains its unforgettable lessons about the brain and mind. At the height of her career, Barbara Lipska—a leading expert on the neuroscience of mental illness—was diagnosed with melanoma that had spread to her brain. Within months, her frontal lobe, the seat of cognition, began shutting down. She exhibited dementia- and schizophrenia-like symptoms that terrified her family and coworkers. But miraculously, the immunotherapy her doctors prescribed worked, and Lipska returned to normal. With one difference: she remembered her brush with madness with exquisite clarity. Lipska draws on her extraordinary experience to explain how mental illness, brain injury, and age can distort our behavior, personality, cognition, and memory. She tells what it is like to experience these changes firsthand. And she reveals what parts of us remain, even when so much else is gone.

Imagine a united consciousness, an awareness of which all of our minds are a part . . . and a potential way out of the division, greed, and destruction that threaten to engulf our world. In the 20th century, we were introduced to several subdivisions of the mind: the conscious, unconscious, subconscious, preconscious, and so on. But what we didn't know was that there was another level of consciousness, an all-encompassing, infinite dimension of shared intelligence: the One Mind. This universal consciousness connects all of us through space and time. Even now, as you read these words, you are participating in the One Mind. Emerging studies have shown that the One Mind isn't just an idea; it's a reality. In this book, Larry Dossey shares compelling research that supports the One Mind concept. These cases include experiences of:

- Shared thoughts, emotions, and physical sensations with a distant individual
- Communication between humans and sentient nonhumans, such as pets
- Large groups of animals-flocks, schools, herds-behaving in highly coordinated ways
- Acquisition of previously unknown knowledge from a person who has died
- Hidden or lost objects found through mental means alone
- Direct contact with a transcendent domain through near-death experiences

Through engaging stories, fascinating case studies, and brilliant insights from great thinkers throughout history, *One Mind* explores the outer reaches of human consciousness. In it, you will discover a new way to interpret the great mysteries of our experience and learn how to develop the empathy necessary to engender more love, peace, and collective awareness. The result is a rich new understanding of what it means to be human and a renewed hope that we can successfully confront the challenges we face at this crossroads in human history. With *One Mind*, Dossey shows that we are not alone, that we are all one.

Your Home is the Key to a Successful, Holistic Life Awaken to the energetic connections between you and your home. When you make conscious changes to your living space, you can transform your life and uplift your soul. *Mind, Body, Home* presents your home as an integral component for holistic living, correlating every room with its physical, mental, or emotional counterpart in you. Your home is a reflection of you, and being in tune with its energy allows you to create positive changes in your life. From foundation to roof, it holds the power to enhance your health, improve your relationships, and attract more prosperity. Open the door to the heart of your home and discover a whole new way of seeing and living within it. Praise: "You can never learn too much about feng shui, and Tisha's book 'breaks it down' cleanly and efficiently."—Karen Rauch Carter, author of the national bestseller, *Move Your Stuff, Change Your Life* "[Mind, Body, Home] is useful for anyone who wants her home to be a reflection of what's in her heart and mind."—Geralin Thomas, professional organizer featured on the A&E hit television show *Hoarders* "This is a down-to-earth resource for anyone who has wondered how Feng Shui works and wished that they knew how to do it."—Anna Jedrzewski, *Spirit Connection*, New York, NY.

The images in this book each represent one of the 12 Spiritual Powers. Each drawing is accompanied by a page of information about the attributes of that power, the disciple associated with it, the color, the body energy point, and any angels, flowers or herbs associated with the power. Consciously using this information allows the essence of each power to become more real, and a powerful tool in our daily lives.

Diving into neuroscience while harnessing the power of neuroplasticity, we show you how to change your mind through many modalities and one simple method.

