

With Your Own Two Hands Selfdiscovery Through

A collection of poetry by the renowned Zen meditation teacher, peace activist, and author of The Miracle of Mindfulness Though he is best known for his groundbreaking and accessible works on applying mindfulness to everyday life, Thich Nhat Hanh is also a distinguished poet and Nobel Peace Prize nominee. This stunning poetry collection explores these lesser-known facets of Nhat Hanh’s life, revealing not only his path to becoming a Zen meditation teacher but his skill as a poet, his achievements as a peace activist, and his experiences as a young refugee. Through over fifty poems, Nhat Hanh reveals the stories of his past—from his childhood in war-torn Vietnam to the beginnings of his own spiritual journey—and shares his ideas on how we can come together to create a more peaceful, mindful world. Uplifting, insightful, and profound, Call Me By My True Names is at once an exquisite work of poetry and a portrait of one of the world’s greatest Zen masters and peacemakers. “The clear, still mind of this meditation teacher gives rise to piercing images time and time again. Nhat Hanh seems an inherently skilled poet. It is these poetic works, more than his essays or lectures, that show Thich Nhat Hanh clearly to be a Zen mystic.” –San Francisco Chronicle
“Thich Nhat Hanh’s poems have an almost uncanny power to disarm delusion, awaken compassion, and carry the mind into the immediate presence of meditation. Thich Nhat Hanh writes with the voice of the Buddha”. – Sogyal Rinpoche.

This charming book shows you how to have fun with a pastime that has delighted children and adults for generations: making shadow pictures on the wall with your hands and fingers. Selected from the pages of two clever 19th-century picture books, 28 hand-shadow illustrations demonstrate how to create marvelous images of a goose, deer (with antlers), birds, a bunny, a dog, an elephant, a tortoise, and a host of other familiar creatures. For extra enjoyment, the illustrations are accompanied by lively, often hilarious verses by Frank Jacobs, whose zany humor and wacky parodies have appeared in numerous publications. With this book and a bit of practice , you'll soon be delighting friends and relatives with an entertaining performance of shadow art.

Ever since Malcolm James was a child, cold blooded murder has played a significant part in his life. Whether it be from both of his parents being brutally assassinated right in front of him, or having blood on his own hands, murder has been his reality. Constantly haunted and consumed by his own actions, the only thing stronger than Malcolm’s thirst for blood, is his hunger for money and power! Flooding the crime ridden and gang infested inner city streets of Denver, Colorado with Cocaine and pounds of Kush, grindin, as his "Gang Green" squad of misfits commit robberies, mayhem and murder while on their way to the top.

However, the sudden murder of Malcolm's friend and right hand man, not only cause the homicide rate to shoot through the roof, but also derails their mission. All while Malcolm battles with a dark secret brewing deep down inside, at which only "Tear Drop and Buds" are able to recognize and tame. Both OG's in tha game graduating to bosses of a mountain west and west coast black underworld syndicate, whom eventually put Malcolm on the payroll as a triggerman, which of course leads to more problems, money, women, and deadly consequences. Why Principle or Profit you ask? Because nine times outta ten every time a life is taken out in these streets, it's a direct result of one or the other. To profit is self explanatory; however, principle could be ones personal belief, or even a weak emotion like jealousy and greed, to killing over territory, a debt, turf, stripes, or other principles of the streets. At the end of the day we all gotta go, so which one are you willing to die for?

“I’m just not that creative” is a common refrain in today’s society. But according to author and creative coach Jacob Nordby, nothing could be further from the truth. Every human being is creative, and having a regular creative practice is a vital key to a happy and fulfilling life. If we don't exercise our creativity regularly, our lives can feel dull, stagnant, and rote. Many people live this way and believe “this is just the way life is,” without realizing that developing a regular creative practice can be the cure to what ails them. Nordby knows this all too well. By the time he reached his midthirties, he was running a successful mortgage company and lived in a big house with fancy cars. But he felt like he was dying inside. Starting and maintaining a creative practice is what saved his life. Now, in this powerful book, he explains how he traded in his stagnant way of life for one full of meaning and purpose, and offers specific steps to help you build your own creative practice. The Creative Cure is a call for a revolution, fostering change where all change must begin: within. This internal change will allow you to express your own creative gifts, cultivate happiness, and experience the unique feeling of fulfillment that only a creative practice can offer. Packed with powerful, transformative exercises, this book is the medicine you need to find and reinvigorate your creative soul.

