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Hillary Rodham Clinton Mother Teresa The Essential Wisdom of the First Ladies Michelle Obama Ask Amy The Essential Wisdom of the Presidents Essential Native Wisdom Crow Planet Mother Teresa Franklin and Eleanor Roosevelt: Their Essential Wisdom The Essential Wisdom of the Founding Fathers Saying Yes to Change Fear Mother Teresa Abraham Lincoln: Quotable Wisdom Franklin and Eleanor Roosevelt How to Appear Normal at Social Events The Saints: Quotable Wisdom Healing Through Wisdom Deepening Engagement Essential Wisdom for Leaders of Every Generation Society's Breakthrough! Centers - Influences from Within Saying Yes to Change Pope Francis' Little Book of Wisdom The Little Book of Christian Mysticism St. Francis of Assisi Spiritual Notes to Myself The Courage to Change Everything Steve Jobs: Quotable Wisdom Heritage Classics The Dhammapada The Toltec Way The Wild Wisdom of Weeds Julia's Kitchen Wisdom Teaching Critical Thinking Discover Your Inner Wisdom The Irish: Quotable Wisdom Discover Your Destiny The Essential Wisdom Cards

From St. Paul and Thomas Aquinas to those only recently canonized, this extraordinary compendium gathers the wisdom of the saints in one beautiful gift edition. You'll turn to this moving collection over and over again, for guidance in your own spiritual journey, for inspiration, and for more insight into the thoughts of these great men and women of God. With over 300 quotations, this book invites the reader to delve into the writings of the great contemplatives and mystics of the past two thousand years. The Little Book of Christian Mysticism provides a user-friendly, insightful, and potentially life-changing introduction to the essential teachings of the greatest mystics in the western wisdom traditions, past and present, including Francis of Assisi, Hildegard of Bingen, Thomas Merton, Evelyn Underhill, Meister Eckhart, Teresa of Avila, John of the Cross, and Julian of Norwich. Readers can use this book to initiate themselves into this visionary and ecstatic spiritual lineage, and they can also use it as a book of daily meditations. Small enough to fit in one's pocket or handbag, this is truly a user-friendly introduction to this venerable body of wisdom. Healing Through Wisdom is much more than a book; it is an awakening, empowering, and transformative conversation. It is a holistic encyclopedia that can be opened at any chapter and offer you breakthrough, answers, and activation. Even for the healthiest organic guru, there are new shocking truths and discoveries that must be shared and exposed to see true wholeness and change. The pages of this book are weaved with knowledge, humor, application, deep insights, and powerful stories. You will find yourself with more peace, positivity, and power as you live out the words and principles shared. Our futures, our destinies, our communities, and our planet will benefit as the Healing Through Wisdom movement fills homes and hearts. With her new practical guide for enlightened self-study, Cheryl Shrode-Noble wishes to inform, encourage, and empower you. She has spent over forty years studying esoteric, philosophical and spiritual disciplines and has verified that personal transformation and self-empowerment begin with enhanced self-knowledge. The focus of this book is for individuals to achieve heightened self-awareness using practical methods with wisdom derived from the Fourth Way system of esoteric psychology, which was taught by Gurdjieff and Ouspensky in the early 20th century. This system proposes there are four primary centers of influence within us, known as the emotional, intellectual, moving and instinctive centers. The esoteric concept of the centers, preserved in symbolic form throughout history, has remained relatively obscure and unknown. Symbolized by the four iconic suits in a deck of playing cards, the centers exist within us all. The author deciphers and elucidates the symbolism of centers in detail, guiding you to understand yourself and others with astonishing clarity. Learning about your personal centers of influence will help you gain enhanced self-knowledge to awaken to your essential nature and your authentic life purpose. Employing mindful self-observation as a practical method, gradually increases one's self-awareness. Mindfully observing the influences of our centers allows us to attain comprehension of our emotions, intellect, movements and physical senses. This also encourages us to recognize our natural talents, inherent tendencies, and innate abilities, as we shed artificially acquired traits, self-doubts and delusions. Mindfulness is the key to acquiring self-knowledge and self-awareness. Discovering your centers using mindful self-observation, will guide you to understand your feelings, thoughts, actions, and sensitivities to achieve command over your life. One is finally freed to awaken to one's true natural possibilities. The author puts esoteric ideas into practical terms and believes that