
Las Legiones Malditas Publio Cornelio Escipion 2 Santiago Posteguillo

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Traitors of Rome (Eagles of the Empire 18) National Geographic Books

"Linnea Hartsuyker brings myth and legend roaring to life in this superbly good page-turning saga of Viking-era Norway. The book's fiercest magic shines in the characters of Ragnvald and Svanhild, as unforgettable a brother and sister duo as I can remember. Linnea Hartsuyker is an exciting, original voice in historical fiction, and *The Half-Drowned King* is nothing short of mesmerizing."—Paula McLain, bestselling author of *The Paris Wife* and *Circling the Sun* An exhilarating saga of the

Vikings that conjures a brutal, superstitious, and thrilling ninth-century world and the birth of a kingdom—the debut installment in a historical literary trilogy that combines the bold imagination and sweeping narrative power of *Game of Thrones*, *Vikings*, and *Outlander*. Centuries ago, in a blood-soaked land ruled by legendary gods and warring men, a prophecy foretold of a high king who would come to reign over all of the north. . . . Ragnvald Eysteinnsson, the son and grandson of kings, grew up believing that he would one day take his dead father's place as

chief of his family's lands. Ragnvald's duty is to fight—and
But, sailing home from a raiding even die—for his honor, Svanhild
trip to Ireland, the young must make an advantageous
warrior is betrayed and left for marriage, though her adventurous
dead by men in the pay of his spirit yearns to see the world.
greedy stepfather, Olaf. Rescued Her stepfather, Olaf, has
by a fisherman, Ragnvald is arranged a husband for her—a
determined to have revenge for hard old man she neither loves
his stepfather's betrayal, claim nor desires. When the chance to
his birthright and the woman he escape Olaf's cruelty comes at
loves, and rescue his beloved the hands of her brother's arch
sister Svanhild. Opportunity may rival, the shrewd young woman is
lie with Harald of Vestfold, the forced to make a heartbreaking
strong young Norse warrior choice: family or freedom. Set
rumored to be the prophesied in a mystical and violent world
king. Ragnvald pledges his sword defined by honor, loyalty,
to King Harald, a choice that deceit, passion, and courage,
will hold enormous consequence The Half-Drowned King is an
in the years to come. While electrifying adventure that

breathtakingly illuminates the Viking world and the birth of Scandinavia.

State of Mind St. Martin's Press

The basis for HBO's *Patria*, named one of the "Best TV Shows of 2020" by The New York Times In the heart of Spain 's Basque Country, two friends, Miren and Bittori, find their worlds upended by violence. When Bittori 's husband runs afoul of the separatist organization ETA, a terrorist group of which Miren 's son, Joxe Mari, is a member, both women must choose between their friendship and their families. Moving back and forth in time and told through the eyes of a rich cast of characters from all walks of life, Fernando Aramburu 's dazzling novel probes the lasting legacy of conflict. A work of nearly unbearable suspense, *Homeland* is a searing examination of truth, reconciliation, and coming to terms with history.

Pride of Carthage Wheeler Publishing,

Incorporated

"An exploration of deep spiritual and philosophical issues through the eyes of a pilot"--Provided by publisher.

The Painter of Souls: A Novel Regnery Pub
Island of Red Mangroves is the follow-up to Sarah Lark's tumultuous novel, "*Island of a Thousand Springs*," set in Jamaica, 1732. -- Jamaica, 1753: Deirdre, daughter of Englishwoman, Nora Fortnam and slave Akwasi, lives a sheltered life on her family's plantation. Her stepfather, Doug, has welcomed her into his life as his own. Despite Deirdre's scandalous origin, the men of the island flock to the young beauty, but she shows no interest. That is, until she is charmed by young doctor Victor Dufresne, who asks for her hand in marriage. -- After their lavish wedding ceremony, Victor and Deirdre embark to Saint-Domingue on the island of Hispaniola, where Deirdre can live without the burden of her mixed background. But

what happens there changes everything ... -- Best-selling international author Sarah Lark delivers a gripping historical account of the social upheaval of the time set against the romantic Caribbean. For fans of Kathleen Grissom, *THE KITCHEN HOUSE*, Alex Haley, *ROOTS: THE SAGA OF AN AMERICAN FAMILY*, and Sue Monk Kidd, *THE INVENTION OF WINGS*.

