

The Ancient Guide To Modern Life

From the Rosetta Stone to public-key cryptography, the art and science of cryptology has been used to unlock the vivid history of ancient cultures, to turn the tide of warfare, and to thwart potential hackers from attacking computer systems. Codes: The Guide to Secrecy from Ancient to Modern Times explores the depth and breadth of the field, remain

For almost forty years, Joy Hilley has taught the Bible and prayed with women, men, and children. She's found that many who have a daily devotional life generally rely on a book that offers a scripture verse or two, a few paragraphs of the author's thoughts, and a short prayer. Some add their own prayers of thanks or petitions before going about their day. She calls that the "coffee and donut devotional." Enough fuel to get someone going, but not enough to sustain a life. Daily Prayer: A Modern Guide To Ancient Practices is a sacred resource for developing a prayer life that is rich, vibrant, and dynamic. Drawing from ancient Hebrew texts, the words of Jesus, early Church writings and practices, as well as The Book of Common Prayer, Joy provides a valuable guide-one with sufficient fuel for the journey.

A splendid new translation of one of the greatest books on friendship ever written In a world where social media, online relationships, and relentless self-absorption threaten the very idea of deep and lasting friendships, the search for true friends is more important than ever. In this short book, which is one of the greatest ever written on the subject, the famous Roman politician and philosopher Cicero offers a compelling guide to finding, keeping, and appreciating friends. With wit and wisdom, Cicero shows us not only how to build friendships but also why they must be a key part of our lives. For, as Cicero says, life without friends is not

worth living. Filled with timeless advice and insights, Cicero's heartfelt and moving classic—written in 44 BC and originally titled *De Amicitia*—has inspired readers for more than two thousand years, from St. Augustine and Dante to Thomas Jefferson and John Adams. Presented here in a lively new translation with the original Latin on facing pages and an inviting introduction, *How to Be a Friend* explores how to choose the right friends, how to avoid the pitfalls of friendship, and how to live with friends in good times and bad. Cicero also praises what he sees as the deepest kind of friendship—one in which two people find in each other “another self” or a kindred soul. An honest and eloquent guide to finding and treasuring true friends, *How to Be a Friend* speaks as powerfully today as when it was first written.

Is your life fulfilling? Do you feel loved and valued? Are you full of energy, happy and healthy? Are your days inspiring and fun? This remarkable book shows you how to stop the struggle and embrace life. Peta Morton shares the timeless spiritual wisdom of the ages in a modern, non-religious context and invites you on a journey of self-discovery. 'Peta Morton elegantly weaves together practical wisdom from a diverse array of traditions to provide a 'one stop shop' for anyone interested in personal development and well-being. This synthesis of important teachings and modalities, ranging from the power of breathing, thoughts, gratitude, and beyond, has the potential to shift the reader's perspective and clears the path for a happier, more peaceful life.' Mark Gober, author of *An End to Upside Down Thinking*

Timeless wisdom on generosity and gratitude from the great Stoic philosopher Seneca To give and receive well may be the most human thing you can do—but it is also the closest you can come to divinity. So argues the great Roman Stoic thinker Seneca (c. 4 BCE–65 CE) in his longest and most searching moral treatise, “On Benefits” (*De Beneficiis*). James Romm's

splendid new translation of essential selections from this work conveys the heart of Seneca's argument that generosity and gratitude are among the most important of all virtues. For Seneca, the impulse to give to others lies at the very foundation of society; without it, we are helpless creatures, worse than wild beasts. But generosity did not arise randomly or by chance. Seneca sees it as part of our desire to emulate the gods, whose creation of the earth and heavens stands as the greatest gift of all. Seneca's soaring prose captures his wonder at that gift, and expresses a profound sense of gratitude that will inspire today's readers. Complete with an enlightening introduction and the original Latin on facing pages, *How to Give* is a timeless guide to the profound significance of true generosity.

