

Secrets Of Your Cells

Presents a series of short, yoga-like exercises, developed by Tibetan monks, reputed to reverse the physical and mental effects of aging

Watch a video Watch a Fox News segment on The Longevity Project. This landmark study--which Dr. Andrew Weil calls "a remarkable achievement with surprising conclusions"--upends the advice we have been told about how to live to a healthy old age. We have been told that the key to longevity involves obsessing over what we eat, how much we stress, and how fast we run. Based on the most extensive study of longevity ever conducted, The Longevity Project exposes what really impacts our lifespan--including friends, family, personality, and work. Gathering new information and using modern statistics to study participants across eight decades, Dr. Howard Friedman and Dr. Leslie Martin bust myths about achieving health and long life. For example, people do not die from working long hours at a challenging job- many who worked the hardest lived the longest. Getting and staying married is not the magic ticket to long life, especially if you're a woman. And it's not the happy-go-lucky ones who thrive--it's the prudent and persistent who flourish through the years. With questionnaires that help you determine where you are heading on the longevity spectrum and advice about how to stay healthy, this book changes the conversation about living a long, healthy life.

"It's rare that a medically trained scientist dares to venture into the mystical world of our cells and biology,

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but Dr. Barrett has both the courage and insights to do just that. By combining her scientifically trained mind with the wisdom of her heart, she takes us on an adventure of perceiving the inner workings of our bodies in a new way. This book will serve anyone curious about how our physical lives are related to this vast universe that we occupy."-Leigh Fortson, author of Embrace, Release, Heal: An Empowering Guide to Talking About, Thinking About, and Treating Cancer "In Secrets of Your Cells, biochemist Sondra Barrett puts us in touch with the incredible beauty and organization of the cells of the human body as she translates the small-scale life of cells into large-scale lessons for living. This is the work of someone with a genuine reverence for the sacredness of life." -Larry Dossey, MD, author of Healing Words, Reinventing Medicine, and The Power of Premonitions "Sondra has the gift of a scientist's mind wedded to an artist's heart."-Eli Jaxon-Bear, author of From Fixation to Freedom: The Enneagram of Liberation. A guiding principle of the spiritual journey is to look within. Biochemist Sondra Barrett has done just that-and discovered that our cells offer us invaluable wisdom for transformation, relationships, and healing. With Secrets of Your Cells, this scientist and mind-body teacher takes you on a provocative journey into our inner universe. Exploring the cell's astonishing architecture, intelligence, and ability to function harmoniously, this book offers practical exercises for applying the lessons of our cells to live well and thrive. Join Dr. Barrett to learn: Practical guidance for engaging cellular intelligence in everyday life through our thoughts, choices, and actions Inner

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wisdom embedded in our cells about sanctuary, letting go, and being in the present moment What our cells can teach us about communication, cooperation, and purpose How the anatomy of our cells responds to energy, movement, and internal tension Cells and molecules as sacred art, as revealed by Dr. Barrett's fascinating color photographs of the inner and outer world "Our cells are more than just fortuitous arrangements of chemicals," explains Dr. Barrett. "They are a community of trillions of sentient entities cooperating to create a sanctuary for the human soul." Drawing on the insights from shamanic practices, energy medicine, and the wisdom of our body's fundamental building blocks, *Secrets of Your Cells* is a thoroughly researched and accessible resource for putting cutting-edge biology into action.

Incorporating the latest medical and scientific research, a study of the health benefits of serotonin explains how to boost serotonin levels without taking drugs, revealing how high serotonin levels can naturally curb appetite, help fight depression, alleviate migraine headaches, relieve PMS, eliminate fatigue, and more. Original. 25,000 first printing.

Since the 1930s Louise Bourgeois has worked with materials ranging from rubber to cement, through which she has told the stories of her own life and the lives of others. This book traces her life from her Paris youth, through her experiences with the leading artists of the New York School, to her famed installations.

