"Reading Quiet Mind, Fearless Heart is like eavesdropping on a conversation between Lao Tzu and Joseph Campbell--a pure pleasure to read!" --Deepak Chopra, M.D., coauthor of The Seven Spiritual Laws of Yoga and author of The Spontaneous Fulfillment of Desire "Quiet Mind, Fearless Heart is an enchanting piece of wisdom that combines ancient insights with practical solutions to the stress epidemic that permeates our culture. Brian Luke Seaward is a master teacher, skillful guide, and true healer." --Larry Dossey, M.D., author of Healing Words and Reinventing Medicine "The perfect antidote for these acceleratingly stressful post-9/11 times with fearmongers accosting us everywhere, Quiet Mind, Fearless Heart artfully and wisely blends stress relief with..."
Keeping us constantly uplifted and engaged, this book is filled with witty sayings, practical, powerful exercises, and personal stories that ring with heartfelt authenticity." --Candace B. Pert, Ph.D., author of Molecules of Emotion With graceful wisdom and gentle humor, Dr. Brian Luke Seaward helps you see past the limitations of the ego to the highest potential of the human spirit at the core of your very being. Through a unique alchemy of the ancient Chinese philosophy of Taoism and the timeless insights of the visionary Joseph Campbell, Seaward shows you how to harness this potential so that you may find the courage to be a victor, not a victim of life’s problems. Through the realization of this alchemy you will become the hero at the center of your own mythical life journey. Using simple but powerful exercises, meditations, and self-exploration techniques, you will learn to reconnect and harmonize with the universal spirit energy, or Tao, that flows through you to achieve inner balance, the joy of life, and optimal health. This book gives you the tools and skills to overcome adversity, resolve the emotional and psychological obstacles keeping you from realizing your potential, and vanquish stress, bringing peace to your heart and soul. Featuring the insights of renowned spiritual luminaries and philosophers from around the world and throughout the ages as well as many inspirational stories from women and men just like you, this powerful motivational guide shows you how to cope with everyday stress, embrace your divinity, and find true harmony in your life.

'Foundations of Exercise Psychology' presents a summary of the information to date on the psychology of exercise and offers lucid suggestions for practice and future research. The contents of the book go well beyond past texts in the field and include some innovative and thought provoking chapters on little discussed topics in exercise psychology such as the meaning of exercise and the psychological and physical dangers when exercise goes awry. The range of populations examined includes women children dependent and habitual exercisers and participants throughout the life span. The book will help shape the direction of the field of exercise psychology for many years to come and it will do much to encourage young professionals to enter the field and to pursue further study. The text spends considerable time exploring the relationship between exercise and personality self-esteem self-concept mood alteration and motivation -- concepts and features of being human that are all intimately related. Students moving toward the exercise professions will gain a solid background in key issues surrounding exercise and health and make great strides forward in becoming competent and compassionate practitioners.

L. Robert Keck, author of the highly acclaimed Sacred Quest tells his remarkable story of a life of pain and determination. A survivor of polio, of a broken back, and of chronic, crippling, and progressive pain from post-polio syndrome, Keck details his lifelong battle to be a whole human being: a man of mind, body, and spirit. At the heart of his story lies the recognition that spirituality---the discovery of our true "soul self"---is the most important ingredient in health promotion, disease prevention, and healing from physical and emotional trauma.

Written from a nursing perspective, this comprehensive overview of alternative health practices and complimentary therapies covers the principles, techniques, research, health promotion methods and healing practices for specific illnesses and symptoms—motivating readers to explore alternative approaches, increase their knowledge about factors which contribute to health and illness, and expand their professional practice appropriately. Describes alternative practices, their backgrounds and claims, preparation of practitioners, concepts, diagnostic methods, treatments, and evidence of research studies. Provides suggestions for implementing alternative healing therapies into Western health care systems, and introduces the philosophical approaches to both Western biomedicine and alternative or complementary medicine. Considers systematized health
care practices, botanical healing—including herbs, nutritional supplements, and aromatherapy; manual healing methods, such as chiropractic, massage, and pressure point therapies, hand-mediated biofield therapies, and physical biofield therapies; mind-body techniques, including yoga, hypnotherapy, and biofeedback; spiritual approaches (working with shamans and the use of faith and prayer); and other alternative therapies, such as bioelectromagnetics. “Try This” boxes discuss focused breathing, visualization, emotional first aid, improving dream recall, absorbing earth energy, interacting with your pet, and more. For nurses and allied health professionals.