From two of mindbodygreen's top editors comes an essential companion for anyone seeking a deeper spiritual life. Taking time to nourish yourself and connect to the rhythms of the Earth can feel like a tall order when your days are packed to the brim but this beautifully illustrated handbook can make it a whole lot easier. The *Spirit Almanac* provides readers with potent, accessible rituals they will want to call on again and again throughout the year to feel more grounded, aligned with their purpose, and in touch with their own innate sense of knowing. Readers will be invited to practice and personalize dozens of routines incorporating science-backed techniques like breathwork, meditation, and aromatherapy, as well as more esoteric offerings like astrology, crystals, and tarot. Along the way, they will learn the fascinating history of ritual and trace these ancient spiritual practices through the ages to modern day applications from several true masters—from reiki healers to psychologists to sound therapists—who live and breathe this work. Divided by the four seasons, this book features dozens of ideas for spirit and soul enriching rituals including:

- Honor the quiet of winter and the start of the year by setting

new intentions with a seed planting ritual · Come spring, try a breathwork ritual to release blocks and move forward · Celebrate summer with a forest bathing ritual to clear your mind or a crystal ritual for an open, receptive heart · Wind down in fall with a self-soothing full moon ceremony to reflect on the year The Spirit Almanac will infuse your life with more joy, gratitude, and a deeper connection to yourself and our Mother Earth.

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It's time for us to re-examine the past. Our lives are infinitely richer if we take the time to look at what the Greeks and Romans have given us in politics and law, religion and philosophy and education, and to learn how people really lived in Athens, Rome, Sparta and Alexandria. This is a book with a serious point to make but the author isn't simply a classicist but a comedian and broadcaster who has made television and radio documentaries about humour, education and Dorothy Parker. This is a book for us all. Whether political, cultural or social, there are endless parallels between the ancient and modern worlds. Whether it's the murder of Caesar or the political assassination of Thatcher; the narrative arc of the hit HBO series The Wire or that of Oedipus; the popular enthusiasm for the Emperor Titus or President Obama - over and over again we can be seen to be living very much like people did 2,000 or more years ago. Worried that old age will inevitably mean losing your libido, your health, and possibly your marbles too? Well, Cicero has some good news for you. In How to Grow Old, the great Roman orator and statesman eloquently describes how you can make the second half of life the best part of all—and why you might discover that reading and gardening are actually far more pleasurable than sex ever was. Filled with timeless wisdom and

practical guidance, Cicero's brief, charming classic—written in 44 BC and originally titled *On Old Age*—has delighted and inspired readers, from Saint Augustine to Thomas Jefferson, for more than two thousand years. Presented here in a lively new translation with an informative new introduction and the original Latin on facing pages, the book directly addresses the greatest fears of growing older and persuasively argues why these worries are greatly exaggerated—or altogether mistaken. Montaigne said Cicero's book "gives one an appetite for growing old." The American founding father John Adams read it repeatedly in his later years. And today its lessons are more relevant than ever in a world obsessed with the futile pursuit of youth.

How ancient skepticism can help you attain tranquility by learning to suspend judgment
Along with Stoicism and Epicureanism, Skepticism is one of the three major schools of ancient Greek philosophy that claim to offer a way of living as well as thinking. *How to Keep an Open Mind* provides an unmatched introduction to skepticism by presenting a fresh, modern translation of key passages from the writings of Sextus Empiricus, the only Greek skeptic whose works have survived. While content in daily life to go along with things as they appear to be, Sextus advocated—and provided a set of techniques to achieve—a radical suspension of judgment about the way things really are, believing that such nonjudging can be useful for challenging the unfounded dogmatism of others and may help one achieve a state of calm and tranquility. In an introduction, Richard Bett makes the case that the most important lesson we can draw from Sextus's brand

of skepticism today may be an ability to see what can be said on the other side of any issue, leading to a greater open-mindedness. Complete with the original Greek on facing pages, *How to Keep an Open Mind* offers a compelling antidote to the closed-minded dogmatism of today's polarized world.

What we can learn about fostering innovation and creative thinking from some of the most inventive people of all times—the ancient Greeks When it comes to innovation and creative thinking, we are still catching up with the ancient Greeks. Between 800 and 300 BCE, they changed the world with astonishing inventions—democracy, the alphabet, philosophy, logic, rhetoric, mathematical proof, rational medicine, coins, architectural canons, drama, lifelike sculpture, and competitive athletics. None of this happened by accident. Recognizing the power of the new and trying to understand and promote the conditions that make it possible, the Greeks were the first to write about innovation and even the first to record a word for forging something new. In short, the Greeks “invented” innovation itself—and they still have a great deal to teach us about it. *How to Innovate* is an engaging and entertaining introduction to key ideas about—and examples of—innovation and creative thinking from ancient Greece. Armand D'Angour provides lively new translations of selections from Aristotle, Diodorus, and Athenaeus, with the original Greek text on facing pages. These writings illuminate and illustrate timeless principles of creating something new—borrowing or adapting existing ideas or things, cross-fertilizing disparate elements, or criticizing and disrupting current conditions.