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Your cells are talking about you. Right now, both your inner and outer worlds are abuzz with chatter among living cells of every possible kind—from those in your body and brain to those in the environment around you. From electrical alerts to chemical codes, the greatest secret of modern biology, hiding in plain sight, is that all of life's activity boils down to one thing: conversation. While cells are commonly considered the building block of living things, it is actually the communication between cells that brings us to life, controlling our bodies and brains, determining whether we are healthy or sick, and directly influencing how we think, feel, and behave. In *The Secret Language of Cells*, doctor and neuroscientist Jon Lieff lets us listen in on these conversations, and reveals their significance for everything from mental

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health to cancer. He explains the surprising science of how very different cells—bacteria and brain cells, blood cells and viruses—all speak the same language. This overarching principle has been long overlooked because scientific journals use impenetrable jargon that makes it hard to be understood across disciplines, much less by the general public. Lieff presents a fascinating and accessible look into cellular communication science—a groundbreaking and comprehensive exploration of this biological phenomenon. In these pages, discover the intriguing lives of cells as they ask questions, get answers, give feedback, gather information, call for each other, and make complex decisions. During infections, immune T-cells tell brain cells that we should "feel sick" and lie down. Cancer cells warn their community about immune and microbe attacks. Gut cells talk with microbes to determine which are friends and which are enemies, and microbes talk with each other and with much more complicated human cells in ways that determine which medicines work and which will fail. With applications for immunity, chronic pain, weight loss, depression, cancer treatment, and virtually every aspect of health and biology, cellular communication is revolutionizing our understanding not just of disease, but of life itself. *The Secret Language of Cells* is required reading for anyone interested in following the conversation.

#1 NEW YORK TIMES BESTSELLER • “The story of modern medicine and bioethics—and, indeed, race relations—is refracted beautifully, and movingly.”—Entertainment Weekly **NOW A MAJOR**

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MOTION PICTURE FROM HBO® STARRING OPRAH WINFREY AND ROSE BYRNE • ONE OF THE “MOST INFLUENTIAL” (CNN), “DEFINING” (LITHUB), AND “BEST” (THE PHILADELPHIA INQUIRER) BOOKS OF THE DECADE • ONE OF ESSENCE’S 50 MOST IMPACTFUL BLACK BOOKS OF THE PAST 50 YEARS • WINNER OF THE CHICAGO TRIBUNE HEARTLAND PRIZE FOR NONFICTION NAMED ONE OF THE BEST BOOKS OF THE YEAR BY The New York Times Book Review • Entertainment Weekly • O: The Oprah Magazine • NPR • Financial Times • New York • Independent (U.K.) • Times (U.K.) • Publishers Weekly • Library Journal • Kirkus Reviews • Booklist • Globe and Mail Her name was Henrietta Lacks, but scientists know her as HeLa. She was a poor Southern tobacco farmer who worked the same land as her slave ancestors, yet her cells—taken without her knowledge—became one of the most important tools in medicine: The first “immortal” human cells grown in culture, which are still alive today, though she has been dead for more than sixty years. HeLa cells were vital for developing the polio vaccine; uncovered secrets of cancer, viruses, and the atom bomb’s effects; helped lead to important advances like in vitro fertilization, cloning, and gene mapping; and have been bought and sold by the billions. Yet Henrietta Lacks remains virtually unknown, buried in an unmarked grave. Henrietta’s family did not learn of her “immortality” until more than twenty years after her death, when scientists investigating HeLa began using her husband and children in research without informed consent. And though the cells had launched a

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multimillion-dollar industry that sells human biological materials, her family never saw any of the profits. As Rebecca Skloot so brilliantly shows, the story of the Lacks family—past and present—is inextricably connected to the dark history of experimentation on African Americans, the birth of bioethics, and the legal battles over whether we control the stuff we are made of. Over the decade it took to uncover this story, Rebecca became enmeshed in the lives of the Lacks family—especially Henrietta’s daughter Deborah. Deborah was consumed with questions: Had scientists cloned her mother? Had they killed her to harvest her cells? And if her mother was so important to medicine, why couldn’t her children afford health insurance? Intimate in feeling, astonishing in scope, and impossible to put down, *The Immortal Life of Henrietta Lacks* captures the beauty and drama of scientific discovery, as well as its human consequences.