Drawing on her own experiences as well as the wit and wisdom of others, the author offers advice on goal-setting, self-esteem, change, stress, relationships, parenting, aging, and other topics.

A breathtaking collection of reflections from one of the world’s best loved storytellers, Paulo Coelho.

Disk contains approximately 150 NCLEX-style multiple-choice questions which emphasize the application of nursing care.

A world list of books in the English language.

“Excellent . . . It’s the emotional complexity of Burroughs . . . as well as the brass knuckle punch of an ending that will have readers applauding. This is hillbilly noir at its finest.” —Publishers Weekly, starred review

A powerful follow up to multiple award-winning debut Bull Mountain. Brian Panowich burst onto the crime fiction scene in 2015, winning awards and accolades from readers and critics alike for his smoldering debut, Bull Mountain. Now with Like Lions, he cements his place as one of the outstanding new voices in crime fiction. Clayton Burroughs is a small-town Georgia sheriff, a new father, and, improbably, the heir apparent of Bull Mountain’s most notorious criminal family. As he tries to juggle fatherhood, his job and his recovery from being shot in the confrontation that killed his two criminally-inclined brothers last year, he’s doing all he can just to survive. Yet after years of carefully toeing the line between his life in law enforcement and his family, he finally has to make a choice. When a rival organization makes a first foray into Burroughs territory, leaving a trail of bodies and a whiff of fear in its wake, Clayton is pulled back into the life he so desperately wants to leave behind. Revenge is a powerful force, and the vacuum left by his brothers’ deaths has left them all vulnerable. With his wife and child in danger, and the way of life in Bull Mountain under siege for everyone, Clayton will need to find a way to bury the bloody legacy of his past once and for all.

Marilyn Stasio, The New York Times Book Review – One of the 10 Best Crime Novels of the Year

“ ‘The plotting is skilled, as is the sleuthing, and the landscape is stunning. But it’s the hard-jawed characters, with their tough talk and scarred souls, who really get under your skin.’ — Marilyn Stasio, The New York Times Book Review

Return to McFalls County and Bull Mountain in Hard Cash Valley, where Brian Panowich weaves another masterful tale of Southern Noir. Dane Kirby is a broken man and no stranger to tragedy. As a life-long resident and ex-arson investigator for McFalls County, Dane has lived his life in one of the most chaotic and crime-ridden regions of the south. When he gets called in to consult on a brutal murder in a Jacksonville, Florida, motel room, he and his FBI counterpart, Special Agent Roselita Velasquez, begin an investigation that leads them back to the criminal circles of his own backyard. Arnie Blackwell’s murder in Jacksonville is only the beginning – and Dane and Roselita seem to be one step behind. For someone is hacking a bloody trail throughout the Southeast looking for Arnie’s younger brother, a boy with Asperger’s Syndrome who possesses an unusual skill with numbers that could make a lot of money and that has already gotten a lot of people killed—and has even more of the deadliest people alive willing to do anything it takes to exploit him. As Dane joins in the hunt to find the boy, it swiftly becomes a race against the clock that has Dane entangled in a web of secrets involving everyone from the Filipino Mafia to distrusting federal agents to some of hardest southern outlaws he’s ever known.

We propose that the major health crises in the United States are not about heart disease, cancer, osteoporosis, or obesity. Instead they are about violence, prejudice, social isolation, and runaway
materialism. Unfortunately, traditional health promotion continues to "attack" our problems by declaring war on disease, obsessing about epidemiologically based risk factors and frightening people about what they eat, how much they weigh, and what they like to do or not do. These approaches rarely help and often create an atmosphere of anxiety and confusion. This book is an invitation to health professionals to rethink our current understanding of health, illness, and the process of healing. It covers topics that are rarely addressed in health promotion including the history of the human species, the Scientific Revolution, quantum physics, and the latest mind/body/spirit research. While it may seem as if this information is only marginally related to health, we believe it provides a critical foundation for the truly holistic approach to health promotion we describe in detail in this book. It is time to re-create our profession and set a daring new course to improve the quality of the human experience.