A Guide for Inner Healing Prayer

An Amateur Against the Impossible

A Novel of the Life of Crazy Horse

Hand Art

Don't Forgive Too Soon

Fun with Hand Shadows

Monsters and Angels

Drawing on examples from modern world history, including resistance to the Nazis, the Civil Rights struggle in the USA, and recent protests by young people around gun violence, the authors offer a compelling introduction to the theory and practice of nonviolence.

What if one of the most effective tools you have to restore your health is not surgery or medications, but your own hands? Incredibly, your hands can heal you -- with the “energy medicine” of Pranic Healing. A powerful system that is rapidly increasing in popularity, Pranic Healing works with your own natural, vital energy -- which is also prana -- to accelerate your body's innate self-healing ability. Amazingly easy to learn and apply, Pranic Healing uses a series of powerful but simple methods to generate energy, including non-touch hand movements; energetic hygiene, the practice of keeping your personal energy tank clean and full; breathing; and brief meditations. Using these unique techniques, you can identify, clear, and purify unhealthy, imbalanced energy and replace it with fresh energy that helps your body heal itself from a wide range of physical, psychological, and emotional symptoms and disorders. A self-healing guide for 24 ailments, including physical and sports injuries, chronic arthritis, irritable bowel syndrome, insomnia, hypertension, headaches, backaches, congestion and colds, menstrual cramps, even depression and stress-related disorders, is included. With step-by-step instructions, line drawings, and numerous real-life medical stories, Your Hands Can Heal You demonstrates and explains a revolutionary program that anyone can use to harness the energy of body, mind, and breath to produce health and facilitate repair. Personally trained by Grand Master Choa Kok Sui, who developed Pranic Healing, the authors, Master Co and Dr. Robins, provide the same detailed guidance in Your Hands Can Heal You as in the popular Pranic Healing workshops. Additionally, they present, for the first time in any book, the Grandmaster’s special modifications to the breathing practices that can dramatically increase your power and energy and rejuvenate and balance your physical, emotional, mental, and spiritual body. This exciting new mind-body heath reference proves that you can heal yourself -- with your own two hands.

For artists, designers, and creatives,Do Makeis an encouraging guide to crafting things full of beautify and purpose. Written by surfboard maker and furniture designer James Otter,Do Make explores the transformative power of creating an object from scratch. Revealing the rewards and challengesthat come with being a maker, this book is thought-provoking reflection on design and craftsmanship.
* Features entries on how to break things down into manageable tasks
* Guides readers on their journey to overcome perceived barriers
* Includes advice on how to connect to the raw materials
Do Make is an inspiring road map for anyone on a creative path and a lovely ode to the enduring satisfaction of making things with your own two hands. Part of the Do series, a collection of single-topic books that focus on positive change, entrepreneurial spirit, forward-thinking ideas, and finding your purpose so you can live your best life.
* Do Books provide readers with the tools to live a fulfilled and engaged life.
* Packed with easy-to-follow exercises, bite-size tips, and striking visuals
* An invaluable handbook for artists, hobbyists, creators, designers, and anyone who loves making things with their hands
* Add it to the shelf with books likeWhy We Make Things and Why It Matters: The Education of a Craftsman by Peter Korn,Good Clean Fun: Misadventures in Sawdust at Offerman Woodshop by Nick Offerman, andA Craftsman’s Legacy: Why Working with Our Hands Gives Us Meaning by Eric Gorges.

The reconstruction of highly efficient and deadly medieval fighting systems has seen a popular resurgence as students recreate these arts through structured martial arts training and then test their skills in competitive tournaments. Brian R. Price, Principe for one of the largest martial arts / historical fighting schools and author of the immensely popular Techniques of Medieval Armour Reproduction, presents the first English-language book focused solely on the astounding swordsmanship of the late 14th century swordmaster, Fiore dei Liberi. In the Fior di Battaglia the old master recorded an integrated fighting system that includes grappling, work with and against a dagger, baton, the sword in one and two hands, spear and poleaxe, in and out of armour, on foot and on horseback. This system, based on a set of simple principles, is as effective as any martial arts system since devised. Sword in Two Hands distills this system through the use of the hand-and-a-half sword using a proven, logical, systematic approach integrating modern training techniques. The book includes drills and more than 700 color photographs.

