

Read Book Zoo Zen A Yoga
Story For Kids

Zoo Zen A Yoga Story For Kids

You've heard the benefits of yoga and meditation: mental clarity, relaxation, decreased stress, and an all-around improved quality of life. But where to

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start? How can we bring these qualities into our own lives? We all want someone to whisk us away and lead us by the hand through this magical world of yoga and meditation, but spending hours trying to empty our mind or bend into awkward postures might not seem

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like the easiest path. In this uniquely interactive guide, Robin opens her heart and shares her honest and entertaining personal stories of how yoga and meditation have changed her life. Then, she brings these tales down to earth with genuine affirmations and

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creative meditations you can start practicing immediately to transform your body and mind today.

An illustrated picture book offering a playful introduction to yoga through dinosaurs. The latest yoga picture book from bestselling author Mariam Gates

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introduces children to the joys and benefits of yoga—through dinosaurs! Triceratops, Pterodactyl, T-Rex, and others learn to bend, stretch, and breathe through a yoga flow. Instead of being sad, mad, or frustrated when things aren't going their way, the

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dinosaurs practice yoga to feel better. The book features a parents' guide to the depicted postures and a glossary of dinosaurs at the back. As the creator of the celebrated Kid Power Yoga, Gates knows that teaching children yoga sets them up for better habits of flexibility,

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fitness, and self-soothing. With Dinosaur Yoga, kids can stomp, stretch, and snort their way to skills that will serve them for a lifetime.

"It's bedtime but Panda doesn't want to go to bed! Follow Panda as he goes around visiting other black and white

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animals in the zoo in a new language! Babl Books is dedicated to bringing bilingual books to children all over the world."

The Trials, Tribulations and Adventurous Tales of Online Dating is a collection of true short stories about

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online dating experiences that are categorized in four areas: The Crazy Connections, The Sexual Innuendos and Fetishes, The Heartbreaks and The Success Stories. In addition, there is a section on the culture of online dating and advice for the online dater. The

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stories, being the main part of the book, are written to shock and entertain the reader.

40 Meditations

The Yoga Game by the Sea

Yoga Therapy Theory

A Yoga Story for Kids

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Goodnight, Panda!

You Are a Lion!

The Orang Gang Et Al; Loved, Hugged
and Peed On

**A collection of riddles
encourages readers to guess
the names of different yoga**

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poses inspired by the seashore and marine animals, and illustrates how to replicate each pose. This witty picture book explores the loving bond between cats and their

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humans Princess has four ladies. Some cats say that's too many, but there's no such thing! Taking care of all these ladies can be a lot of work, but Princess doesn't mind. She knows how to keep them

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happy with grooming, cuddling, and all the treats they want. Princess has everything under control until, one day, a mysterious stray appears. There's a little girl in Princess's favorite napping

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spot, surrounded by her ladies! Princess is overwhelmed with jealousy, and she leaves the house in a huff. But when Princess runs into trouble, the stray comes to her rescue. Maybe the stray

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can fit in with Princess and her ladies after all. Of course, she'll need proper training first!

"Join Sophia on her jungle adventure! Fly like a toucan, slither like a snake, and flutter

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like a butterfly as you act out this journey through a Costa Rican jungle. What else might you see?" --cover.

Having survived the worst effects of the Civil War, the city of Memphis, battered but

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unbowed, finds itself facing a far more dangerous foe. It is invisible, lethal, and unstoppable: a plague of yellow fever. It is the story of JP Mahoney, 14-year-old farm boy who dreams of escape

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**from tedious chores and
farmlife routine. It is the story
of a courageous young
woman, Ginnie Moon, onetime
Confederate spy, who now
operates a boarding house for
men who have survived the**

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war. And it is the story of Kevin O'Boyle, an embittered riverfront laborer, who blames the world for his troubles, and finds the crippled city his perfect prey. Several characters in the novel are

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actual historical figures, most notably Ginnie Moon, Judge "Pappy" Hadden, and Cap'n Jim Lee. Their actions, and those of the other characters, are entirely fictional. The plague, one of several to hit

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**the city in the years following
the war, was all too real.**

**A Yoga Story about Being
Kind**

Meditation for Kids

Dinosaur Yoga

Our Magic Bunk Bed

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The Grateful Giraffe

Zoo Zen

Once Upon a Time

Children pretend to be many different animals as they do various yoga poses.

