

Where To Download Dont Just Sit There Get Started With Seniors Pilates If You Want To Feel Young Energetic And Free Of Pain

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Don't Just Do Something, Sit There
Center of the Cyclone
Don't Just Sit There! Teach Us to Sit Still
DON'T JUST SIT THERE
Some Kids Just Can't Sit Still! Answers from the Heart
Don't Just Do Something, Sit There: A Manifesto for Living the Slow Life
Well
Don't Just Sit There Like a Bump on a Pickle
Bridge to Terabithia
How to Sit
The Subtle Art of Not Giving a F*ck
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Meditation: Just Sit Down and Shut the F*ck Up
iGen
People Talk about Me Behind My Back and I Just Sit Here Like "damn. I Got Myself a Fan Club."
Don't Just Sit There Worry
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A Raisin in the Sun
Rocks
The Camel Club
Don't Just Sit There
The Road
Story-Based Inquiry: A Manual for Investigative Journalists

Don't Just Do Something, Sit There

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Don't Just Do Something, Sit There offers anyone who would like to learn how to coach or to develop their existing coaching skills a practical guide to coaching people using a predominantly non-directive approach. It explores how a coach can help others to think through their situation and find their own way forward, one which reflects the reality and constraints of their situation. The book considers the skills which underpin successful coaching - listening attentively, asking questions that help the other to think, and playing back to communicate or check understanding. It explores the spectrum of directive to non-directive coaching, considers practical aspects such as confidentiality, describes a range of tools that a coach might use, and looks at how a line manager can adopt a coaching style. It also considers the philosophical and psychological foundations of non-directive coaching. Written by an experienced coach in clear and easily understood language Aimed at managers, consultants and HR professionals who want to use a non-directive approach to empowering others and releasing their potential Chapters can be read as stand alone guides to topics such as listening, questioning, becoming a capable coach, and the inner game of coaching

Center of the Cyclone

A great journal or notebook for penning down your thoughts or creative ideas such as poems or stories, or just plain old lists and inventories. This one has substantial

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writing space, 120 blank ruled pages, waiting for your ruminations and insights to be jotted down. * 120 ruled white pages for your thoughts and notes. * The 6"x9" dimensions are perfectly handy: this may be thrown into a drawer or a backpack, or a handback. * Perfect for doodling, sketching or putting stickers and notes in. * Professional soft-bound matte cover paperback book, ideal as a journal, diary, notebook, logbook, or composition book. * High-grade paper for writing with gel pens, ballpoint pens, markers, ink pens or pencils of any sort. * The ideal and inexpensive gift for any occasion such as Christmas, anniversaries, and birthdays. Also wonderful as an employee appreciation gift for any office environment, or a Secret Santa or stocking-stuffer gift.

Don't Just Sit There!

Rhyming text describes how difficult life can be for a child with Attention deficit/Hyperactivity Disorder and how parents, teachers, and doctors can help.

Teach Us to Sit Still

The 40th anniversary edition of the classic Newbery Medal-winning title by beloved author Katherine Paterson, with brand-new bonus materials including an author's note by Katherine herself and a foreword by New York Times bestselling author

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Kate DiCamillo. Jess Aarons has been practicing all summer so he can be the fastest runner in the fifth grade. And he almost is, until the new girl in school, Leslie Burke, outpaces him. The two become fast friends and spend most days in the woods behind Leslie's house, where they invent an enchanted land called Terabithia. One morning, Leslie goes to Terabithia without Jess and a tragedy occurs. It will take the love of his family and the strength that Leslie has given him for Jess to be able to deal with his grief. *Bridge to Terabithia* was also named an ALA Notable Children's Book and has become a touchstone of children's literature, as have many of Katherine Paterson's other novels, including *The Great Gilly Hopkins* and *Jacob Have I Loved*.

DON'T JUST SIT THERE

Discover the forty-four laws of life that are the missing link between the desire to meditate and the motivation needed to maintain a regular meditation practice, process the emotional fallout of meditative experiences, and find spiritual fulfillment. Biet Simkin knows from personal experience that finding your way to transformation and mindfulness isn't always easy. Drawing on hard-won wisdom from her journey through addiction, personal tragedy, and the New York rock-n-roll scene, Biet shares the guidance you'll need to move from meltdowns to miracles. *Don't Just Sit There!* is a guidebook that will empower you to dive into meditation by helping you work through the not-so-peaceful side of achieving peace. With

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insights on forty-four laws of human experience, it provides week-by-week instructions to process each one. From the Law of Focus to the Law of Desire, these aspects of spiritual life can become obstacles without the tools to properly face them. Experienced and novice meditators alike can benefit from Biet's frank, freeing advice on how to establish a lifelong practice in an often chaotic modern world. By confronting the disruptive quality of spiritual life, you can motivate yourself to realize the meditative practice of your dreams.