A Guide to Fine and Correct Piano Playing

Stone Song

Stories of God at Work in Ethiopia

The Bad In Each Other

Play It Again

With Two Hands

Slippin’ Out of Darkness

A unique insider’s account of day-to-day life inside a Tibetan monastery, The Sound of Two Hands Clapping reveals to Western audiences the fascinating details of monastic education. Georges B. J. Dreyfus, the first Westerner to complete the famous Ge-luk curriculum and achieve the distinguished title of geshe, weaves together eloquent and moving autobiographical reflections with a historical overview of Tibetan Buddhism and insights into its teachings.

A delightful way to show little ones how their hands are a blessing from God that they can use to do help others. Written in rhyming text and illustrated with the charming art of Gaby Hansen, this simple message of God’s blessing of hands not only entertains . . . as it teaches what wonderful things our hands can do from scratching, latching, and petting a pup to washing dishes with mommy and putting toys in a box . . . but it also conveys the important message: We can use God’s gift of hands to show our love for Him by helping others. The book ends tenderly with a prayer of thanks to God for hands and asks Him to use them again: One hand, two hands, Five fingers, ten. God, thanks, for my hands. Please, use them again.

Draws on the recent psychological research to explore a theory that creativity is an integral part of long-term happiness, outlining a five-step program for achieving fulfillment by cultivating creative outlets and embracing healthy habits.

This inspiring book based on a series of passionate and illuminating conversations between two dear friends discusses everything from God, music, friendship, teaching, death, and more. One friend is religious scholar, poet, and teacher of mystical traditions, Andrew Harvey. The other is acclaimed pianist, composer, and teacher Seymour Bernstein. At 87 and going strong, Seymour has become an inspiration to thousands of people across the country thanks to the recently released and critically acclaimed documentary Seymour: An Introduction, which led to the idea for this book. In Conversations with Seymour, readers will learn more about themselves through the insight observations of Bernstein and Harvey.

The Two Hands of Yes and No

One Family’s Encounter with the Surprising Power of Active Nonviolence

Self-discovery Through Music

The Power of Your Own Two Hands

Poems

The Sound of Two Hands Clapping

Painting Your Way Out of a Corner

This illustrated book describes how to forgive in a healthy way by moving through the five stages of forgiveness. This is a forgiveness that renounces vengeance and retaliation, but does not passively acquiesce to abuse in any form.

Hard-to-find book documents methods of legendary piano teacher. Clear, easy-to-follow text, illustrated with many music examples, photos of hand positions, etc.Includes finger exercises, scales, octaves, chords, arpeggios, dynamics, the pedal, more. "

"Hattie Hoffman has spent her whole life playing many parts: the good student, the good daughter, the good girlfriend. When she's found brutally stabbed to death, the tragedy rips right through the fabric of her small-town community. Full of twists and turns, Everything You Want Me to Be reconstructs a year in the life of a dangerously mesmerizing young woman, during which a small town's darkest secrets come to the forefront, and she inches closer and closer to her death."--

Tatum Mann’s excitable old soul is revealed in bright glimpses in her debut book of poetry. "These Two Hands" ponders small, everyday miracles ranging from intimate moments shared beneath burning skies to nebulous recollections dream states and lucid recall of childhood memories. Her poems unravel seemingly insignificant moments, promptly weaving their core elements back together into striking lyrical landscapes. In drawing nearer to her own self through deeply personal, self-reflective writing, Mann uncovers the nuances and limitations of human emotion. Mann’s comfort with ambiguity is balanced by sharp and vivid prose, resulting in a true melange of poems, some of which arrive ceremoniously at profounds truths, while others are placated by the knowledge that "there are times when these two hands / are meant for nothing more than to carry light / from one room into the next."

How to Make a Bird with Two Hands

Hand, Hand, Fingers, Thumb

Surviving a Career in Music

Your Hands Can Heal You

Dragons Adult Coloring Book

The Education of a Tibetan Buddhist Monk

Everything You Want Me to Be

A Spur Award-winning retelling of the Battle of the Big Horn finds Lakota Sioux leader Crazy Horse endeavoring to reconcile his own beliefs with the wisdom of his tribe and leading his people into a conflict against General Custer and the U.S. Army. Reprint. 15,000 first printing.