A zoo volunteer shares her diary

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of 12 years working in the World of Primates at the Houston Zoo. She helped raise three orangutan babies and a baby siamang gibbon, and was loved, hugged, and peed on by all four. When she wasn't helping with the babies, she helped clean orangutan

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cages and continues to do so. In this book she shares her experience learning about the orangutans; watching their interactions with each other, the keepers, other volunteers, and vet staff. Orangutan means "person of the forest" and that's

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how she thinks about her orange ape buddies. They are her friends. This diary lets you share her experiences as a zoo volunteer; the best non-paying job in the world according to her.

Collection of short stories and poems from the hopes , dreams

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and world view of a 8 yr old girl. Henry's rushed approach to life creates problems at every turn. Readers will enjoy following Henry through his day to see if he discovers the importance of doing things carefully.

Yoga for Kids

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A Houston Zoo Volunteer's Diary
of Love as an Orangutan Mom
Purplest Penguin in Zonkety Zoo
Ethnic Studies and Social Justice
in the K-2 Classroom
A World Adventurers for Kids
Book (#2)
Spice and Little Sugar

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Creating Character

Zoo Zen A Yoga Story for
Kids Sounds True

Join Llamaste as she helps her friends become happy and calm by teaching them yoga. With free downloadable guided relaxation

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audio and yoga poster! Llamaste is a llama who likes to practise yoga. Join her in this funny, sweet story as she helps Tiger calm down and Koala be brave by showing them simple, useful yoga poses. The easy-to-use text also encourages

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children to talk about how the animals are feeling and if they have felt like that too, which helps develop empathy skills and encourages them to talk about emotions. All of Llamaste's poses are suitable for children, and the

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free downloadable poster shows you how to follow along with the routine at home.

This book introduces young children to basic meditation. As your child becomes mindful of his or her emotions, they are

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encouraged to express loving kindness towards oneself and others. Aside from the immediate relaxing effect, the Loving Kindness meditation when practiced regularly, helps to develop concentration, reduce

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stress, and increase self-esteem and self-acceptance.

Bringing together an inspirational group of educators, this book provides key insights into what it means to implement social justice ideals with young children. Each

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chapter highlights a teacher's experience with a specific aspect of social justice and ethnic studies, including related research, projects and lesson plans, and implications for teacher education. The text engages readers in critical

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dialogue, drawing from works within ethnic studies to think deeply about ideals such as humanization, representation, and transformation. Finding ways to integrate acceptance of difference and social justice content into the

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primary grades is a complex and challenging endeavor. These teacher stories are ones of courage and commitment, inspiring the possibility of radical change. Book Features: Guidance for teachers who want to teach for social

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justice, including lesson plans and strategies. Examples of what ethnic studies looks like in early childhood classrooms. Dialogue questions to prompt critical thinking and professional conversation. Windows into

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classrooms that foster valuing of self and respect for diversity of color, ethnicity, and gender. Activities to tap into personal strengths and enrich teaching, including yoga and song. Connections to relevant research.

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Pompety-Pooh

52 Life-Changing Secrets: Calm
Your Pain, Stress, and Anxiety and
Find More Energy, Happiness, and
Meaning in Your Life.

Addicted to a Savage 2

A Fun and Educational Kids Yoga

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Story

Breathe and Bend with Animal
Friends

Henry in a Hurry

Cat Ladies

A yoga and mindfulness picture book
that encourages young readers to

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breathe, slow down, and move into various gentle and playful poses as they ease into a practice of meditation. With a gentle reminder for children to breathe and to connect their bodies, this beautifully illustrated picture book contains a sweet cast of animal friends to guide young readers from one yoga

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pose to the next. From reaching your hands up to the sky to stretching like a cat to pressing up like a cobra snake, each posture helps to control breathing, engage in the present moment, and ultimately lead towards calmness and peacefulness. The soothing, rhythmic text paired with

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illustrations that offer a lot of sweet humor make this book perfect for young readers ready to interact with yoga poses and practice mindfulness. Express your feelings through yoga poses for toddlers! Join our six yoga kids from around the world as they learn about various animals and relate

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their behaviors to our feelings. Be a caring koala, a cranky crocodile, or a curious cat. Visit countries around the world, learn about various animals, and talk about feelings! This feelings yoga book for toddlers and preschoolers includes a list of kids yoga poses and a parent-teacher

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guide. Kids Yoga Stories introduce you to engaging characters who will get your child laughing, moving, and creating. Reading is good for the mind AND body! The book links several yoga poses to create a coherent and meaningful sequence for very young children. This feelings yoga story for

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ages 2 to 5 is more than a storybook, but it's also a unique experience for young children.