Memorable Deeds and Sayings
Hampton Roads Publishing

An extraordinary story of passion, art, and intrigue, this novel journeys to a time and place in Italy where desire reigns supreme—and salvation is found in the strangest of places. Beauty can be a gift—or a wicked temptation. So it is for Filippo Lippi, growing up in Renaissance Florence. He has a

talent—not only can he see the beauty in everything, he can capture it, paint it. But while beauty can seduce you and art can transport you—it cannot always feed you or protect you. To survive, Pippo Lippi, orphan, street urchin, budding rogue, must first become Fra Filippo Lippi: Carmelite friar, man of God. His life will take him down two paths at once. He will become a gambler, a forger, a seducer of nuns; and at the same time he will be the greatest painter of his time, the teacher of Botticelli and the confidante of the Medicis. So who is he really—lover, believer, father, teacher, artist? Is anything true

except the paintings?

AFRICANUS. LAS LEGIONES

MALDITAS Candlewick Press

A brilliant young Carthaginian general's vengeance-based assault on the Roman victors of the First Punic War enmeshes a distinguished soldier's son and a Roman equestrian's son in a fateful adventure marked by slavery and friendship. 30,000 first printing.

The Bible of Clay Simon and Schuster

Segundo volumen de la trilogía

iniciada con Africanus. Déjate atrapar por esta trepidante novela sobre la guerra, el amor, la envidia, la amistad y la supervivencia. Publio Cornelio Escipión, conocido por el apodo de Africanus, que era considerado por muchos el heredero de las cualidades militares atribuidas a su padre y a su

tío, sólo tenía veintiséis años cuando aceptó comandar las tropas romanas en Hispania. Pero de ellos no sólo había recibido estos magníficos atributos, sino también algunos enemigos, entre otros Asdrúbal, el hermano de Aníbal, y el general púnico Giscón, quienes harían lo posible por acabar con su enemigo y masacrar sus ejércitos. En un fascinante relato que recrea un momento decisivo de la expansión de Roma, Santiago Posteguillo hace al lector cómplice y testigo de las batallas, conquistas y derrotas de Escipión y sus ejércitos. ENGLISH DESCRIPTION "Second volume in the trilogy that started with Africanus. Get caught up in this fast-paced novel

about war, love, envy, friendship and survival. Publius Cornelius Scipio, known by the nickname Africanus, who was considered by many to inherit the military qualities attributed to his father and uncle, was only twenty-six years old when he agreed to command the Roman troops in Hispania. Yet he received from them not only these magnificent attributes, but also some enemies, among others Hasdrubal, Hannibal's brother, and the Punic general Giscón, who would do everything possible to destroy his enemy and slaughter his armies. In a fascinating story that recreates a decisive moment in the expansion of Rome, Santiago Posteguillo makes the reader an accomplice and witness to

the battles, conquests and defeats of Scipio and his armies. "

The Journey of Alvar Nuñez Cabeza de Vaca and His Companions from Florida to the Pacific, 1528-1536

Publicacions de la Universitat Jaume I

Publio Cornelio Escipión nació en el año 235 a.C. en una de las familias más destacadas de Roma. Su padre, que tenía el mismo nombre, era cónsul y comandante del ejército. El cónsul había educado a su hijo con la sabiduría experiencial que le permitió desarrollar aptitudes excepcionales. Lo enroló tempranamente en su ejército. En el año 218 a.C, el cónsul enfrentó, por primera vez, al invasor Aníbal en la batalla del Tecino. Publio, de diecisiete

años, comandaba un escuadrón de caballería ubicado en la retaguardia. De allí vio que el padre había sido herido y rodeado por la caballería nómada. Entonces ordenó la carga para salvarlo y, frente a la duda de sus subordinados, asustados por la inferioridad numérica, se lanzó solo al galope, para obligar a seguirlo. Rompió las líneas enemigas y sostuvo el padre salvándolo. Rehusó después la condecoración que le otorgaron aduciendo no merecer tanto honor por cumplir con su obligación. Siete años después Publio Escipión padre fue derrotado y muerto en España dejando el resto de su ejército en condiciones desesperadas. En Roma, el Senado se reunió para encontrar un nuevo