With Your Own Two HandsSelf-discovery Through Music

Poetry. Winner of the 2011 Washington Prize. This collection opens small doors into many-mirrored rooms full of sky and unexpected flight. Film noir, Zen mystery, and post-modern wit collide and mingle in radiant, playful poems that examine the nature of creation and our many reasons for hope. David Baker describes the book as "an array of miniature wonders, like a geode cracked open, full of shining facets, each with its own hue and razor-sharp angles." Leslie McGrath adds, "Good guys and bad guys, arsonists and patient moths and tentacled motherfuckers crowd these poems—often quite brief and always full of beautiful mystery."

Enter the surreal world of Yuko Higuchi, where dogs become astronauts and cats join the circus. This stunning collection of twenty-four artworks created by the cult Japanese illustrator is a must for lovers of all things fantastical and bizarre.

The Art of Getting Unstuck

Self-Discovery Through Music

Call Me by My True Names

One Hand, Two Hands

How to Build Happiness with Your Own Two Hands

Fiore Dei Liberi’s Sword in Two Hands

Both Hands Tied

When the Rileys move in next door, Lily and Ella become the best of friends. But Lily can't understand why her Dad doesn't like the Rileys. Why doesn't he want them to go over there? Why is he being so horrible and mean? Does something big have to happen to change his mind?

Hand Art - a trace and colour Handbook! Trace round your hand in the shape you wish to draw, colour & decorate the shape into a turkey, peacock, bunny, snail or whatever your imagination takes you too. A how-to-draw book of child inspired, handmade artwork! Includes: 9 Crayons Pom-poms Googly eyes & Glue

Describes the rewards amateurs can find studying music, and gives practical advice on practicing and performing

This children's book helps to raise awareness of the adjustments left-handed people make in this right-handed world.

Play Life More Beautifully

Two Hands

The Leschetizky Method

The Art of Piano Playing

Islands, a Coloring Book for Teens and Kids, 30 Hand-Drawn Drawings, 30 Poems and Recipes
Extending the Two Hands That Heal
Do Make

In the tradition of *The Artist's Way*, an exciting program that introduces painting as a jumping-off point for realizing one's full creative potential in all areas of life. Based on author Barbara Diane Barry's popular course *Art for Self-Discovery* and supported by research in psychology and the science of brain function, *Painting Your Way Out of a Corner* guides readers through the process of overcoming blocks and expressing themselves freely in painting. Through a series of exercises that emphasize improvisation and risk-taking, readers will learn how to quiet their inner critics and strengthen their creativity. The more we learn to play and accept whatever appears on the page, the more we are able to try new things in life. Readers will be inspired by Barry's delightful full-color paintings featured throughout the book.

This book by internationally known writer, composer, teacher and lecturer Seymour Bernstein expounds upon topics touched on in his bestseller *With Your Own Two Hands* (HL50482589). Bernstein teaches readers the truth about performing careers, offering insights and advice on both personal and musical issues. In Part 2, he discusses the importance of music education, covering both "monster" and "angel" teachers, managers and critics. Bernstein believes that everyone has a right to develop whatever talent they have, for self-fulfillment and self-development, if not necessarily for a career.

Description: In *With Your Own Two Hands*, Seymour Bernstein teaches us what it can mean to reproduce masterpieces of music by our own efforts.He directs us to the truth that lies at the heart of music—the truth that binds the musical self to the personal self. He speaks to both the amateur and the professional musician about practicing, nervousness, physical coordination, sensory perception, choreography and technique. He elicits what is best in our nature, builds our self-esteem, and secures an enduring happiness with music.

As editor of the *Guardian*, one of the world's foremost newspapers, Alan Rusbridger abides by the relentless twenty-four-hour news cycle. But increasingly in midlife, he feels the gravitational pull of music—especially the piano. He sets himself a formidable challenge: to fluently learn Chopin's magnificent Ballade No. 1 in G minor, arguably one of the most difficult Romantic compositions in the repertory. With pyrotechnic passages that require feats of memory, dexterity, and power, the piece is one that causes alarm even in battle-hardened concert pianists. He gives himself a year. Under ideal circumstances, this would have been a daunting task. But the particular year Rusbridger chooses turns out to be one of frenetic intensity. As he writes in his introduction, "Perhaps if I'd known then what else would soon be happening in my day job, I might have had second thoughts. For it would transpire that, at the same time, I would be steering the *Guardian* through one of the most dramatic years in its history." It was a year that began with WikiLeaks' massive dump of state secrets and ended with the *Guardian*'s revelations about widespread phone hacking at News of the World. "In between, there were the Japanese tsunami, the Arab Spring, the English riots . . . and the death of Osama Bin Laden," writes Rusbridger. The test would be to "nibble out" twenty minutes per day to do something totally unrelated to the above.