In *One Mind*, New York Times best-selling author Larry Dossey, M.D., proposes an inspiring view of consciousness that may reshape our destiny. Dossey's premise is that all individual minds are part of an infinite, collective dimension of consciousness he calls the One Mind. This state—which we can all access—explains phenomena as diverse as epiphanies, creative breakthroughs, premonitions of danger or disaster, near-death experiences, communication with other species and with the dead, reincarnation, the movement of herds, flocks, and schools, and remote healing. Dossey presents his theory in easily digestible, bite-sized vignettes. Through engaging stories, fascinating research, and brilliant insights from great thinkers throughout history, readers will explore the outer reaches of human consciousness, discover a new way to interpret the great mysteries of our experience, and learn how to develop the empathy necessary to engender more love, peace, and collective awareness. The result is a rich new understanding of what it means to be human and a renewed hope that we can successfully confront the challenges we face at this crossroads in human history. Even before publication *One Mind* drew praise from the finest minds of our time. It has been heralded as "landmark," "a brilliant synthesis," a "magnum opus," a "feast" of ideas, "compelling," "gripping," and "a major shift in our understanding of consciousness."

Internationally acclaimed, bestselling author Byron Katie's most anticipated work since *Loving What Is* We live in difficult times, leaving far too many of us suffering from anxiety and depression, fear and anger. In her new and most anticipated work since *Loving What Is*, beloved spiritual teacher Byron Katie provides a much-needed beacon of light, and a source of hope and joy. In *A Mind at Home with Itself*, Byron Katie illuminates one of the most profound ancient Buddhist texts, *The Diamond Sutra* (newly translated in these pages by Stephen Mitchell) to reveal the nature of the mind and to liberate us from painful thoughts, using her revolutionary system of self-inquiry called "The Work." Byron Katie doesn't merely describe the awakened mind; she empowers us to see it and feel it in action. At once startlingly fresh and powerfully enlightening, *A Mind at Home with Itself* offers us a transformative new perspective on life and death. In the midst of a normal American life, Byron Katie became increasingly depressed and over a ten-year period sank further into despair and suicidal thoughts. Then one morning in 1986 she woke up in a state of absolute joy, filled with the realization of how her own suffering had ended. The freedom of that realization has never left her. Its direct result, *The Work*, has helped millions of people all over the world to question their stressful thoughts and set themselves free from suffering.

An outstanding resource for high school readers and first-year college students, this book explores early Christianity from its beginnings in the first century through the fourth century when Christianity went from a persecuted faith to the only legalized faith in the Roman Empire. • Provides readers with a broad understanding of early Christianity from the time of Jesus to the fall of Rome and an appreciation for how early Christian communities spread throughout the Empire • Examines a number of key topics that relate to the varied communities that made up early Christianity • Provides readers with multiple primary documents in order to better understand early Christianity and offer opportunities to apply their critical thinking skills • Supports NCHS World History content standards for Era 3, Standard 3B

"The meaning of life is to come to know Reality." -- Thomas Hora, M.D. These dialogues between Dr. Hora and his students first teach us the meaning of our mental, emotional and physical problems, and then point to the Reality of God, the one true Mind in which we live and move and have our being. As we become aware of our true existence in God, our problems begin to dissolve and we realize peace, assurance, gratitude and love. Those who are familiar with these teachings and those who are new to them will appreciate and benefit from the inspired wisdom in *One Mind*. Thomas Hora, M.D., a path-breaking psychiatrist and spiritual teacher, authored a number of seminal books, such as *Beyond the Dream* and *Dialogues in Metapsychiatry*.

In *Of One Mind and Of One Government* Kevin Kokomoor examines the formation of Creek politics and nationalism from the 1770s through the Red Stick War, when the aftermath of the American Revolution and the beginnings of American expansionism precipitated a crisis in Creek country. The state of Georgia insisted that the Creeks sign three treaties to cede tribal lands. The Creeks objected vigorously, igniting a series of border conflicts that escalated throughout the late eighteenth century and hardened partisan lines between pro-American, pro-Spanish, and pro-British Creeks and their leaders. Creek politics shifted several times through historical contingencies, self-interests, changing leadership, and debate about how to best preserve sovereignty, a process that generated national sentiment within the nascent and imperfect Creek Nation. Based on original archival research and a revisionist interpretation, Kokomoor explores how the state of Georgia's increasingly belligerent and often fraudulent land acquisitions forced the Creeks into framing a centralized government, appointing heads of state, and assuming the political and administrative functions of a nation-state. Prior interpretations have viewed the Creeks as a loose confederation of towns, but the formation of the Creek Nation brought predictability, stability, and reduced military violence in its domain during the era.