Some Kids Just Can't Sit Still!

Answers from the Heart

#1 New York Times Bestseller Over 1 million copies sold In this generation-defining self-help guide, a superstar blogger cuts through the crap to show us how to stop trying to be "positive" all the time so that we can truly become better, happier people. For decades, we've been told that positive thinking is the key to a happy, rich life. "F**k positivity," Mark Manson says. "Let's be honest, shit is f**ked and we have to live with it." In his wildly popular Internet blog, Manson doesn't sugarcoat or equivocate. He tells it like it is—a dose of raw, refreshing, honest truth that is sorely lacking today. The Subtle Art of Not Giving a F**k is his antidote to the

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coddling, let's-all-feel-good mindset that has infected American society and spoiled a generation, rewarding them with gold medals just for showing up. Manson makes the argument, backed both by academic research and well-timed poop jokes, that improving our lives hinges not on our ability to turn lemons into lemonade, but on learning to stomach lemons better. Human beings are flawed and limited—"not everybody can be extraordinary, there are winners and losers in society, and some of it is not fair or your fault." Manson advises us to get to know our limitations and accept them. Once we embrace our fears, faults, and uncertainties, once we stop running and avoiding and start confronting painful truths, we can begin to find the courage, perseverance, honesty, responsibility, curiosity, and forgiveness we seek. There are only so many things we can give a f**k about so we need to figure out which ones really matter, Manson makes clear. While money is nice, caring about what you do with your life is better, because true wealth is about experience. A much-needed grab-you-by-the-shoulders-and-look-you-in-the-eye moment of real-talk, filled with entertaining stories and profane, ruthless humor, *The Subtle Art of Not Giving a F**k* is a refreshing slap for a generation to help them lead contented, grounded lives.

Don't Just Do Something, Sit There: A Manifesto for Living the Slow Life

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Rewriting common cliché+as into thoughts appropriate for today, the author offers such gems as "if a thing is just barely worth doing, then just barely do it," and "commitment is what allows familiarity without contempt." Original. 125,000 first printing.

Well Don't Just Sit There Like a Bump on a Pickle

What would your reaction be if assaulted at knifepoint? If you were kidnapped or were at the mercy of a lunatic for hours? If you remained alive...would you contact the authorities? Thousands of women are attacked every year, but only an estimated 1 in 20 ever reports the incident to the police. Just 1 in 10 of those ever follows through with the process of pressing charges, and only 1 in 10 of those remaining ever sees the inside of a courtroom. This allows too many criminals to continue to freely roam the streets, able to viciously attack again & again. This story is a completely true account of an assault & abduction, where the victim was fortunate enough to be able to walk away unharmed, and the 6 months of various events that followed. Every woman, from young teens to the elderly should read the information contained in these pages...something in them may someday be very useful and save their lives...or help put their attacker behind thick, steel bars in prison.

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Bridge to Terabithia

How to Sit

The Subtle Art of Not Giving a F*ck

PEOPLE TALK ABOUT ME BEHIND MY BACK AND I JUST SIT HERE LIKE "DAMN. I GOT MYSELF A FAN CLUB." - Funny Blank Lined Journal - Sarcastic Gift Black Notebook
This snarky funny sarcastic blank lined journal is better than a card and makes the perfect gift for a coworker, boss, friend, family member and even fun for yourself!
Features: Descriptive and mysterious title to keep your friends and colleagues guessing
120 blank lined 6x9 pages for journaling, a diary, taking notes, keeping lists, etc. Premium black matte softcover Perfect binding

Don't Just Sit There. Do Something. The Answers Will Follow.

It's time for employees and employers to wake up! As employees, are you stuck in jobs that are not taking you anywhere? If you are not being paid well, not being appreciated, not being listened to, not being promoted, not being involved in

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decisions, not being mentored or not being challenged, it may be time for you to reassess your situation. It may be the right time for you to Quit and seek a more suitable opportunity. As employers, are you stuck with an orthodox management style? Millennials-the Gen-Y generation, and the new Gen-Z are taking over the industry in a big way and changing the manner in which it operates. They are demanding the best for themselves and are not averse to moving on and looking for what is most appropriate for them. The book highlights the new generation's traits to help entrepreneurs understand future employee behaviour and the requirements of employee engagement. So, don't just sit. Wake up, shake things up and Quit unproductive activity. Re-plan and chalk out the best course for yourself.

