

My Little Book Of N L P Neuro Linguistic Programming

An inspiring and illuminating guide to true self care, from the sage teacher and breakout star of the critically acclaimed drama, *Queen Sugar*, from Executive Producers Oprah Winfrey and Ava DuVernay for OWN. Featured on *Essence Magazine's Culture List* In all your years of schooling, did you ever take a single class that explained how to navigate the hurt, drama, and fear that come with living? Tina Lifford sure didn't. She learned the hard way—through experience as both a Hollywood actress and as the founder of the personal development network *The Inner Fitness Project*. Now, she brings together her own hard-won insights as well as those of her clients in this helpful and transformative guide. A blend of personal anecdotes and meaningful, practical—and most important, actionable—advice, *The Little Book of Big Lies* is the life skills class you need to nurture the inner you and move beyond the past. In fourteen raw, personal stories, Tina teaches you how to change your self-perception—to see yourself in the best possible light, to love and honor what you see, and to forge a new sense of what's possible in every aspect of your life. But make no mistake, *The Little Book of Big Lies* is not a “rah-rah” quick fix for fear and pain. Like physical fitness, building and maintaining emotional strength requires continued effort. This invaluable book is the foundation you need to start building inner health and well-being so you can thrive. Tina guides you on a journey of self-discovery that will help you turn shame into self-acceptance, self-rejection into self-love, blame into freedom, and old hurt into power. Wise and powerful, *The Little Book of Big Lies* will completely change how you think and live.

For those with curious minds starting to take note of the world around them, the basic materials from which our planet is made raise a multitude of questions. What are rocks and minerals? Why are there so many different kinds? From the way that rocks are formed to identifying gem stones, *My Little Book of Rocks* provides the answers for budding geologists, using clear, concise text along with full color illustrations and photographs.

She was loved by three men. Two were history. Wheeler Burden is the last heir of the famous Boston banking Burdens; he lives in San Francisco and is a philosopher, rock idol, writer, lover of women, and recluse. So it's with some surprise that he wakes up many years earlier, in Vienna, where he's now older than his father (a WW2 hero), and much older than his grandfather (a man of uncertain temper). When Wheeler meets the delectable Weezie, things quickly start to get complicated - as she holds the key to a crucial secret, one she's completely oblivious to . . . And soon Wheeler realizes he must unravel a lifetime of memories before he can discover who he really is or what's gone on.

Join the happiness revolution! The author of the New York Times bestseller *The Little Book of Hygge* offers more inspiration and suggestions for achieving greater happiness, by practicing Lykke (LOO-ka)—pursuing and finding the good that exists in the world around us every day. While the Danes are the happiest people on the planet, happiness isn't exclusively Danish; cultures around the world have their own unique approaches to leading a contented, fulfilled life. For his work at the Happiness Research Institute in Copenhagen, Meik Wiking travels the globe from Dubai to Finland, Rio de Janeiro to Bhutan, South Korea to the United States, to discover the secrets of the very happiest people. In *The Little Book of Lykke*, Meik identifies the six factors that explain the majority of differences in happiness across the world—togetherness, money, health, freedom, trust, and kindness—and explores what actions we can take to become happier. As he reveals, we can deepen our blissfulness and contentment with little adjustments in our behavior, whether it's eating like the French (sitting around a table and savoring our time) or dancing the tango like Argentinians in Buenos Aires. With his trademark warmth and wit, Meik explores the happiness gap for parents, how much money you really need to buy happiness, how we can be healthier without having to go to the gym, how we can learn to build trust and collaboration, how we can help ourselves by helping others, and why our expectations often outweigh our reality. Weaving together original research and personal anecdotes, *The Little Book of Lykke* is a global roadmap for joy that offers a new approach to achieving everyday happiness that not only improve our own lives, but help us build better communities and a better world.

How to Make Waiting Easier

The Little Book of Sideways Markets

The Little Book of Lykke

The Little Book of Big Lies

In His Own Words

220 of History's Most-Regrettable Moments

Discover 365 ways to share joy every day with this little book packed with fun facts, mindful activities, trivia, birthdays, and international days relating to each day of the year Discover a different way to find happiness every day of the year with this pocket-size book that celebrates the little things that bring great joy. Be inspired by famous people on their birthdays; learn how to spot and find flowers throughout each season; create your own gratitude jar; learn how to make pastries; make a gift for someone you love; discover the pleasure of letter writing; and find joy in a rainy day. Packed with art activities, famous birthdays, inventions, international holidays, facts, and trivia about the world around us, each page offers a mindful prompt to encourage gratitude for things we have, every day.