*The One Mind: C. G. Jung and the Future of Literary Criticism* explores the implications of C. G. Jung's *unus mundus* by applying his writings on the metaphysical, the paranormal, and the quantum to literature. As Jung knew, everything is connected because of its participation in universal consciousness, which encompasses all that is, including the collective unconscious. Matthew A. Fike argues that this principle of unity enables an approach in which psychic functioning is both a subject and a means of discovery—psi phenomena evoke the connections among the physical world, the psyche, and the spiritual realm. Applying the tools of Jungian literary criticism in new ways by expanding their scope and methodology, Fike discusses the works of Hawthorne, Milton, Shakespeare, Wordsworth, and lesser-known writers in terms of issues from psychology, parapsychology, and physics. Topics include the case for monism over materialism, altered states of consciousness, types of psychic functioning, UFOs, synchronicity, and space-time relativity. *The One Mind* examines Goodman Brown's dream, Adam's vision in *Paradise Lost*, the dream sequence in "The Wanderer," the role of metaphor in Robert A. Monroe's metaphysical trilogy, Orfeo Angelucci's work on UFOs, and the stolen boat episode in Wordsworth's *The Prelude*. The book concludes with case studies on Robert Jordan and William Blake.

Considered together, these readings bring us a significant step closer to a unity of psychology, science, and spirituality. The One Mind illustrates how Jung's writings contain the seeds of the future of literary criticism. Reaching beyond archetypal criticism and postmodern theoretical approaches to Jung, Fike proposes a new school of Jungian literary criticism based on the unitary world that underpins the collective unconscious. This book will appeal to scholars of C. G. Jung as well as students and readers with an interest in psychoanalysis, literature, literary theory, and the history of ideas.

First published in 1938, 'Anthem' is a dystopian fiction novel by British writer Ayn Rand. It takes place at some unspecified future date when mankind has entered another dark age. Technological advancement is now carefully planned and the concept of individuality has been eliminated.

Jay Haley once said, The only reasonable excuse for adding another theory of hypnosis to the many that have been proposed is an entirely new approach to the problem. In Of One Mind, Douglas Flemons demonstrates that he has an eminently reasonable excuse."

A wonderful mix of thought-provoking poems inspired by the pains and pleasures of life, love, and faith. A great book sure to inspire and uplift your mind, body, and soul. Get your copy today and tell a friend.

A diagnosis of autism spectrum disorder (ASD) can be startling news for any parent. Professional homeopath Pierre Fontaine CCH provides hope for a permanent-and natural-solution. Disputing that most ASD is not reversible, Fontaine empowers parents with the knowledge needed to seek alternative care. Through explanations of both ASD and homeopathy, he presents cases from his own practice that demonstrate how autism can be reversed when paired together. Fontaine outlines how he looks into both the child's history and the parents' experience of their child in order to go beyond simply treating the symptoms of the disorder. He ultimately seeks to find what is at the core of the child's suffering-and how parents can help. One Heart, One Mind gives families, as well as health professionals, a fresh look at how practical solutions to autism can be discovered in a book that offers exactly what parents are seeking: Hope.

