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Richard La Ruina

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Richard La Ruina went from 21-year old virgin, to one of the world's celebrated Dating Coaches, and finally to happily married family man. In Soulmate Sequence he reveals the techniques beyond just Pick Up. From building friendship circles and a rich and rewarding social life, to finding and keeping "The One", Soulmate Sequence gives you the blueprints for success.

"Effortless mindfulness" is a new way to immediately enter an optimal flow state available to us in the midst of our busy lives. In The Way of Effortless Mindfulness, Loch Kelly teaches that when you "unhook" awareness from chattering thoughts, you can access a peaceful mind and a naturally embodied wakefulness. From this heartfelt space, students report they find that right action comes easily and a loving tenderness for all of life is freely available. This follow-up to Kelly's award-winning Shift into Freedom outlines practical and supportive material from neuroscience, psychology, and the wisdom of various spiritual traditions. Here you will find a reader-friendly guide to understanding exactly what effortless mindfulness is, practices for engaging with it, and how to avoid the pitfalls to the full embodiment of this timeless awareness. The Way of Effortless Mindfulness offers a compelling introduction to the next stage in the ongoing mindfulness revolution.

National Bestseller Winner of the National Outdoor Book Award Longlisted for the Andrew Carnegie Medal for Excellence in Nonfiction A New York Times Notable Book One of TIME's

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100 Must Read Books of the Year One of The Washington Post's 50 Notable Nonfiction Books of the Year One of Smithsonian Magazine's 10 Best Science Books of the Year One of Publishers Weekly's Best Nonfiction Books of the Year A New York Times Editor's Choice Part H Is for Hawk, part The Soul of an Octopus, The Book of Eels is both a meditation on the world's most elusive fish—the eel—and a reflection on the human condition Remarkably little is known about the European eel, *Anguilla anguilla*. So little, in fact, that scientists and philosophers have, for centuries, been obsessed with what has become known as the “eel question”: Where do eels come from? What are they? Are they fish or some other kind of creature altogether? Even today, in an age of advanced science, no one has ever seen eels mating or giving birth, and we still don't understand what drives them, after living for decades in freshwater, to swim great distances back to the ocean at the end of their lives. They remain a mystery. Drawing on a breadth of research about eels in literature, history, and modern marine biology, as well as his own experience fishing for eels with his father, Patrik Svensson crafts a mesmerizing portrait of an unusual, utterly misunderstood, and completely captivating animal. In *The Book of Eels*, we meet renowned historical thinkers, from Aristotle to Sigmund Freud to Rachel Carson, for whom the eel was a singular obsession. And we meet the scientists who spearheaded the search for the eel's point of origin, including Danish marine biologist Johannes Schmidt, who led research efforts in the early twentieth century, catching thousands upon thousands of eels, in the hopes of proving their birthing grounds in the Sargasso Sea. Blending memoir and nature writing at its best, Svensson's journey to understand the eel becomes an exploration of the human condition that delves into overarching issues about our roots and destiny, both as humans and as animals, and,

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ultimately, how to handle the biggest question of all: death. The result is a gripping and slippery narrative that will surprise and enchant.

Have you ever wondered how come you didn't get your share of charisma? What about the way that women relate to you? Do you think that you know what it takes to attract women? Well, buddy, I have to tell you that you have a lot of misconceptions. If you observe people around you, you won't find that all the men who have women have charisma and charm. What you will find is that they have the body language that gives them the edge. This book delves into body language and shows you how you can use the science of attraction to get the lady you want. It's easy once you know how. There are many books out there that purport to be able to teach you about yourself. The truth is that only you can learn about how to best present yourself so that you have the true confidence of a Casanova! Do you think you can pull it off? The truth is that you can, but I hold the secrets and at the moment, you have nothing. If you buy the book, you will find that it tells you exactly what you are lacking, but it doesn't just do that. It also tells you how to gain what you are lacking so that ladies will find you irresistible. You will find out all about: The science of attraction How to show confidence The fine art of flirting And.. Getting Physical It's not about trickery or deceit. It's more a question of recognizing and using your own potential. Once you have read the book, you will know how to do that and will find that your life will change considerably. Women will look your way, but instead of turning away and choosing someone else, you will be giving yourself the edge against the competition by learning how to bring out the Casanova that every man has potentially inside him. This book was written specifically with you in mind and if you have come as far as reading the introduction, you haven't even started yet. By reading the contents of the

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book, you can practice and hone your skills which is all that other men do. Do you think you have to be handsome? Do you know what switches a woman on? The book will take you through all of your questions and give you the body language that you need in order to win her favor. It's not rocket science, although be aware that many men look in the wrong direction for this kind of guidance. My book will tell you it as it is and if you have the strength to take the criticism, you also have the personality to be able to do something about your body language. When you do, a whole heap of things will change, so that you can win over even the toughest of challenges. Treat her right, be kind and use your body language to let her know what you are looking for. The rest is down to the Law of Attraction and if you let that work for you, you can't go wrong!