Rusbridger's description of mastering the Ballade is hugely engaging, yet his subject is clearly larger than any one piece of classical music. *Play It Again* deals with focus, discipline, and desire but is, above all, about the sanctity of one's inner life in a world dominated by deadlines and distractions. What will you do with your twenty minutes?

My Two Hands/my Two Feet

A Novel

Pranic Healing Energy Remedies to Boost Vitality and Speed Recovery from Common Health Problems

Two Hands Together

With your own two hands

Lefty Louie

The Collected Poems of Thich Nhat Hanh

In separate rhyming stories, two girls describe how they use their hands and feet.

Illus. in full color. A madcap band of dancing, prancing monkeys explain hands, fingers, and thumbs to beginning readers.

A new epic fantasy series begins. *Song of Dragons* tells a story of blood, steel, and dragonfire. BOOK ONE: BLOOD OF REQUIEM Long ago stood the kingdom of Requiem, a land of men who could grow wings and scales, breathe fire, and take flight as dragons. Requiem ruled the sky. But *Dies Irae*, a tyrant leading an army of griffins, hunted Requiem's people, burned their forests, and shattered their temples. Requiem fell. This ancient land now lies in ruin, its halls crumbled, its cries silenced, its skeletons littering the burned earth. In the wilderness, a scattering of survivors lives in hiding. The griffins still hunt them, and every day promises death. Will Requiem's last children perish in exile... or once more become dragons and fly to war?

"Islands, A Coloring Book for Teens and Kids, 30 Hand-Drawn Drawings, 30 Poems and Recipes" by Shelley Gilbert, Award-winning Author, Artist, is a unique, super-creative activity and thought provoking book. This book is No.2 in the "Islands" series. The first is "Islands, A Coloring Book for Adults, 30 Drawings, 30 Poems" 2001. The third Islands book is for Adults, Volume 2. Islands books are about being an individual, about being yourself. The drawings contain a great variety of space sizes to color-large, medium, small. The abstract drawings will engage a young person's own imagination because the shapes look like different things to different people and will evoke personal thoughts and emotions. The drawings have original poems that interpret them (1st -12th Grades). The poems's messages will entertain and intrigue young people to think about life. The poems contain many themes: butterflies, moons, connection, fruit, saving money, feelings, blizzards, the importance of thinking, brick walls, artists, Vivaldi, squares, trees, violence, egos. There are also 4 simple and fun recipes. REVIEWS: ". .refreshing new idea, novel idea, highly creative, fun. The students think it makes a great gift for their parents."--Richard Clatworthy, Trade Books Mgr, Leavey Ctr Bookstore, Georgetown Univ, Wash. DC "We brought "Islands" into our store because it was a great new idea....We sold out the first week."--Pam Tirsch, Owner, The Briarcliff Perfume Shoppe, Briarcliff Manor, NY "Open the pages of 'Islands...,' and enter a wonderful, whimsical, mythical resort. Escape, fun, relaxation and inspiration. Great gift."--Ruth Windsor, Writer "Extremely satisfied with this book. Well done, beautiful gift. Imaginative, creative. Loved drawings, poems. Recommend book for gifts, vacations." -A Reader "Gave my ailing mother this book. She's enjoying it. My children want grandma's book. Top quality"-A Reader

Welfare Reform and the Race to the Bottom in the Low-Wage Labor Market

Self-discovery through music; Practicing: Why? Concentration. Feeling The Disciplines: Tempo-rhythm-pulse. Listening. You and the piano. Choreography Performing: Memory. Nervousness

How Finding and Freeing Your Inner Artist Can Heal Your Life

The Story of War

With Your Own Two Hands

The Creative Cure

What I Have I Offer with Two Hands

These Two Hands

Cats & Other Creatures

Song of the Wings Coloring Book

Principle Or Profit

Blood of Requiem

What I Have I Offer with Two Hands

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