From the true story of Archimedes's famous "Eureka!" moment, to Aristotle's thoughts on physical change and political innovation, to accounts of how disruption and competition drove invention in Greek warfare and the visual arts, *How to Innovate* is filled with valuable insights about how change happens—and how to bring it about. Timeless techniques of effective public speaking from ancient Rome's greatest orator All of us are faced countless times with the challenge of persuading others, whether we're trying to win a trivial argument with a friend or convince our coworkers about an important decision. Instead of relying on untrained instinct—and often floundering or failing as a result—we'd win more arguments if we learned the timeless art of verbal persuasion, rhetoric. *How to Win an Argument* gathers the rhetorical wisdom of Cicero, ancient Rome's greatest orator, from across his works and combines it with passages from his legal and political speeches to show his powerful techniques in action. The result is an enlightening and entertaining practical introduction to the secrets of persuasive speaking and writing—including strategies that are just as effective in today's offices, schools, courts, and political debates as they were in the Roman forum. *How to Win an Argument* addresses proof based on rational argumentation, character, and emotion; the parts of a speech; the plain, middle, and grand styles; how to persuade no matter what audience or circumstances you face; and more. Cicero's words are presented in lively translations, with illuminating introductions; the book also features a brief biography of Cicero, a glossary, suggestions for further reading, and an

appendix of the original Latin texts. Astonishingly relevant, this unique anthology of Cicero's rhetorical and oratorical wisdom will be enjoyed by anyone who ever needs to win arguments and influence people—in other words, all of us.

The ultimate guide to witchcraft for every woman craving a connection to something bigger, using the tools of tarot, astrology, and crystals to discover her best self. In these uncertain times, witchcraft, astrology, tarot, crystals, and similar practices are seeing a massive resurgence, especially among young women, as part of their self-care and mindfulness routines. Gabriela helps readers take back their power while connecting to something larger than themselves. She covers: * Witchcraft as a feminist call to action * Fashion magick * Spells for self-love * Cleansing your space * Holidays of the witch * How to create a spellbook / grimoire * Witchcraft as self-care Whether the reader is looking to connect with her green thumb, banish negative energies, balance her chakras, energetically fight the patriarchy, or revitalize her sense of self, Inner Witch has something to offer. After all, empowered women run the world--and the ones who do are usually witches.

A vivid and accessible new translation of Cicero's influential writings on the Stoic idea of the divine Most ancient Romans were deeply religious and their world was overflowing with gods—from Jupiter, Minerva, and Mars to countless local divinities, household gods, and ancestral spirits. One of the most influential Roman perspectives on religion came from a nonreligious belief system that is finding new adherents even

today: Stoicism. How did the Stoics think about religion? In *How to Think about God*, Philip Freeman presents vivid new translations of Cicero's *On the Nature of the Gods* and *The Dream of Scipio*. In these brief works, Cicero offers a Stoic view of belief, divinity, and human immortality, giving eloquent expression to the religious ideas of one of the most popular schools of Roman and Greek philosophy. *On the Nature of the Gods* and *The Dream of Scipio* are Cicero's best-known and most important writings on religion, and they have profoundly shaped Christian and non-Christian thought for more than two thousand years, influencing such luminaries as Augustine, Thomas Aquinas, Dante, and Thomas Jefferson. These works reveal many of the religious aspects of Stoicism, including an understanding of the universe as a materialistic yet continuous and living whole in which both the gods and a supreme God are essential elements. Featuring an introduction, suggestions for further reading, and the original Latin on facing pages, *How to Think about God* is a compelling guide to the Stoic view of the divine.

