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The Rough Guide to Venice & the Veneto MIT Press

The Rough Guide Snapshot to Kyoto and Nara includes Kyoto International Manga Museum, Kinkaku-ji and Todai-ji The Rough Guide Snapshot to Kyoto and Nara is the ultimate travel guide to these Japanese prefectures. The guide leads you through the regions with reliable information and comprehensive coverage of all the sights and attractions, from Kinkaku-ji to the Kyoto International Manga Museum and Ine fishing village to Todai-ji. Detailed maps and up-to-date listings pinpoint the best caf  s, restaurants, hotels, shops, bars and nightlife, ensuring you make the most of your trip, whether passing through, staying for the weekend or longer. Also included is the Basics section from the Rough Guide to Japan, with all the practical information you need for travelling in and around Kyoto and Nara, including transport, food, drink, costs, health, festivals and culture and etiquette. Also published as part of the Rough Guide to Japan. Full coverage: Kyoto Around Kyoto Nara Around Nara

Zen's Chinese Heritage Psychology Press

Now in its 3rd edition, the Reference Guide to American Literature focuses on the rich diversity of individuals that comprise an important group of American novelists, poets, dramatists and essayists. Entries include expanded multi-ethnic representation and profile more African Americans, and for the first time, Asian, Hispanic and Native American writers and works, as well as writers who concentrate on women's and gay and lesbian issues. *Reference Guide to American Literature* Hogrefe Publishing GmbH

Now available in ePub format. The award-winning Rough Guide to Japan makes the ideal travel companion to one of the world's most unique and dynamic countries. In full color throughout, this opinionated guide is packed with essential information on the latest and best places to sleep, eat, party and shop and includes pointers on etiquette and other cultural niceties. Maps of all the main tourist destinations and easy-to-read color transportation maps of the Tokyo and Osaka train and subway systems help you navigate the major cities. From neon-soaked Tokyo to temple-studded Kyoto and snow-topped Mount Fuji, all of the major travel hotspots are covered in full, and The Rough Guide to Japan also points the way to off-the-beaten-track gems: Soak in a live-volcano hot spring on Kyushu island, go diving in tropical Okinawa, or wind your way through mountain traverses in the Japan Alps. You'll also find a richer understanding of the country through chapters on Japan's history, religions, arts, movies, music, and pressing environmental issues. Make the most of your time with The Rough Guide to Japan.

From Greed to Wellbeing Penguin

This book invites you to cultivate stillness and contentment in an ever-changing, uncertain world, inspired by ancient and contemporary Japanese wisdom. Drawing on a thousand years of Japanese literature, culture, and philosophical ideas to explore the true nature of time and what it means to be human, Kokoro—which mysteriously translates as "heart-mind"—is a meditation on living well. Join Japanologist Beth Kempton on this life-changing pilgrimage far beyond the tourist trail, to uncover the soul of the country, its people, and its deeply buried wisdom. Distilling insight from a rich variety of sources, from centuries-old poetry and ancient Zen texts to martial arts teaching and contemporary philosophy, alongside the real-life stories of modern day pioneers, Kokoro offers an inspiring take on what it truly means to be happy, so that you can live each day with wonder and ease.

The Rough Guide to Japan Apa Publications (UK) Limited Whether you are completely new to yoga, a more advanced practitioner who feels they can't see the wood for the trees or simply someone who would like to know what all these people who seem to go on about yoga are actually talking about, this is the first book you need to read. The Incomplete Guide to Yoga is a comprehensive introduction and guide to yoga, covering everything from the philosophical background and history to the nuts and bolts of how to practice - and pretty much everything in between. There are hundreds of books about yoga, covering hundreds of topics and viewpoints, many conflicting with each other. If you have ever stood in a bookshop and thought I AM

JUST A NORMAL PERSON WHO WANTS TO KNOW WHAT YOGA IS AND WHAT ON EARTH I AM SUPPOSED TO DO WITH IT, then reading this book will do the job nicely. The Incomplete Guide to Yoga is a unique synthesis of the many aspects of yoga, and its relationship with modern thinking. It provides clear, unbiased explanations and will leave you with your own coherent picture of yoga and how it will work for you. ,

HWM Saint James Press

The Rough Guide to New York is the definitive guide to the cultural capital of the USA, taking you from the historic Financial District to the landmark architecture of Midtown and from peaceful Central Park to the furthest reaches of the Bronx. It's packed with detailed, lively reviews of accommodation and restaurants to suit all budgets, plus the practical information you'll need to make the best of your break. Get under the skin of this dynamic, vibrant city with the 'things not to miss', essentials on how to get around, and quirkier sections like the recommended New York books and films. With comprehensive research, stunning photographs and dozens of clear, accurate maps The Rough Guide to New York is your essential companion. Make the most of your trip with The Rough Guide to New York.