Tony Vick is serving two life sentences for murder. After nearly twenty years in prison, Tony has literally taken to the pen to document firsthand what life is like behind bars. This book--handwritten by Tony and later transcribed by outside friends--indirectly challenges the reader to engage prison reform as one of the most important social issues of this generation, wondering if society can shift its emphasis from retribution to rehabilitation. Tony's new book describes the violent, even horrific, incidents that occur in prison, incidents mostly hidden in the shadows, away from public awareness. It tells you the stories that those invested in incarceration would rather remain secret. As captivating

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as it is timely, *Secrets from a Prison Cell* shortens the distance between those outside and inside prison walls. Through personal stories, essays, and poetry, Tony Vick's book pulls back the curtain on a world invisible to most people, dramatically revealing the realities of life in prison and the power of love to fight dehumanization. For Tony, writing this book has never been about money but about the message. Any proceeds from sales of the book will be donated to the No Exceptions Prison Collective, a non-profit organization that advocates for prison reform. (<https://noexceptions.net>) No Exception's mission is furthered by its very name, referencing the 13th Amendment to the U.S. Constitution that abolishes slavery, except for those incarcerated in our nation's prisons. Slavery still exists in America!

The Master Key System is a personal development book by Charles F. Haanel. The book describes many New Thought beliefs such as the law of attraction, creative visualization and man's unity with God, and teaches the importance of truth, harmonious thinking and the ability to concentrate. The Book that will not only leave you 'feeling' good, but also 'thinking' good. In *The Master Key System*, presented as a series of twenty-four lessons, delivered to students, Charles Haanel discusses everything from how to feel healthy to how to become wealthy. Using precise logic and a consistent, common-sense frame-work, Haanel shows us how to achieve that what we most desire. Used as thus instructed "*The Master Key*" will make of the reader a greater, better personality, and equipped with a new power to achieve any worthy personal purpose and a new ability to enjoy

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life's beauty and wonder.

A quirky and inspired guide to your very own origin story. This enlightening and irresistible book for adults explains how you were made—not with the standard euphemisms told to us as children, but with vivid, exacting prose that unveils all the complex processes we never knew produced human life. With a brilliant talent for thoughtful, charming science writing, Katharina Vestre takes us from cell to human and shares surprising facts along the way—such as that sperm have a sense of smell and that hiccups were likely inherited from our ancient, underwater ancestors. She also shows why gender is more complicated than we think and reveals the questions scientists still ponder about how we came to be. A miniature drama of cosmic significance, this is the incredible story of you.

The gripping story of a chemical weapons catastrophe, the cover-up, and how one American Army doctor's discovery led to the development of the first drug to combat cancer, known today as chemotherapy. On the night of December 2, 1943, the Luftwaffe bombed a critical Allied port in Bari, Italy, sinking seventeen ships and killing over a thousand servicemen and hundreds of civilians. Caught in the surprise air raid was the John Harvey, an American Liberty ship carrying a top-secret cargo of 2,000 mustard bombs to be used in retaliation if the Germans resorted to gas warfare. When one young sailor after another began suddenly dying of mysterious symptoms, Lieutenant Colonel Stewart Alexander, a doctor and chemical weapons expert, was dispatched to investigate. He quickly diagnosed mustard gas exposure,

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but was overruled by British officials determined to cover up the presence of poison gas in the devastating naval disaster, which the press dubbed "little Pearl Harbor." Prime Minister Winston Churchill and General Dwight D. Eisenhower acted in concert to suppress the truth, insisting the censorship was necessitated by military security. Alexander defied British port officials and heroically persevered in his investigation. His final report on the Bari casualties was immediately classified, but not before his breakthrough observations about the toxic effects of mustard on white blood cells caught the attention of Colonel Cornelius P. Rhoads—a pioneering physician and research scientist as brilliant as he was arrogant and self-destructive—who recognized that the poison was both a killer and a cure, and ushered in a new era of cancer research led by the Sloan Kettering Institute. Meanwhile, the Bari incident remained cloaked in military secrecy, resulting in lost records, misinformation, and considerable confusion about how a deadly chemical weapon came to be tamed for medical use. Deeply researched and beautifully written, *The Great Secret* is the remarkable story of how horrific tragedy gave birth to medical triumph.