A delightful anthology of classical Greek and Roman writings celebrating country living—ranging from a philosophy of compost to hymns to the gods of agriculture. Whether you farm or garden, live in the country or long to move there, or simply enjoy an occasional rural retreat, you will be delighted by this cornucopia of writings about living and working on the land, harvested from the fertile fields of ancient Greek and Roman literature. An inspiring antidote to the digital age, *How to Be a Farmer* evokes

the beauty and bounty of nature with a rich mixture of philosophy, practical advice, history, and humor. Together, these timeless reflections on what the Greeks called *boukolika* and the Romans *res rusticae* provide an entertaining and enlightening guide to a more meaningful and sustainable way of life. In fresh translations by classicist and farmer M. D. Usher, with the original texts on facing pages, Hesiod praises the dignity of labor; Plato describes the rustic simplicity of his ideal republic; Varro dedicates a farming manual to his wife, Fundania (“Mrs. Farmer”); and Vergil idealizes farmers as residents of the Golden Age. In other selections, Horace extols the joys of simple living at his cherished country farm; Pliny the Elder explains why all culture stems from agriculture; Columella praises donkeys and tells how to choose a ram or a dog; Musonius Rufus argues that farming is the best livelihood for a philosopher; and there is much more. Proof that farming is ultimately a state of mind we should all cultivate, *How to Be a Farmer* will charm anyone who loves nature or its fruits.

In *Postmodern Winemaking*, Smith shares knowledge he has accumulated in engaging, humorous, and erudite essays that convey a new vision of the winemaker’s craft—one that credits the crucial roles played by both science and art in the winemaking process. Smith, a leading innovator in red wine production techniques, explains how traditional enological education has led many winemakers astray—enabling them to create competent, consistent wines while putting exceptional wines of structure and mystery beyond their grasp. Great wines, he claims, demand a personal and creative

engagement with many elements of the process. His lively exploration of the facets of postmodern winemaking, together with profiles of some of its practitioners, is both entertaining and enlightening.

Timeless wisdom on death and dying from the celebrated Stoic philosopher Seneca "It takes an entire lifetime to learn how to die," wrote the Roman Stoic philosopher Seneca (c. 4 BC–65 AD). He counseled readers to "study death always," and took his own advice, returning to the subject again and again in all his writings, yet he never treated it in a complete work. *How to Die* gathers in one volume, for the first time, Seneca's remarkable meditations on death and dying. Edited and translated by James S. Romm, *How to Die* reveals a provocative thinker and dazzling writer who speaks with a startling frankness about the need to accept death or even, under certain conditions, to seek it out. Seneca believed that life is only a journey toward death and that one must rehearse for death throughout life. Here, he tells us how to practice for death, how to die well, and how to understand the role of a good death in a good life. He stresses the universality of death, its importance as life's final rite of passage, and its ability to liberate us from pain, slavery, or political oppression. Featuring beautifully rendered new translations, *How to Die* also includes an enlightening introduction, notes, the original Latin texts, and an epilogue presenting Tacitus's description of Seneca's grim suicide.

The Emerald Tablet is purported to be a fourteen step instruction manual for the

Alchemical process of turning ordinary metals like lead into something much more valuable, like gold. If you can decipher the meaning, that is. Over the centuries, many have tried. I believe the fourteen statements of the Emerald Tablet to be a symbolic guide to a far greater treasure... Legend has it that this guide was written by Hermes Trismegistus, an ancient Egyptian philosopher whose discoveries were said to have transformed him, through knowledge of this world, into a god among men, so to speak. The Egyptians thought so highly of him that they equated him with their god Thoth (see front cover) and the Greeks, in similar fashion, equated him with their god Mercury. What is the goal of the Emerald Tablet, as transmitted to us by Hermes through the fourteen cryptic statements? To transform those of us who can decipher its meaning into a higher level of human consciousness. To transform the reader, through knowledge, into what the Egyptians would have called a god among men. "This world is a holographic unity that repeats itself in an endless, infinite continuum in every direction forever."

Presents cooking ideas based on the principles of Chinese medicine, providing more than 150 recipes which incorporate therapeutic Asian foods and herbs, with information on specific ingredients and suggestions for acquiring them.