comandante, evitando la definitiva pérdida de Hispania, ya que las legiones romanas sobrevivientes se encontraban en neta inferioridad frente a los tres ejércitos cartagineses. Nadie aceptó. Esa falta de entusiasmo indignó al joven Escipión que, con modestia, se postuló para vengar a su padre. Los senadores dudaron frente a tan inexperto comandante. Después, conmovidos, lo aceptaron con un gran aplauso. No se equivocaron. Las victorias que Escipión obtuvo en España iniciando con tan menguado ejército fueron memorables. La conquista de Cartago Nova, considerada inexpugnable por mar fue increíble. Después de un inteligente estudio de horarios, mareas y

profundidad del mar, Escipión mandó su ejército a vadear la laguna y atacar la ciudad sabiendo que, si no lograba vencer la resistencia en seis horas, sus tropas perecerían ahogadas. Siguió otros triunfos. Venció en Baecula al hermano de Aníbal. Destruyó en Ilipa el ejército de Magón, muy superior en número. En la última batalla contra los iberos definió la definitiva conquista de toda España. Al volver a Italia, sus envidiosos enemigos políticos le asignaron, en Sicilia, las dos legiones malditas que había cobardemente huido en la batalla de Cannas. Estaban castigadas y repudiadas. Sobre esas inciertas bases, Escipión construyó el ejército que triunfaría en África. Desembarcó en ese continente derrotando enemigos enormemente superiores. En la batalla de Utica, por ejemplo, con 25.000 legionarios causó 80.000 bajas al enemigo. Todo terminó, cuando venció su eterno rival Aníbal que contaba con un ejército que lo duplicaba en número, más 80 elefantes, en Zama. Si lo comparamos con los más famosos como Alejandro Magno, su adversario Aníbal, César o Napoleón no desmerece en ninguna de las aptitudes que caracterizan los comandantes más encumbrados. Lo igualaba en fe y una confianza en la misión que sabía transmitir a sus tropas. Venció sus batallas siempre castigado por la falta de apoyo de los enemigos políticos. Tenía a la

habilidad de Alejandro en explotar las ventajas técnicas de una superior organización y la de Cesar en saber cambiar tácticas, anticipándose a los acontecimientos. A diferencia de un Napoleón, jamás fue vencido. Si incluimos los valores humanos de personalidad, Escipión descolló sobre los demás. Su principal objetivo fue siempre la defensa de su Patria. Sabía relegar ambiciones personales, a diferencia de un Napoleón que veía a Europa como un patrimonio de familia y distribuía tronos entre sus hermanos y generales fieles. No se dejó seducir por apetencias personales, como Cesar con Cleopatra, o Alejandro, debilitado por sus excesos. Fue fiel a la familia. Amó su esposa Emilia. Denostado

injustamente por los envidiosos adversarios políticos, se retiró, terminada

Horse Healer EDICIONES B

The art of bonsai is widely known in the West: from the Karate Kid to the American Bonsai Association and even local grocery stores, bonsai has become a common sight in the States. But bonsai, the Japanese art of creating miniature trees, actually originated in China, where it's called penjing. Penjing, meaning "tray scenery," is a traditional Chinese art of creating miniature potted landscapes including trees and other plants. Brought from China to Japan in ancient times before spreading to the West, bonsai/penjing is now popular throughout the world. In China, the art of creating miniature landscapes has evolved in several different ways. Literati Style

Penjing: Chinese Bonsai Masterworks focuses on a special category of penjing associated with traditional Chinese culture, such as the painting of the literati, or elite scholar-bureaucrats, of imperial China. Like literati ink paintings, this style of penjing has a subtle elegance distinguished by a lone, lean trunk with sparse foliage exhibiting distinct lines and simplicity. The term "literati style penjing" has been widely accepted by the bonsai community and is becoming more common within the bonsai world. It is well suited to melding concepts from Chinese painting, poetry and Zen into a stunning bonsai work, making it of interest to a wide variety of gardening styles. Literati Style Penjing; Chinese Bonsai Masterworks explains the concept of penjing with a literati bent, exploring its rich history and aesthetics, as well as cultivation

techniques, and care and maintenance. It includes 12 examples of literati style penjing creations, which incorporate a deep knowledge of the art form together with practical creativity and artistic beauty. Lovers of bonsai will find much to inspire and delight within these pages.

The Red Ribbon Seal Books

Netlinguistics is here presented as a comprehensive linguistic framework account for language usage and change in Internet. This book proposes the development of a new field of research and study within applied linguistics.

Trilog í a Africanus (edici ó n pack con: El hijo del consul | Las legiones malditas | La traici ó n de Roma) Open Road Media Shining a light on a little-known aspect of the Holocaust, Lucy Adlington weaves an unforgettable story of strength, survival, and a friendship that can endure anything.