awakening and enlightenment are certainly possible for those who possess the sincere desire to gain self-awareness and higher consciousness. She discusses the history of esotericism, the characteristics of the four primary centers, the importance of evaluating your personal center of gravity while balancing your centers, and the benefits of employing these concepts to awaken and become enlightened. Knowing oneself is the key to living one's life harmoniously in one's essential nature. These remarkable esoteric concepts, combined with mindful self-observation, have the power to lead you to your own miraculous awakening and enlightenment. She hopes her work will inspire your quest for self-knowledge and help you to awaken to your highest natural potential. "Your path is within you." Seven days a week, year in and year out, Amy Dickinson has taken on life's greatest and smallest questions. Her readers ask her about their relationship dramas, parenting dilemmas, and workplace complaints, offering a glimpse into the everyday and offbeat struggles we all sometimes confront. Amy responds with bracing honesty and gentle humor, presenting clear-eyed solutions to sometimes confounding problems. Her insights—and the weekly look into the lives of strangers—have kept readers turning to her column for almost two decades now. Ask Amy: Essential Wisdom from America's Favorite Advice Columnist collects some of the most intriguing questions and incisive responses from the Ask Amy column. Have you ever wondered whether your spouse was having a phone affair? Or what you could do about obnoxious gym-goers, coworkers, siblings, and children? Maybe, maybe not—but either way, Amy's direct and no-nonsense thinking may help solve the problems you're facing, too. Ask Amy is an essential and entertaining collection of advice, written in the tone of a best friend who gives the hard truth and a comforting hand in troubled times. Her readers' questions may seem odd or unsolvable, but they're a reminder that we all have problems we might need a

little help fixing. Heritage Classics was designed to make history interesting and relevant to readers both young and old. It is a one-stop resource for learning, or relearning, 3500 years of Western history. Originally titled, "Things Every Smart Person Should Know," Heritage Classics contains a collection of 134 primary sources on government, literature and philosophy that are the cornerstone of the Western intellectual tradition. But unlike other anthologies, Heritage Classics also includes thorough but easily understood introductions to sixteen eras in history, from ancient Greece through World War II. The documents are separated by historical period and each source is accompanied by reading questions and a short introduction to help make the content meaningful. Heritage Classics includes excerpts from literary classics from antiquity to the modern era such as: The Iliad, The Aeneid, Beowulf, The Divine Comedy, Utopia, Heart of Darkness and All Quiet on the Western Front. The book includes historical legal documents that have become the foundation of today's representative forms of government including the Roman Constitution, the Magna Carta, the English Bill of Rights, the U.S. Constitution and the French Declaration of the Rights of Man. Heritage Classics also provides a great introduction to the philosophical ideas of men like Socrates, Plato, Marcus Aurelius, Thomas Aquinas, John Locke, Thomas Hobbes, Karl Marx and many more. A book companion to the Essential Wisdom Cards, detailing history, meaning and magic of essential oils. Pope Francis appears to be changing the face of Roman Catholicism. He has infused what some consider a staid institution with openness and optimism. He has faced off against established power interests within the Vatican. He has reformed the Church's finances. And, most importantly, he has asked that Catholics approach one another and non-Catholics with candor, humility, and love. He has made the papacy and the Church relevant once again. A pope of the people, Pope Francis' teachings have been praised and shared by the faithful and nonreligious alike. Exploring themes such as faith and prayer, love and family, peace and poverty, this collection is accessible to all who admire the man and are inspired by his wisdom. Included in this gift-format edition are fifteen chapters on wide-ranging topics including: On Family On the Law of Love On the Nature of God On Humility and Faith On Sacrifice and Suffering On Prayer On Peace Perhaps no woman in modern history evokes such divided and passionately held views as does Hillary Rodham Clinton. When she lost the 2016 presidential election, millions of Americans, as well as people all over the world, were left shocked and bitterly disappointed, even while her critics expressed vindication. Though there may never be a meeting of the minds among Clinton's supporters and critics, she has left an indelible mark on American history during her decades on the public