From beloved, award-winning poet Aimee Nezhukumatathil comes a debut work of nonfiction—a collection of essays about the natural world, and the way its inhabitants can teach, support, and inspire us. As a child, Nezhukumatathil called many places home: the grounds of a Kansas mental institution, where her Filipina mother was a doctor; the open skies and tall mountains of Arizona, where she hiked with her Indian father; and the chillier climes of western New York and Ohio. But no matter where she was transplanted—no matter how awkward the fit or forbidding the landscape—she was able to turn to our world's fierce and funny creatures for guidance. “What the peacock can do,” she tells us, “is remind you of a home you will run away from and run back to all your life.” The axolotl teaches us to smile, even in the face of unkindness; the touch-me-not plant shows us how to shake off unwanted advances; the narwhal demonstrates how to survive in hostile environments. Even in the strange and the unlovely, Nezhukumatathil finds beauty and kinship. For it is this way with wonder: it requires

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that we are curious enough to look past the distractions in order to fully appreciate the world's gifts. Warm, lyrical, and gorgeously illustrated by Fumi Nakamura, *World of Wonders* is a book of sustenance and joy.

REVIEW: "The Nature Process is a personal invitation from Gaia herself to support you at the deepest level possible in order to experience the maximum possible growth. It is an invitation to trust Life in ways you've never imagined. Rather than "anthropomorphizing Earth" Tabitha guides us through an important journey in how we can become more Earth-like. This distinction is critical if we are to fully reconnect, heal, and evolve as a species. The Nature Process is pure genius because it outlines a 'natural process' not dependent on our intellects, experts, or facilitators. Tabitha illuminates how we can all tap into Nature's wisdom and follow where it leads. If you long to go beyond ecological theory and into loving partnership with Nature – as you transform your life – this is the field guide for you." - TreeSisters

BOOK DESCRIPTION: Is there a deep longing within you to go beyond the stories that no longer serve you into the fullest expression of what it means to be alive? Do you see the shift in consciousness sweeping across the planet and want to fully step up and be a part of it? In this powerful guide, coach and growth expert, Tabitha Jayne shows you how to re-connect with the earth, the universe, and yourself. The Nature Process reveals the truth that will fundamentally change your life. We are one with nature. When we consciously connect to nature we plug ourselves into the most powerful source of energy known to humanity. It's time to see just how powerful you truly are. Easily and effortlessly, you can create the life you want, let go of the pain of the past, and wake up every morning feeling truly alive. Through practicing The Nature Process, you'll be able to dissolve limiting beliefs and energetic blockages and feel a new connection to life itself that will

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support you to be the difference you want to create in the world.

"You can become irresistibly attractive to women without changing who you are." So says Mark Manson, superstar blogger and author of the international bestseller, *The Subtle Art of Not Giving A F*ck*, a self help book that packs a punch. Mark brings the same approach to teaching men what they need to know about attracting women. In *Models* he shows us how much it sucks trying to attract women using the tricks and tactics recommended by other books. Instead, he says, men need to focus on seduction as an emotional process not a physical or social one. What matters is the intention, the motivation, the authenticity. To improve your dating life you must improve your emotional life - how you feel about yourself and how you express yourself to others. Funny, irreverent and confronting, *Models* is a mature and honest guide on how a man can attract women by giving up the bullsh*t and becoming an honest broker. "A detailed guide to modern sexual ethics" *Sydney Morning Herald* "There's nothing subtle about Mark Manson. He's crude and vulgar and doesn't give a f*ck . . . He's as painfully honest as he is outrageously funny" *Huffington Post*

One of the world's top pick-up artists, Richard La Ruina went from having no women to being a true master of seduction. Now he shows you how to do the same. So move over *Mystery*, and tell Neil Strauss that *The Rules of the Game* are about to be rewritten. Every element of the winning pickup is right here, from discovering confidence to exuding charm, learning conversation starters to mastering body language, to much more. And as you move from daydreaming to flirtation to passion to romance to love, *The Natural* will show you how it's done.

The revised edition of the bestselling *ChiRunning*, a groundbreaking program from ultra-

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marathoner and nationally-known coach Danny Dreyer, that teaches you how to run faster and farther with less effort, and to prevent and heal injuries for runners of any age or fitness level. In ChiRunning, Danny and Katherine Dreyer, well-known walking and running coaches, provide powerful insight that transforms running from a high-injury sport to a body-friendly, injury-free fitness phenomenon. ChiRunning employs the deep power reserves in the core muscles, an approach found in disciplines such as yoga, Pilates, and T'ai Chi. ChiRunning enables you to develop a personalized exercise program by blending running with the powerful mind-body principles of T'ai Chi: 1. Get aligned. Develop great posture and reduce your potential for injury while running, and make knee pain and shin splints a thing of the past. 2. Engage your core. Shift the workload from your leg muscles to your core muscles, for efficiency and speed. 3. Add relaxation to your running. Learn to focus your mind and relax your body to increase speed and distance. 4. Make it a Mindful Practice. Maintain high performance and make running a mindful, enjoyable life-long practice. 5. It's easy to learn. Transform your running with the ten-step ChiRunning training program. "An excellent idea for a book. . . . Next time I spend more than \$40 on an article of clothing, I'll run it by Linett first." —The New York Times Book Review In a culture where trends are born and die every minute, maintaining style and effortlessness at every age requires that little extra something—the cool factor. Being "cool" isn't about chasing trends or defying age but about following a few key guidelines. Yes, the cool