This is not an ordinary biography. It is as much an inner story as an outer one. And someone who has an inner life as rich as Yogi does, naturally provides teachings through the telling

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of the outer biography. Yogi has dedicated his life to a deep and enthusiastic pursuit of the ancient path of Yoga and Tantra. Unlike many Western interpretations that trivialise these topics, Yogi presents a profound and illuminating journey through this mystical terrain. Yogi Matsyendranath

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is the Western world's spiritual leader of the Nath Yoga tradition. Born in Bryansk in the USSR, he graduated from Youngdong University in South Korea and trained in Shri Vidya and Shakta Tantra of Nepal. As well as the Nath tradition, he is an expert in Tantric Puja and Hatha Yoga practice.

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Author Keith Simons embarked on a personal and interpersonal journey with Yogi in a collaborative creative process. He asked, how did someone born and raised in communist Soviet Union become a leader of Nath Yoga, one of India's oldest spiritual traditions? How did Yogi

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Matsyendranath become a resident in Australia? After-all, growing up in the atheistic environment of the Soviet Union wasn't exactly conducive to a deep interest and practice of any spiritual path. And Australia is a long way from Russia. I soon began to realise how unusual Yogi's life story

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was. Interspersed between his life in Russia and becoming a resident of Australia, there were years in other countries, mainly India and South Korea. Yogi is not only an authentic spiritual teacher but also a cosmopolitan citizen in the truest sense. The impressive authenticity

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and gentle kindness of his character embedded themselves into my daily rhythms of working with him. He was always natural, easygoing and relaxed about how and when we would next meet and so we met as many times as felt necessary to capture the main features of his life story and teachings.

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I'd never before worked on a draft in this way. There were many challenges in crafting a story in the first person, but on the other hand, the natural empathy I experienced with Yogi helped me to forge ahead with confidence. His aura of fine spiritual qualities never diminished. He was

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consistently conveying and manifesting authenticity, integrity, wisdom and compassion, and often a delightful childlike humour. His words were penetrating in their simplicity but he could also share difficult and subtle areas of teaching. Such an upright and noble persona did

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Yogi emanate that others often felt in awe of him. His presence naturally and without intention drew attention. This book is dedicated to the spirit of open-minded spiritual research and practice. It is also an example of following one's heart. It is one person's story but in many ways our story too, ordinary and

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extraordinary at the same time.
Experience the benefits of yoga while learning about the signs of spring! Join Rachel as she and her adorable puppy look for signs of spring in the garden. Crawl like a caterpillar, buzz like a bee, and flutter like a butterfly. Discover spring, explore movement,

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and learn the colors of the rainbow. The storybook includes a list of kids yoga poses and a parent-teacher guide. Kids Yoga Stories introduce you to engaging characters who will get your child laughing, moving, and creating. Reading is good for the mind AND body! The story links several

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yoga poses in a specific sequence to create a coherent and meaningful story. This spring yoga story for ages 3 to 6 is more than a storybook, but it's also a unique experience for children.

Simple Animal Poses for Any Age
Yoga Secrets

Emma Wants to Be a Grown- Up

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The Orchards Meet the Apricots
Let's Make a Rainbow
The Story Of Developers Of The
Catalog Of Human Population
Shan Hai Jing-A Book Covered With
Blood

All fiction is character-

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driven, according to William Bernhardt. How can you use characters to create dynamic fiction that will captivate readers? This book explains the

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relationship between character and plot, and how the perfect melding of the two produces a mesmerizing story.

When Jada wakes up in a hospital, the last thing

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she thinks is that her life has completely changed forever. But when the very real civil war forces her to flee from every open space, she must use the firearm

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skills her father taught
her to reunite with him
and protect herself.