Patagonia is a strange and terrifying place, a vast tract of land shared by Argentina and Chile where the violent weather spawned over the southern Pacific charges through the Andes with gale-force winds, roaring clouds, and stinging snow. Squarely athwart the latitudes known to sailors as the roaring forties and furious fifties, Patagonia is a land trapped between angry torrents of sea and sky, a place that has fascinated explorers and writers for centuries. Magellan discovered the strait that bears his name during the first circumnavigation. Charles Darwin traveled Patagonia’s windy steppes and explored the fjords of Tierra del Fuego during the voyage of the Beagle. From the novel perspective of the cockpit, Antoine de Saint-Exupry immortalized the Andes in Wind, Sand, and Stars, and a half century later, Bruce Chatwin’s In Patagonia earned a permanent place among the great works of travel literature. Yet even today, the Patagonian Andes remain mysterious and remote, a place where horrible storms and ruthless landscapes discourage all but the most devoted pilgrims from paying tribute to the daunting and dangerous peaks. Gregory Crouch is one such pilgrim. In seven expeditions to this windswept edge of the Southern Hemisphere, he has braved weather, gravity, fear, and doubt to try himself in the alpine crucible of Patagonia. Crouch has had several notable successes, including the first winter ascent of the legendary Cerro Torre’s West Face, to go along with his many spectacular failures. In language both stirring and lyrical, he evokes the perils of every handhold, perils that illustrate the crucial balance between physical danger and mental agility that allows for the most important part of any climb, which is not reaching the summit, but getting down alive. Crouch reveals the flip side of cutting-edge alpinism: the stunning variety of menial labor one must often perform to afford the next expedition. From building sewer systems during a bitter Colorado winter to washing the plastic balls in McDonalds’ playgrounds, Crouch’s dedication to the alpine craft has seen him through as many low moments as high summits. He recounts, too, the riotous celebrations of successful climbs, the numbing boredom of forced encampments, and the quiet pride that comes from knowing that one has performed well and bravely, even in failure. Included are more than two dozen color photographs that capture the many moods of this land, from the sublime beauty of the mountains at sunrise to the unrelenting fury of its storms. Enduring Patagonia is a breathtaking odyssey through one of the worldís last wild places, a land that requires great sacrifice but offers great rewards to those who dare to challenge it.

Using Neuroscience in Trauma Therapy provides a basic overview of structure and function of the brain and nervous system, with special emphasis on changes that occur when the brain is exposed to trauma. The book presents a unique and integrative approach that blends soma and psyche beyond the purview of traditional talk therapy and introduces a variety of trauma-informed approaches for promoting resilience. Each chapter includes case studies, examples, and practical and adaptable tools, making Using Neuroscience in Trauma Therapy a go-to guide for information on applying lessons from neuroscience to therapy.

In 1997, Charles Frazier’s debut novel Cold Mountain made publishing history when it sailed to the top of The New York Times best-seller list for sixty-one weeks, won numerous literary awards, including the National Book Award, and went on to sell over three million copies. Now, the beloved American epic returns, reissued by Grove Press to coincide with the publication of Frazier’s eagerly-anticipated second novel, Thirteen Moons. Sorely wounded and fatally disillusioned in the fighting at Petersburg, a Confederate soldier named Inman decides to walk back to his home in the Blue Ridge mountains to Ada, the woman he loves. His trek across the disintegrating South brings
him into intimate and sometimes lethal converse with slaves and marauders, bounty hunters and witches, both helpful and malign. At the same time, the intrepid Ada is trying to revive her father’s derelict farm and learning to survive in a world where the old certainties have been swept away. As it interweaves their stories, Cold Mountain asserts itself as an authentic odyssey, hugely powerful, majestically lovely, and keenly moving.

A memoir of caring for a mother who has Alzheimer's disease.