The cultural battle known as the Quarrel of the Ancients and Moderns served as a sly cover for more deeply opposed views about the value of literature and the arts. One of the most public controversies of early modern Europe, the Quarrel has most often been

depicted as pitting antiquarian conservatives against the insurgent critics of established authority. *The Shock of the Ancient* turns the canonical vision of those events on its head by demonstrating how the defenders of Greek literature—rather than clinging to an outmoded tradition—celebrated the radically different practices of the ancient world. At a time when the constraints of decorum and the politics of French absolutism quashed the expression of cultural differences, the ancient world presented a disturbing face of otherness. Larry F. Norman explores how the authoritative status of ancient Greek texts allowed them to justify literary depictions of the scandalous. *The Shock of the Ancient* surveys the diverse array of aesthetic models presented in these ancient works and considers how they both helped to undermine the rigid codes of neoclassicism and paved the way for the innovative philosophies of the Enlightenment. Broadly appealing to students of European literature, art history, and philosophy, this book is an important contribution to early modern literary and cultural debates.

THE ANKH IS THE EGYPTIAN SYMBOL OF ETERNAL LIFE More specifically, the ankh symbol looks like and represents a "key"- a key to unlocking the door to eternal life. How do you get this key? Through knowledge- a very specific knowledge that was a closely and jealously guarded secret. Mirrors were often made in the shape of the ankh key in order to remind the user of the existence of a perception of life that extended into another world, into another reality. The teachings within this book are aimed at expressing, in modern and plain terms, the ancient Egyptian knowledge that

was believed to be this key- the key to unlocking the door to eternal life, and for bestowing upon the user the perception of life beyond this World. From the book: "Just as we were developed for this world in the womb, so too are we being developed for the next world within these bodies. "Just as we emerged from the world of our mother's womb into this world, so too will we emerge from the world of these bodies into the next..."

Collects the Roman statesman's thoughts on leadership, the balance of power, and other topical political issues that maintain relevance today, in a work featuring new translations and organized by subject.

You're stuck in the airport security line, late for a flight. The line isn't moving. You're angry at the security personnel for taking so long, you're irritated at the other passengers for having so much stuff, you're mad at your boss for sending you on this trip in the first place. By the time you get to your gate you're angry, deflated, and exhausted. Then someone cuts in front of you in the line to board and you snap. "There's a line, you know!" Is that really you, standing in an airport, yelling at a stranger, emotions raging? It happens to most of us more than we'd like to admit. In an instant, our lives seem out of control and overwhelming. It's always something, isn't it? But what if you could approach every part of your life—from the smallest decisions to life's biggest setbacks—with total confidence, clarity, and control? According to Sakyong Mipham, we all have that power. The secret is simple: If you just stop thinking

about yourself all the time, happiness and confidence will come naturally. It sounds absurd and, what's more, impossible. But in *Ruling Your World*, Sakyong Mipham shares ancient secrets on how to take control of our lives and be successful while cultivating compassion for others and confidence in our own intelligence and goodness. The key to this well-being lies in the ancient strategies of the warrior kings and queens of Shambhala. The kingdom of Shambhala was an enlightened kingdom of benevolent kings and queens and fiercely trained warriors. No one knows for sure whether this kingdom was real or mythical, but there are ancient guidebooks to this land and practical instructions for creating a Shambhala in your own world, bringing peace, purpose, and perspective into your life and environment. Sakyong Mipham, the descendant of a warrior king, has inherited these teachings and gives us the lessons and myths of the great rulers and warriors of Shambhala. He makes these teachings relevant to our twenty-first-century lives in a fresh and witty voice and helps us all to realize our potential for power and control in a seemingly uncontrollable world. For the first time ever, revered spiritual leader Sakyong Mipham brings the lessons of the ancient Shambhala warriors and rulers to the Western world and shows us how to live our lives with confidence. Most of us are living in a haze—sometimes helping others, sometimes helping ourselves, sometimes happy, sometimes sad. We don't feel in control of our own lives. The ancient teachings of Shambhala rulership show us that we all have the ability to rule our own world and live with confidence. To do this, we need to

use our daily lives to be strong, as opposed to aggressive, and to act with wisdom and compassion. This may sound difficult, but when we begin to mix this ancient wisdom of rulership into our everyday life, we have both spiritual and worldly success. We don't need to abandon our life and become an ascetic or a monk in order to gain confidence and achieve this success. We can live in the world as a ruler no matter what we are doing. —from *Ruling Your World*

Discover a new path to wellness with this illuminating collection of simple and ancient self-care rituals. In a hectic world filled with trendy products and expensive retreats designed to reduce stress and anxiety, it's easy to get lost and overwhelmed just trying to find ways to be well. However, as product innovation and well-being services expert Dondeena Bradley shows in this book, the key to sustained wellness has always been within reach with ancient, tried-and-true practices. In *Living Full Circle*, Bradley translates time-tested and proven healing remedies into practical tools for taking care of yourself. Guiding you through the vast landscape of health and wellness, Bradley focuses on traditional methods and applies them to today's modern world. These classic and simple techniques will ultimately enable you to rejuvenate your daily rituals, ground and reconnect with all five of your senses, and improve your overall well-being. For anyone searching for ways to take back your health using natural, holistic methods, look no further than *Living Full Circle*—a modern guide to self-care rooted in ancient wisdom that is, today, more beneficial than ever.

