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World Mythology: An Anthology of Great Myths and Epics World Mythology World Mythology Mythology and You Mythology and You: Classical Mythology and Its Relevance in Today's World, Student Edition Folklore, Myths, and Legends World Mythology Mythology and You Folklore, Myths, and Legends Watunna Eating of the Gods The World of Myth Navajo Creation Myth Mythopoeisis Parallel Myths Introduction to Mythology World Mythology: An Anthology of the Great Myths and Epics, Hardcover Student Edition The Tragic Life Story of Medea as Mother, Monster, and Muse The Cosmic Zygote World Mythology, Student Edition The Death of Vishnu Myth and Knowing: An Introduction to World Mythology Folklore, Myths, and Legends: A World Perspective, Softcover Student Edition Navaho Folk Tales God The Jason Voyage Literature and Film as Modern Mythology The First 2 Hours The Mythology Book Things Fall Apart Classical Mythology Instructor's Manual Burn World Mythology Hesiod, the Homeric Hymns, and Homeric The Altar and the City Classical Mythology: Images and Insights The Star Wars Heresies Folklore, Myths, and Legends Legends of Hawaii

Do your most important work when you are your most resourceful Are you drowning in email? Overloaded with calendar invitations? Frustrated by wasteful meetings and an ever-growing workload? Then you know that being busy does not mean being productive. Most workers are being asked to take on more responsibilities with less support, advised to simply 'be innovative.' But you only have a finite amount of energy and thinking capacity available to you in a day. Most of us are wasting it on things that aren't contributing to our most important work: the activities that require problem solving, decision making and critical thinking. Developed for business professionals, The First Two Hours teaches you how to design your day, rather than be at the mercy of it. Using research on neuroscience, energy flow and the body's natural rhythms, it divides the workday into manageable blocks and helps you determine when you are most resourceful, and therefore when you should complete your most demanding tasks. Optimize your day in blocks of two hours Take back control of your work life by creating a workflow designed for you Do your most important work at the right time of day so it gets the resources it deserves Decide when you need to be 'on' and when you can be 'available' so you can maximise productivity In a time of near-constant information overload, this practical handbook helps you focus on getting done what you need to get done, when you are best able to do it. By learning to invest your energy strategically, you can be in the driver's seat every work day and achieve a level of productivity beyond what you thought possible. In this marvelous collection, Franc Newcomb recounts some of the many folk tales she heard during long winter evenings at Blue Mesa. All cultures have mythology at their core! This book features myths and epics from 7 world regions. Originally published in Spanish in 1970, Watunna is the epic history and creation stories of the Makiritare, or Yekuana, people living along the northern bank of the Upper Orinoco River of Venezuela, a region of mountains and virgin forest virtually unexplored even to the present. The first English edition of this book was published in 1980 to rave reviews. This edition contains a new foreword by David Guss, as well as Mediatu, a detailed myth that recounts the origins of shamanism. Vishnu, the odd-job man in a Bombay apartment block, lies dying on the staircase landing. Around him the lives of the apartment dwellers unfold - the warring housewives on the first floor, the lovesick teenagers on the second, and the widower, alone and quietly grieving at the top of the building. In a fevered state Vishnu looks back on his love affair with the seductive Padmini and comedy becomes tragedy as his life draws to a close. Hercules, Zeus, Thor, Gilgamesh--these are the figures that leap to mind when we think of myth. But to David Leeming, myths are more than stories of deities and fantastic beings from non-Christian cultures. Myth is at once the most particular and the most universal feature of civilization, representing common concerns that each society voices in its own idiom. Whether an Egyptian story of creation or the big-bang theory of modern physics, myth is metaphor, mirroring our deepest sense of ourselves in relation to existence itself. Now, in The World of Myth, Leeming provides a sweeping anthology of myths, ranging from ancient Egypt and Greece to the Polynesian islands and modern science. We read stories of great floods from the ancient Babylonians, Hebrews, Chinese, and Mayans; tales of apocalypse from India, the Norse, Christianity, and modern science; myths of the mother goddess from Native American Hopi culture and James Lovelock's Gaia. Leeming has culled myths from Aztec, Greek, African, Australian Aboriginal, Japanese, Moslem, Hittite, Celtic, Chinese, and Persian cultures, offering one of the most wide-ranging collections of what he calls the collective dreams of humanity. More important, he has organized these myths according to a number of themes, comparing and contrasting how various societies have addressed similar concerns, or have told similar stories. In the section