Insight Guides Pocket Japan (Travel Guide Japan) Apa Publications (UK) Limited

This practical guide is perfect for those looking to try this ancient art form for the first time! In this book, Japanese master artist Shozo Koike reveals the simple secrets of Sumi-e, offering step-by-step instructions with clear photographs and online video tutorials showing you how to paint 19 traditional subjects. Sumi-e is the meditative Japanese form of ink painting taught by Zen Buddhist monks to encourage mindfulness and an awareness of our surroundings. It uses only ink, water, a brush and paper to capture natural objects and landscapes in a vivid, spontaneous fashion. Koike begins with the basics--what to buy and how to prepare the ink in a traditional inkstone. Next, he shows you how to practice the 11 basic brushstrokes used for all Sumi-e paintings. The 19 traditional subjects taught in this book include: Flowers like orchids, chrysanthemums, camellias, roses and peonies Plants and fruits including bamboo, eggplants, grapes and chestnuts Animal figures including small birds, butterflies, chicks, crabs and goldfish Koike also explains the philosophy of Sumi-e, which emerges from the use of negative white space to enhance the painted forms. Readers will enter into a world not just of black and white, but of infinite shades of gray which are capable of evoking all the sensations of color using these techniques.

American Studies Wipf and Stock Publishers

Compiles career biographies of over 1,200 artists and rock music reviews written by fans covering every phase of rock from R & B through punk and rap.

Reference Guide to American Literature Simon and Schuster

A welcome addition to any reading list for those interested in contemporary Japanese society. - Roger Goodman, Nissan Professor of Modern Japanese Society, University of Oxford "I know no better book for an accessible and up-to-date introduction to this complex subject than The SAGE Handbook of Modern Japan Studies." - Hiroko Takeda, Associate Professor, Organization for Global Japanese Studies, University of Tokyo "Pioneering and nuanced in analysis, yet highly accessible and engaging in style." - Yoshio Sugimoto, Emeritus Professor, La Trobe University The SAGE Handbook of Modern Japanese Studies includes outstanding contributions from a diverse group of leading academics from across the globe. This volume is designed to serve as a major interdisciplinary reference work and a seminal text, both rigorous and accessible, to assist students and scholars in understanding one of the major nations of the world. James D. Babb is a Senior Lecturer in the School of Geography, Politics and Sociology at Newcastle University.

The Rough Guide to Venice & the Veneto Rough Guides UK A lively comparison of musical meaning in Ohio's Jazz, metal, and hard rock scene. This vivid ethnography of the musical lives of heavy metal, rock, and jazz musicians in Cleveland and Akron, Ohio shows how musicians engage with the world of sound to forge meaningful experiences of music. Unlike most popular music studies, which only provide a scholar's view, this book is based on intensive fieldwork and hundreds of hours of in-depth interviews. Rich descriptions of the musical life of metal bars and jazz clubs get readers close to the people who make and listen to the music. Of special interest are Harris M. Berger's interviews with Timmy "The Ripper" Owens, now famous as lead singer for the pioneering heavy metal band, Judas Priest. Owens and other performers share their own experiences of the music, thereby challenging traditional notions of harmony and musical structure. Using ideas from practice theory and phenomenology, Berger shows that musical perception is a kind of practice, both creatively achieved by the

listener and profoundly informed by social context.

The Rough Guide to Japan Simon and Schuster

Anyone who has ever cursed a computer will benefit from Zen Computer, with its soothing approach to living calmly amid the constant upheavals of new technology. In a simple, easy-to-read style, Philip Toshio Sudo shows how the ancient principles of Zen philosophy apply to the modern science of bits and bytes, helping computer novices and the techno-savvy alike deal with everything from computer crashes to major life changes. Divided into short, concise chapters, the book includes a user's guide to mindful computing, and features "The Seven Rules of Zen Computer." Quotes from thinkers such as Blaise Pascal, Albert Einstein, and Bill Gates illustrate the links between Western science and Eastern philosophy, making Zen Computer accessible to all readers, regardless of their familiarity with Zen. Filled with Zen stories, samurai maxims, and beautiful artwork that combines Japanese brush painting with digital imagery, Zen Computer shows us how the interface between the traditional and technological can be found right here, right now.