Bring your home out of the mess it's in—and learn how to keep it under control. Do you experience heart palpitations at the sound of an unexpected doorbell? Do you stare in bewilderment at your messy home, wondering how in the world it go this way again? You're not alone. But there is hope for you and your home. In How to Manage Your Home Without Losing Your Mind, Dana K. White explains, clearly and without delusions, what it takes to get—and keep—your home under control. With understanding, honesty, and her trademark humor, Dana shares her field-tested strategies including: Exactly where to start to tame the chaos Which habits deserve your focus and will make the most impact How to gain traction in your quest for a manageable home Practical tips you can implement and immediately to declutter huge amount of stuff with minimal emotional drama Cleaning your house is not a one-time project but a series of ongoing premade decisions. Start learning Dana's reality-based cleaning and organizing techniques—and see how they really work!

Are you losing the battle with your own low self-esteem? Do you want to overcome anger control issues and self-control problems? Do you want to break free from the bondage of sexual immorality and the power of pride? In Mind Games, Kayode Enwerem draws on the experience of speaking to tens of thousands of people with self-doubt and negative thought questions to offer proven and powerful methods for using Christian guidance and scripture to overcome fear and regain self-confidence and self-control. Mind Games offers direction that anybody in any life situation can quickly and easily apply to gain victory over strongholds. You too can be transformed by the truth of Bible scripture resulting in freedom and victory for the child of God. In this book, you will learn the valuable instruction about: \* How to recognize your Giants\* Overcoming Fear; the number one tactic of the enemy\* How to realize the purpose of fighting the giant\* How to overcome the seed of Self-doubt associating you with your past\* The secret of defeating the Giant, thereby improving self-esteem for men and women\* Discover God's true greatness and overcome strongholds in life. Grab a copy today!

"'On the origin of Mind' is a detailed description of how the mind works. It explains the dynamics from the neuronal level upwards to the scale of group behaviour, society and culture."--Publisher's website.

The Inquiry of Ugra (Ugrapariprccha) is one of the most influential Mahayana sutras, preserved and transmitted in both India and China over many centuries and actively quoted in treatises on the bodhisattva path. It is, nevertheless, one of the most neglected texts in Western treatments of Buddhism. The Ugra appears to be one of the earliest bodhisattva scriptures to come down to us, and as such it offers a particularly valuable window on the process by which the bodhisattva path came to be seen as a distinct vocational alternative within certain Indian Buddhist communities. The Bodhisattva Path is a study and translation of the Ugra that will fundamentally alter previous perceptions of the way in which Mahayana was viewed and practiced by its earliest adherents. To achieve a better understanding of the universe of ideas, activities, and institutional structures within which early self-proclaimed bodhisattvas lived, the author first considers the Ugra as a literary document, employing new methodological tools to examine the genre to which it belong, the age of its extant versions, and their relationships to one another. She goes on to challenge the dominant notions that the Mahayana emerged as a reform of earlier Buddhism and offered lay people an easier option. On the contrary, the picture that emerges is of the early Mahayana as a more difficult and demanding vocation, initially limited to a small contingent of monastic males. Combining a detailed critical study and translation of an important Buddhist scripture with a sweeping re-examination of the relationship between the Buddha and the practitioners alike and other interested in the history of Indian Buddhism and the formation of Mahayana.

Reproduction of the original: Missy by Miriam Cole Harris

This book explains & exposes the history, strategy, & goals of "The Deep State" in detail. It also paints a very clear picture as to the goings-on at the highest levels of elected & un-elected power both in the US & abroad. This is the book that "The Deep State" wishes was never written, this is EVERYTHING "The Deep State" doesn't want you to know. Some may say I am putting my life at risk by publishing SO MANY paradigm-shattering FACTS. So I ask those people, what about all of the lives that are put at risk if I DON'T publish this book? This book's release to the public is for ALL of the

children, women, & men who were abducted then forced into or brought up in the sex trafficking industry, this book is for all the people who were hurt, maimed or killed by "The Deep State". This book is for EVERY INJUSTICE & CRIME AGAINST HUMANITY perpetrated by "The Deep State." This book is designed to end "The Deep State" forever, by spreading the mind-blowing truth & ushering in a new age based on peace, abundance, prosperity and love.