"Based on cutting-edge scientific discoveries about telomeres, *The Immortality Edge* shows readers how to lead a longer, healthier life by making simple changes to their diet and lifestyle"--

Your body is a receiving station for secret messages from Spirit. Stop thinking about it, and start listening to it! All your history and negative programming is lodged in the cells of your body. Using this 28-day jump-start

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health program - based on Denise's original Soul Coaching Program - you'll unweave hidden blockages within your DNA to initiate your natural life-force energy and your body's spiritual radiance! This four-week program will help you: Activate powerful cellular rebalancing of your body Realize why you were born with your specific body Align your body with your life purpose Uncover the spiritual lessons you're receiving from your body in this lifetime Learn the mystical correlation between your body and your life Understand how clutter-clearing can heal health challenges. By utilizing the energy of nature - Air, Water, Fire, and Earth - this program allows you to clear away old limitations so that you can truly begin to claim your luminous, vital, glorious body.

An internationally renowned biophysicist and practitioner of traditional Eastern healing methods, Dr. Hawkes shows readers how they can repair and renew their bodies at the cellular level.

What, exactly, do you know about your body? Do you know how your immune system works? Or what your pancreas does? Or the myriad -- and often simple -- ways you can improve the way your body functions? This full-color, visually rich guide answers these questions and more. Matthew MacDonald, noted author of *Your Brain: The Missing Manual*, takes you on a fascinating tour of your body from the outside in, beginning with your skin and progressing to your vital organs. You'll look at the quirks, curiosities, and shortcomings we've all learned to live with, and pick up just enough biology to understand how your body works. You'll learn: That you

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shed skin more frequently than snakes do Why the number of fat cells you have rarely changes, no matter how much you diet or exercise -- they simply get bigger or smaller How you can measure and control fat That your hair is made from the same stuff as horses' hooves That you use only a small amount of the oxygen you inhale Why blood pressure is a more important health measure than heart rate -- with four ways to lower dangerously high blood pressure Why our bodies crave foods that make us fat How to use heart rate to shape an optimal workout session -- one that's neither too easy nor too strenuous Why a tongue with just half a dozen taste buds can identify thousands of flavors Why bacteria in your gut outnumber cells in your body -- and what function they serve Why we age, and why we can't turn back the clock What happens to your body in the minutes after you die Rather than dumbed-down self-help or dense medical text, *Your Body: The Missing Manual* is entertaining and packed with information you can use. It's a book that may well change your life.

Reader comments for *Your Brain: The Missing Manual*, also by author Matthew MacDonald: "Popular books on the brain are often minefields of attractive but inaccurate information. This one manages to avoid most of the hype and easy faulty generalizations while providing easy to read and digest information about the brain. It has useful tricks without the breathless hype of many popular books."-- Elizabeth Zwicky, *The Usenix Magazine* "...a unique guide that should be sought after by any who want to maximize what they can accomplish with their mental abilities and resources."-- James A. Cox, *The*

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Midwest Book Review - Wisconsin Bookwatch "If you can't figure out how to use your brain after reading this guide, you may want to return your brain for another."-- The Sacramento Book Review, Volume 1, Issue 2, Page 19 "It's rare to find a book on any technical subject that is as well written and readable as Your Brain: The Missing Manual. The book covers pretty much anything you may want to know about your brain, from what makes it up, through how it develops to how to mitigate the affects of aging. The book is easy reading, fact packed and highlighted notes and practical applications. So if you want to learn more about your brain, how it works, how to get the best out of it or just want to stave off the ravages of Alzheimers (see chapter ten for details of how learning helps maintain your brain) then I can't recommend this book highly enough."-- Neil Davis, Amazon.co.uk "MacDonald's writing style is perfect for this kind of guide. It remains educational without becoming overly technical or using unexplained jargon. And even though the book covers a broad scope of topics, MacDonald keeps it well organized and easy to follow. The book captures your attention with fun facts and interesting studies that any person could apply to their own understanding of human ability. It has great descriptions of the brain and its interconnected parts, as well as providing full color pictures and diagrams to offer a better explanation of what the author is talking about."-- Janica Unruh, Blogcritics Magazine Crafted with all the skills that have made his previous books bestsellers, The Book of Secrets will be essential reading for Deepak Chopra's huge

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number of followers worldwide, and also appeal to everyone searching for the meaning of life, and looking for answers to the questions: Who Am I? Where Did I Come From? and Why Am I Here? Each of the fifteen chapters discusses a 'secret' - such as: The World Is In You; Transformation Is Not The Same As Change; Death Is Conquered By Dying Every Day; Everything Is Pure Essence. Chopra believes that 'Every life is a book of secrets ready to be opened', and that the only way to discover the answers to these secrets is to delve inside yourself, and cease to be a mystery to yourself. Only by going to 'the still point inside' can you see life as it really is.