Do you sometimes feel so consumed by grief that you fear it will never end? That you'll never be able to be happy again? This book will give you hope while showing you how to channel grief to find love as a source of power. In this book, Michele Mariscal offers a perspective on the possibility of growth through the difficult journey of grief and loss. Readers will learn that each difficult emotion may hold in it the seed for healing as well as how to eliminate anxiety and depression by processing their emotions of loss. In this book you will learn about Daily practices to help you heal from grief How to bring hope back to your life How to eliminate anxiety and depression Why mourning is a powerful journey And much more ??? Grief is a journey In her journey, Michele reached a peak so difficult that she found it hard to get out of bed and show up to work. But through dedicated practice and trust that something awaited her on the other side of overwhelm, she now shares how hope and the power of choice can be your allies in moving through grief and loss. ??? What people say about the book "Growing Through Grief is a powerful, vulnerable, and important book. Michele Mariscal shares her journey of pain and healing in a way that is transformational for all of us. We live in a culture that doesn't seem to want or know how to deal with grief. As someone who has experienced significant grief myself, I know how both brutal and beautiful it can be. For anyone going through grief, this book will help guide you through the experience so that you not only heal but thrive in the process." - Mike Robbins, author, Nothing Changes Until You Do "I am so impressed with Michele's book. It's a wonderful alchemy of wisdom, raw emotion, and sage advice for all of us going through the hardest part of The Hero's Journey. As a friend and colleague of Elizabeth Kubler-Ross', I know she would be delighted to see this book in the hands of people experiencing loss of any kind." - Brian Luke Seaward, Ph.D. Author, Stand Like Mountain, Flow Like Water and Stressed is Dessert Spelled Backward. Scroll up and grab a copy today.

Our world is shifting dramatically around us. It's easy to feel overwhelmed, adrift, or disturbed in the sea of change. Diane points us toward the calming, practical, and sea-worthy Divine wisdom and guidance behind life that becomes dramatically apparent with presence and deep listening. Her lovely personal and professional stories and commentary weave a beautiful picture of what a life infused with inner wisdom looks and feels like. She points to an understanding, known as the Three Principles, that shows us how to have more continuous awareness of the wisdom we seek.

-Diane Pingel, Ed.D. Co-Owner, Three Principles Intervention, LLC; Retired Counseling Psychologist I have waited patiently for years for Diane to tell her remarkable story to the world, and it was well worth the wait. Insightful, heart-wrenching, funny, powerful, inspiring, and of course, happy. Diane's story not only brilliantly conveys the message of Sydney Banks's Three Principles (Mind, Consciousness, and Thought), but shines as an example of the rise of the sacred feminine, something all women will resonate with, joyously.-Brian Luke Seaward, Ph.D. Author of Stand Like Mountain, Flow Like Water Diane Houde has had a winding career and life path. The Three Principles provided the understanding that allowed her to fully embrace the human experience and the creative intelligence that flows behind our personal thinking. Her passion for learning from life experiences led to sharing her insights in this teaching memoir. Today, Diane’s coaching practice has evolved into journeying with individuals who know that their current life situations are not all that they are intended to be. Awakening to a calling, a yearning, a soul mission-whatever name you might give it-can create some instability in our lives. How we respond to the pull that is demanding our attention is a defining moment. Coaching clients through this transition has become the central focus of her work. She holds a Master of Arts in Leadership from Royal Roads University and a Holistic Stress Management Instructor Certificate from Paramount Wellness Institute and she has completed training in Evidence-Based Coaching at Fielding Graduate University.
What would you do if one minute you were healthy and the next you had a major stroke? What if you were told you had lost 1/3 of your brain and were not expected to live? What if Western Medicine had no treatment for your rare brain disease? This is exactly what happened to Jane and this is her story of healing. All I can say about Janes story is, Wow, a Warrior Woman for sure. This is a phenomenal story of the resiliency of her indomitable spirit in recovery from a stroke, mixed with the best of traditional healing arts she incorporated, makes for a read you wont be able to put down. Hands down, a wonderful book of inspiration and hope. Read this book. David Nelson, PhD, Author of Black Belt Healing: A Martial Artists Guide to Pain Management & Injury Recovery. Janes book, Faith, Love, Hypnosis, is a remarkable sojourn of The Heros Journey. Moreover, it is a playbook for not only coping with stress, but epitomizing how we can reach our highest human potential. Informative. Intuitive. Inspiring.for everyone. Brian Luke Seaward, Ph.D. author of Stand Like Mountain, Flow like Water Jane Sky Govoni offers an astounding lucid report from a woman who had a 1/3 of her brain die It is a most riveting page turner; I couldnt wait to find out What happens next. Thank you, for taking time to write this brilliant book. It will most certainly help anyone facing a health crisis and those who care for them. Shelley Stockwell-Nicholas, PhD President, International Hypnosis Federation