What the Roman poet Horace can teach us about how to live a life of contentment What are the secrets to a contented life? One of Rome's greatest and most influential poets, Horace (65–8 BCE) has been cherished by readers for more than two thousand years not only for his wit, style, and reflections on Roman society, but also for his wisdom about how to live a good life—above all else, a life of contentment in a world of materialistic excess and personal pressures. In *How to Be Content*, Stephen Harrison, a leading authority on the poet, provides fresh, contemporary translations of poems from across Horace's works that continue to offer important lessons about the good life, friendship, love, and death. Living during the reign of Rome's first emperor, Horace drew on Greek and Roman philosophy, especially Stoicism and Epicureanism, to write poems that reflect on how to live a thoughtful and moderate life amid mindless overconsumption, how to achieve and maintain true love and friendship, and how to face disaster and death with patience and courage. From memorable counsel on the pointlessness of worrying about the future to valuable advice about living in the moment, these poems, by the man who famously advised us to *carpe diem*, or “harvest the day,” continue to provide brilliant meditations on perennial human problems. Featuring translations of, and commentary on, complete poems from Horace's *Odes*, *Satires*, *Epistles*, and *Epodes*, accompanied by the original

Latin, *How to Be Content* is both an ideal introduction to Horace and a compelling book of timeless wisdom.

"Everyone knows that Marcus Tullius Cicero was one of the great statesmen, lawyers, and effective orators in the history of Rome. But did you also know he was regarded as one of the funniest people in Roman society as well? Five hundred years after his death, in the twilight of antiquity, the writer Macrobius ranks him alongside the comic playwright Plautus as the one of the two greatest wits ever. In this book, classicist Michael Fontaine, proposes to translate selections from Cicero's great rhetorical treatise, *On the Ideal Orator* (*De Oratore*). That larger work covered the whole of rhetoric and effective public speaking and debate. However, contained within it, is a long section focused on the effective use of humor in public speaking. In it, Cicero is concerned not just with various kinds of individual jokes, but with jokes that are advantageous in social situations. He advises readers on how to make the most effective use of wit to win friends, audiences, and achieve their overall ambitions. Cicero wants to teach his readers how to tell a joke without looking like a buffoon, and how to prevent or avoid jokes from backfiring. Hence, he does give scores of examples of jokes-some of which are timeless and translate easily, others that involve puns in Latin that challenged the translator's creativity. But overall, this work brings to

the fore a little known, but important part of Cicero's classic work."--

India is a land of mystery, richness, and deep spiritual discovery. Every facet of this ancient land seems scented with the famous spices that lured European traders to its shores more than five centuries ago. India is quite unique in the way it has brought its ancient histories and traditions with it into the modern age. In this thoroughly engaging book, Natalie Haynes brings her scholarship and wit to the most fascinating true stories of the ancient world. The Ancient Guide to Modern Life not only reveals the origins of our culture in areas including philosophy, politics, language, and art, it also draws illuminating connections between antiquity and our present time, to demonstrate that the Greeks and Romans were not so different from ourselves: is Bart Simpson the successor to Aristophanes? Do the Beckhams have parallel lives with The Satiricon's Trimalchio? Along the way Haynes debunks myths (gladiators didn't salute the emperor before their deaths, and the last words of Julius Caesar weren't "et tu, brute?") from Athens to Zeno's paradox, this irresistible guide shows how the history and wisdom of the ancient world can inform and enrich our lives today. Sex expert Nitya Lacroix brings an energetic new take to ancient sex techniques and positions in Kama Sutra. This lively and inspirational text offers new and exciting insights into the Kama Sutra's teachings and explores every aspect of a

sexual relationship, including sexual attraction, wooing and wowing, foreplay, and arousal. Supercharged erotic photography, supported by beautiful and explicit Indian artworks, illustrates the unique sequences for sensational sex. However, *Kama Sutra: A Modern Guide to the Ancient Art of Sex* is not just another catalogue of positions: Nitya Lacroix describes seven incredible sexual sequences that demonstrate how the postures described in the *Kama Sutra* were intended to flow into each other easily and elegantly. This sumptuous yet highly practical guide reinterprets the sexual practices of ancient India for the enjoyment of modern Western lovers, and explains how each sexual position excites and delights men and women in very different ways.