Everybody has their secrets. Who, for instance, is the hooded figure hiding in the bushes outside a young man's house? Why does the same stranger keep appearing in the background of a family's holiday photographs? What makes a woman stand mesmerized by two children in a school playground—children she's never met but whose names she knows well? All will be revealed . . . but at a cost. As Sophie Hannah uncovers the dark obsessions and strange longings behind the most ordinary relationships, life will never seem quite the same again.

“A perfect blend of cutting-edge science and compelling storytelling.”—Bill Bryson A revolutionary new vision of human biology and the scientific

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breakthroughs that will transform our lives. Imagine knowing years in advance whether you are likely to get cancer or having a personalized understanding of your individual genes, organs, and cells. Imagine being able to monitor your body's well-being, or have a diet tailored to your microbiome. The Secret Body reveals how these and other stunning breakthroughs and technologies are transforming our understanding of how the human body works, what it is capable of, how to protect it from disease, and how we might manipulate it in the future. Taking readers to the cutting edge of research, Daniel Davis shows how radical new possibilities are becoming realities thanks to the visionary efforts of scientists who are revealing the invisible and secret universe within each of us. Focusing on six important frontiers, Davis describes what we are learning about cells, the development of the fetus, the body's immune system, the brain, the microbiome, and the genome—areas of human biology that are usually understood in isolation. Bringing them together here for the first time, Davis offers a new vision of the human body as a biological wonder of dizzying complexity and possibility. Written by an award-winning scientist at the forefront of this adventure, The Secret Body is a gripping drama of discovery and a landmark account of the dawning revolution in human health.

The world of plants and its relation to mankind as

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revealed by the latest scientific discoveries. "Plenty of hard facts and astounding scientific and practical lore."--Newsweek

206 bones. One heart. Two eyes. Ten fingers. You may think you know what makes up a human. But it turns out our bodies are full of surprises.

Wine's Hidden Beauty blends art, science and mystical aspects of wine. With the microscope as the starting point, scientist-photographer Sondra Barrett takes you on an illuminating journey into wine and life. This unique book explores the mysteries of chemical transformation, aging and vitality, what shapes our taste and language, and offers new ways to appreciate wine. A visually compelling book, it provides accessible information on winegrowing and tasting wine plus the role of wine in health and cultivating community. It also explores why has the grape had a cult-like status for centuries, why part of sacred rituals.

A biochemist shows how we can finally control our fat—by understanding how it works. Fat is not just excess weight, but actually a dynamic, smart, and self-sustaining organ that influences everything from aging and immunity to mood and fertility. With cutting-edge research and riveting case studies—including the story of a girl who had no fat, and that of a young woman who couldn't stop eating—Dr. Sylvia Tara reveals the surprising science behind our most misunderstood body part and its incredible ability to

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defend itself. Exploring the unexpected ways viruses, hormones, sleep, and genetics impact fat, Tara uncovers the true secret to losing weight: working with your fat, not against it.

A strikingly original exploration of what it might mean to be authentically human in the age of artificial intelligence, from the author of the critically-acclaimed *Interior States*. "Meghan O'Gieblyn is a brilliant and humble philosopher, and her book is an explosively thought-provoking, candidly personal ride I wished never to end ... This book is such an original synthesis of ideas and disclosures. It introduces what will soon be called the O'Gieblyn genre of essay writing." —Heidi Julavits, author of *The Folded Clock*

For most of human history the world was a magical and enchanted place ruled by forces beyond our understanding. The rise of science and Descartes's division of mind from world made materialism our ruling paradigm, in the process asking whether our own consciousness—i.e., souls—might be illusions. Now the inexorable rise of technology, with artificial intelligences that surpass our comprehension and control, and the spread of digital metaphors for self-understanding, the core questions of existence—identity, knowledge, the very nature and purpose of life itself—urgently require rethinking. Meghan O'Gieblyn tackles this challenge with philosophical rigor, intellectual reach, essayistic verve, refreshing originality, and an ironic sense of

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contradiction. She draws deeply and sometimes humorously from her own personal experience as a formerly religious believer still haunted by questions of faith, and she serves as the best possible guide to navigating the territory we are all entering.