stage. Hillary Rodham Clinton: her essential wisdom invites readers to experience for themselves the powerful words of this remarkable woman, who has spent a lifetime in service to the United States of America, as a young lawyer fighting for the disadvantaged; as First Lady, first of Arkansas and then of the United States; as U.S. senator; secretary of state; and two-time presidential candidate. This book offers an illuminating look at an extraordinary woman and leader who continues to command the attention of the world. Celebrate the grace, humour, style, warmth, and intelligence of Michelle Obama. This illuminating and powerful collection offers new insight into the beloved former First Lady, mum, and inspiring leader in her own right. The hundreds of quotes are drawn from appearances, speeches, and interviews that took place during her eight historic years in the White House, as well as her professional and private lives. Franklin and Eleanor Roosevelt: Their Essential Wisdom invites readers to revisit the words of our 32nd President and his First Lady, both of whom made an indelible mark on American history, as individuals and as a couple. Franklin Delano Roosevelt had a strength, vigor, and determination that allowed him to overcome personal tragedy and successfully lead the country through an unparalleled four terms as president. Elected at the height of the Great Depression, he swiftly enacted sweeping legislation to put the country back to work. He then brilliantly maneuvered the nation through the dark days of World War II. Employing a vigorous leadership style and a can-do spirit of optimism, Franklin did much to give Americans faith and hope when they needed it most. Anna Eleanor Roosevelt is widely held as the greatest First Lady the nation has ever seen. Called the most beloved and revered woman of her generation, she devoted herself to his causes, acting as his "eyes, ears, and legs" during his presidency. A tireless champion of disadvantaged people everywhere, Eleanor fought tirelessly for humanitarian causes until her death in 1962. While the Roosevelts shared an unconventional marriage, perhaps even by today's standards, it was a rock-solid partnership based on trust and mutual respect that lasted for more than forty years. Franklin and Eleanor Roosevelt: Their Essential Wisdom collects hundreds of quotations from their speeches, broadcasts, remarks, letters, diaries, and other writings that reveal their thoughts on politics, history, leadership, education, and social justice. In more personal selections, Franklin and Eleanor poignantly express their love for one another, their children, and their life together. A powerful collection that celebrates two giants of American history, Franklin and Eleanor Roosevelt: Their Essential Wisdom offers a revealing glimpse of this extraordinary couple. Inspiring, poignant, and sometimes-funny quotations by first ladies from Martha to Melania. The iconic women who've made an indelible mark on our country are richly represented in this collection—as are the lesser-known first ladies, whose powerful words often reveal tragic personal circumstances. The excerpts, compiled from speeches, interviews, books, letters, and other sources, are arranged thematically, touching upon a diverse array of subjects, including government and democracy; freedom, rights, equality and justice, hardship and hope; happiness, success, and life's pleasures, and more. Together, they offer an insightful glimpse into the public and private lives of the women in the White House who have had such a profound influence on the leaders—and the historic course—of our great country. Sayo, Born Into Two Cultures is a gripping autobiography about one woman and her family's struggle to survive. Told in her own voice, Sayo is a Japanese girl that was born and raised in the United States. Things for Sayo are like any other American girl until she moves to Japan and World War II begins. Sayo and her family endure bombings, near starvation, and tragedy as they struggle to survive in a war-torn Japan. Sayo returns to the United States years later, only to discover that things are not always as they were in the past. She recounts experiences of discrimination and great change, as her children and family, who have never seen the United States, fight a new battle to become "American". This true story of Sayo and her family shows a side of World War II that is rarely shown: what life was like for the Japanese people. Her story will touch your heart and give the reader a greater understanding of not only the Japanese culture, but of the human struggle to survive. Quotations from Sitting Bull, Wilma Mankiller, N. Scott Momaday, and many more. Essential Native Wisdom gathers hundreds of powerful quotations from an extraordinary group of people from the mid-1700s to the present day. There are excerpts from political and spiritual leaders; writers and poets; activists and artists; warriors and statesmen; scholars and historians; actors and athletes; and musicians and orators. It's a wide-ranging collection that is enlightening and engaging—and provides a testament to the spirit of strength, endurance, and hope. Sitting Bull eloquently reveals the devastating hardship his people endured at the hands of the white leaders who sought to destroy their way of life