on dying gods, for example, both Odin and Jesus sacrifice themselves to renew the world, each dying on a tree. Such traditions, he proposes, may have their roots in societies of the distant past, which would ritually sacrifice their kings to renew the tribe. In The World of Myth, David Leeming takes us on a journey "not through a maze of falsehood but through a marvellous world of metaphor," metaphor for "the story of the relationship between the known and the unknown, both around us and within us." Fantastic, tragic, bizarre, sometimes funny, the myths he presents speak of the most fundamental human experience, a part of what Joseph Campbell called "the wonderful song of the soul's high adventure." World Mythology is a compilation of over 50 great myths and epics. Your students will gain an appreciation and an understanding of ancient and modern cultures through myths and epics from the Middle East, Greece and Rome, the Far East and the Pacific Islands, the British Isles, Northern Europe, Africa, and the Americas. An introduction and historical background supplement each myth. Questions at the end of each section prompt analysis and response. Despite the insatiable public appetite for all things Star Wars, the more analytical side of the saga is all too often ignored. This book offers a new way of seeing George Lucas' space opera—particularly the prequel trilogy, a series never given a fair chance because of constant comparisons to the iconic originals. In the classic style of Joseph Campbell, the trilogy is viewed through the lens of myth and metaphor, revealing a body of work not only worthy of scholarly study but perhaps destined to find therein its home. A wide variety of philosophical and mythological themes are presented and expounded upon, drawing from a rich source of scholars, thinkers, writers, and poets from East and West alike. Heretical or not, the Star Wars prequels are a surprisingly rich source of insight into the saga—as well as the human drama—as a whole. This work has been selected by scholars as being culturally important, and is part of the knowledge base of civilization as we know it. This work is in the "public domain in the United States of America, and possibly other nations. Within the United States, you may freely copy and distribute this work, as no entity (individual or corporate) has a copyright on the body of the work. Scholars believe, and we concur, that this work is important enough to be preserved, reproduced, and made generally available to the public. We appreciate your support of the preservation process, and thank you for being an important part of keeping this knowledge alive and relevant. Folklore, Myths, and Legends: A World Perspective contains world masterpieces including Prometheus, Faust, the Shahnameh and the Mahabharata in a retold format that gives your students all the flavor of the original work in an easy-to-understand presentation. Contained within this text are historical and cultural background information for each selection and detailed source notes. Retells 36 major Greek myths within their historic contexts. Looks at the mythology of Egypt, the Middle East, India, China, Tibet, Japan, Greece, Rome, Europe, the Americas, Africa, and Australia Myth and Knowing is by far the most comprehensive world mythology textbook. THINGS FALL APART tells two overlapping, intertwining stories, both of which center around Okonkwo, a "strong man" of an Ibo village in Nigeria. The first of these stories traces Okonkwo's fall from grace with the tribal world in which he lives, and in its classical purity of line and economical beauty it provides us with a powerful fable about the immemorial conflict between the individual and society. The second story, which is as modern as the first is ancient, and which elevates the book to a tragic plane, concerns the clash of cultures and the destruction of Okonkwo's world through the arrival of aggressive, proselytizing European missionaries. These twin dramas are perfectly harmonized, and they are modulated by an awareness capable of encompassing at once the life of nature, human history, and the mysterious compulsions of the soul. THINGS FALL APART is the most illuminating and permanent monument we have to the modern African experience as seen from within. Novels and films record and codify the cultural experiences of their people. This book explores the relationship between contemporary literature and film of the past fifty years and the ancient myths of Judeo-Christian, Greek, Celtic, and Eastern origin. Following a detailed description and explanation of both literary and film devices, stories that inform to a mythic tradition are analyzed to identify what they reveal about modern culture. This work explores such diverse subjects as heroism, coming of age, and morality. This approach to literature and film explores how contemporary fiction and film fulfill a continuum in our never-ending search to understand how life ought to be lived. Encompassing a broad spectrum of modern film and fiction, a variety of authors and directors are represented. Included are novels from such writers as Stephen King, Alice Walker, Ken Kesey, Jerzy Kosinski, Robert Penn Warren, and Michael Ondaatje. Film directors include Stephen Spielberg, Hal Ashby, Phil Alden Robinson, George Stevens, Robert Rossen, and Milos