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factor is a skill that can be learned! In this photo-packed guide, Andrea Linett, a famed personal stylist and founding creative director of Lucky magazine, offers easy-to-implement, actionable tips that will change the way women dress. The tips are modeled by real-life style icons like Kim Gordon of Sonic Youth and Christene Barberich, founder of Refinery29, as Andrea highlights the ingenious ways in which they skillfully pile on layers, or dress up denim for work or a party. The book is organized into chapters that include wardrobe classics, denim, leather, suits, dressing up, and accessories, and features style hacks that turn an outfit into a masterpiece (choosing shoes that instantly slim you, combining tough and feminine pieces, and accessorizing a day-to-night look). Packed with useful lists and examples, this guide is the would-be stylish woman's best friend.

Amoral, cunning, ruthless, and instructive, this multi-million-copy New York Times bestseller is the definitive manual for anyone interested in gaining, observing, or defending against ultimate control – from the author of *The Laws of Human Nature*. In the book that *People* magazine proclaimed “beguiling” and “fascinating,” Robert Greene and Joost Elffers have distilled three thousand years of the history of power into 48 essential laws by drawing from the philosophies of Machiavelli, Sun Tzu, and Carl Von Clausewitz and also from the lives of figures ranging from Henry Kissinger to P.T. Barnum. Some laws teach the need for prudence (“Law 1: Never Outshine the Master”), others teach the value of confidence (“Law 28: Enter Action with Boldness”),

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and many recommend absolute self-preservation (“Law 15: Crush Your Enemy Totally”). Every law, though, has one thing in common: an interest in total domination. In a bold and arresting two-color package, *The 48 Laws of Power* is ideal whether your aim is conquest, self-defense, or simply to understand the rules of the game.

A guide for achieving an enlightened mind through the art of non-doing • Details meditation practices, focused on stillness of the mind, along with Patanjali’s yoga methods to maintain a consciousness referred to as “being in the zone” • Builds on Taoist, Confucian, and Hindu principles along with scientific findings to support wu-wei--the art of non-doing, non-forcing--as a way of life • Explains how wu-wei practitioners cultivate intelligent spontaneity and effortless action to allow the natural harmony of the cosmos to prevail The practice of non-doing, non-forcing is an essential aspect of Taoism known as wu-wei. Attributed to the great sage Lao-tzu, the philosophy of wu-wei teaches you how to develop a natural state of consciousness not bound by thought or preconceived limitations. Experienced by the greatest artists, athletes, musicians, and writers, this heightened state of consciousness, referred to as “being in the zone,” is where intelligent spontaneity and effortless action flourish via a practice rooted in permitting the natural harmony of the cosmos to prevail. Merging Taoist philosophy, Hindu principles, and Confucianism along with scientific findings, Jason Gregory outlines the practice of wu-wei as a vehicle to realize our innate freedom, revealing that when we release our ego and allow life to unfold as it will, we align

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ourselves more closely with our goals and cultivate skill and mastery along the way. Equating “being in the zone” with a stillness of the mind, Gregory shares meditation practices coupled with yoga exercises from Patanjali that allow you to approach life with a mastery of acceptance, releasing deluded beliefs of how to achieve success that make your mind “sticky” and poised for conflict. The author shows how practicing wu-wei paradoxically empowers you to accomplish all that you desire by having no intention to do so, as well as allowing you to become receptive to nature’s blueprint for expressing beauty. Revealing wisdom utilized by renowned sages, artists, and athletes who have adapted “being in the zone” as a way of life, the author shows that wu-wei can yield a renewed sense of trust in many aspects of your daily life, making each day more effortless. As an avid wu-wei practitioner, he provides keen insight on how you, too, can experience the beauty of achieving an enlightened, effortless mind while reveling in the process of life’s unfolding.

It's normal to feel overwhelmed by the hard things in life, but lately doesn't it seem like we're feeling this way a lot more often than we used to? The problem isn't a lack of motivation or effort, but that motivation and effort are limited resources. The more we deplete them, the more burnt out we get, making it even harder to produce the results we want. In 'Effortless', Greg McKeown show us how to make essential tasks easier so that we can accomplish more of what matters, without burning out. From the author of 'Essentialism'.

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So many people today are struggling with the increasing pace of change and the constant and excessive busyness that comes with it. Many feel stretched, overwhelmed and exhausted, besieged by the demands of complex projects and workplaces. They are engaged in a kind of "doing" that is more effort and struggle, rather than a "doing" that comes from a place of presence, openness and aliveness. This is not only ineffective and unsustainable, but ultimately ends in stress, anxiety and burnout. This book, by the authors of the award-winning *Not Knowing* (Best Management Book of the Year), explores the limits and dangers of "doing"; how do they play out in our lives and workplaces; what is driving, or contributing, to our excessive activity; and what would a different kind of "doing" look like, that is less about control and struggle and more about well-being, harmony and creativity.