Ella is a naughty, fun-loving little girl - a little misunderstood by all, apart from her best friend. "My friend Ella," about loving and accepting ourselves for who we really are, is Angela Garry's first storybook for small children.

Provides a comprehensive explanation of how the economy works while examining the roots of the current crisis and offering advice to prevent future meltdowns.

*Bees continue to fascinate and charm us all - from novice gardeners and nature-lovers to dedicated environmentalists - and today, bees need our help more than ever. Discover the story of these incredible creatures, with *The Little Book of Bees*. Bees first appeared on Earth an incredible 130 million years ago. Since the time of the dinosaurs, evolution has taken our*

beloved bees on an incredible journey - and today, there are 20,000 species on the planet. The Little Book of Bees is a lovely, informative book of all things bee - from evolution and communication, to honey, beekeeping, and saving the bees - all in a beautifully illustrated gift book. Contents Chapter One: The Story of Bees The Evolution of the Bee ? The Bee Life Cycle ? The Bee Family Tree ? Bee Anatomy ? Bee Nesting Behaviours ? Bee Factoids Chapter Two: Superorganisms Sociality in Bees ? Bumble Bees ? Honey Bees ? Stingless Bees Chapter Three: Honey What is Honey? ? Types of Honey ? Practical Uses for Honey ? Honey Healthcare Chapter Four: Beekeeping Why Keep Bees? ? An Introduction to Beekeeping ? Keeping Stingless Bees Chapter Five: Protecting Our Bee Buddies Why Are Bees in Decline? ? Supporting Our Bees in 10 Easy Steps ? Providing a Home for Bees Chapter Two: Superorganisms Sociality in Bees ? Bumble Bees ? Honey Bees ? Stingless Bees Chapter Three: Honey What is Honey? ? Types of Honey ? Practical Uses for Honey ? Honey Healthcare Chapter Four: Beekeeping Why Keep Bees? ? An Introduction to Beekeeping ? Keeping Stingless Bees Chapter Five: Protecting Our Bee Buddies Why Are Bees in Decline? ? Supporting Our Bees in 10 Easy Steps ? Providing a Home for Bees

Little Book of the Rolling Stones

The Little Book of Music Law

The Little Book of the Great Enchantment

Everyday actions to change your life and the world around you

The Little Book of Joy

The Little Book of Big F#k Ups*

"There's the sun, there's the moon, there's the air we breathe, and then there's the Rolling Stones." --Keith Richards. Fans who endorse the legendary guitarist's sentiments will pore through every engaging quote in this collection, which shows exactly why the Stones remain in the spotlight after 50 years of performing. In addition to the band members, quotes come from such figures as producer Andrew Oldham and Paul McCartney.

In *The Little Book of Cartooning & Illustration*, beginning cartoonists, animators, and illustrators will discover key concepts associated with learning the art of traditional cartooning and animation. With this guide, dozens of tips from the pros will help you find the materials and tools you need to develop your own unique style. A combination of creative step-by-step projects and open practice areas offer encouragement and invite participation for those artists who want to put their newfound skills to immediate use. You'll learn all the cartooning and animation tricks of the trade, including: The squash and stretch principle Exaggerating details Rendering faces and expressions Anthropomorphizing inanimate objects Creating original characters Mastering body shapes and movement Writing gags and jokes With so many tools at your disposal, why wait any longer to start animating? Get started, get drawing! *The Little Book of ...* series focuses on delivering fun, approachable, and interesting art instruction in a fresh, portable format. With its contemporary design, open practice pages, creative exercises, and prompts that encourage interactivity, beginning artists learn the fundamentals of their craft, often with immediate results.

