

## Correre O Morire Licheni 2 0

"Kilian Jornet is the most dominating endurance athlete of his generation."—NEW YORK TIMES  
"Inspiring and humbling"—ALEX HONNOLD The most accomplished mountain runner of all time contemplates his record-breaking climbs of Mount Everest in this profound memoir—an intellectual and spiritual journey that moves from the earth's highest peak to the soul's deepest reaches. Kilian Jornet has broken nearly every mountaineering record in the world and twice been named National Geographic Adventurer of the Year. In 2018 he summited Mount Everest twice in one week—without the help of bottled oxygen or ropes. As he recounts a life spent studying and ascending the greatest peaks on earth, Jornet ruminates on what he has found in nature—simplicity, freedom, and spiritual joy—and offers a poetic yet clearheaded assessment of his relationship to the mountain . . . at times his opponent, at others, his greatest inspiration.

The Flame (1900) is a novel by Gabriele D'Annunzio. Inspired by the author's interpretation of the work of Friedrich Nietzsche and Walter Pater, The Flame is a semi-autobiographical account of the end of D'Annunzio's relationship with famed actress Eleonora Dusa.

Considered a central text of Italian Decadentism, the novel has earned comparisons to the work of Oscar Wilde and Joris-Karl Huysmans. "With an all-comprehensive glance, she looked around at all the beauty of this last twilight of September. In the dark wells of her eyes were reflected the circles of light made by the oar as it flashed in the water, which was illuminated by the glittering angels that shone from afar on the campaniles of San Marco and San Giorgio Maggiore." Venice, a symbol of the Renaissance, is changing. The churches and canals of old remain, but an era of cultural achievement is coming to a close. As the public anticipates the death of legendary composer Richard Wagner, who has taken to his deathbed at the palace of Ca' Vendramin Calergi, Stelio Effrena dreams of establishing his reputation as one of Italy's greatest poets. Filled with theories of art and philosophies of life, possessing an undeniable mastery of language, he nevertheless feels uninspired by his muse, the aging actress La Foscarina. Meditative and introspective, The Flame has attracted praise for its portrayal of nineteenth century Venice, a city seemingly lost in time. With a beautifully designed cover and professionally typeset manuscript, this edition of Gabriele D'Annunzio's The Flame is a classic work of Italian literature reimagined for modern readers.

The author of The Mental Load returns with more "visual essays which are transformative agents of change." After the success of The Mental Load, Emma continues in her new book to tangle with issues pertinent to women's experiences, from consent to the "power of love," from the care and attentiveness that women place on others' wellbeing and social cohesion, and how it constitutes another burden on women, to contraception, to the true nature of gallantry, from the culture of rape to diets, from safety in public spaces to retirement, along with social issues such as police violence, women's rights, and green capitalism. And, once more, she hits the mark.

The purpose of this publication is to show how most columns of discolored and decayed wood associated with trunk wounds in trees are compartmentalized.

Details the author and his partner Willi Unsoeld's ascent of Everest's West Ridge in 1963.

'The most beautiful book I ever read.' – Rune Larsson, ultra-distance runner Markus Torgeby was just 20 years old when he headed off into the remote Swedish forest to live as a recluse and dedicate himself to his one true passion: running. He lived in a tent in the wilderness, braving the harsh Swedish winters – for four years. This is his story. An international bestseller, this extraordinary book is a powerful exploration of running, resilience, loss, and self-discovery. A talented long-distance runner in his teens, Markus Torgeby excelled in training, but often failed inexplicably in competition.

Pressurised by his coach and consumed by the suffering of his MS-afflicted mother, he chose to do something that most of us only dream of: escape the modern world. In his stripped-back lifestyle in the woods, surviving with the bare minimum of supplies and enduring extreme cold, he found salvation and ultimately his true direction in life.

When a nobleman is split in two, his separate halves pursue different adventures in a fantastically macabre tale by the author of *Invisible Cities*. It is the seventeenth century, and the Viscount Medardo of Terralba must go into battle against the Turks. But the inexperienced warrior is soon bisected lengthwise by a cannonball. Through a miracle of stitching, one half of him survives, returning to his feudal estate to lead a lavishly evil life. But soon his other, virtuous half appears—also very much alive. When the two halves become rivals for the love of the same woman, there's no telling the lengths each will go to in order to win. Now available in an independent volume for the first time, this deliciously bizarre novella of is Calvino at his most devious and winning.