Meditation: Just Sit Down and Shut the F*ck Up

iGen

"A Raisin in the Sun" reflects Lorraine Hansberry's childhood experiences in segregated Chicago. This electrifying masterpiece has enthralled audiences and has been heaped with critical accolades. "The play that changed American theatre forever" - The New York Times.

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People Talk about Me Behind My Back and I Just Sit Here Like "damn. I Got Myself a Fan Club."

On his very first day of school as a substitute teacher, Cinque Henderson was cursed at and openly threatened by one of his students. Not wanting trouble or any broken bones, Henderson called the hall monitor, who escorted the student to the office. But five minutes later the office sent him back with a note that read, "Ok to return to class." That was it: no suspension, no detention, no phone call home, nothing. *Sit Down and Shut Up: How Discipline Can Set Students Free* is a passionate and personal analysis of Henderson's year as substitute teacher in some of America's toughest schools. Students disrespected, yelled at, and threatened teachers, abetted by a school system and political culture that turned a willfully blind eye to the economic and social decline that created the problem. Henderson concludes that the failures of our worst schools are the result of a population in crisis: classrooms are microcosms of all our nation's most vexing issues of race and class. The legacy and stain of race—the price of generational trauma, the cost of fatherlessness, the failures of capitalism, the false promise of meritocracy—played itself out in every single interaction Henderson had with an aggressive student, an unengaged parent, or a failed administrator. In response to the chaos he found in the classroom, Henderson proposes a recommitment to the notion that discipline—wisely and properly understood, patiently and justly

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administered—is the only proper route to freedom and opportunity for generations of poor youth. With applications far beyond the classroom, Henderson’s experiences offer novel insights into the pressing racial, social, and economic issues that have shaped America’s cultural landscape. Sure to ignite discussion and controversy, *Sit Down and Shut Up* provides a frank evaluation of the broken classrooms of America and offers a bold strategy for fixing them.

Don't Just Sit There Worry

After witnessing a shocking murder, four conspiracy theorists team up with a Secret Service agent to uncover the government corruption that threatens to cause an international terrorism crisis in this New York Times bestselling thriller. Welcome to THE CAMEL CLUB. Existing at the fringes of Washington, D.C., the Club consists of four eccentric members. Led by a mysterious man known as "Oliver Stone," they study conspiracy theories, current events, and the machinations of government to discover the "truth" behind the country's actions. Their efforts bear little fruit--until the group witnesses a shocking murder and becomes embroiled in an astounding, far-reaching conspiracy. Now the Club must join forces with a Secret Service agent to confront one of the most chilling spectacles ever to take place on American soil—an event that may trigger the ultimate war between two different worlds. And all that stands in the way of this apocalypse is five unexpected heroes.

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Don't Just Sit There

Personalized Journal/Diary Makes A Great Gift Soft Matte Cover Lined Pages Great For Personal Or Academic Use

Don't Just Sit There

The Indian in the Cupboard

From the cofounders of The Well Daily, a playfully-illustrated, informative, and easy-to-use meditation guidebook—including an eight-week plan for busy novices—that helps even the busiest would-be meditator incorporate this practice into their lifestyle and enjoy its many physical and emotional benefits. We've all heard the reports about meditation: that it helps us relieve stress and anxiety, improve our moods, lose weight, and sleep better. We know that it can make us healthier, nicer, a kinder parent, a better coworker, a more thoughtful spouse. But there's a catch—you actually have to do it. Written for the many, many people whose schedule or skepticism has kept them from trying meditation, Just Sit is an approachable and visually engaging beginner's guide. Assuaging fears, answering questions, and providing real-world information to demystify the process, Sukey

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and Elizabeth Novogratz provide a hands-on look at what meditation really is, what it does, and how to do it. The authors make clear that meditation doesn't have to be complicated or follow a specific protocol. The most important part, to "just sit," can lead to a lifelong practice, tailored to anyone's lifestyle. A perfect blend of information and instruction, *Just Sit* covers everything you wanted to know but were too afraid to ask. Sukey and Elizabeth address meditation myths and realities, offer advice on how to combat awkwardness, extoll the physical and emotional benefits of meditation, show readers how to find those precious minutes to meditate every day, and more. They also include an eight-week plan to get help readers kick start—and stay with—their own daily practice. Time to ditch the excuses. With this warm, encouraging, sassy guide, everyone will want to show up—and sit down—every day.