The Amazing Book of No was just announced as a Winner of the 2015 Readers Favorite Award for K-3rd grade readers. "The Amazing Book of No" is a deceptively simple story that will teach your 3-7 year old how to accept the word "no" when you say it, and why they shouldn't argue. The story is about two moms and their children. One mom says "no" all the time, while the other says "yes" to everything. It is cute and engaging all in one, and designed not to take up too much of a parents valuable time, with the idea being to try and imprint wholesome ideals while kids are young. Reading this just a few times to your boy or girl at bedtime will ensure you don't have any misunderstandings with your children about the word "NO" as they grow older. This really is: *The Amazing Book of No!*

The Little Book of Whiskey Cocktails sets out to share the stories of the whiskey-making world and recipes suitable for whiskey enthusiasts of all expertise levels. Bryan Paiement takes a practical approach to exploring the various ways in which the spirit can be mixed and enjoyed. Beginning with a brief history of whiskey, Paiement answers many questions that even aficionados can't help but stumble over: What is the difference between "whiskey" and "whisky"? Does bourbon have to come from Kentucky? How many times does Irish whiskey need to be distilled? Forty classic whiskey cocktail recipes and ten original recipes follow in this pocket-sized gift book. Each carefully curated recipe is introduced with details on the cocktail's origins and concludes with bartenders' tips for mixing the perfect concoction. Paiement includes award-winning recipes like the Paper Plane, time-tested classics like the Old Fashioned and the Rusty Nail, and handcrafted originals like the Scotch Smash. Adorned with a key to whiskey ware and bar tools and an extensive repertoire of jokes, Paiement brings whiskey's terminology and mixology to any home bar.

The Little Book of Neuroscience Haiku

The Little Book of Big Fears

The Little Book

The Little Book of Whiskey Cocktails

My 'm' Sound Box

How the Economy Works in the Real World

An inspirational and handy book of consciousness and love. Bring it with you on your daily journey for happiness everywhere you go.

In *The Little Book That Builds Wealth*, author Pat Dorsey—the Director of Equity Research for leading independent investment research provider Morningstar, Inc.—reveals why competitive advantages, or economic moats, are such strong indicators of great long-term investments and examines four of their most common sources: intangible assets, cost advantages, customer-switching costs, and network economics. Along the way, he skillfully outlines this proven approach and reveals how you can effectively apply it to your own investment endeavors.

As her son grows up from little boy to adult man, a mother secretly rocks him each night as he sleeps.

Little Book of David Bowie Words of Wit and Wisdom from the Starman Carlton Books

How to Make Money in Markets that Go Nowhere

A Journey into Inner Fitness

Little Book of the Beatles

My Friend Ella

Active Value Investing

The Little Book of David Bowie is filled with quotations by, and about, one of the most innovative artists in history. A perfect companion for Bowie fans everywhere, this collection of bite-sized quips helps capture exactly what made Ziggy Stardust so special. From insightful quotes by fellow artists, collaborators and friends, to words of wit and wisdom from David Robert Jones himself, you'll find more than 170 amusing and inspiring soundbites inside. "I don't know where I'm going from here but I promise it won't be boring." - David Bowie, 1997

A manual for building a faster brain and a better you! The Little Book of Talent is an easy-to-use handbook of scientifically proven, field-tested methods to improve skills—your skills, your kids' skills, your organization's skills—in sports, music, art, math, and business. The product of five years of reporting from the world's greatest talent hotbeds and interviews with successful master coaches, it distills the daunting complexity of skill development into 52 clear, concise directives. Whether you're age 10 or 100, whether you're on the sports field or the stage, in the classroom or the corner office, this is an essential guide for anyone who ever asked, "How do I get better?" Praise for The Little Book of Talent "The Little Book of Talent should be given to every graduate at commencement, every new parent in a delivery room, every executive on the first day of work. It is a guidebook—beautiful in its simplicity and backed by hard science—for nurturing excellence."—Charles Duhigg, bestselling author of The Power of Habit "It's so juvenile to throw around hyperbolic terms such as 'life-changing,' but there's no other way to describe The Little Book of Talent. I was avidly trying new things within the first half hour of reading it and haven't stopped since. Brilliant. And yes: life-changing."—Tom Peters, co-author of In Search of Excellence

Simple text and photographs introduce automobiles, including such details as gas pumps and car seats and specific types of motor vehicle from racecars, minivans, and tow trucks to classic and vintage cars, tractors, and farm vehicles.