Armed with a single gun
and a key to an unknown
locker, Jada crosses
Syria on a journey with

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a group of children called the Fearless Freedom Fighters. With the leader, Zak, they mount a plan to rescue their fathers while they try to cope with the

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merciless murders of their families. As Jada and Zak lead the group together, love blossoms, but with soldiers hot on their tail, they need to stay vigilant in the

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face of war. War Kids is a story about the Syrian Civil war through the eyes of a group of teenagers. Reviews "This is a taunt thought provoking book that

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grips the reader from the very first page to the last." "This story was heartbreaking and unique because it is told through the children's point of

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view. I can only recall one other story that comes close to this one and that is The Works of Anne Frank. I hope to read more of H.J.

Lawson's work in the

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future." "Very interesting story, very powerful. I can really feel the emotion." "This book really touches my heart because there is so much truth is in this

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book." "The detail is so brilliantly displayed, its beautifully written. There are pretty intense chapters, its good... scrap that its excellent. Love the work

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...although I am upset.
I know this is a
fictional story, but I
just can't help but feel
extremely bad for all
the lost lives
especially the innocent

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and young ones." "A
REMARKABLE BOOK, DEMANDS
TO BE READ" All profits
from the book will be
going to the save the
children charity.

Yoga Secrets: 52 Life-

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Changing Secrets. Calm
your pain, stress, and
anxiety and find more
energy, happiness, and
meaning in your life.
Create lasting happiness
in your life. Enjoy more

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success and meaning.
Learn to overcome the
daily challenges from
health, work, and
relationships. These 52
easy to use lessons
follow the ancient

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wisdom of the Eight
Limbs of Yoga from the
Yoga Sutras. The lessons
can help open your heart
on your journey toward
enlightenment and joy.
Ken Heptig presents a

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system with 52 lessons, refined while teaching thousands of yoga classes. He improved the lessons for simplicity and clarity until his students could absorb

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the lessons while practicing different levels of yoga. This book is suitable for anyone with or without a physical practice of yoga. You can use the

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lessons on your own or add them to a group activity like sporting events, classrooms, and certainly yoga classes. In essence, this story is about how a certain

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person was searching his
bookshelf for something
to read and in the end
found a book, which
turned out to be the
source, from which it is
possible to obtain

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absolutely any kind of
information about
absolutely any person.
Meaning, information to
the smallest particulars
and details about what
his or her qualities of

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personality are, how he or she lives, what he or she really wants to achieve, what he or she hides, and much more. And, it does not matter, if the subject is some

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person, who lived in the distant past or lives in the present or someone, who will live in the future. Since, as it turned out later on, this literary monument

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is nothing other than
the Catalog of human
population. In other
words, the encyclopedia
of Homo sapiens; in
essence, the same as
encyclopedias, reference

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books for specialists, which contain complete information about representatives of a particular subspecies of animals, plants, etc. Although at some point,

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the course of this story
turned banal: "bad guys"
from security services,
intelligence services,
politics decided to not
only use this source of
knowledge for their

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dirty deeds, but also to appropriate it solely for their personal use. And, the way they tried to do this is also banal: by physically destroying the author of

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discovery of the Catalog
of human population and
all of his colleagues.
However, the ending of
this story makes it
stand out from the
category of ordinary spy

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stories. At least because the main characters of this story managed to survive not due to favorable concatenation of circumstances or

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someone's help, but thanks to that knowledge, which they discovered in the ancient text, which turned out to be the Catalog of human

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population. Of course, such an outcome upset and continues to upset not only the Russian special services, but also all those people in whose way developers of

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the Catalog of human population got. And, in this civilization, there are countless numbers of such people: from psychologists (who become no longer needed

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by anyone) to organizers
of this civilization
themselves. Since from
the standpoint of the
Catalog of human
population-technogenic
civilization without a

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human, which they lovingly built for many centuries, is simply trash, to put it mildly, and beneath all criticism. And, they themselves are also

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trash. However, regular people, who (thanks to the scientific discovery made by Andrey Davydov) got the source with answers to all of their questions and individual

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recipes, now no longer need to pay "experts on the human soul" for being shamelessly fooled. Therefore, whoever tries to kill developers of the

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Catalog of human
population in the future
must know that it is no
longer possible, as they
already became part of
history of humanity.
After all, at the

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current stage of
development, a Homo
sapiens has only one
possibility to continue
to live after death, to
live through the ages:
in the product that