"Born a slave, the Roman Stoic philosopher Epictetus (c. 55-135 AD) taught that mental freedom is supreme, since it can liberate one anywhere, even in a prison ... Freedom, for Epictetus, is not a human right or a political prerogative but a psychological and ethical achievement, a gift that we alone can bestow on ourselves ... *How to Be Free* features splendid new translations and the original Greek on facing pages, a compelling introduction that sets Epictetus in context and describes the importance of Stoic freedom today, and an invaluable glossary of key words and concepts. The result is an unmatched introduction to this powerful method of managing emotions and handling life's situations, from the

most ordinary to the most demanding."--Provided by the publisher.

"The philosopher, statesman, and moralist Plutarch of Chaeronia (first and early second centuries CE) begins his essay Political Advice, wherein he advises a man about how to embark upon a career in government and how to become an effective leader by saying: 'First of all, let the primary motivation for political activity be a conscious choice based on judgment and reason, which serves as a firm and strong foundation, and let the choice not be rashly inspired by the vain pursuit of glory, a sense of rivalry, or a lack of other meaningful activities.' In How to Lead, classicist Jeffrey Beneker translates three of Plutarch's political essays: To an Uneducated Leader, Political Advice, and The Role of the Elder Statesman. In these essays Plutarch seeks not only to advise these budding, practicing, and even aging politicians about the problems of governing their Greek cities under Roman rule, but also to educate them about general principles of leadership. Plutarch thought quite a lot about political leadership. The management of public affairs at all levels is one of the most important of human endeavors. It requires education, character, and commitment. He encourages those who desire to lead, and he gives advice based mainly on the experiences of great leaders of the past. These essays are timeless reflections on the proper way to lead and serve, publicly, at least with respect to the European and

American political traditions. The essays emphasize the importance of personal integrity and friendships, how best to persuade one's fellow citizens, the dangers inherent in rivalry, and that the successful management of public affairs demands respect for the state's institutions, cooperation among politicians, and the subordination of one's own glory to the welfare of the state"--

Jane Alexander is inspired and inspiring. I trust her advice completely' - Sarah Stacey, Mail on Sunday In this fast-paced, social media-filled world, people are looking for clarity and inner calm, as well as an escape from the digital overload. This book offers a comprehensive lowdown on the ancient wisdoms from around the world in an accessible way, so we can harness this wisdom and use it in our contemporary environment. The book will be broken down into five major sections. The first gives an overview to the various forms of ancient wisdom covered in the book. The following four sections will each cover a season with information and practical exercises on: Nutrition (adapting your diet throughout the year); Body (different seasonal exercise, including simple yoga and qiyong flows, healing forms of breathwork and bodywork); Emotional life (seasonal emotional shifts and advice on natural approaches to dealing with everyday stresses and anxiety); and Spiritual life (powerful soul-work, including crystals, sound healing and oracles).

Timeless wisdom on controlling anger in personal life and politics from the Roman Stoic philosopher and statesman Seneca In his essay “On Anger” (De Ira), the Roman Stoic thinker Seneca (c. 4 BC–65 AD) argues that anger is the most destructive passion: “No plague has cost the human race more dear.” This was proved by his own life, which he barely preserved under one wrathful emperor, Caligula, and lost under a second, Nero. This splendid new translation of essential selections from “On Anger,” presented with an enlightening introduction and the original Latin on facing pages, offers readers a timeless guide to avoiding and managing anger. It vividly illustrates why the emotion is so dangerous and why controlling it would bring vast benefits to individuals and society. Drawing on his great arsenal of rhetoric, including historical examples (especially from Caligula’s horrific reign), anecdotes, quips, and soaring flights of eloquence, Seneca builds his case against anger with mounting intensity. Like a fire-and-brimstone preacher, he paints a grim picture of the moral perils to which anger exposes us, tracing nearly all the world’s evils to this one toxic source. But he then uplifts us with a beatific vision of the alternate path, a path of forgiveness and compassion that resonates with Christian and Buddhist ethics. Seneca’s thoughts on anger have never been more relevant than today, when uncivil discourse has increasingly infected public debate. Whether seeking personal growth or political renewal, readers will find, in Seneca’s wisdom, a valuable antidote to the ills of an angry age.