The greatest miracle of all is not something that happens to you, it's something that happens within you. This is the story of one such miracle."This is a book for anyone seeking to find meaning in a time of adversity."C. Everett Koop, M.D., Sc.D., author of Koop: Memoirs of America's Family Doctor"The Healing Tree in an inspirational book that lifts up all the important themes of pain, struggle, loss, hope, and renewal. Its life-affirming message of 'Yes You Can' is important for all of us, not just those in the healing professions."James A. Autry, author of Love and Profit and The Servant Leader"The Healing Tree is completely captivating, soul-enriching and beautifullywritten Out of ALL of the books that I have read in my lifetime (and believe me I've read thousands of books), this is one of THE best books I have ever read. I love it, love it, love it."Peggy McColl, author of Your Destiny Switch and 21 Distinctions of Wealth"If you haven't believed in miracles, you will after reading The Healing Tree.In fact, you may go out and create your own miracles."W Mitchell, author of It's Not What Happens to You, It's What You Do About It"The Healing Tree is an inspiring, touching account that will bring comfort toanyone facing life's most difficult decisions."Larry Dossey, M.D., author of Healing Words"A delight to read. The Healing Tree takes you on an enlightening journey of self-discovery. This is a richly human book that will touch both your heart and mind."Roger Crawford, author of How High Can You Bounce?"The Healing Tree is an inspiring story guaranteed to warm the hearts and souls of those who read it. Carrie Anne’s path is indeed healing."Brian Luke Seaward, Ph.D., Author of Stand Like Mountain, Flow Like Water and Quiet Mind, Fearless Heart

Saint John of Kronstadt taught, "Those who are trying to lead a spiritual life have to carry on a most skillful and difficult warfare, through their thoughts, every moment of their life—that is, a spiritual warfare; it is necessary that our whole soul should be every moment a clear eye, able to watch and notice the thoughts entering our heart from the evil one and repel them; the hearts of such men should be always burning with faith, humility and love; otherwise the subtlety of the Devil finds an easy access to them, followed by a diminution of faith, or entire unbelief, and then by every possible evil, which it will be difficult to wash away even by tears. Do not, therefore, allow your heart to be cold, especially during prayer, and avoid in every way cold indifference. Very often it happens that prayer is on the lips, but in the heart cunning, incredulity or unbelief, so that by the lips the man seems near to God, whilst in his heart he is far from Him. And, during our prayers, the evil one makes use of every means to chill our hearts and fill them with deceit in a most imperceptible manner to us. Pray and fortify yourself, fortify your heart." An Orthodox Monastery is a spiritual battleground. This is a truth that the nuns of Saint Maria Skobtsova’s Monastery have always known. The nuns’ work has brought them a fresh appreciation of that: in their medical clinic caring for cardiac patients; in their hospice program, caring for the dying; in their Community Supported Agriculture program, providing food for their subscribers and for themselves and their employees; and in their training program for certified nursing assistants. But most of all, they have learned this in their prayers and in the interactions of their growing community. Yet, it wasn't until one of the nuns was slandered by an old enemy, accused of murdering a hospice patient, that the nuns of Saint Maria’s Monastery, come to an intimate
awareness of how very much the battle is more within the soul of each nun than exterior. Still, St.
John of Kronstadt also taught, "Edifying words, the writings of the Holy Fathers, prayers, and
especially the words of the Word Himself, the Second Person of the Holy Trinity, are indeed living
water; water runs, and the words flow like water; water refreshes and gives life to the body, and
edifying words animate the soul, filling it with peace and joy, or with compunction and contrition
for sin." This, too, is something that the nuns have come to know intimately.

A clearly written book that provides an excellent introduction to alternative therapies.
Systematized health care practices, botanical healing, manual healing methods, mind-body
techniques, spiritual therapies, and more. For nurses and practitioners in allied health fields who
seek to expand their practice to offer wider choices to consumers of health care.