Out of Solitude

Do you feel uncomfortable praying? Praying with power and authority is your covenant right In this book you will learn what part of praying is yours and what part is God's. Your faith will grow as you learn who you are in Christ and how that empowers you to change everything that does not line up with the word of God. You will learn about the power in you to change the situation even when you don't feel as though you earned the right to pray. As a child of God you have been given dominion over the earth. You are like a spiritual police backed by heaven and the

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host of heaven. What you saw matters, it matters so much that the angels move when you speak God's word. Learn how to decree and declare God's word over every situation and bring life, change and heaven on earth. Learn to walk in power and grab your copy today!

Their Eyes Were Watching God

Describes how to make green slime, throw a backwards sleepover party, make shrunken heads, and enjoy a variety of games, stunts, crafts, recipes, and other activities

Just Sit

"Teach Us to Sit Still is the visceral, thought-provoking, and inexplicably entertaining story of how Tim Parks found himself in serious pain, how doctors failed to help, and the quest he took to find his own way out. Overwhelmed by a crippling condition which nobody could explain or relieve, Parks follows a fruitless journey through the conventional medical system only to find relief in the most unexpected place: a breathing exercise that eventually leads him to take up meditation. This was the very last place Parks anticipated finding answers; he was about as far from New Age as you can get. As everything that he once held true is

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called into question, Parks confronts the relationship between his mind and body, the hectic modern world that seems to demand all our focus, and his chosen life as an intellectual and writer. He is drawn to consider the effects of illness on the work of other writers, the role of religion in shaping our sense of self, and the influence of sports and art on our attitudes toward health and well-being. Most of us will fall ill at some point; few will describe that journey with the same verve, insight, and radiant intelligence as Tim Parks"--Provided by publisher.

Frindle

The first book in the Mindfulness Essentials Series by Zen Master Thich Nhat Hanh, *How to Sit* offers clear, simple directions and inspiration for anyone wanting to explore mindfulness meditation. In short, single-paragraph chapters, Nhat Hanh shares detailed instructions, guided breathing exercises and visualizations, as well as his own personal stories and insights. This pocket-sized book is perfect for those brand new to sitting meditation as well as for those looking to deepen their spiritual practice. With sumi ink drawings by Jason DeAntonis.

Don't Just Do Something, Sit There

Full of magic and appealing characters, this classic novel takes readers on a

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remarkable adventure. It's Omri's birthday, but all he gets from his best friend, Patrick, is a little plastic Indian toy. Trying to hide his disappointment, Omri puts the Indian in a metal cupboard and locks the door with a mysterious skeleton key that once belonged to his great-grandmother. Little does Omri know that by turning the key, he will transform his ordinary plastic Indian into a real live man from an altogether different time and place! Omri and the tiny warrior called Little Bear could hardly be more different, yet soon the two forge a very special friendship. Will Omri be able to keep Little Bear without anyone finding out and taking his precious Indian from him?

Don't Just Sit There-Do Something

Don't Just Sit There!

Why Would Anyone Want to Meditate Like a Monk? When was the last time you felt at peace with the world? Were the past hours filled with clarity and productivity? I used to get annoyed with the word "Meditation" itself. It sounds almost too spiritual for the average person to put to use. It can actually change your life, and that is why the most successful people in the world practice it on a daily basis. If you're reading this, you probably want to learn how to meditate or improve you

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meditation skills, and this book is here to get you off on the right start. Fluffy, Spiritual words will be kept a minimum. Meditation is a safe, effective and scientifically-proven way to heal and bring a life back into order. We'll go you through 7 simple steps that will amplify your meditation skills closer to that of a master monk's. But you must be willing to sit still and shut the f*ck up! This book will make it easy for you. Start Reading Now.

Politics Is for Power

Their Eyes Were Watching God is a 1937 novel by African-American writer Zora Neale Hurston. It is considered a classic of the Harlem Renaissance of the 1920s, and it is likely Hurston's best known work.