Master your game from the inside out! With more than 800,000 copies sold since it was first published thirty years ago, this phenomenally successful guide has become a touchstone for hundreds of thousands of people. Not just for tennis players, or even just for athletes in general, this handbook works for anybody who wants to improve his or her performance in any activity, from playing music to getting ahead at work. W. Timothy Gallwey, a leading innovator in sports psychology, reveals how to • focus your mind to overcome nervousness, self-doubt, and distractions • find the state of “relaxed concentration” that allows you to play at your best • build skills by smart practice, then put it all together in match play Whether you're a beginner or a pro, Gallwey's engaging

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voice, clear examples, and illuminating anecdotes will give you the tools you need to succeed. “Introduced to The Inner Game of Tennis as a graduate student years ago, I recognized the obvious benefits of [W. Timothy] Gallwey's teachings. . . . Whether we are preparing for an inter-squad scrimmage or the National Championship Game, these principles lie at the foundation of our program.”—from the Foreword by Pete Carroll

The instant New York Times, USA Today, and Publisher's Weekly bestseller A bold new plant-based plan that challenges popular keto and paleo diets, from an award-winning gastroenterologist. The benefits of restrictive diets like paleo and keto have been touted for more than a decade, but as renowned gastroenterologist Dr. Will Bulsiewicz, or "Dr. B," illuminates in this groundbreaking book, the explosion of studies on the microbiome makes it abundantly clear that elimination diets are in fact hazardous to our health. What studies clearly now show--and what Dr. B preaches with his patients--is that gut health is the key to boosting our metabolism, balancing our hormones, and taming the inflammation that causes a host of diseases. And the scientifically proven way to fuel our guts is with dietary fiber from an abundant variety of colorful plants. Forget about the fiber your grandmother used to take--the cutting-edge science on fiber is incredibly exciting. As Dr. B explains, fiber energizes our gut microbes to create powerhouse postbiotics called short-chain fatty acids (SCFAs) that are essential to our health. SCFAs are scientifically proven to promote weight loss, repair leaky gut, strengthen the microbiome, optimize the immune system, reduce food

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sensitivities, lower cholesterol, reverse type 2 diabetes, improve brain function, and even prevent cancer. Restrictive fad diets starve the gut of the critical fiber we need, weaken the microbes, and make our system vulnerable. As a former junk-food junkie, Dr. B knows firsthand the power of fiber to dramatically transform our health. The good news is that our guts can be trained. Fiber-rich, real foods--with fruits, vegetables, whole grains, seeds, nuts, and legumes--start working quickly and maintain your long-term health, promote weight loss, and allow you to thrive and feel great from the inside out. With a 28-day jumpstart program with menus and more than 65 recipes, along with essential advice on food sensitivities, *Fiber Fueled* offers the blueprint to start turbocharging your gut for lifelong health today.

A deeply original exploration of the power of spontaneity—an ancient Chinese ideal that cognitive scientists are only now beginning to understand—and why it is so essential to our well-being Why is it always hard to fall asleep the night before an important meeting? Or be charming and relaxed on a first date? What is it about a politician who seems wooden or a comedian whose jokes fall flat or an athlete who chokes? In all of these cases, striving seems to backfire. In *Trying Not To Try*, Edward Slingerland explains why we find spontaneity so elusive, and shows how early Chinese thought points the way to happier, more authentic lives. We've long been told that the way to achieve our goals is through careful reasoning and conscious effort. But recent research suggests that many aspects of a satisfying life, like happiness and

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spontaneity, are best pursued indirectly. The early Chinese philosophers knew this, and they wrote extensively about an effortless way of being in the world, which they called wu-wei (ooo-way). They believed it was the source of all success in life, and they developed various strategies for getting it and hanging on to it. With clarity and wit, Slingerland introduces us to these thinkers and the marvelous characters in their texts, from the butcher whose blade glides effortlessly through an ox to the wood carver who sees his sculpture simply emerge from a solid block. Slingerland uncovers a direct line from wu-wei to the Force in Star Wars, explains why wu-wei is more powerful than flow, and tells us what it all means for getting a date. He also shows how new research reveals what's happening in the brain when we're in a state of wu-wei—why it makes us happy and effective and trustworthy, and how it might have even made civilization possible. Through stories of mythical creatures and drunken cart riders, jazz musicians and Japanese motorcycle gangs, Slingerland effortlessly blends Eastern thought and cutting-edge science to show us how we can live more fulfilling lives. Trying Not To Try is mind-expanding and deeply pleasurable, the perfect antidote to our striving modern culture.

So you probably won't be attending your own movie premiere or collecting a Grammy Award this year. That doesn't mean you can't look like you're ready for the red carpet and fawning paparazzi. In *Effortless Style*, June Ambrose, the celebrity fashion stylist and designer who's shaped the looks of some of the biggest names in entertainment --

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including Jay-Z, Missy Elliott, Kelly Ripa, and Mariah Carey -- reveals the industry secrets that can help anyone exude genuine star power, regardless of body type or budget. The key to looking and feeling like a celebrity lies in defining your own unique style and adapting it to each situation. The result is a look as natural as a second skin. In clear step-by-step instructions, Ambrose shows how people can improve the way they present themselves to the world, whether it's for a first date or an important meeting, and in turn boost their overall mood and self-confidence. Using examples from her work molding celebrities' images, she teaches women (and their men) how to define and enhance their look, with chapters devoted to topics such as knowing what clothes work for each body type, how to accessorize like a star, the importance of tailoring clothes so that an off-the-rack suit fits like a custom-made Armani, and much more. She offers tricks of the trade -- from choosing the perfect lingerie to handling bad hair days -- and provides a welcome list of wardrobe essentials and perennial fashion don'ts. With this must-have style guide every woman, whether girl next door or top executive, will be able to unleash her inner VIP -- effortlessly.