Forman. As a valuable resource for film and literature classes alike, this work also provides suggestions for student projects. An excellent primer on classical mythology for readers who have little or no background of classical knowledge. World Mythology is a compilation of over 50 great myths and epics. Your students will gain an appreciation and understanding of ancient and modern cultures through myths and epics from the Middle East, Greece and Rome, the Far East and Pacific islands, the British Isles, Northern Europe, Africa, and the Americas. An introduction and historical background supplement each myth. Questions at the end of each selection prompt analysis and response. Retells the stories of Hawaii that make the islands come alive. One of the foremost researchers in human metabolism reveals surprising new science behind food and exercise. We burn 2,000 calories a day. And if we exercise and cut carbs, we'll lose more weight. Right? Wrong. In this paradigm-shifting book, Herman Pontzer reveals for the first time how human metabolism really works so that we can finally manage our weight and improve our health. Pontzer's groundbreaking studies with hunter-gatherer tribes show how exercise doesn't increase our metabolism. Instead, we burn calories within a very narrow range: nearly 3,000 calories per day, no matter our activity level. This was a brilliant evolutionary strategy to survive in times of famine. Now it seems to doom us to obesity. The good news is we can lose weight, but we need to cut calories. Refuting such weight-loss hype as paleo, keto, anti-gluten, anti-grain, and even vegan, Pontzer discusses how all diets succeed or fail: For shedding pounds, a calorie is a calorie. At the same time, we must exercise to keep our body systems and signals functioning optimally, even if it won't make us thinner. Hunter-gatherers like the Hadza move about five hours a day and remain remarkably healthy into old age. But elite athletes can push the body too far, burning calories faster than

their bodies can take them in. It may be that the most spectacular athletic feats are the result not just of great training, but of an astonishingly efficient digestive system. Revealing, irreverent, and always entertaining, Pontzer has written a book that will change how you eat, move, and live. This new edition of *World Mythology* offers 59 of the world's great myths from Greece and Rome, the Middle East, Northern Europe, the British Isles, the Far East and Pacific Islands, Africa, and the Americas. A South American Lowland Cosmological Model Classical Mythology: Images and Insights approaches the study of myths through complete works of Greco-Roman literature, including six complete Greek dramas and generous excerpts from the narratives of Homer, Hesiod, Virgil, and Ovid, and through carefully chosen examples of classical works of art, both painting and sculpture. Combining literary masterpieces with the visual arts, this integrative approach offers readers a comprehensive experience with both cognitive and aesthetic appeal. Apollo, Zeus, Athena, Pandora, Midas, Pygmalion, Daedalus and Icarus, and many more are contained within *Mythology and You*. These tales reveal many universal truths about historical human behavior and have great relevance in today's world. Learn about compelling worlds and characters depicted in myths and legends in *The Mythology Book*. Part of the fascinating *Big Ideas* series, this book tackles tricky topics and themes in a simple and easy to follow format. Learn about Mythology in this overview guide to the subject, brilliant for novices looking to find out more and experts wishing to refresh their knowledge alike! *The Mythology Book* brings a fresh and vibrant take on the topic through eye-catching graphics and diagrams to immerse yourself in. This captivating book will broaden your understanding of Mythology, with: - More than 80 classics retold and explained in mythology - Packed with facts, charts, timelines and graphs to help explain core concepts - A visual approach to big subjects with striking illustrations and graphics throughout - Easy to follow text makes topics accessible for people at any level of understanding *The Mythology Book* allows you delve into each myth, discover the meanings behind them, and understand their significance to different cultures worldwide - aimed at adults with an interest in the subject and wanting to gain more of an overview. Here you'll find global coverage of world myths, profiling everything from the well-known tales of the Greeks, Norsemen, and Egyptians to the legends of the Caribbean, the Americas, Oceania, and East Asia. *Your Mythological Questions, Simply Explained* Learn about myths in this essential guide, from early creation beliefs to classical hero narratives and the recurring theme of the afterlife. Delve into each myth and discover the meanings behind these stories, getting to the heart of their significance to different cultures worldwide. If you thought it was difficult to learn about the many classic stories, *The Mythology Book* presents key information in a clear layout. Discover Zeus, god of the sky and ruler of the Olympian gods, Loki, the cunning trickster with a knack for causing havoc, Thor with his mighty hammer, and Hades, ruler of the underworld - and much more. The *Big Ideas Series* With