This second volume of the Trukese-English Dictionary supplements the first one, published in 1980. It provides an English-Trukese index, or finderlist, for the Trukese-English of the first volume and a concordance of roots, including what appear to be complex words that cannot be analyzed into constituent elements.

The instant New York Times bestseller "Expert storytelling . . . [Pollan] masterfully elevates a series of big questions about drugs, plants and humans that are likely to leave readers thinking in new ways."—New York Times Book Review From #1 New York Times bestselling author Michael Pollan, a radical challenge to how we think about drugs, and an exploration into the powerful human attraction to psychoactive plants—and the equally powerful taboos. Of all the things humans rely on plants for—sustenance, beauty, medicine, fragrance, flavor, fiber—surely the most curious is our use of them to change consciousness: to stimulate or calm, fiddle with or completely alter, the qualities of our mental experience. Take coffee and tea: People around the world rely on caffeine to sharpen their minds. But we do not usually think of caffeine as a drug, or our daily use as an addiction, because it is legal and socially acceptable. So, then, what is a "drug"? And why, for example, is making tea from the leaves of a tea plant acceptable, but making tea from a seed head of an opium poppy a federal crime? In *This Is Your Mind on Plants*, Michael Pollan dives deep into three plant drugs—opium, caffeine, and mescaline—and throws the fundamental strangeness, and arbitrariness, of our thinking about them into sharp relief. Exploring and participating in the cultures that have grown up around these drugs while consuming (or, in the case of caffeine, trying not to consume) them, Pollan reckons with the powerful human attraction to psychoactive plants. Why do we go to such great lengths to seek these shifts in consciousness, and then why do we fence that universal desire with laws and customs and fraught feelings? In this unique blend of history, science, and memoir, as well as participatory journalism, Pollan examines and experiences these plants from several very different angles and contexts, and shines a fresh light on a subject that is all too often treated reductively—as a drug, whether licit or illicit. But that is one of the least interesting things you can say about these plants, Pollan shows, for when we take them into our bodies and let them change our minds, we are engaging with nature in one of the most profound ways we can. Based in part on an essay published almost twenty-five years ago, this groundbreaking and singular consideration of psychoactive plants, and our attraction to them through time, holds up a mirror to our fundamental human needs and aspirations, the operations of our minds, and our entanglement with the natural world.

Offers step-by-step instruction on how to enable an academically rigorous, comprehensive education for children from preschool through high school, outlining a classical educational model while providing book lists, ordering information, and Internet links.

**INSTANT NEW YORK TIMES BESTSELLER** An urgent primer on race and racism, from the host of the viral hit video series "Uncomfortable Conversations with a Black Man" "You cannot fix a problem you do not know you have." So begins Emmanuel Acho in his essential guide to the truths Americans need to know to address the systemic racism that has recently electrified protests in all fifty states. "There is a fix," Acho says. "But in order to access it, we're going to have to have some uncomfortable conversations." In *Uncomfortable Conversations With a Black Man*, Acho takes on all the questions, large and small, insensitive and taboo, many white Americans are afraid to ask—yet which all Americans need the answers to, now more than ever. With the same open-hearted generosity that has made his video series a phenomenon, Acho explains the vital core of such fraught concepts as white privilege, cultural appropriation, and "reverse racism." In his own words, he provides a space of compassion and understanding in a discussion that can lack both. He asks only for the reader's curiosity—but along the way, he will galvanize all of us to join the antiracist fight.