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he/she created. And,
those, who tried and
continue to try to kill
them, were nobodies and
will remain nobodies,
who one day will cease
to exist without leaving

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a trace. As for
organizers of this
"civilization"-maybe
instead of trying to
find new recipes to
destroy "excess
billions" and trying to

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examine human potential
using Neanderthal
methods, it would be
more reasonable not only
to find out the recipe
of how to make Homo
sapiens a 100%

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controllable producer and consumer from the source (which, by the way, seems to have been left to humanity by creators of nature and a human on this planet),

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but also how to build a civilization without quotes? After all, it only seems to them that they are the main deceivers, while in reality they were

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fooled, and fooled
majorly.

The Trials, Tribulations
and Adventurous Tales of
Online Dating
Rachel's Day in the
Garden

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The Happy Apricots
Planting the Seeds of
Equity
Stories Inspired by Yoga
and Practices for
Transformation
Biography of a Russian

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Yogi

A Kids Yoga Spring
Colors Book

The Wuffle is a mythical creature living deep in a forest and is unknown by the creatures of that forest or

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anyone else in the world. This story tells of his discovery and the beginning of what will be many tales of his adventures. It's right! Even babies can do an artwork with colors! Get this A Day at the Zoo with

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Animal Friends coloring book for your babies and toddlers alike to know what I'm saying. Just make sure to supervise them with the coloring materials or but the baby safe kind. Give them a ticket to the

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**zoo with this activity book that
you can purchase here.**

**Summary: A charming little
adventure with obstacles,
lessons and self-discovery. A
tale about a very special
penguin-who just happens to**

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be purple-and who must complete his misguided journey before he learns the importance of faith, friendship, patience, gratitude and trusting in those he loves. One morning, Emma decided

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she simply did not want to be a kid anymore. She didn't want an early bedtime or have to sit in the back seat of the car, or be interrupted for dinner while playing hide-and-seek with her friends, or be told that unless

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she ate her vegetables, she would never grow up. But what happens when Emma starts to be a grownup and do grownup things? " Great book, great story, great lesson. My kids ages 6 and 9 enjoyed the

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story. It made them realize that being a kid is fun" -- Daniel. "A wonderful lesson in living in the NOW and not growing up before it is time. This was such a delight to read and the way Ms Alony put it

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together was perfect!Great book with beautiful illustrations, and my little niece gave it five stars!"-- Author Joyce L. Mitchel. "Excellent vocabulary" -- Kindle Costumer. Maria Alony

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creates high-quality, illustrated children's books that are not only fun and entertaining, but also contain an educational message and important values. As a mom herself, Maria reads picture

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books every night so that bedtime stories become part of her child's routine. She believes that reading children's books every day, for kids ages 4-8, is essential for developing language, fostering

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imagination, and promoting self-expression. When it comes to children, Maria knows that books are vital. Join Emma in the new edition of the children's book series "Emma and Everything" on her

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journey of self- discovery. As she learns to appreciate and love her life as it is, she discovers the beauty of being a kid. Scroll back up and and grab your copy now! This fully-illustrated picture book is a

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great read aloud for preschool children and is highly recommended as a self-read book for beginner readers as well.

A Day at the Zoo with Animal Friends - Baby & Toddler Color

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Books

**Modern Methods Based on
Traditional Teachings of
Human Structure and Function
Hands to Heart
Ellie the Elephant (Photo
Version)**

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Memphis 1873

The Loving Kindness

Thor, the Friendly Bullmastiff

*A young elephant named Ellie
living in Thailand dreams of joining
the elephant polo team and
playing in the Elephant Cup polo*

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tournament, but her parents want her to work in the rice fields. Will she realize her dream of playing elephant polo? Book two in the World Adventurers for Kids Series, "Ellie the Elephant" is an illustrated picture book that

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encourages children to follow their dreams. Inspired by the author's adventures in Thailand and real elephant polo matches, the story features Ellie the Elephant and her family, Monk the Monkey, and human boys Wasan and Wattana.