Three weeks after being detained on her way home from school, fourteen-year-old Ella finds herself in the Upper Tailoring Studio, a sewing workshop inside a Nazi concentration camp. There, two dozen skeletal women toil over stolen sewing machines. They are the seamstresses of Birchwood, stitching couture dresses for a perilous client list: wives of the camp's Nazi overseers and the female SS officers who make prisoners' lives miserable. It is a workshop where stylish designs or careless stitches can mean life or death. And it is where Ella meets Rose. As thoughtful and resilient as the dressmakers themselves, Rose and Ella's story is one of courage, desperation, and hope — hope as delicate and as strong as silk, as vibrant as a red ribbon in a sea of gray.

Homeland EDICIONES B

Con magistral precisión histórica y un excelente ritmo narrativo, Santiago Posteguillo presenta la historia de la infancia y juventud de Africanus, uno de los personajes más influyentes de Occidente en esta edición estuche de lujo con la trilogía completa. El hijo del cónsul A finales del siglo III a.C. Roma está a punto de ser aniquilada por los ejércitos cartagineses al mando de uno de los mejores estrategas militares de todos los tiempos: Aníbal. Su alianza con Filipo V de Macedonia, que pretendía la aniquilación de Roma como estado y el reparto del mundo conocido entre Cartago y

Macedonia, constitu í a una fuerza imparable que podr í a haber cambiado para siempre la historia de Occidente. Pocos a ñ os antes del estallido del conflicto, naci ó un ni ñ o llamado a realizar grandes proezas: Publio Cornelio Escipi ó n, hijo del c ó nsul de Roma durante el primer a ñ o de la guerra. Ya joven oficial, iniciar í a un dif í cil camino, sorteando obst á culos y buscando alianzas imposibles. Sus haza ñ as le valieron el sobrenombre de Africanus, en alusi ó n a uno de los territorios que conquist ó . Las legiones malditas Publio Cornelio Escipi ó n, que pasar í a a la historia con el sobrenombre de Africanus,

solo ten í a veintis é is a ñ os cuando acept ó comandar las tropas romanas en Hispania. Heredero de las cualidades militares de su padre y su t í o, el joven Escipi ó n tambi é n hab í a heredado algunos de sus feroces enemigos, como Asdr ú bal, el hermano de An í bal, o el gran p ú nico Gisc ó n, quienes planeaban derrotar a su ej é rcito en el campo de batalla. Sus opositores lo acechaban asimismo en el Senado de Roma, donde el todopoderoso Quinto Fabio Má ximo, ac é rrimo enemigo de los Escipi ó n, logr ó forzarlo, una vez concluida la campañ a en Hispania, a aceptar la tarea de liderar las legiones V y VI.

Eran estas unas legiones malditas, constituidas por los soldados supervivientes de Cannae, la más humillante derrota de Roma ante Aníbal. En el exilio en Sicilia, las legiones habían perdido el sentido del deber, la disciplina y toda esperanza de regresar a la patria. Con esta maniobra, Quinto Fabio Máximo creía abocar al último Escipión a una muerte segura. Lo que no podía prever era que el joven militar y sus legiones malditas estaban llamados a cambiar el curso de la historia. La traición de Roma En la última novela de la trilogía de Roma Santiago Posteguillo nos narra el épico final de la vida de

dos de los personajes más legendarios de la historia: Escipión y Aníbal. Tras la batalla de Zama, los eternos enemigos vuelven a encontrarse en medio de la vorágine de la guerra de Asia. Pero La traición de Roma es también la historia del hijo de Escipión, que lucha por estar a la altura de un padre inalcanzable; la de la joven Cornelia, la hija menor, y sus ansias de libertad en un mundo de hombres; la de Marco Pocio Catón y su persecución política contra los Escipión, junto con su aliado Graco, heredero de la poderosa familia Sempronia; la de Areté, una prostituta griega demasiado bella

para pasar inadvertida; la del rey Ant í oco III de Siria, cegado por las ambiciones de sus generales; la de Cayo Lelio, dispuesto a permanecer junto a su gran amigo Escipi ó n m á s all á de la raz ó n, y muchos otros personajes igualmente fascinantes. Posteguillo nos permite ser testigos privilegiados del ocaso de la vida tan intensa como desbordante de Publio Cornelio Escipi ó n, en el marco incomparable de una Roma que emerge victoriosa por encima de la historia sin importarle arrasar en su imparable ascenso con todo y con todos, incluidos sus h é roes. Publio Cornelio Escipi ó n el Africano,