A guide that Marcus Cicero's brother wrote for him as he prepared to campaign for consul in ancient Rome includes a surprising amount of information that can be applied to today's political contests, and is now presenting again, in a bilingual Latin-English edition that offers a new translation.

The leaders of the Roman Empire established many of the organizational governance practices that we follow today, in addition to remarkable feats of engineering using primitive tools that produced roads and bridges which are still being used today, complex irrigation systems, and even "flush toilets." Yet, the leaders were challenged with political intrigue, rebelling team members, and pressure from the competition. How could they achieve such long-lasting greatness in the face of these challenges? In this new addition to the Lessons from History series, join author Jerry Manas as he takes you on a journey through history to learn about project management the Roman way. Discover the 23 key lessons that can be learned from the successes and failures of the Roman leadership, with specific advice on how they can be applied to today's projects. Looking at today's hottest topics, from the importance of strategic alignment for your projects through to managing transformational change and fostering work/life balance while still maintaining overall performance, you'll find that the Romans already faced-and conquered-these challenges two thousand years ago. Read this intriguing book to learn how they did it.

A spirited new translation of a forgotten classic, shot through with timeless wisdom Is there an art to drinking alcohol? Can drinking ever be a virtue? The Renaissance humanist and neoclassical poet Vincent Obsopoeus (ca. 1498–1539) thought so. In the winelands of sixteenth-century Germany, he witnessed the birth of a poisonous new culture of bingeing, hazing, peer pressure, and competitive drinking. Alarmed, and inspired by the Roman poet Ovid's Art of Love, he wrote The Art of Drinking (De Arte Bibendi) (1536), a how-to manual for drinking with pleasure and discrimination. In How to Drink, Michael Fontaine offers the first proper English translation of Obsopoeus's text, rendering his poetry into spirited, contemporary

prose and uncorking a forgotten classic that will appeal to drinkers of all kinds and (legal) ages. Arguing that moderation, not abstinence, is the key to lasting sobriety, and that drinking can be a virtue if it is done with rules and limits, Obsopoeus teaches us how to manage our drinking, how to win friends at social gatherings, and how to give a proper toast. But he also says that drinking to excess on occasion is okay—and he even tells us how to win drinking games, citing extensive personal experience. Complete with the original Latin on facing pages, this sparkling work is as intoxicating today as when it was first published.

Ancient -- Modern Worship is a practical guide for planning blended worship services (worship that incorporates elements of both traditional and contemporary worship styles). Through the use of the metaphor worship as drama, Martin Thielen demonstrates that the script of worship is similar to a five-act play, with the five acts or movements being: gathering, service of the word, response, service of the table, and dismissal.

The Chinese Medicine Companion is a condensed edition of The New Chinese Medicine Handbook.

How to Win an Election is an ancient Roman guide for campaigning that is as up-to-date as tomorrow's headlines. In 64 BC when idealist Marcus Cicero, Rome's greatest orator, ran for consul (the highest office in the Republic), his practical brother Quintus decided he needed some no-nonsense advice on running a successful campaign. What follows in his short letter are timeless bits of political wisdom, from the importance of promising everything to everybody and reminding voters about the sexual scandals of your opponents to being a chameleon, putting on a good show for the masses, and constantly surrounding yourself with rabid supporters. Presented here in a lively and colorful new translation, with the Latin text on facing

pages, this unashamedly pragmatic primer on the humble art of personal politicking is dead-on (Cicero won)--and as relevant today as when it was written. A little-known classic in the spirit of Machiavelli's Prince, How to Win an Election is required reading for politicians and everyone who enjoys watching them try to manipulate their way into office.

Combining ancient Eastern wisdom (Ayurveda), thousand-year-old spiritual teachings, natural health science secrets, and the latest modern research, this book will reconnect you to the age-old wisdoms of health, as followed by the world's healthiest people.

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