A strategy to profit when markets are range bound—which is half of the time One of the most significant challenges facing today's active investor is how to make money during the times when markets are going nowhere. Bookshelves are groaning under the weight of titles written on investment strategy in bull markets, but there is little guidance on how to invest in range bound markets. In this book, author and respected investment portfolio manager Vitaliy Katsenelson makes a convincing case for range-bound market conditions and offers readers a practical strategy for proactive investing that improves profits. This guide provides investors with the know-how to modify the traditional, fundamentally driven strategies that they have become so accustomed to using in bull markets, so that they can work in range bound markets. It offers new approaches to margin of safety and presents terrific insights into buy and sell disciplines, international investing, "Quality, Valuation, and Growth" framework, and much more. Vitaliy Katsenelson, CFA (Denver, CO) has been involved with the investment industry since 1994. He is a portfolio manager with Investment Management Associates where he co-manages institutional and personal assets utilizing fundamental analysis. Katsenelson is a member of the CFA Institute, has served on the board of CFA Society of Colorado, and is also on the board of Retirement Investment Institute. Vitaliy is an adjunct faculty member at the University of Colorado at Denver - Graduate School of Business. He is also a regular contributor to the Financial Times, The Motley Fool, and Minyanville.com.

Words of Wit and Wisdom from the Starman

My Little Book of Rocks, Minerals and Gems

The Little Book of Courageous Living

The Little Book That Makes You Rich

You've Got Time

Love Gone Wrong Through the Ages

Lennon's greatest words of advice, inspiration, aspiration and perspiration - from early Beatles fame to the day he died.

Little m has an adventure with items beginning with his letter's sound, such as mice, muddy monkeys, and a magic moon machine. Additional

features to aid comprehension include rebus icons for word recognition, a word list for review, activities for further learning, a note to parents and educators, and an introduction to the author and illustrator.

Celebrate the LGBTQ community with this small but perfectly formed guide to Pride. What began as a protest for gay rights following the Stonewall riots of 1969 in New York has grown to become a global celebration of LGBTQ culture. In the 50-odd years since the original protest, and what is now widely accepted to be the first Pride march – Christopher Street Liberation Day, 1970 – Pride events are now attended by millions each year, celebrating how far we’ve come, recognising where we have to go and highlighting important causes in the queer community. The Little Book of Pride is a concise look at everything you need to know about Pride, revealing the history, the key people involved, the best Pride events around the world, inspirational quotes from famous queers, Pride facts and a fun Pride survival guide.

Introduces 16 fictional children, named in alphabetical order, along with something each fears. In a twist on your typical alphabet book, The Little Book of Big Fears skips several letters along the way. An endnote suggests that looking to these letters which spell GUTSY and BRAVE will help children face their own fears.

Making Money in Range-Bound Markets

The Little Book of Heartbreak

My Little Book of Cars

Little Book of David Bowie

The Little Book of Leicestershire

The Little Book of Economics

A deep understanding of prime numbers is one of the great challenges in mathematics. In this new edition, fundamental theorems, challenging open problems, and the most recent computational records are presented in a language without secrets. The impressive wealth of material and references will make this book a favorite companion and a source of inspiration to all readers. Paulo Ribenboim is Professor Emeritus at Queen's University in Canada, Fellow of the Royal Society of Canada, and recipient of the George Pólya Award of the Mathematical Association of America. He is the author of 13 books and more than 150 research articles. From the reviews of the First Edition: Number Theory and mathematics as a whole will benefit from having such an accessible book exposing advanced material. There is no question that this book will succeed in exciting many new people to the beauty and fascination of prime numbers, and will probably bring more young people to research in these areas. (Andrew Granville, Zentralblatt)

Profit from a powerful, proven investment strategy The Little Book That Makes You Rich is the latest book in the popular "Little Book, Big Profits" series. Written by Louis Navellier -- one of the most well-respected and successful growth investors of our day -- this book offers a fundamental understanding of how to get rich using the best in growth investing strategies. Navellier has made a living by picking top, actively traded stocks and capturing unparalleled profits from them in the process. Now, with The Little Book That Makes You Rich, he shows you how to find stocks that are poised for rapid price increases, regardless of overall stock market direction. Navellier also offers the statistical and quantitative measures needed to measure risk and reward along the path to profitable growth stock investing. Filled with in-depth insights and practical advice, The Little Book That Makes You Rich gives individual investors specific tools for selecting stocks based on the factors that years of research have proven to lead to growth stock profits. These factors include analysts' moves, profit margins expansion, and rapid sales growth. In addition to offering you tips for not paying too much for growth, the author also addresses essential issues that every growth investor must be aware of, including which signs will tell you when it's time to get rid of a stock and how to monitor a portfolio in order to maintain its overall quality. Accessible and engaging, The Little Book That Makes You Rich outlines an effective approach to building true wealth in today's markets. Louis Navellier (Reno, NV) has one of the most exceptional long-term track records of any financial newsletter editor in America. As a financial analyst and editor of investment newsletters since 1980, Navellier's recommendations (published in Emerging Growth) have gained over 4,806 percent in the last 22 years, as confirmed by a leading independent newsletter rating service, The Hulbert Financial Digest. Emerging Growth is one of Navellier's four services, which also includes his Blue Chip Growth service for large-cap stock investors, his Quantum Growth service for active traders seeking shorter-term gains, and his Global Growth service for active traders focused on high growth global stocks.