Winona LaDuke vividly recalls traditions from her people, passed down from generation to generation Elizabeth Peratrovich speaks passionately about the freedoms that are guaranteed to Native people under the Bill of Rights, and more Thoughts on patriotism, peace, politics, and more from Washington, Hamilton, Adams, Franklin, Jefferson, and others—in their own words. America's Founding Fathers were men of words as well as deeds. Keenly intelligent and deeply committed to their ideals and to the cause for American independence, they left us a legacy of addresses and documents whose profound ideas still speak with authority. The Essential Wisdom of the Founding Fathers collects more than three hundred inspiring and instructive quotations from the men who were present at our nation's inception. Drawn from their speeches, essays, proclamations, and declarations, the thematically arranged contents reflect the subjects of greatest import to the founders as they forged our new republic. In these selections: George Washington confides that the best way to ensure peace is to be well prepared to meet one's enemy Alexander Hamilton warns of the dangers of limiting freedom of the press John Adams reasons that true liberty cannot endure without the people's knowledge of the character and conduct of their rulers, and more This volume includes extracts from texts published in the founders' lifetimes in which they exchange ideas on the meaning of justice, the evils of slavery, the role of the patriot, and the pitfalls of politics. Here, too, are candid excerpts from correspondence in which they express fears about the perilous times they face, and their hopes for a brighter future. Offers advice on how to develop intuitive skills in order to make empowering decisions about money, love, and personal happiness, in a guide that outlines a four-step process on tapping the strength of one's inner voice. Draws from the writings and speeches of Mother Teresa to present inspirational quotations on the call to serve, love, charity, poverty, faith, and world peace. Lyanda Lynn Haupt's sublime tribute to the crow and an invitation to engage with the wildlife in our midst. There are more crows now than ever. Their abundance is both an indicator of ecological imbalance and a generous opportunity to connect with the animal world. Crow Planet reminds us that we do not need to head to faraway places to encounter "nature." Rather, even in the suburbs and cities where we live we are surrounded by wild life such as crows, and through observing them we can enhance our appreciation of the world's natural order. Crow Planet richly weaves Haupt's own "crow stories" as well as scientific and scholarly research and the history and mythology of crows, culminating in a book that is sure to make readers see the world around them in a very different way. This follow-up to Notes to Myself touches on "gossip, money, marriage, parenting, prayer, and dying with thoughtfulness and humorous practicality" (Library Journal). As an author, minister, and counselor, Hugh Prather had extensive experience sharing wisdom on worldly (and other-worldly) topics. His book, Notes to Myself, offers a treasury of thoughtful and eye-opening insights and reminders. And this spiritual-themed follow-up book masterfully accomplishes the same goal of guiding readers to greater awareness. Throughout the book, Prather offers countless tidbits of wisdom. Each line is packed with powerful insight and inspiration that is sure to leave a lasting impact on readers. Though his words are written as "notes-to-self," Prather's gaze looks to and reflects on the outside world, and so he draws us all into his thoughts. Through this inner dialogue, we see the world more clearly. Spiritual growth can be a slow but rewarding process if we devote the time to it. Prather's words throughout this spiritual book remind us that we are not alone on our journey, and that it is through realizing our oneness with all living things that we find our way. Check out Hugh Prather's classic and find . . . A simple, easy-to-read guide for greater spiritual and self-awareness Powerful words of wisdom on each page A resource to return to again and again in your spiritual journey "We all need to converse with the spirit. It is the only true guide we have. Read and then start taking notes." —Bernie Siegel, MD, #1 New York Times–bestselling author of Love, Medicine and Miracles "A collection of brief musings, some lovely, others humorous." —Publishers Weekly A Beloved Classic of Buddhist Writing One of the best known and most beloved of the Buddhist scriptures, The Dhammapada is a collection of the sayings of the Buddha. According to