Selected as a Book of the Year 2016 in the Guardian Reunion is a little-known but perfect novel with fans including Ian McEwan, John Boyne, Deborah Moggach, David Nicholls, Meg Rosoff and Sarah Perry. On a grey afternoon in 1932, a Stuttgart classroom is stirred by the arrival of a newcomer. Middle-class Hans is intrigued by the aristocratic new boy, Konradin, and before long they become best friends. It's a friendship of the greatest kind, of shared interests and long conversations, of hikes in the German hills and growing up together. But the boys live in a changing Germany.

Powerful, delicate and daring, *Reunion* is a story of the fragility, and strength, of the bonds between friends. 'Exquisite' Guardian 'I loved *Reunion* and found it very moving' John Boyne WITH AN AFTERWORD BY RACHEL SEIFFERT

Poetry. Bilingual Editon. Translated from the Italian by Luigi Bonaffini. *THE BEDROOM* [La camera da letto] is Bertolucci's best-known work, so popular that the poet once read it to television viewers on a seven-hour program. It is a narrative poem that traces the history of the poet's family across seven generations with directness, precision and attention to everyday details, major events and fantastic surprises. Paolo Lagazzi writes in his introduction: "THE BEDROOM is a sort of a multi-novel, or a distillation of very diverse narrative forms and intuitions: a Bildungsroman and fairytale, an epoch novel, a novel-chronicle, a dramatic novel and a picaresque novel. An experimental work in the most authentic sense of the word..." "Nothing of time's essence escapes or is neglected by the author's ravenous sensibility, no less active in recording the multiple places in which existence rests (the city and the countryside, the sea and the plane, the Po river and the Maremma) in an exuberant display of forms, lights, perspectives, tonalities."—Luigi Ferrara

Call it “Zen and the Art of Farming” or a “Little Green Book,” Masanobu Fukuoka’s manifesto about farming, eating, and the limits of human knowledge presents a radical challenge to the global systems we rely on for our food. At the same time, it is a spiritual memoir of a man whose innovative system of cultivating the earth reflects a deep faith in the wholeness and balance of the natural world. As Wendell Berry writes in his preface, the book “is valuable to us because it is at once practical and philosophical. It is an inspiring, necessary book about agriculture because it is not just about agriculture.” Trained as a scientist, Fukuoka rejected both modern agribusiness and centuries of agricultural practice, deciding instead that the best forms of cultivation mirror nature’s own laws. Over the next three decades he perfected his so-called “do-

nothing” technique: commonsense, sustainable practices that all but eliminate the use of pesticides, fertilizer, tillage, and perhaps most significantly, wasteful effort. Whether you’re a guerrilla gardener or a kitchen gardener, dedicated to slow food or simply looking to live a healthier life, you will find something here—you may even be moved to start a revolution of your own.

Cosimo di Rondó, a young Italian nobleman of the eighteenth century, rebels against his parents by climbing into the trees and remaining there for the rest of his life. He adapts efficiently to an existence in the forest canopy—he hunts, sows crops, plays games with earth-bound friends, fights forest fires, solves engineering problems, and even manages to have love affairs. From his perch in the trees, Cosimo sees the Age of Enlightenment pass by and a new century dawn.

Kilian Jornet has conquered some of the toughest physical tests on the planet. He has run up and down Mt. Kilimanjaro faster than any other human being, and struck down world records in every challenge that has been proposed - all before the age of 25. Dominating ultra marathons and races at altitude, he has redefined what is possible in running, astonishing competitors with his near-superhuman fitness and ability. Jornet adores the mountains as fiercely as he runs them. In *Run or Die* he shares that passion, inviting readers into a fascinating world rich with the beauty of rugged trails and sweeping high-altitude vistas, the pulse-pounding drama of racing, and a consuming desire to tackle tests that push him to the very brink. In turns inspiring, insightful, candid, and deeply personal, this is a book written from the heart of the world's greatest endurance runner, for whom life presents one simple choice: Run or Die. Trail running's first true breakout star . . . [Jornet] has yet to find a record he can't shatter.' *Runner's World*

TOOMAI OF THE ELEPHANTS - RUDYARD KIPLING - THE JUNGLE BOOK - THE GUNSTON TRUST, JUNGLE ADVENTURE ILLUSTRATED EDITION Big Toomai is the boss driver of the elephants, but he takes little pleasure from his work. His ten-year old son, Little Toomai, loves the elephants and they understand his kindness. Asking to go on a hunt, his father tells him he can go when he sees the elephants dance. . . which is never - for no man has ever seen them dance. Follow this exciting adventure and find out if Little Toomai sees the elephants dance. Jungle story by Rudyard Kipling from his original *Jungle Book*.