espada invencible de Roma Anchor Las legiones malditas (Trilog í a Africanus 2)EDICIONES B Spartacus Hackett Publishing A USA Today Bestseller Inspired by fascinating, true, yet little-known events during World War II, *The Long Flight Home* is a testament to the power of courage in our darkest hours—a moving, masterfully written story of love and sacrifice. It is September 1940—a year into the war—and as German bombs fall on Britain, fears grow of an impending invasion. Enemy fighter planes blacken the sky around the Epping Forest home of Susan Shepherd and her grandfather, Bertie. After losing her parents to influenza as a child, Susan found comfort in raising homing pigeons with Bertie. All her birds are extraordinary to Susan—loyal, intelligent, beautiful—but none

more so than Duchess. Hatched from an egg that Susan incubated in a bowl under her grandfather ' s desk lamp, Duchess shares a special bond with Susan and an unusual curiosity about the human world. Thousands of miles away in Buxton, Maine, young crop-duster pilot Ollie Evans decides to join Britain ' s Royal Air Force. His quest brings him to Epping and the National Pigeon Service, where Susan is involved in a new, covert mission to air-drop hundreds of homing pigeons in German-occupied France. Many will not survive. Those that do will bring home crucial information. Soon a friendship between Ollie and Susan deepens, but when his plane is downed behind enemy lines, both know how remote the chances of reunion must be. Yet Duchess will become an unexpected lifeline, relaying messages between Susan and Ollie as war

rages on—and proving, at last, that hope is never truly lost. “ Hlad adeptly drives home the devastating civilian cost of the war. ” —Booklist

Africanus. El Hijo Del Consul. 10 ° Aniversario / Africanus Las legiones malditas (Trilog í a Africanus 2)

Popular in its day both as a sourcebook for writers and orators and as a guidebook for living a moral life, this remarkably rich document serves as an engaging introduction to the cultural and moral history of ancient Rome. Valerius' "thousand tales" are arranged thematically in ninety-one chapters that cover nearly every

aspect of life in the ancient world, including such wide-ranging topics as military discipline, child rearing, and women lawyers. As a whole, the work gives the reader fascinating insights into what it felt like to be an ancient Roman, what the ancient Romans really believed, what their private world was like, how they related to one another, and what they did when nobody was watching.

Dark Days Rugged Land Books

On the heels of the international bestseller *Only Time Will Tell*, Jeffrey Archer picks up the sweeping story of the Clifton Chronicles.... Only days before Britain declares war on Germany, Harry Clifton, hoping to escape the consequences of long-buried family

secrets, and forced to accept that his desire to marry Emma Barrington will never be fulfilled, has joined the Merchant Navy. But his ship is sunk in the Atlantic by a German U-boat, drowning almost the entire crew. An American cruise liner, the SS *Kansas Star*, rescues a handful of sailors, among them Harry and the third officer, an American named Tom Bradshaw. When Bradshaw dies in the night, Harry seizes on the chance to escape his tangled past and assumes his identity. But on landing in America, he quickly learns the mistake he has made, when he discovers what is awaiting Bradshaw in New York. Without any way of proving his true identity, Harry Clifton is now chained to a past that could be far worse than the one he had hoped to escape.

The Long Flight Home Headline

Última novela de la Trilogía de Roma, en la que descubriremos el épico final de dos de los personajes más legendarios de la historia: Escipión y Aníbal. « He sido el hombre más poderoso del mundo, pero también el más traicionado. » Así comienza Publio Cornelio Escipión sus memorias en La traición de Roma, para continuar con el final de dos de los más épicos personajes de la historia, Escipión y Aníbal. Los eternos enemigos se encuentran una vez más en la batalla de Magnesia, un episodio casi desconocido de la historia de occidente. Pero además de batallas, el autor nos cuenta lo

que ha sido de los hijos de Escipión; de sus enemigos, Marco Porcio Catón y de su aliado Graco; de la esclava Netikerty; de la prostituta Areté; de su fiel aliado Ledio; de Antíoco III, el rey de Siria; del ya anciano dramaturgo Plauto, que se pasea por las calles de Roma, y también de la mujer de Escipión, Emilia Tercia, digna hasta el final en medio de la mayor de las hecatombes públicas y privadas. Con la electrizante prosa que lo caracteriza, Posteguillo nos transporta de nuevo a la antigua Roma para ser testigos privilegiados del ocaso de una vida tan intensa como desbordante: el final de la

epopeya de Publio Cornelio Escipión progenitor, Publio Cornelio Escipión, y de todo su mundo en el marco incomparable de una Roma que emerge victoriosa, por encima de la historia, sin importarle arrasar en su imparable ascenso todo y a todos, incluidos a sus héroes.