Reproduction of the original: Bees in Amber by John Oxenham

Fun, informative poetry about the brain. Elephant on brain "You have a lot on your mind" Neurologist says. The brain has fascinated philosophers and scientists for centuries. And why not? It is perhaps the most mysterious thing in the universe. Yet it's probably safe to say that The Little Book of Neuroscience Haiku approaches the brain in a way that no one has before.

Neuroscientist Eric H. Chudler has created a whimsical yet educational book of haiku about the brain, each poem conforming to the strict definition of the Japanese verse form: three lines containing five syllables, seven syllables, and five syllables. Organized in three parts, one part discusses places (areas of the brain); one takes up things (such as brain scans); and one is about people (such as the researchers who have helped us learn about this elusive organ). Extensive notes complete the book, educating readers in an amusing, poetic, and at times moving fashion. This book will be sure to delight science readers.

The Little Book of John Lennon

The Little Book of Bigger Primes

The Little Book of Patience

Love You Forever

Little Book of Light

The Amazing Book of No

William Sharp (1855-1905) was the pen behind the writings of the mysterious Fiona Macleod. He kept her true identity a closely guarded secret. This book reveals previously unknown secrets from his life and shows clearly how to recover the Faery lore contained in Fiona Macleod's literary output.

The perfect anti-valentine: a whirlwind tour through love's most crushing moments What's the best way to mend a broken heart? Forget ice cream, wine, and sappy movies. Journalist Meghan Laslocky advises: Read through the pain. From forbidden love in 12th century Paris to the art of crafting the perfect "I'm over you" mix, The Little Book of Heartbreak is a quirky exploration of all things lovelorn, including:

- How serial cheater Ernest Hemingway stole his wife's job just as their marriage was collapsing
- Kinky spells cast by lovesick men in ancient Greece
- Painter Oscar Kokoschka's attempt to get over an ex by creating (and having liaisons with!) her life-size replica
- Brooding crooner Morrissey's personal creed about how romantic love is useless
- The surprising science behind heartbreak and love addiction
- The connection between World War II and what you talk about with your therapist
- Insights into the tricky chemistry of monogamy and infidelity, courtesy of tiny rodents
- And other lessons learned from ill-fated romances, lovers' quarrels, and hell-hath-no-fury spats throughout the ages

Featuring anecdotes from history, literature, culture, art and music, The Little Book of Heartbreak shares the entertaining,

empowering and occasionally absurd things that happen when love is on its last legs.

From the Donner party to the sinking of the RMS "Titanic," this little book shows that some people's faux pas are worse--way, way worse--than others.

Enjoy 20 limited-detail illustrations, designed for those who would rather keep it simple. Each page was hand-drawn and edited by K J Kraemer, with you in mind. If you don't want to spend days on a project or just want room to get creative, this adult coloring book is for you!

365 Ways to Celebrate Every Day

52 Tips for Improving Your Skills

The Knockout Formula for Finding Great Investments

The Little Book of Pride

A Little Book of Western Verse

Bees in Amber

The exiled scion of a prominent Boston banking family, forty-seven-year-old Wheeler Burden is living in 1988 San Francisco when he is mysteriously transported to fin de siècle Vienna, a city that he finds strangely familiar, where he finds a mentor in the city, falls in love with a young American woman, and gains insight into the war-hero father he never knew. A first novel. Available in paperback and hardcover.

Enjoyment and creation of music is such a part of being human--and because it has such revenue potential it is an area that is often contentious. This fascinating new addition to the ABA Little Book library discusses the history and cases surrounding the music business from the early 20th century through today, including cases involving some overwhelming talents within the industry like: Enrico Caruso Frank Sinatra The Beatles 2 Live Crew and Eminem and many, more! Thrill to the over 350 pages of stories and developments that are fascinating, and yet astonishingly varied. This book is perfect for anyone interested in working in the music business, wanting a better understanding of it, or just enjoying an intriguing glimpse of this entertaining look at the ubiquitous of arts."