Richard La Ruina used to be the guy who couldn't get the girl. Shy, painfully awkward, and still living at home with his mother, at 25 he decided to finally take control of his life and become the kind of man men admire and women desire. Having developed and honed his seduction techniques, Richard is now a 'natural' at attracting girls and one of the world's most renowned pick-up artists. As founder of PUA Training (Pick-up

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Artist Training), Richard has personally coached thousands of men through their own dramatic transformations. Now, in *The Natural*, he brings that experience to you, delivering field-tested methods and easy-to-use tools for attracting the women you want. Just like riding a bike or driving a car, meeting women and making them fall for you is a learned skill that, with enough practice, becomes effortless. There's no need for tricks, gimmicks, or lies. Instead, these methods make you more confident and attractive to women. Using the tools in *The Natural*, you'll finally have the ability to attract women just by being yourself. From body language to conversation starters, eye contact to the first touch, *The Natural* is a step-by-step blueprint for becoming the man that women can't resist.

A New York Times bestselling writer explores what our unique sonic signature reveals about our species, our culture, and each one of us. Finally, a vital topic that has never had its own book gets its due. There's no shortage of books about public speaking or language or song. But until now, there has been no book about the miracle that underlies them all—the human voice itself. And there are few writers who could take on this surprisingly vast topic with more artistry and expertise than John Colapinto. Beginning with the novel—and compelling—argument that our ability to speak is what made us the planet's dominant species, he guides us from the voice's beginnings in lungfish millions of years ago to its culmination in the talent of Pavoratti, Martin Luther King Jr., and Beyoncé—and each of us, every day. Along the way, he shows us why the

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voice is the most efficient, effective means of communication ever devised: it works in all directions, in all weathers, even in the dark, and it can be calibrated to reach one other person or thousands. He reveals why speech is the single most complex and intricate activity humans can perform. He travels up the Amazon to meet the Piraha, a reclusive tribe whose singular language, more musical than any other, can help us hear how melodic principles underpin every word we utter. He heads up to Harvard to see how professional voices are helped and healed, and he ventures out on the campaign trail to see how demagogues wield their voices as weapons. As far-reaching as this book is, much of the delight of reading it lies in how intimate it feels. Everything Colapinto tells us can be tested by our own lungs and mouths and ears and brains. He shows us that, for those who pay attention, the voice is an eloquent means of communicating not only what the speaker means, but also their mood, sexual preference, age, income, even psychological and physical illness. It overstates the case only slightly to say that anyone who talks, or sings, or listens will find a rich trove of thrills in *This Is the Voice*.

A practical guide to experiencing natural awareness—an effortless and spacious state of resting in the depth of our being. Do you recall, as a child, being enthralled by a drifting cloud, a rain-soaked leaf, a wandering ladybug? Or suddenly having a sense of timelessness, contentment, and ease? If so, then you've already had a taste of natural awareness. Known and revered in many traditions as a complement to focused

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mindfulness training, natural awareness transcends even these wondrous childhood moments. Some describe it as a profound “awareness of awareness”—an effortless, boundless state of resting in the depth of our being. For those new to meditation and experienced meditators alike, these 72 “mini-chapters” guide you on an in-depth odyssey into natural awareness, illuminated by many simple and enjoyable insights and exercises. The Little Book of Being invites you to explore: The spectrum of awareness practices, from focused mindfulness to flexible mindfulness to natural awareness How classical mindfulness and effortless natural awareness enrich and shape each other, and how to practice both Three ways to move into natural awareness—relaxing effort, broadening awareness, and dropping objects A treasury of “glimpse practices” to spark natural awareness anytime, in just a few moments How to bring this way of “simply being” into your daily life, into your connection with others, and into the world “At first natural awareness may seem far away, just a whisper, but then it will begin to grow and expand and permeate aspects of living. Over time we may feel more peace, more connection to ourselves. We may find ourselves taking life a bit more lightly. We may feel a sense of relaxed ‘beingness’ throughout the day, and when we do get caught in our dramas, we may find ourselves moving out of them quicker than we imagined we could.” —Diana Winston

It is possible to access the same sense of well-being, clarity, inner freedom, and loving connection realized by the world’s meditation masters. We can do this by shifting our

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awareness in the midst of our daily lives. Shift into Freedom presents innovative teacher Loch Kelly's training manual for actively participating in the evolution of your own consciousness. Synthesizing insights from neuroscience and psychology with wisdom from the world's contemplative traditions, Shift into Freedom offers an accessible and remarkably powerful series of meditations that lead us to a little-known natural capacity called "awake awareness." Through an unfolding process of "small glimpses, many times," these exercises shift us from a thought-based knowing to an awareness-based way of operating in the world. With continued practice, we learn to "unhook" from our customary home in our ego-based identity—and then sustain an embodied presence and relatedness known as "open-hearted awareness." Loch Kelly teaches that this is "the meeting place of awakening and growing up, where we have the capacity to handle a fully emotional, intimate life and act with authenticity and compassion." Learn more about:

- How to separate awareness from thinking to realize that thoughts and emotions are not the center of who we are
- How insights from neuroscience can help us learn how to embody awakening
- Ego-identification, a pattern of thought that co-opts the body's boundary program and creates a mistaken identity
- The paradox of "being home while returning home"
- Finding the off-switch for the chattering mind
- How to intentionally and immediately shift into peace of mind any time of your day
- Awakening as a natural process of human development, which unfolds as waking up, waking in, and waking out
- Meditation practices for all phases of

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the journey of awakening and embodiment • Four stages of spiritual growth: recognition, realization, stabilization, and expression • Untying the “knots” in our mindbody system to liberate us from our deepest doubts and fears • How to move from deliberate mindfulness to effortless mindfulness and heart mindfulness • How to effortlessly focus without using attention • Discovering your innate happiness that is not dependent on circumstances • How to welcome and liberate sub-personalities after initial awakening • A user’s manual for your consciousness to help you free yourself from the limits of ego-identification and live from open-hearted awareness

Do you freeze up when you see an attractive girl? Do you run out of things to say? Do you struggle to attract women through conversation? It doesn't have to be this way... What if you could effortlessly strike up a conversation with any women, at any time, in any environment? What if you knew exactly how to keep the conversation going (so you never ran out of things to say)? What if you could command women's attention and instantly connect with them? What if you could turn any conversation from boring to "sexual"? That would all make your life a lot more fun, right? Well, it's not out of your reach. All of this is very possible. And you'll discover exactly how to do it in Conversation Casanova . It's a proven system for effortlessly starting conversations, flirting & connecting with women, and leading conversations to sex. Here's what you'll learn in Conversation Casanova How to confidently approach women at any time and in any environment 5 fool-proof ways to start a conversation with any girl How to get past

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small talk and connect with her How to flirt with (and without) your words The 4 "Casanova Mindsets" that make you a sexy conversationalist 20 questions to ask a girl on the first date How to tell a kick-ass story that hooks her in And much, much more... Plus, there are action tips in every section, so you can immediately implement all of the conversation tactics. In doing so, you'll unlock the power of conversation... YOU'LL be the guy who the other guys look at with jealousy, as you effortlessly attract women with your words. Your dating life will be abundant, your relationships will flourish, and you'll have more opportunities than you can imagine. So, what are you waiting for? Pick up your copy right now by clicking the BUY NOW button at the top of this page!

If you want to play the Game, you've got to know the Rules. In his international bestseller *The Game*, Neil Strauss delved into the secret world of pick-up artists—men who have created a science out of the art of seduction. Not only did he reveal the techniques that they had developed, but he became a master of *The Game*, and the world's No. 1 PUA, as *Style*. Now, in this bestselling companion, Strauss reduces three books of life-changing knowledge into a single-volume set. The first book, *The Stylelife Challenge*, breaks down the knowledge he learned and techniques he invented into simple step-by-step instructions that anyone can follow to meet and land the women of their dreams. In the second book, Strauss takes readers into the dark side of *The Game*. *The Style Diaries* offers a series of tales of seduction and sexual (mis)adventure. From accidentally getting married during a drunken night in Reykjavik,

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to luring a famous musician's granddaughter into a threesome; to the stress and frustration of the torturous and highly unorthodox "30 Day Sex Experiment," *The Style Diaries* takes you further into the seduction underworld than ever before. Finally, in the all-new, updated third volume, Strauss collects the greatest, most powerful, field-tested, word-for-word routines. You don't need money, looks, or fame to succeed with women. All you need is an understanding of how attraction works—and this thirty-day workout program for your social skills, which has already guided countless men from frustration to fulfillment.

A New York Times Editors' Choice A bold new book reveals how we can tap the intelligence that exists beyond our brains—in our bodies, our surroundings, and our relationships Use your head. That's what we tell ourselves when facing a tricky problem or a difficult project. But a growing body of research indicates that we've got it exactly backwards. What we need to do, says acclaimed science writer Annie Murphy Paul, is think outside the brain. A host of "extra-neural" resources—the feelings and movements of our bodies, the physical spaces in which we learn and work, and the minds of those around us— can help us focus more intently, comprehend more deeply, and create more imaginatively. *The Extended Mind* outlines the research behind this exciting new vision of human ability, exploring the findings of neuroscientists, cognitive scientists,

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psychologists, and examining the practices of educators, managers, and leaders who are already reaping the benefits of thinking outside the brain. She excavates the untold history of how artists, scientists, and authors—from Jackson Pollock to Jonas Salk to Robert Caro—have used mental extensions to solve problems, make discoveries, and create new works. In the tradition of Howard Gardner's *Frames of Mind* or Daniel Goleman's *Emotional Intelligence*, *The Extended Mind* offers a dramatic new view of how our minds work, full of practical advice on how we can all think better.