"One Powerful Mind shows you how to effectively integrate your rational and emotional capacities. We all have a natural ability to listen, research, evaluate our opinions, and weight our options before taking action. What Paul Witz offers is a conscious coping system that harnesses these skills so that you can remain balanced - and succeed - in an increasingly high-pressured world." "We all want to become emotionally independent, and we all want to reach our personal and professional goals. The seven-step Witz system can help make it happen for you."--BOOK JACKET. Title Summary field provided by Blackwell North America, Inc. All Rights Reserved

There have been books about ADHD before, but nothing quite like this funny ebook series. Undiscovered author Benjamin Tomes outlines the distinct line between discovery and origin as he details a childhood impacted by ADHD in a world not yet familiar with the disorder. Many have treated ADHD as a pandemic that sprang from nowhere, sapping the attention spans of scores of school-aged children. Nothing could be further from the truth, yet few have delved into our past to examine instances of the disorder before it was recognized by modern medicine. This humorous memoir entertains while it recounts life in the 1970's and 1980's, before anyone had ever heard of Attention Deficit Hyperactivity Disorder. In his four part humorous memoir entitled *Confessions of the Unmedicated Mind*, Tomes provides an unprecedented firsthand account of ADHD. His take on a childhood impacted by the focus disorder and dysfunctional family is as hilarious as it is poignant, albeit not for the faint of heart. Despite home tumult and academic failure, Tomes would go on to become an award winning coach and successful teacher, providing an interesting perspective on an unlikely ascent from rural miscreant to urban legend. Set primarily in the small towns of Northern Wisconsin, Tomes uses heavy handed humor to deliver blunt force drama drawn from his personal war on boredom. His birth to twenty-one account is broken into four key areas and the series is issued in volumes along those lines. Volume 1: *Home Home* reads like a self-written psych report, detailing family idiosyncrasies, dalliances with girls, experimentation with alcohol and meandering through life without regard; as well as a potential road to redemption. Along the way, fish are thrown at tourists, prank calls are made, children are led astray in church, a bowling alley is defiled and socially challenged relatives are antagonized. Nothing is sacred as Tomes spins a classic piece of humorous non-fiction with his true stories of bad behavior. In vivid detail, Tomes recounts his dysfunctional childhood, the genetic roots of his ADHD, the influence of ill behaved cousins and extended family, his parent's awkward religious beliefs, and a laundry list of bad behavior, stunts, pranks, and a life heavily influenced by a chronic intolerance of boredom.

Presents a groundbreaking investigation into the origins of morality at the core of religion and politics, offering scholarly insight into the motivations behind cultural clashes that are polarizing America.

How often have you fallen victim to your own thoughts? Perhaps you have over-thought every fearful situation and felt anxious about what could possibly happen? If this sounds like you and you are tired of lying in bed at night with an overactive mind then this book is for you. Your Mind is Your Home is a straight-to-the-point guide for learning how to cope with the world that you experience inside your own head. Being able to transform how you live inside your own mind is powerful. This in-depth guide will show you exactly how to stop re-playing those difficult and repetitive thoughts. It will also show you how to achieve a sense of peace and control in your mind. These techniques can be applied in any place and any time that you desire. You can expect to learn: How to be more mentally and emotionally present. How to stop binge-watching emotionally painful movies in your mind. How to release the past and stop worrying about the future. How to stop any difficult inner chatter. Quickly! How to think and feel better no matter what life presents. This book will allow your mind to be a safe and comfortable place where you have control so that you can live and feel better. Kamran Bedi, Mental Health & Wellbeing Practitioner, presents his findings and experiences for how the patterns of our minds can affect our lives, energy levels and happiness. As an NLP Master Practitioner & Trainer he has worked with people from all walks of life who exhibit patterns of thinking that result in feelings of mental and emotional discomfort. Kamran is also a leading practitioner utilising IEMT, Mindfulness and Hypnosis. He brings a fresh, modern & tech-savvy approach to helping you find more peace, control and ease within. [kamranbedi.com](http://kamranbedi.com) IG @coachkamranbedi