Quit

NATIONAL BESTSELLER WINNER OF THE PULITZER PRIZE The searing, post-apocalyptic novel about a father and son's fight to survive. A father and his son walk alone through burned America. Nothing moves in the ravaged landscape save the ash on the wind. It is cold enough to crack stones, and when the snow falls it is gray. The sky is dark. Their destination is the coast, although they don't know what, if anything, awaits them there. They have nothing; just a pistol to defend

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themselves against the lawless bands that stalk the road, the clothes they are wearing, a cart of scavenged food—and each other. The Road is the profoundly moving story of a journey. It boldly imagines a future in which no hope remains, but in which the father and his son, "each the other's world entire," are sustained by love. Awesome in the totality of its vision, it is an unflinching meditation on the worst and the best that we are capable of: ultimate destructiveness, desperate tenacity, and the tenderness that keeps two people alive in the face of total devastation. A New York Times Notable Book One of the Best Books of the Year The Boston Globe, The Christian Science Monitor, The Denver Post, The Kansas City Star, Los Angeles Times, New York, People, Rocky Mountain News, Time, The Village Voice, The Washington Post

In Defense of Looting

In this long-out-of-print counterculture classic, Dr. John C. Lilly takes readers behind the scenes into the inner life of a scientist exploring inner space, or "far-out spaces," as Lilly called them. The book explains how he derived his theory of the operations of the human mind and brain from his personal experiences and experiments in solitude, isolation, and confinement; LSD; and other methods of mystical experience. It also includes glimpses into Lilly's friendship with such 1960s' notables as Oscar Ichazo, Ram Dass, Timothy Leary, Albert Hofmann, Fritz Perls, and Claudio Narajo. Written for the non-specialist, Center of the Cyclone

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shows an important, modern thinker at his most personal and profound.

Don't Just Do Something, Sit there

A fresh argument for rioting and looting as our most powerful tools for dismantling white supremacy Looting--a crowd of people publicly, openly, and directly seizing goods--is one of the more extreme actions that can take place in the midst of social unrest. Even self-identified radicals distance themselves from looters, fearing that violent tactics reflect badly on the broader movement. But Vicky Osterweil argues that stealing goods and destroying property are direct, pragmatic strategies of wealth redistribution and improving life for the working class--not to mention the brazen messages these methods send to the police and the state. All our beliefs about the innate righteousness of property and ownership, Osterweil explains, are built on the history of anti-Black, anti-Indigenous oppression. From slave revolts to labor strikes to the modern-day movements for climate change, Black lives, and police abolition, Osterweil makes a convincing case for rioting and looting as weapons that bludgeon the status quo while uplifting the poor and marginalized. In *Defense of Looting* is a history of violent protest sparking social change, a compelling reframing of revolutionary activism, and a practical vision for a dramatically restructured society.

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Don't Just Sit There - Have Faith!

You don't have to sit still to learn Bible stories! Don't Just Sit There uses movement, music, and rhythm to teach the Scriptures to younger children. Each age-level book includes instructions for: -Bible story props -puppets -sensory learning experiences -songs -fingerplays -drama -actions -and much, much more! Each book covers the entire Bible with stories that are fun to listen to! Easy-to-follow directions are included to get your children actively learning.

Sit Down and Shut Up

Get away from doing and into being with this lively, down-to-earth guide to your own meditation retreat by beloved mindfulness meditation teacher Sylvia Boorstein. Presenting what Jon Kabat-Zinn has called "endearingly personal mindfulness wisdom," she offers a three-day retreat plan accompanied by timeless lessons -- always grounded in real life -- on how anyone can achieve calm, clarity and joy through meditation practices.

Don't Just Do Something, Sit There

Is Nick Allen a troublemaker? He really just likes to liven things up at school -- and

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he's always had plenty of great ideas. When Nick learns some interesting information about how words are created, suddenly he's got the inspiration for his best plan everthe frindle. Who says a pen has to be called a pen? Why not call it a frindle? Things begin innocently enough as Nick gets his friends to use the new word. Then other people in town start saying frindle. Soon the school is in an uproar, and Nick has become a local hero. His teacher wants Nick to put an end to all this nonsense, but the funny thing is frindle doesn't belong to Nick anymore. The new word is spreading across the country, and there's nothing Nick can do to stop it.

A Raisin in the Sun

Drawing on three moments in the life of Jesus, Henri Nouwen invites us to reflect on the tension between our desire for solitude and the demands of contemporary life. He reminds us that it was in solitude that Jesus found the courage to follow God's will. And he shows us that fruitful love and service must spring from a living relationship with God. Beautifully written, elegantly simple, Out of Solitude is as fresh today as it was thirty years ago.