When a man discovers his father in New York has long had another, secret, family—a wife and two kids—the interlocking fates of both families lead to surprise loyalties, love triangles, and a reservoir of inner strength in this "expansive and elegantly crafted novel" (Fresh Air, NPR). "Rich with the complexities of life . . . the stories create a world made fully dimensional through changes of perspective—major characters appear and reappear as part of one or another's experience and testimony . . . Pull any life's thread and you discover a mesh of involvement that soon takes in all the others. It is a fine thing, subtly done, and truly exhilarating." —The Wall Street Journal

Ethan, a young lawyer in New York, learns that his father has long kept a second family—a Thai wife and two kids living in Queens. In the aftermath of this revelation, Ethan's mother spends a year working abroad, returning much changed, as events introduce her to the other wife. Across town, Ethan's half brothers are caught in their own complicated journeys: one brother's penchant for minor delinquency has escalated, and the other must travel to Bangkok to bail him out, while the bargains their mother has

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struck about love and money continue to shape their lives. As Ethan finds himself caught in a love triangle of his own, the interwoven fates of these two households elegantly unfurl to encompass a woman rallying to help an ill brother with an unreliable lover and a filmmaker with a girlhood spent in Nepal. Evoking a generous and humane spirit, and a story that ranges over three continents, *Secrets of Happiness* elucidates the ways people marshal the resources at hand to forge their own forms of joy.

In *The Secret Life of Your Cells*, Robert B. Stone, Ph.D., explores the latest research of Cleve Backster, who by attaching a lie-detector to the leaf of a plant discovered that it had feelings and the ability to read our thoughts. Now this ability - primary perception - has been traced over to disconnected single cells of our own bodies. What millions of Americans saw reported on TV's *Incredible Sunday*, Dr. Stone now shares in depth in *The Secret Life of Your Cells*. The implications and possibilities of that discovery, and the difficult struggle it has had in finding acceptance in the tradition-bound scientific community makes exciting, challenging, mind-expanding reading.

In *Secrets About Life Every Woman Should Know*, Barbara De Angelis, one of the nation's premier relationships experts, turns her attention to the most important relationship a woman could ever have: the one with herself. In this remarkable blend of timeless

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wisdom and practical advice, De Angelis presents ten profound secrets for creating the kind of true freedom we all seek--the freedom that comes from knowing how to stop sabotaging our happiness, how to tap into an inner state of confidence, clarity, and peace, and ultimately how to protect that state from life's many ups and downs. Whether you're longing for more calm in a too-busy life, searching for the inner confidence and self-esteem you've been lacking to manifest your dreams, or seeking more emotional stability and deeper spiritual discovery, these secrets will guide you on the next phase of your own very personal journey toward wholeness. The New York Times bestseller that reveals the safety, security, and survival techniques that 99% of Americans don't know—but should When Jason Hanson joined the CIA in 2003, he never imagined that the same tactics he used as a CIA officer for counter intelligence, surveillance, and protecting agency personnel would prove to be essential in every day civilian life. In addition to escaping handcuffs, picking locks, and spotting when someone is telling a lie, he can improvise a self-defense weapon, pack a perfect emergency kit, and disappear off the grid if necessary. He has also honed his “positive awareness”—a heightened sense of his surroundings that allows him to spot suspicious and potentially dangerous behavior—on the street, in a taxi, at the airport, when dining out, or

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in any other situation. In his engaging and empowering book *Spy Secrets That Can Save Your Life*, Jason shares this know-how with readers, revealing how to:

- prevent home invasions, carjackings, muggings, and other violent crimes
- run counter-surveillance and avoid becoming a soft target
- recognize common scams at home and abroad
- become a human lie detector in any setting, including business negotiations
- gain peace of mind by being prepared for anything instead of uninformed or afraid

With the skill of a trained operative and the relatability of a suburban dad, Jason Hanson brings his top-level training to everyday Americans in this must-have guide to staying safe in an increasingly dangerous world.