Little known fact: Buddhist Monks are amazing at cleaning and tidying. In this one-of-a-kind guide to cleaning your home, Buddhist monk Shoukei Matsumoto reveals how to make your home as spotless as it is tranquil and peaceful. For Buddhist monks cleaning well is a cardinal skill and, in *A Monk's Guide to a Clean House and Mind*, readers will discover their never-before-shared cleaning pro tips. In the Zen Buddhist tradition, true enlightenment is impossible if your home has even a speck of dust and, as such, Buddhist monks have much to teach us lay people about achieving a truly Zen clean. *A Monk's Guide to a Clean House and Mind* features charming illustrations and step-by-step instructions on such essential household cleansing tips as: • First, Air It Out: Before cleaning anything Monk's first open the temple windows to purify the air and let the crisp morning breeze in. • Don't Procrastinate: 'Zengosaidan' is a Zen expression meaning that one should put all their efforts into each day so they have no regrets. In the context of cleaning, this means don't put off cleaning those dishes you've left in the sink. • Remember to Put On Your Samue: Samue robes are worn by Japanese monks when they perform their daily duties of cleaning and looking after the temple. Easy to move in and to wash and care for, they are the perfect cleaning attire. From cleaning up everything from your kitchen sink, toilet, and that pile of unidentified stuff in the corner of your garage to your mind, body, and spirit, this book will guide you in creating a home environment that will calm your thoughts and nourish your soul.

The author presents his perspectives and personal experiences on mentalism and how it can be used to tap into the mind's hidden powers. #1 NEW YORK TIMES BESTSELLER • OPRAH'S BOOK CLUB PICK The heartrending story of a midcentury American family with twelve children, six of them diagnosed with schizophrenia, that became science's great hope in the quest to understand the disease. "Reads like a medical detective journey and sheds light on a topic so many of us face: mental illness." —Oprah Winfrey Don and Mimi Galvin seemed to be living the American dream. After World War II, Don's work with the Air Force brought them to Colorado, where their twelve children perfectly spanned the baby boom: the oldest born in 1945, the youngest in 1965. In those years, there was an established script for a family like the Galvins--aspiration, hard work, upward mobility, domestic harmony--and they worked hard to play their parts. But behind the scenes was a different story: psychological breakdown, sudden shocking violence, hidden abuse. By the mid-1970s, six of the ten Galvin boys, one after another, were diagnosed as schizophrenic. How could all this happen to one family? What took place inside the house on Hidden Valley Road was so extraordinary that the Galvins became one of the first families to be studied by the National Institute of Mental Health. Their story offers a shadow history of the science of schizophrenia, from the era of institutionalization, lobotomy, and the schizophrenogenic mother to the search for genetic markers for the disease, always amid profound disagreements about the nature of the illness itself. And unbeknownst to the Galvins, samples of their DNA informed decades of genetic research that continues today, offering paths to treatment, prediction, and even eradication of the disease for future generations. With clarity and compassion, bestselling and award-winning author Robert Kolker uncovers one family's unforgettable legacy of suffering, love, and hope.

Experience the inner world of a woman with schizophrenia in this brutally honest, lyrical memoir. Have you ever wondered what it is like in the mind of a person with Schizophrenia? How can one survive day after day unable to distinguish between one's inner nightmares and the everyday realities that most of us take for granted? In her brutally honest, highly original memoir, Kristina Morgan takes us inside her head to experience the chaos, fragmented thinking, and the startling creativity of the schizophrenic mind. With the intimacy of private journal-like entries and the language of a poet, she carries us from her childhood to her teen years when hallucinations began to hijack her mind and into adulthood where she began abusing alcohol to temper the punishing voices that only she could hear. This is no formulaic tale of tragedy and triumph: We feel Kristina's hope as she pursues an education and career and begins to build strong family connections, friendships and intimacy—and her devastation as the insistent voices convince her to throw it all away, destroying herself and alienating everyone around her. Woven through the pages of her life are stories of recovery from alcoholism and the search for her sexual identity in relationships with both women and men. Eventually, her journey takes her to a place of relative peace and stability where she finds the inner resources and support system to manage her chronic illnesses and live a fulfilling life.

Provides an alternative view of human consciousness--a theory of mind and being independent of matter, time and space.

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