Rocks

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A beautiful and organized way to keep track of your prescriptions and medicine. Be safe and make sure you take all your medicine with this medicine chart tracker.

The Camel Club

As seen in Time, USA TODAY, The Atlantic, The Wall Street Journal, and on CBS This Morning, BBC, PBS, CNN, and NPR, iGen is crucial reading to understand how the children, teens, and young adults born in the mid-1990s and later are vastly different from their Millennial predecessors, and from any other generation. With generational divides wider than ever, parents, educators, and employers have an urgent need to understand today's rising generation of teens and young adults. Born in the mid-1990s up to the mid-2000s, iGen is the first generation to spend their entire adolescence in the age of the smartphone. With social media and texting replacing other activities, iGen spends less time with their friends in person—perhaps contributing to their unprecedented levels of anxiety, depression, and loneliness. But technology is not the only thing that makes iGen distinct from every generation before them; they are also different in how they spend their time, how they behave, and in their attitudes toward religion, sexuality, and politics. They socialize in completely new ways, reject once sacred social taboos, and want different things from their lives and careers. More than previous generations, they are obsessed with safety, focused on tolerance, and have no patience for inequality. With the first members of iGen just graduating from college, we all need

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to understand them: friends and family need to look out for them; businesses must figure out how to recruit them and sell to them; colleges and universities must know how to educate and guide them. And members of iGen also need to understand themselves as they communicate with their elders and explain their views to their older peers. Because where iGen goes, so goes our nation—and the world.

Don't Just Sit There

Popular TV and radio personality Wallace Chapman is on a mission. A mission to chill us all out. He's thought a lot about the syndrome of modern life and thinks he has a few answers. Ranging over such subjects as careers, technology, health and well-being, food, sex and relationships, and employing a captivating mix of pop psychology, science, philosophy and humour, Chapman distils the many mixed messages we receive on a daily basis into a self-help book that's not actually a self-help book. For fans of Daniel Kahneman's bestselling *Thinking, Fast and Slow*, and anyone else feeling the ravages of time-poorness, *Don't Just Do Something, Sit There* is a profound yet populist take on considering life as we live it. A balanced life won't happen overnight and if it does, seek help. Because slow living takes time.

The Road

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For many people, one key question prevents them from taking the next step in their personal development, the development of their spiritual practice, or their journey toward self-knowledge. *Answers from the Heart* collects 50 of these important and heartfelt questions posed to Thich Nhat Hanh by his students and participants in his retreats, along with his often surprising answers. The exchanges are divided into six thematic sections — Daily Life, Living and Dying, Engaged Buddhism, Mindfulness Practice, Family and Relationships, and Children's Questions — and combine practical, immediately applicable suggestions with ideas for further study and contemplation. The questions are from all ages and interest groups and provide a lively glimpse into the connection between students and their teacher. Hanh's answers condense 2,500 years of Buddhist wisdom into individual answers that shine with clarity and that summarize his own remarkable insight based on a lifetime of practice.

Story-Based Inquiry: A Manual for Investigative Journalists

A brilliant condemnation of political hobbyism—treating politics like entertainment—and a call to arms for well-meaning, well-informed citizens who consume political news, but do not take political action. Who is to blame for our broken politics? The uncomfortable answer to this question starts with ordinary citizens with good intentions. We vote (sometimes) and occasionally sign a petition or attend a rally. But we mainly “engage” by consuming politics as if it’s a sport or

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a hobby. We soak in daily political gossip and eat up statistics about who's up and who's down. We tweet and post and share. We crave outrage. The hours we spend on politics are used mainly as pastime. Instead, we should be spending the same number of hours building political organizations, implementing a long-term vision for our city or town, and getting to know our neighbors, whose votes will be needed for solving hard problems. We could be accumulating power so that when there are opportunities to make a difference—to lobby, to advocate, to mobilize—we will be ready. But most of us who are spending time on politics today are focused inward, choosing roles and activities designed for our short-term pleasure. We are repelled by the slow-and-steady activities that characterize service to the common good. In *Politics Is for Power*, pioneering and brilliant data analyst Eitan Hersh shows us a way toward more effective political participation. Aided by political theory, history, cutting-edge social science, as well as remarkable stories of ordinary citizens who got off their couches and took political power seriously, this book shows us how to channel our energy away from political hobbyism and toward empowering our values.

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