My Pocket Guide to Manifestation Penguin

Explore Japan with the smartest and shrewdest guidebook on the market. Fully updated and expanded, this stunningly illustrated travel guide brings you superb coverage of all the country's unmissable experiences, from staying in a cosy ryokan and soaking in an onsen bath to climbing snow-capped Mount Fuji and watching a titanic bout of sumo. Get up-to-the minute tips on contemporary Japan, from Kyoto's burgeoning street-food scene to Tokyo's up-and-coming hipster hubs, and read expert background on everything from anime to Zen. Packed with advice on all the best places to eat, sleep, drink and party - on every budget - this new edition of The Rough Guide to Japan covers Japan with our trademark mix of candour, insight and practical advice. Full colour maps and Japanese characters are given throughout to help navigate this bewildering and bewitching country. Make the most of your trip with The Rough Guide to Japan. Winner of the Top Guidebook Series in the Wanderlust Reader Travel Awards 2017.

Kyoto and Nara: Rough Guides Snapshot Japan Saint James Press

" This little book crams a lot of info into this pocket-sized package! " —Us Weekly Set intentions, visualize your future, and turn your dreams into reality, anytime, anywhere with this perfectly portable pocket guide to manifesting, including 90+ easy activities you can do on the go. Attract what you want anytime, anywhere with the My Pocket Guide to Manifestation. You will find nearly one hundred simple and effective activities to help you set your intentions, realize your goals, and see your dreams come true. Manifesting is all about the art of intention, alignment, and releasing resistance, all of which you will get to practice in this book! From creating vision boards to writing letters to the Universe, to working with crystals, My Pocket Guide to Manifestation has you covered. Learn how to embrace your desires and get what you want through the magic of manifesting!

The Incomplete Guide to Yoga Univ of California Press

Despite our fitful attempts over decades at reform, the global financial system seems caught in cycles of boom and bust, instability, and scandal. In this timely new book, Joel Magnuson builds on the classic works of E. F. Schumacher and other kindred spirits to provide a Buddhist economics perspective on this recurring pattern, and offers new possibilities for real change. The book centers on the belief that greed, aggression, and delusion (Buddhism's " three poisons ") are embedded within our financial institutions and that they perpetuate the continued widespread attachment to endless economic growth and financial accumulation that are responsible for social and ecological malaise. Arguing that mainstream economics fails to adequately address this cycle, Magnuson presents a new framework of Buddhist economics, helping readers gain a deeper understanding of current economic problems and offering a course toward genuine wellbeing.

Water-resources Investigations Report Rajeev Nalawadi

A presentation on the Tibetan Buddhist path to enlightenment, through the lens of an artist's eye and experience. The sacred arts play an essential, intrinsic role in Tibetan Buddhist practice. Here, one of the great practitioners and master artists of our time presents a guide to the Tibetan Buddhist path, from preliminary practices through enlightenment, from the artist's perspective. With profound wisdom, he shows how visual representations of the sacred in paintings, sculptures, mandalas, and stupas can be an essential support to practice throughout the path. This work, based on the author's landmark Tibetan text, The Path to Liberation, includes basic Buddhist teachings and practices, clearly pointing out the relevance of these for both the sacred artist and the practitioner, along with an overview of the history and iconography of Buddhist art.

The Rough Guide to Bangkok Rough Guides UK

The Rough Guide to Venice & the Veneto is long established as the most thorough and reliable guide to the city and its surroundings. Unrivaled in its coverage of the Doge's Palace, the Basilica di San Marco, and other major sights, The Rough Guide to Venice & the Veneto also reveals the treasures to be found in the districts that lie off the usual tourist trails--and has plenty of maps to make sure you find them easily. It will tell you the best places to stay, eat, and drink,

in all price ranges, from backwater bars to gourmet restaurants, from cozy B&Bs to spectacular Grand Canal hotels. In addition to being packed with stories that illuminate the city's history, The Rough Guide to Venice & the Veneto tells you more about the city as it is today than any other guidebook, with features on everything from flood-prevention projects to the travails of Venice's football team. Make the most of your time with The Rough Guide to Venice & the Veneto. Series Overview: For more than thirty years, adventurous travelers have turned to Rough Guides for up-to-date and intuitive information from expert authors. With opinionated and lively writing, honest reviews, and a strong cultural background, Rough Guides travel books bring more than 200 destinations to life. Visit RoughGuides.com to learn more.