Recommended by The Gunston Trust for Nonviolence in Children's Literature. Ages 6-12+ Read the book that inspired the classic coming-of-age film before it's back onscreen in select theaters this September! From award-winning German author Michael Ende, *The Neverending Story* is a classic tale of one boy and the book that magically comes to life. When Bastian happens upon an old book called *The Neverending Story*, he's swept into the magical world of Fantastica--so much that he finds he has actually become a character in the story! And when he realizes that this mysteriously enchanted world is in great danger, he also discovers that he is the one chosen to save it. Can Bastian overcome the barrier between reality and his imagination in order to save Fantastica? "An instantaneous leap into the magical . . . Energetic, innovative, and perceptive"—*The Washington Post* "A trumpet blast for the imagination."—*Sunday Times*

Un bel mattino passeggiavo con mio padre, secondo il nostro costume; eravamo inseparabili; s'egli andava in un luogo senza di me, di là a un poco mi vedevano spuntare; pareva che sapessi di doverlo perdere così presto. Ero in su que' bei diciott'anni, e su que' bei colli veronesi. La strada che talora serviva di letto al torrente, serpeggiava profonda, sassosa, sdrucchiola, tutta segnata sulla creta, dalle unghie fesse delle pecore, e dalle scarpe ferrate dei montanari. Due file di càrpini e di querce scapitozzate con macchie di rovi legate insieme da volubili madriselve sorgevano ombrose sull'alto delle due ripe, più a guisa di parete che di siepe, lasciando cadere dai cigli corrosi le pendole barbe delle radici nude.

The *Second Jungle Book* is a sequel to *The Jungle Book* by Rudyard Kipling. First published in

1895, it features five stories about Mowgli and three unrelated stories, all but one set in India, most of which Kipling wrote while living in Vermont. All of the stories were previously published in magazines in 1894-5, often under different titles. The original book is now worth \$3.4 million. The Book of the Virgins, published here in its first English translation, is one of Gabriele D'Annunzio's very first collections. Remarkable for its descriptive powers, it is a compelling account of self-knowledge and coming-of-age. Foreword by Tim Parks. Recovering from a near-fatal illness, a young woman resolves to experience for herself all that life has to offer. Spurning her old saintly ways, she sets out to explore the beauty and energy in everything around her. But as she senses the first stirrings of passion, so too comes tragedy, and with it, the realization that to truly live, she must embrace life in all its brutality. Poet, dramatist, and novelist—and one of the most popular and controversial Italian writers of the 20th century—Gabriele D'Annunzio (1863–1938) represented the very height of decadence in Italy. The author recounts his experiences traveling in India, and shares his impressions of the land, its people, and culture

A story about a white seal named Kotick who learns how to get along in his Arctic environment during his herd's first migration. For elementary grades.

The ability to enter into a flow state of mind will help any runner overcome the psychological barriers associated with a race. With Running Flow, pioneering flow researcher Mihaly Csikszentmihalyi gives you tools and strategies for experiencing the power of flow.

A darkly humorous exploration of the human body and its various functions in poetic prose, Valerio Magrelli's The Condominium of the Flesh, a personal chronicle of his clinical experience, catalogues a life history of ailments without ever being pathological.

Il Devoto-Oli è nato come un vocabolario d'autore; o meglio, come il vocabolario di due autori: uno dei massimi linguisti del Novecento, Giacomo Devoto, e un esperto conoscitore delle sfumature della lingua parlata e scritta, Gian Carlo Oli. Di qui un marchio di fabbrica che ne ha assicurato la fortuna fin dalla prima edizione: l'ariosa ricchezza delle definizioni; l'attenzione alla fraseologia e ai registri stilistici; il senso della lingua che si intende trasmettere al lettore, e in particolare al lettore-tipo di un vocabolario, lo studente; in sostanza - come scrivevano nel 1970 i due autori - l'idea di un vocabolario "inteso come sistema vivente continuamente rinnovato e mantenuto giovane dai suoi utenti".

From a two-time Olympic coach and creator of the Pose Method who has trained the running elite, an essential guide for all runners seeking to go faster and farther without injury Christopher McDougall's Born to Run—and the wildly popular natural running trend it sparked—changed the way we think about running, but it has also prompted many questions: Have we been running the wrong way? And, have we been running in the wrong kind of shoe? What is the safest type of foot strike? How many types are there? And what is a foot strike anyway? No existing guide has clearly addressed these concerns—until now. The Running Revolution provides both beginning and experienced runners with everything they need to know in order to safely and efficiently transition to and master a safer and more biomechanically efficient way of running that is guaranteed to improve performance and minimize wear and tear on the body. More than a one-size-fits-all guide, The Running Revolution provides readers with clear instructions, complete with helpful illustrations, that they can easily integrate into their unique running histories in order to run safely, intelligently, and efficiently for many years to come.

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