Both practical and inspiring, the first book from Jenni Kayne--the creator of the eponymous lifestyle brand--offers ideas and tips for entertaining and living well throughout the year. Jenni Kayne embodies an effortless aesthetic, where natural beauty is found in every detail. *Pacific Natural* illustrates Jenni's conscious way of living through personal anecdotes and tips with Jenni's home state of California serving as the backdrop. Organized by season, this entertaining book is your guide to creating special moments with family and friends. Each chapter includes tabletop ideas, simple crafts, tips for keeping a stocked kitchen and pantry, what to plant in your garden, and healthy, delicious recipes. From an apple harvest dinner and at-home herb drying in the fall, cocktail parties and DIY gift ideas in the winter, flower arranging in the spring and a beach picnic in the summer, Jenni

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shares her philosophy for creating traditions and living mindfully all year long. A thoughtful hands-on approach for stylish and balanced living, Pacific Natural shows us how to make the most of the time we spend together, treating life's details with creativity and care.

“A Handmaid’s Tale for the 21st century” (Prism Magazine), Wood’s dystopian tale about a group of young women held prisoner in the Australian desert is a prescient feminist fable for our times. As the Guardian writes, “contemporary feminism may have found its masterpiece of horror.” Drugged, dressed in old-fashioned rags, and fiending for a cigarette, Yolanda wakes up in a barren room. Verla, a young woman who seems vaguely familiar, sits nearby. Down a hallway echoing loudly with the voices of mysterious men, in a stark compound deep in the Australian outback, other captive women are just coming to. Starved, sedated, the girls can't be sure of anything—except the painful episodes in their pasts that link them. Drawing strength from the animal instincts they're forced to rely on, the women go from hunted to hunters, along the way becoming unforgettable and boldly original literary heroines that readers will both relate to and root for. The Natural Way of Things is a lucid and illusory fable and a brilliantly plotted novel of ideas that reminds us of mankind's own vast contradictions—the capacity for savagery, selfishness, resilience, and redemption

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all contained by a single, vulnerable body. Winner 2016 Stella Prize 2016 Prime Minister's Literary Award in Fiction An Australian Indie Best Fiction Book & Overall Book of the Year Winner Finalist 2017 International Dublin Literary Award 2016 Voss Literary Prize 2016 Victorian Premier's Award 2016 The Miles Franklin Award

Jenni Kayne, the creator of the laid-back, luxe California lifestyle brand, shows us how to create spaces that encourage living well in comfort and style by featuring beautiful and inspiring interiors along with practical room-by-room tips. A known tastemaker and authority on style, Jenni Kayne spans the worlds of fashion, interiors, and entertaining. Inspired by organic textures, thoughtful simplicity, and natural landscapes, Kayne embodies an earthy and effortless aesthetic—one that is intentional and where beauty and authenticity exist in every detail. In her second book Kayne turns to interior design, sharing her beautifully designed interiors as well as the homes of other creative women who embrace a similar natural design ethos. The book introduces the homes by location, spanning varied landscapes and design characteristics: houses by the ocean, desert-style spaces, mountain homes, and abodes in the city. Lovely photographs illustrate how the women live in these spaces, room by room, and include smaller styling vignettes showcasing collectibles and personal objects. Interviews discuss each

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woman's design philosophy and her ideas for living well at home. With a mix of visual inspiration and practical tips and resources, Kayne encourages us to express our individual style through decor, showing us how to create beautiful interiors that help us to live joyfully and mindfully, treating life's details with creativity and care.

A tantalizing, droll study of the idiosyncratic existence of the very rich, through the unexpected lens of the naturalist. Journalist Richard Conniff probes the age-old question "Are the rich different from you and me?" and finds that they are indeed a completely different animal. He observes with great humor and finesse this socially unique species, revealing their strategies for ensuring dominance and submission, their flourishes of display behavior, the intricate dynamics of their pecking order, as well as their unorthodox mating practices. Through comparisons to other equally exotic animals, Conniff uncovers surprising commonalities. • How did Bill Gates achieve his single greatest act of social dominance by being nice? • How does the flattery of the rich resemble the grooming behavior of baboons? • What made the British aristocracy the single most successful animal dominance hierarchy in the history of the planet? • How does Old Money's disdain for the nouveaux riches resemble the pig-grunting of mountain gorillas? This marvelously entertaining field guide captures in vivid

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detail the behaviors and habitats of the world's most captivating yet elusive animal.

“Wonderfully written...Mr. Owen writes about water, but in these polarized times the lessons he shares spill into other arenas. The world of water rights and wrongs along the Colorado River offers hope for other problems.” —Wall Street Journal An eye-opening account of where our water comes from and where it all goes. The Colorado River is an essential resource for a surprisingly large part of the United States, and every gallon that flows down it is owned or claimed by someone. David Owen traces all that water from the Colorado’s headwaters to its parched terminus, once a verdant wetland but now a million-acre desert. He takes readers on an adventure downriver, along a labyrinth of waterways, reservoirs, power plants, farms, fracking sites, ghost towns, and RV parks, to the spot near the U.S.–Mexico border where the river runs dry. Water problems in the western United States can seem tantalizingly easy to solve: just turn off the fountains at the Bellagio, stop selling hay to China, ban golf, cut down the almond trees, and kill all the lawyers. But a closer look reveals a vast man-made ecosystem that is far more complex and more interesting than the headlines let on. The story Owen tells in *Where the Water Goes* is crucial to our future: how a patchwork of engineering marvels, byzantine legal agreements, aging

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infrastructure, and neighborly cooperation enables life to flourish in the desert—and the disastrous consequences we face when any part of this tenuous system fails.