Reference Guide to Short Fiction Simon and Schuster

The Rough Guide to Bangkok is the ultimate travel guide to this frenetic city with clear maps and detailed coverage of all the best Bangkok attractions. From the royal temples and palaces of Ratanakos to the vibrant weekend market at Chatuchakwith, the hushed golden temples and ultra-hip designer boutiques, discover Bangkok's highlights inspired by dozens of colour photos. Find detailed historical coverage of the must-see sites and practical advice on getting around the city whilst relying on up-to-date descriptions of the best hotels, bars, clubs, shops and restaurants for all budgets. The Rough Guide to Bangkok includes two full-colour sections on Bangkok by boat and Thai cuisine and a crucial language section with basic words and phrases and handy tips for pronunciation. You'll find up-to-date information on excursions around the city, including trips to the grandiose ruins of Ayutthaya and the war sights along the River Kwai. Explore every corner of Bangkok with clear maps and expert background on everything from contemporary art to Thai Buddhism. Make the most of your holiday with The Rough Guide to Bangkok

Metal, Rock, and Jazz Shambhala Publications

DK Eyewitness Travel Guide: Tokyo will lead you straight to the best attractions this city has to offer. The guide includes unique illustrated cutaways, floor plans, and reconstructions of Tokyo's stunning architecture, along with 3-D aerial views of the key districts to explore on foot. You'll find detailed listings of the best hotels, restaurants, bars, and shops for all budgets in this fully updated guide, plus insider tips on everything from where to find the best markets and nightspots to which attractions appeal most to children. DK Eyewitness Travel Guide: Tokyo shows you what other guidebooks only tell you.

[Beginner's Guide to Sumi-e](#) Storey Publishing, LLC

Each one of us has a perception of reality that is shaped by a number of factors, such as our senses, our experiences, our beliefs, our emotions, and our perspectives. This book draws from personal experiences, culture, technology, genes, philosophy, and attempts to reveal a path that systematically unveils the tools to understanding ourselves better and as a result unlock the potential deep within us. If we believe that the world is a dangerous place, we may be more likely to interpret events in a negative way. Conversely, if we believe that the world is a friendly place, we may be more likely to interpret events in a positive way. By creating an awareness of how these perceptions of reality are influential and understanding how our minds work, we can become more objective in our thinking and make better informed decisions. Technology growth has fueled our communications by helping us stay in touch with friends and family anywhere in the world, collaborate with colleagues & clients located anywhere in the world, provided accessibility to almost unlimited information and knowledge at the click of a few buttons, improved quality of life for people with disabilities, wearables to monitor our health and fitness. Despite all these life enriching experiences, there is a deep sense of anxiety, fear, and tension that is tied to newer innovations like Artificial Intelligence (AI) and many other products. Embark on this unique transformational journey with author Rajeev Nalawadi to analyze from an engineer's perspective the concepts of I, Me, Mine, You in our lives. When we see ourselves as "I", we are seeing ourselves as separate from the world around us. When we see ourselves as "me", we are seeing ourselves as a collection of thoughts, feelings, and experiences. When we see ourselves as "mine", we are seeing ourselves as attached to things and people in the material world. When we see ourselves as "you", we are seeing ourselves as connected to all other beings in the universe. How can we transform ourselves to chart life 's journey to lead a more fulfilling life amidst the wave of breakneck speed innovations about to be introduced. Tapping into the field of all possibilities is within reach for all of us, it just needs to be explored the right way. Rather than being overwhelmed by the blast of technological innovations headed our way, we can use some techniques to manage our life 's transformations in a way that can instill peace, and calmness.

Yoga Journal Corwin Press

This book is intended to engender debate. Its subject, faith in a modern Buddhist context, almost always carries with it the widespread but erroneous assumption that it is completely unimportant to the Buddhist path. Without really knowing what it is and how it differs from theistic versions, faith has been given a bad name. Moreover, naivety regarding the colonial orientalist agenda and bias of early Zen exegetes in the West has allowed

modern Zennists to accept, almost unquestioningly, the view that faith and knowledge occupy opposite ends of the practice spectrum. As a result, trusted and authentic sources of authority, Zen ancestors and sutras, have often been prevented from speaking about a doctrinally sound and legitimate tool of realization mentioned in a stunningly large amount of sutras. It has also resulted in an erroneous and often condescending view of "faith schools" of Buddhism. Now is the perfect time in Zen's journey in the West to reassess and address these shortcomings.