tradition, each of the verses contained within the text were spoken by the Buddha, surviving through the centuries to find their way into the hands of modern readers. Translated by Max Muller, the verses cover a range of topics from Thought and Pleasure to Old Age, Happiness, and The Way. They are both simple and profound, guideposts to living an enlightened life and incisive shards of wisdom that cut through our passivity to the reality of spiritual enlightenment. This edition of The Dhammapada is part of the Essential Wisdom Library, a series that seeks to bring spiritual wisdom, both old and new, to modern readers. Achieve personal freedom using Toltec wisdom The gift of the Toltec is the ability to transcend ordinary human awareness and achieve personal freedom—the ability to choose how to act rather than react to the events in your life. The three Toltec Masteries of Awareness, Transformation, and Intent are the key to transcending your limitations and experiencing yourself as the creator of your life. Designed to make Toltec wisdom accessible and simple, this book is about change, transforming yourself, and the wildly empowering freedom of personal responsibility. Included in each chapter are exercises and guided visualizations, along with parable-like stories that are powerful sources of wisdom. Susan Gregg's new edition of The Toltec Way is part of the Essential Wisdom Library, a collection of books bringing sacred wisdom to modern readers. Refreshed with a new design and a new introduction by the author, along with a foreword by don Miguel Ruiz, The Toltec Way will introduce a new generation of readers to the power of Toltec wisdom. In Teaching Critical Thinking, renowned cultural critic and progressive educator bell hooks addresses some of the most compelling issues facing teachers in and out of the classroom today. In a series of short, accessible, and enlightening essays, hooks explores the confounding and sometimes controversial topics that teachers and students have urged her to address since the publication of the previous best-selling volumes in her Teaching series, Teaching to Transgress and Teaching Community. The issues are varied and broad, from whether meaningful teaching can take place in a large classroom setting to confronting issues of self-esteem. One professor, for example, asked how black female professors can maintain positive authority in a classroom without being seen through the lens of negative racist, sexist stereotypes. One teacher asked how to handle tears in the classroom, while another wanted to know how to use humor as a tool for learning. Addressing questions of race, gender, and class in this work, hooks discusses the complex balance that allows us to teach, value, and learn from works written by racist and sexist authors. Highlighting the importance of reading, she insists on the primacy of free speech, a democratic education of literacy. Throughout these essays, she celebrates the transformative power of critical thinking. This is provocative, powerful, and joyful intellectual work. It is a must read for anyone who is at all interested in education today. Steve Jobs forever changed how we communicate, listen to music, and watch video. What made him tick? This elegant gift collection helps answer that question by gathering hundreds of quotations drawn from interviews, appearances, and media coverage throughout his lifetime. Complete with statements from world leaders, industry giants, journalists, and friends, "Steve Jobs: Quotable Wisdom" is a thoughtful tribute to an American icon. A compilation of Abraham

Lincoln's letters, speeches, and other writings, arranged by categories, reflecting stages of his life. In this indispensable volume of kitchen wisdom, Julia Child gives home cooks the answers to their most pressing cooking questions—with essential information about soups, vegetables, eggs, baking breads and tarts, and more. How many minutes should you cook green beans? What are the right proportions for a vinaigrette? How do you skim off fat? What is the perfect way to roast a chicken? Here Julia provides solutions for these and many other everyday cooking queries. How are you going to cook that small rib steak you brought home? You'll be guided to the quick sauté as the best and fastest way. And once you've mastered that recipe, you can apply the technique to chops, chicken, or fish, following Julia's careful guidelines. Julia's Kitchen Wisdom is a perfect compendium of a lifetime spent cooking. How to Appear Normal at Social Events is an oddly cheering book of illustrated lists. Largely based on Lord Birthday's popular Instagram account, the book offers excessively absurd, occasionally wise advice on topics ranging from finding your life's purpose to defending yourself against forest clowns. (Hint: Set an oatmeal trap.) I see God in every human being. When I wash the leper's wounds, I feel I am nursing the Lord himself. Is it not a beautiful experience? --Mother Teresa