millions of copies sold worldwide, *The Mythology Book* is part of the award-winning *Big Ideas* series from DK. The series uses striking graphics along with engaging writing, making big topics easy to understand. Illustrating their points with materials ranging from the prehistoric cave paintings to the mystic Jewish Kabbalah, from the ancient Indians Vedas to tales of the North American Indians and other myths from around the world, Leeming and Page reveals the changing mask of the male divine. *Folklore, Myths, and Legends: A World Perspective* contains world masterpieces including Prometheus, Faust, the Shahnameh and the Mahabharata in a retold format that gives your students all the flavor of the original work in an easy-to-understand presentation. Contained within this text are historical and cultural background information for each selection and detailed source notes. An overview of the great myths of the world. In *The Eating of the Gods* the distinguished Polish critic Jan Kott reexamines Greek tragedy from the modern perspective. As in his earlier acclaimed Shakespeare *Our Contemporary*, Kott provides startling insights and intuitive leaps which link our world to that of the ancient Greeks. The title refers to the Bacchae of Euripides, that tragedy of lust, revenge, murder, and "the joy of eating raw flesh" which Kott finds paradigmatic in its violence and bloodshed. "Unusually accessible and useful . . . An eye-opener to readers into the universality and importance of myth in human history and culture."—William E. Paden, Chair, Department of Religion, University of Vermont For as long as human beings have had language, they have had myths. Mythology is our earliest form of literary expression and the foundation of all history and morality. Now, in *Parallel Myths*, classical scholar J. F. Bierlein gathers the key myths from all of the world's major traditions and reveals their common themes, images, and meanings. *Parallel Myths* introduces us to the star players in the world's great myths—not only the twelve Olympians of Greek mythology, but the stern Norse Pantheon, the mysterious gods of India, the Egyptian Ennead, and the powerful deities of Native Americans, the Chinese, and the various cultures of Africa and Oceania. Juxtaposing the most potent stories and symbols from each tradition, Bierlein explores the parallels in such key topics as creation myths, flood myths, tales of love, morality myths, underworld myths, and visions of the Apocalypse. Drawing on the work of Joseph Campbell, Mircea Eliade, Carl Jung, Karl Jaspers, Claude Lévi-Strauss, and others, Bierlein also contemplates what myths mean, how to identify and interpret the parallels in myths, and how mythology has influenced twentieth-century psychology, philosophy, anthropology, and literary studies. "A first-class introduction to mythology . . . Written with great clarity and sensitivity."—John G. Selby, Associate Professor, Roanoke College Covers folklore, myths and legends in Africa, the Middle East, Europe, the Americas, and the Far East. This volume offers a critical yet empathic exploration of the ancient myth of Medea as immortalized by early Greek and Roman dramatists to showcase the tragic forces afoot when relational suffering remains unresolved in the lives of individuals, families and communities. Medea as a tragic figure, whose sense of isolation and betrayal interferes with her ability to form healthy attachments, reveals the human propensity for violence when the agony of unresolved grief turns to vengeance against those we hold most dear. However, metaphorically, her life story as an emblem for existential crisis serves as a psychological touchstone in the lives of early twentieth-century female authors, who struggled to find their rightful place in the world, to resolve the sorrow of unrequited love and devotion, and to reconcile experiences of societal abandonment and neglect as self-discovery. *Introduction to Mythology: Contemporary Approaches to Classical and World Myths* introduces students to a wide range of myths from various critical perspectives. Featuring original texts from sources around the world, it includes readings from Greek and Roman classics (by Homer, Hesiod, Ovid, and other writers); Nordic mythology (by Snorri Sturluson); Hindu culture (The Ramayana); Chinese mythology (Nu Kwa); and from such ancient works as *The Epic of Gilgamesh*, the Bible, and, new to this edition, the Enigma Elish. Selections from Native-American sources and fairy tales and stories from Africa, Germany, and the United States are also included. In addition, the authors draw comparisons between classical myths and such contemporary cultural phenomena as Daniel Boone, *The Wizard of Oz*, and, new to this edition, *Firefly* and *Harry Potter*. They also incorporate readings by Carl Jung, Levi-Strauss, Victor Turner, and other theorists who consider mythic material from different analytical perspectives. Finally, works by Milton, Keats, Updike, and Joyce are presented as examples of modern literary texts with mythological roots. The selections are organized into seven topical sections: myths of creation and destruction; hero and trickster myths; ritual and myth; myths and dreams; folktale and myth; contemporary myths; and myths and literature.

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