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Fun for kids and adults alike, the story will introduce them to the amazing game of elephant polo and inspire children to dream big. Callie Armstrong's personal life was already in turmoil. Now circumstances are forcing her to

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share her successful music production company with three business partners. One partner wants her husband. One partner wants her money. One partner wants her trust- even while keeping secrets. Is this how it is

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with all sisters? Callie has decisions to make and secrets to uncover and lies to unravel in the midst of the family chaos. The only thing she knows for sure is that when they're all together, it's just too many sisters. .

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Our story is based on Emily's actual pet, Thor. Thor is truly an inspiring dog who captures the hearts of all who meet him. Emily and Thor literally can't go anywhere without people, both young and old, wanting to stop

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and meet Thor. He is always surprising people with his gentleness and calm demeanor. A no-nonsense guide to establishing a personal meditation practice, changing your life, and taking hold of your dreams.

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CONFESSION: This is not really a meditation book. Yes, you're going to learn everything you need to know about meditation, but if you came looking for a typical guide to mindfulness, you're in the wrong place. We are modern people in a

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high-tech world. We have first world problems and long to-do lists. And if you grew up in struggle—overcoming homophobia, sexism, trauma, shame, depression, poverty, toxic masculinity, racism, or social

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injustice—you need a different type of meditation ... one that doesn't pretend the struggle doesn't exist. Here you will discover: ● How to actually find stillness when your mind is going crazy ● Why most guided

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meditations get boring after a while ● What nobody tells you about “setting intentions” and the scientific process to manifesting ● Four hidden habits that sabotage your growth—and how to move past them ● Proven techniques to

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overcome anxiety, stress, and trouble sleeping ● Daily rituals that cement and enrich your practice ● How to use mindfulness to take action toward the causes you believe in and get sh!t done Whether you've tried meditation

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but it never sticks, or you've heard about it but never gave it a shot, Justin Michael Williams guides you step by step in creating a custom meditation ritual that fits in with your busy (and sometimes messy!) modern life. With free

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downloadable audio meditations every step of the way, Stay Woke gives people of all genders, identities, colors, religions, ages, and economic backgrounds the tools to stop wasting time, overcome self-doubt, and wake up

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to the lives we were really born to live.

*Children's Books : Lily's Shy Parrot
,(Illustrated Book for Ages 3-8.
Teaches Your Kid an Important
Social Skill) (Beginner Readers)
(Bedtime Story) (Social Skills for*

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Kids Collection)

Bringing Your Story to Life

Sophia's Jungle Adventure

The Big Book of Stories and Poems

Too Many Sisters

*The Bedtime Adventures of Ally
and Arthur*

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You Can Count on Animals to Make Yoga Fun! What could be more fun for kids than to hop like a frog, slither like a snake, and roar like a lion—all while learning an empowering, healthy life skill? Zoo Zen: A Yoga Story for Kids is a delightful pose-along adventure for children ages four to eight. Young

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readers will join our heroine Lyla as she learns ten yoga poses from her friends at the zoo, receiving helpful tips along the way from each animal she encounters. Using rhyming and counting to make memorization easier, here is an imaginative book that combines the benefits of yoga with kids' natural love

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for animals to create a magical learning journey that parents and kids can enjoy together. Ages 4-8

Nora, Silas, and Avery are three unusual apricots! After being picked from their tree, they are taken home to live with Mr. and Mrs. Orchard. This begins their adventures with the "outside" world.

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They find out their favorite foods, build a roller coaster, and find new and exciting ways to climb furniture. These happy apricots will always make you smile with their newest discoveries! This book is printed in black and white.

A little boy begins taking yoga lessons at the zoo, where he learns that he can

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mimic the animals there with simple yoga poses. When he returns home after his lessons, he practices with his cat, Nino. With an illustration of each animal pose and a description of how to do it on each page, this enchanting book makes the perfect instruction guide for even the smallest yogi.

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This bedtime book is about three little adventurers; Ally, Arthur, and their dog Hoover. When they combine their new bunk bed with a little bit of imagination, and little bit of magic, they are launched into the adventure of their lives. Hang on tight as they soar through the sky and sail the ocean blue, but beware, adventures

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aren't always all they are cracked up to be.