REESE'S BOOK CLUB PICK INSTANT #1 NEW YORK TIMES BESTSELLER
THE PAPER PALACE IS: “Filled with secrets, love, lies and a summer beach house. What more could you ask?”—Parade “A deeply emotional love story...the unraveling of secrets, lies and a very complex love triangle.” —Reese Witherspoon (Reese’s Book Club July ’21 Pick) “Nail-biting.” —Town & Country “A magnificent page-turner.” —Cynthia D’Aprix Sweeney, New York Times bestselling author “[An] irresistible placement of a complicated family in a bewitching place.” —The New York Times A story of summer, secrets, love, and lies: in the course of a singular day on Cape Cod, one woman must make a life-changing decision that has been brewing for decades. “This house, this place, knows all my secrets.” It is a perfect August morning, and Elle, a fifty-year-old happily married mother of three, awakens at “The Paper Palace”—the family summer place which she has visited every summer of her life. But this morning is different: last night Elle and her oldest friend Jonas crept out the back door into the darkness and had sex with each other for the first time, all while their spouses chatted away inside. Now, over the next twenty-four hours, Elle will have to

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decide between the life she has made with her genuinely beloved husband, Peter, and the life she always imagined she would have had with her childhood love, Jonas, if a tragic event hadn't forever changed the course of their lives. As Heller colors in the experiences that have led Elle to this day, we arrive at her ultimate decision with all its complexity. Tender yet devastating, *The Paper Palace* considers the tensions between desire and dignity, the legacies of abuse, and the crimes and misdemeanors of families.

LIFE gives people the freedom to shed their situation, their fears—their normal—and embrace the greatness in their depths in order to do things they never thought possible. Where do you find yourself right now? LIFE is all about facing that person in the mirror—YOU. Not your situation, not your “normal,” but embracing everything that looks back from the mirror and running with it instead of from it. The content of LIFE is structured to serve as a mentor for readers, addressing how to embrace their own uniqueness and selling readers on how valuable they really are. It helps them put energy where their heart is so they can let their own brilliance overflow that's been hidden underneath the accepted normal. LIFE is a guide for readers to know themselves, hear their hearts, and feel fulfillment and overflow. That's what letting life flow effortlessly really means—live the life you want to live!

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A veteran teacher provides a low-key approach to learning to meditate and opening one's life up to happiness, clarity and peace by using your breathing, the sounds around you, the sky, or the sense of "I" as a guide. Original.

If you study nature closely you will understand the strategies and techniques that the natural world has developed over millions of years! Many of these strategies can be applied to the banjo. With practice, your banjo playing will become enjoyable, natural and effortless! Nature flows. Wind and water move effortlessly through an environment filled with obstacles. Observing plants and animals can teach us how they accomplish amazing feats with minimal effort. You might be thinking, "I'm not a tree or drop of water. What does this have to do with me?" Well, that's what I hope to explain in this book. I have gleaned these insights over a lifetime study of music and nature, and now I will show you how to apply them to your banjo playing.

One of the world's top pick-up artists, La Ruina went from having no women to being a true master of seduction. Now he shows readers how to do the same. This special limited edition celebrates the 20th anniversary of the profound text that inspired thousands of musicians to reach that place in their music where performance became as effortless as drawing a breath. The beautiful foil-embossed cover, added chapters and articles, and foreword and testimonials by

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Herb Alpert, Quincy Jones, and others make this edition a timeless collectible to be displayed and treasured for a lifetime.

Showing you how to become irresistible to the opposite sex, Richard La Ruina outlines every necessary element and techniques required in the art to attract, pick-up and make a successful seduction enabling you to shape your own relationships.

Let your body do the work... Do you have to tell your leg to heal from a scrape? Your lungs to take in air? Your body that it's hungry? No. Your body does these things automatically, effortlessly. Vibrant health is your birthright and within your grasp; you just have to step out of the way. In *Effortless Healing*, online health pioneer, natural medicine advocate, and bestselling author Dr. Joseph Mercola reveals the nine simple secrets to a healthier, thinner you. The results are amazing and the steps can be as easy to implement as:

- Throwing ice cubes in your water to make it more “structured”
- Skipping breakfast, as it could be making you fat
- Eating up to 75 percent of your calories each day in fat for optimal health, reduction of heart disease, and cancer prevention
- Avoiding certain meat and fish, but enjoying butter
- Eating sauerkraut (and other fermented foods) to improve your immune system and your mood
- Walking barefoot outside to decrease system-wide inflammation (and because it just feels

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great) • Enjoying a laugh: it's as good for your blood vessels as fifteen minutes of exercise Effortless Healing is the distillation of decades of Dr. Mercola's experience and cutting-edge medical knowledge. With his wisdom and that of your body, you can optimize your health, your weight, and your life...effortlessly.

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