Mother Teresa (1910-1997) was beloved the world over for her tireless work to serve millions of the world's poor, outcast, ill, and dying. Born Agnes Gonxha Bojaxhiu, in Macedonia, she became a nun and took the name Sister Mary Teresa at the age of eighteen. In the 1930s, she first traveled to India, which became her home. In the following years, through her Missionaries of Charity, she established an international network of clinics, orphanages, and other institutions devoted to helping the poor. In 2016, she was canonized by Pope Francis at a mass attended by tens of thousands. Mother Teresa: Her Essential Wisdom collects hundreds of quotations from this determined and inspirational woman. In the half-century of her public life, she visited and spoke in more than one hundred countries about the subjects closest to her heart. In the simple but profound words gathered here, Mother Teresa reflects on the meaning of love, the importance of charity, the need for prayer, the value of family, and the absolute dignity of every human being. Also included is a selection of quotations from world leaders, dignitaries, and religious figures describing Mother Teresa's powerful legacy of faith, compassion, and hope for all humanity. Change is both scary business and an inescapable fact of life - after all, everything is impermanent and eventually passes away. Some changes are natural, like aging through the life cycle, while others are sudden and catastrophic, such as illness, bankruptcy, or the death of a loved one. But just as the earthbound caterpillar liquefies in its cocoon during its mysterious transformation into a butterfly, change is an opportunity to shed the limitations of the lower self and be reborn to the higher self. This book is an inspiring and practical guide to that process, incorporating personal stories, cutting-edge psychological research, and the perennial philosophy of the world's great wisdom traditions. The short, accessible chapters provide you with a practical framework for approaching change as an invitation to empowerment and awakening. Practices focused on moment-by-moment awareness, living in the present, and connecting with a greater flow will help you gracefully navigate transitions more skillfully. The art of living with uncertainty, when the old has passed away and the new hasn't yet been born, is an essential skill central both to the book and the audio download. The audio download is a body-based mindfulness meditation that guides you in developing moment-by-moment awareness, and honoring emotions and other experiences without attachment as they arise and pass away. It is suitable for daily use both by beginners and experienced meditators. An introduction to St. Francis's life and his most profound teachings of faith St. Francis of Assisi is one of the most venerated Christian figures, and his profound teachings, deep love of nature, and commitment to simplicity have resonated with generations of followers. St. Francis of Assisi, the latest title in the Essential Wisdom Library, offers a simple and universal introduction to Francis's life, his key teachings, and the spiritual practices that enriched his faith and the lives of those who follow his legacy. Author Jon M. Sweeney, one of the most popular Francis interpreters, introduces the iconic Christian as a man of his time and as one whose wisdom transcends eras. Beginning with a timeline of the saint's life, St. Francis of Assisi includes the teachings that made Francis such a unique and powerful figure. His words apply to a diverse set of situations—from advice for people in positions of power, to teachings on gratitude, and the Rule of Life which governed every facet of life for Franciscans. The book concludes with explanations of some of his most powerful practices, which can offer wisdom and insight for our own lives. St. Francis emphasized the importance of living a simple, truthful life, making his spiritual practices just as impactful and relevant in the modern day as they were centuries ago. St. Francis of Assisi is the perfect guide for anyone looking to learn more about the saint or hoping to incorporate his wisdom into their own spiritual lives. A toolkit for leaders of all kinds and all levels of spiritual involvement—people of faith, people of no faith, spiritual but not religious—for deepening our engagement with our true selves, one another and the communities in which we live and work. Helps us realize what we most value and identify where we find passion and purpose. With their keen humor, poetic eloquence, and gift of gab, the Irish have long been renowned for their way with words. This utterly beguiling collection of wisdom from the Emerald Isle celebrates the unique Irish perspective on life, with all its challenges, triumphs, and tragedy. The unforgettable quotations come from such extraordinary figures as Swift, Wilde, Joyce, Eamon de Valera, Edna O'Brien, and Bono. Change is both scary business and an inescapable fact of life. Everything is impermanent and eventually