Llamaste and Friends

A Meditation Guide for the Rest of Us

Stay Woke

And Other Fun Yoga Poses

War Kids

The Wuffle

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Having a little sister isn't always a picnic. Older sisters may feel jealous of the time taken away from them, the toys they have to share, and the attention

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focused on the youngest member of their family. Getting along is often a day-to-day battle, but what can parents do to make this situation easier and to help

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children realize how special it is to have a sister? In Spice & Little Sugar, the delightful new children's book about sibling rivalry, authors

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*Megan Waldrep and
Melissa Nelson show big
sisters the big
benefits,
responsibilities, and
absolute joys of their
role. Told in a*

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whimsical rhyme that children will love to read aloud, Spice & Little Sugar first humorously relates all the ways Little Sugar gets on Spice's nerves,

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from grabbing her favorite toys to sticking to her like glue when Spice wants to be left alone. But gradually Spice comes to realize that Little

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Sugar does have her good points, including sticking up for her when she gets in trouble with their parents and saving the day with her cute face. Parents will love

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*the warm, gentle lessons
the book teaches about
understanding how
positives can outweigh
negatives, and kids will
laugh at the playful
illustrations and funny*

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story. The perfect book for siblings, Spice & Little Sugar can be read and enjoyed by the whole family, time and time again.

Yoga therapy holds the

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key to effectively addressing stress and lifestyle diseases. Conventional medicine is useful for alleviating symptoms, but yoga therapy that is grounded

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in traditional theory identifies and addresses causes deeper than the physical body. Yoga therapy practices build resistance to stress and increase resilience.

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Kazuo Keishin Kimura is a Raja Yoga Acharya who has devoted himself to making traditional yogic wisdom accessible in Japan. With this English translation of his book,

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he hopes to contribute internationally to yoga therapy's development as a respected modality. In this book, Kimura points out how traditional yoga theory is missing from

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modern-day yoga instruction. He then explains traditional yoga's view of the mind-body complex as five koshas (sheaths), each with specific functions

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and attributes. Just as medical doctors examine patients before deciding on treatment, yoga therapists must obtain informed consent and assess the conditions of

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all koshas.

*Understanding yoga's
horse-drawn chariot
metaphor for human
structure and function
is also helpful to see
beyond symptoms and to*

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*identify root causes of
disease. Kimura
skillfully guides
readers to understand
these two theories of
human structure and
function, and*

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illustrates how they can be incorporated into both yoga therapy assessment and practice. It is fun to talk and not to be shy! Fully illustrated eBook, for

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ages 3-8 "Lily's Shy Parrot" tells the story of Lily and her beautiful white parrot named Perry. Lily was a girl who loved animals. Her favorite animal was

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*a bird. She especially
loved parrots that
talked...The only
problem is that Perry
, Lily's parrot, is too
shy to speak. Perry is so
shy that even though he*

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knows how to speak, he is too shy to do so...Lily decides to teach Perry the best ways to overcome shyness.Will she succeed ?Author Efrat Haddi is

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*taking young children on
a journey with Lily and
Perry as they learn how
to overcome shyness
while encouraging them
to express their
opinions. "Lily's Shy*

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Parrot" helps to teach children with social anxiety, an important social skill that can make home life happier and school more successful. It also

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*provides parents,
teachers, and counselors
with an entertaining way
to teach children the
value of stating their
views in public. This
well-written and*

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*inspiring story,
delivers easy-to-digest
education complemented
by vibrant, delightful
illustrations* This story
may be ideal for reading
to your kids at bedtime

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and enjoyable for the whole family as well! It is suitable as a read aloud book for preschoolers or a self-read book for older children.

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Imagine having a love that is so deep, addictive, connected, and heavily embedded into your entire being that it haunts your every move. Four years

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*later, after falling
addictively in love with
Promise "Savage" Morris
and having her world
tossed upside down,
Hazel is forced to pick
up the pieces and move*

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*on with her life in
hopes of raising their
daughter, Adah, in a
perfect life. But every
move Hazel makes, she
feels the addictive love
of Promise trailing*

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*behind her. After taking
an unexpected downward
turn in his empire of
the drug business and
serving four years in
prison, Promise devises
a plan to turn his life*

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around for good, but most importantly, pick up where he left off with Hazel and rekindle their old flame all while reclaiming his name in the streets.

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*What happens when arch
enemies show their face,
ulterior motives
surface, secrets and
lies are revealed, and
loyalty is tested? Can
the addictive love of*

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*Promise and Hazel
survive another round or
will their love become
far too tainted to
endure?*