"It's hard to talk clearly about investing and make sense to ordinary readers at the same time. Katsenelson gives a lot of insight into the world of today's markets with sound advice about how to make money while avoiding the traps that the market sets for the unwary and frightened bears alike." — Thomas G. Donlan, Barron's "A thoroughly enjoyable read. Provides a clear framework for understanding the world of investing in today's 'sideways' and volatile markets useful to everyone. Clear thinking and clear writing are not often found in books about investing. This is done!" — Dick Weil, CEO, Janus Capital Group "The bible for how to invest in the most tumultuous financial market environment since the Great Depression. A true guidebook for how to build wealth prudently." — David Rosenberg, Chief Economist, Gluskin Sheff + Associates Inc. "A wonderful, grounded read for new and seasoned investors alike, Katsenelson explains in plain English why volatility and sideways markets are a stock picker's best friend." — The Motley Fool, www.Fool.com Practical Value Investing "This book reads like a conversation with Vitaliy: deep, insightful, inquisitive, and civilized." — Nassim Nicholas Taleb, author of The Black Swan "Thoroughly enjoyable . . . for the thoughtful and often entertaining way in which it is written. Katsenelson takes his reader step by step into the mind of the value investor by relating, in a fictional addendum to the story of Roof, the story of Tevye's purchase of Golde, the cow. He also describes his own big-time gambling evening (he was down a maximum of \$40) and that of a half-drunken, rowdy fellow blackjack player to stress the importance of process. He explains the fundamental principles of active value investing. What differentiates this book from so many others on value investing is that he describes, sometimes through the use of case studies, the thinking of a value investor. Not just his models or his market assessments. Katsenelson is an empiricist who weighs facts, looks for contraindications, and makes decisions. He makes the principles of investing come alive. This may be a little book, but it's packed with insights for both novices and experienced investors. A delight to read." —Seeking Alpha

THE LITTLE BOOK OF LEICESTERSHIRE is a compendium full of information which will make you say, 'I never knew that!' Contained within is a plethora of entertaining facts about Leicestershire's famous and occasionally infamous men and women, their literary, artistic and sporting achievements, customs ancient and modern, transport, battles and ghostly appearances. As a reference book and a quirky guide, this can be dipped in to time and time again to reveal something new about the county's heritage, the secrets and the enduring fascination of the county. A remarkably engaging little book, this is essential reading for visitors and locals alike.

An Illustrated Guide to the Extraordinary Lives of Bees

The Little Book of Talent

More than 50 tips and techniques for drawing characters, animals, and expressions

The Little Book That Builds Wealth

The Little Book of Bees

Secrets of the World's Happiest People

A bite-sized collection of more than 170 quotes by and about the Fab Four from Liverpool. You say you want a revolution? The Beatles created one, unleashing a fan frenzy with their music and style. Beatlemaniacs will love this collection of quips from the band, their collaborators, and others. The quotes range from John's "I'd like to say thank you on behalf of the group and ourselves, and I hope we passed the audition," to Paul's "There are only four people who knew what the Beatles were about anyway."

The Little Book of Kindness will teach you how to be kind to yourself, to strangers, to those you love, to the world - every day, at every opportunity.

Prompted by the seeming hopelessness of the world around her, Bernadette Russell undertook a pledge to be kind to a stranger every day for a year. The experience left her wanting to inspire others. The Little Book of Kindness is packed with fun ideas, practical tips and interactive exercises that encourage you to 'be kind' in every area of life - online, to strangers, to the environment, in your community, to yourself - and change the world, one act of kindness at a time.

With grace, acuity, and humor, Miki Kashtan has shared with thousands of people on five continents how to live from love, courage and truth - in every moment, in thought, word, and deed. By integrating these three hallmarks of nonviolence into daily life, radical shifts happen: you begin to choose how to respond to life, rather than merely reacting; you no longer settle for solutions that work only for you or only for others; and, more and more, you step into leadership by taking responsibility for the whole in every situation. This little book contains 201 concise, evocative distillations of her wisdom, illustrated

with powerful and original images. It is an invitation to you to begin to build your own courageous life.

The History, the People, the Parades

The Little Book of Cartooning & Illustration

A Proven Market-Beating Formula for Growth Investing

The Little Book of Kindness