passes away. Some changes are natural, like aging through the lifecycle. Others are sudden and catastrophic, such as illness, bankruptcy, or the death of a loved one. Change is an opportunity to shed the limitations of the lower self and be reborn to the higher self. This book is an inspiring and practical guide to that process, incorporating personal stories, cutting-edge psychological research, and the perennial philosophy of the world's great wisdom traditions. This book includes a link to an audio download which is a body-based mindfulness meditation that guides you in developing moment-by-moment awareness and honoring emotions and other experiences without attachment as they arise and pass away. The audio is suitable for daily use both by beginners and experienced meditators. By the time of her death in 1997, Mother Teresa had become beloved the world over for her tireless efforts and service to millions of the poor, the outcast, the ill, and the dying. But her legacy extends beyond her actions, as Mother Teresa spoke in over a hundred countries on subjects close to her heart. Her Essential Wisdom collects hundreds of her inspiring quotations on the importance of charity, the value of family, and the absolute dignity of every human being. The Wild Wisdom of Weeds is the only book on foraging and edible weeds to focus on the thirteen weeds found all over the world, each of which represents a complete food source and extensive medical pharmacy and first-aid kit. More than just a field guide to wild edibles, it is a global plan for human survival. When Katrina Blair was eleven she had a life-changing experience where wild plants spoke to her, beckoning her to become a champion of their cause. Since then she has spent months on end taking walkabouts in the wild, eating nothing but what she forages, and has become a wild-foods advocate, community activist, gardener, and chef, teaching and presenting internationally about foraging and the healthful lifestyle

it promotes. Katrina Blair's philosophy in *The Wild Wisdom of Weeds* is sobering, realistic, and ultimately optimistic. If we can open our eyes to see the wisdom found in these weeds right under our noses, instead of trying to eradicate an "invasive," we will achieve true food security. *The Wild Wisdom of Weeds* is about healing ourselves both in body and in spirit, in an age where technology, commodity agriculture, and processed foods dictate the terms of our intelligence. But if we can become familiar with these thirteen edible survival weeds found all over the world, we will never go hungry, and we will become closer to our own wild human instincts—all the while enjoying the freshest, wildest, and most nutritious food there is. For free! The thirteen plants found growing in every region across the world are: dandelion, mallow, purslane, plantain, thistle, amaranth, dock, mustard, grass, chickweed, clover, lambsquarter, and knotweed. These special plants contribute to the regeneration of the earth while supporting the survival of our human species; they grow everywhere where human civilization exists, from the hottest deserts to the Arctic Circle, following the path of human disturbance. Indeed, the more humans disturb the earth and put our food supply at risk, the more these thirteen plants proliferate. It's a survival plan for the ages. Including over one hundred unique recipes, Katrina Blair's book teaches us how to prepare these wild plants from root to seed in soups, salads, slaws, crackers, pestos, seed breads, and seed butters; cereals, green powders, sauerkrauts, smoothies, and milks; first-aid concoctions such as tinctures, teas, salves, and soothers; self-care/beauty products including shampoo, mouthwash, toothpaste (and brush), face masks; and a lot more. Whether readers are based at home or traveling, this book aims to empower individuals to maintain a state of optimal health with minimal cost and effort. "Written in words so intimate, calm, kind, and immediate, this extraordinary book feels like a message from our very own heart. . . . Thich Nhat Hanh is one of the most important voices of our time, and we have never needed to listen to him more than now." —Sogyal Rinpoche Fear is destructive, a pervasive problem we all face. Vietnamese Buddhist Zen Master, poet, scholar, peace activist, and one of the foremost spiritual leaders in the world—a gifted teacher who was once nominated for the Nobel Peace Prize by Martin Luther King Jr.—Thich Nhat Hanh has written a powerful and practical strategic guide to overcoming our debilitating uncertainties and personal terrors. The *New York Times* said Hanh, "ranks second only to the Dalai Lama" as the Buddhist leader with the most influence in the West. In *Fear: Essential Wisdom for Getting through the Storm*, Hanh explores the origins of our fears, illuminating a path to finding peace and freedom from anxiety and offering powerful tools to help us eradicate it from our lives

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