Netlinguistics Simon and Schuster

A finales del siglo IV antes de Cristo, Roma se encontraba a punto de ser aniquilada por los ejércitos cartagineses al mando de Aníbal. Ese era su inexorable destino hasta que surgió un solo hombre que transformó lo que debía ocurrir en lo que finalmente fue: la génesis de un imperio y una civilización secular en el tiempo y en la historia del mundo. Aquel niño recibió el nombre de su

quien fuera cónsul de Roma durante el primer año de aquella guerra. Las hazañas del hijo del cónsul alcanzaron tal magnitud que el pueblo le concedió un sobrenombre especial, un apelativo referente a uno de los territorios que conquistó: Africanus. Africanus, el hijo del cónsul, narra con una prosa ágil y directa el tormentoso y a la vez fascinante mundo de la juventud de Publio Cornelio Escipión, el Africano. Esta novela describe con detalle las batallas de Tesino, Trebia, Trasimeno y Cannae, los asedios de Sagunto, Tarento o Cartago Nova, los tensos debates en el senado, las marchas forzadas de las legiones, el avance de los elefantes, las frías noches previas

al combate, la amistad de los legionarios durante la campaña, el dolor de la muerte, el sinsentido de la guerra, el significado de la gloria y el honor, las costumbres, y las tradiciones de una Roma milenaria.

ENGLISH DESCRIPTION The genesis of an empire... a child got the name of his father, who was consul of Rome during the first year of the war. The heroic deeds of the Consul's son reached such heights that his people gave him a special nickname, because of the territories he conquered: Africanus.

Literati Style Penjing Vintage
TRAITORS OF ROME: THE SUNDAY
TIMES BESTSELLER An enthralling
Cato and Macro adventure from

bestselling author Simon Scarrow. Not to be missed by readers of Conn Iggulden and Bernard Cornwell. AD 56. Battle-hardened veterans of the Roman army Tribune Cato and Centurion Macro are garrisoned at the eastern border, aware that their movements are constantly monitored by spies from dangerous, mysterious Parthia. But the enemy within could be the deadliest threat to the Legion ... and the Empire. There's a traitor in the ranks. Rome shows no mercy to those who betray their comrades, and the Empire. But first the guilty man must be discovered. Cato and Macro are in a race against time to expose the truth, while the powerful enemy over the border waits to exploit any

weaknesses in the Legion. The traitor must die ... Praise for Simon Scarrow's bestselling novels: 'Blood, gore, political intrigue...A historical fiction thriller that'll have you reaching for your gladius' Daily Sport 'Gripping... ferocious and compelling' Daily Express 'Brilliantly told adventures ... Roman soldiering at its very best - even by Scarrow's high standards' Sunday Sport

Africanus (Trilogía Africanus 1)
EDICIONES B

Eliminating Stress, Finding Inner Peace is an important step on the healing journey. Stress kills—there's no doubt. It eats away at you, affecting your level of happiness, as well as your stomach lining. It raises your

blood pressure and directly harms your cardiovascular system. It depresses your immune system and allows chronic illnesses to overwhelm you—causing pain, disability, and even death. Basically, stress prevents you from experiencing life's many pleasures. Stress is a mental state that can cause severe negative emotional and physical consequences. It can be entirely eliminated, or at least greatly lessened, by adjusting our understanding and attitudes, and by learning simple, yet very effective, relaxation techniques. This book, with its accompanying stress-reduction audio download, will help you deeply relax. It will enable you to release the acute and chronic tension you

constantly carry in your body and mind. It can also help you remove the blocks and obstacles to your inner peace and contentment, and prevent stress-related illness and disease. To heal yourself in this manner is an act of self-love, because you ' re taking the time and expending the energy to work on yourself physically and emotionally, thereby bringing more joy into your life. You ' ll find that regular practice with the audio will produce profound, long-lasting results.