Intuitive counselor Colette Baron-Reid is renowned for helping people create the purposeful and authentic lives they desire. In this fascinating book, Colette hands you the "magic wand" of your own awareness so that you can begin to perceive your life as a wonderful adventure, and see yourself as an enchanted mapmaker. Enter a deep journey into your inner landscape and meet the imaginary beings that hold the keys to the wisdom hidden in your subconscious: the Wizard of Awareness, the Gentle Gardener, the Bone Collector, and the spirits of the psychological terrain you traverse, who know where to find the treasure in each experience. Discover how to tame the mischievous trickster Goblin, who

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locks you into old habits. Each of these aspects of your psyche has lessons for you, and each responds to your directions, for you are in charge of your own map. You don't have to feel lost or disoriented in this time of global transformation, or be at the mercy of the winds of change. The Map invites you to boldly claim your power to direct your journey so that you may find meaning, purpose, and joy. Step into the magic, and harness the extraordinary power within you to shape your destiny.

NEW YORK TIMES BEST SELLER • From the world's leading forest ecologist who forever changed how people view trees and their connections to one another and to other living things in the forest—a moving, deeply personal journey of discovery

Suzanne Simard is a pioneer on the frontier of plant communication and intelligence; she's been compared to Rachel Carson, hailed as a scientist who conveys complex, technical ideas in a way that is dazzling and profound. Her work has influenced filmmakers (the Tree of Souls of James Cameron's Avatar) and her TED talks have been viewed by more than 10 million people worldwide. Now, in her first book, Simard brings us into her world, the intimate world of the trees, in which she brilliantly illuminates the fascinating and vital truths--that trees are not simply the source of timber or pulp, but are a complicated, interdependent circle of life; that forests are social, cooperative creatures connected through

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underground networks by which trees communicate their vitality and vulnerabilities with communal lives not that different from our own. Simard writes--in inspiring, illuminating, and accessible ways—how trees, living side by side for hundreds of years, have evolved, how they perceive one another, learn and adapt their behaviors, recognize neighbors, and remember the past; how they have agency about the future; elicit warnings and mount defenses, compete and cooperate with one another with sophistication, characteristics ascribed to human intelligence, traits that are the essence of civil societies--and at the center of it all, the Mother Trees: the mysterious, powerful forces that connect and sustain the others that surround them. Simard writes of her own life, born and raised into a logging world in the rainforests of British Columbia, of her days as a child spent cataloging the trees from the forest and how she came to love and respect them—embarking on a journey of discovery, and struggle. And as she writes of her scientific quest, she writes of her own journey--of love and loss, of observation and change, of risk and reward, making us understand how deeply human scientific inquiry exists beyond data and technology, that it is about understanding who we are and our place in the world, and, in writing of her own life, we come to see the true connectedness of the Mother Tree that nurtures the forest in the profound ways that families and human

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societies do, and how these inseparable bonds enable all our survival.

"The Book of Secrets is the finest and most profound of Deepak Chopra's books to date. Want the answers to the secrets of life? Let me recommend that you start right here." —Ken Wilber, author of A Brief History of Everything We all want to know how to find a soul mate, what career would be most fulfilling, how to live a life with meaning, and how to teach our children well. We are looking for a personal breakthrough, a turning point, a revelation that brings with it new meaning. The Book of Secrets—a crystalline distillation of insights and wisdom accumulated over the lifetime of one of the great spiritual thinkers of our time—provides an exquisite new tool for achieving just that. Every life is a book of secrets, ready to be opened. The secret of perfect love is found there, along with the secrets of healing, compassion, faith, and the most elusive one of all: who we really are. We are still mysteries to ourselves, despite the proximity of these answers, and what we most long to know remains lodged deep inside. Because answers to the questions at the center of life are counterintuitive, they are often hidden from view, sequestered from our everyday gaze. In his ongoing quest to elevate our experience, bestselling author Deepak Chopra has isolated fifteen secrets that drive the narrative of this inspiring book—and of our lives. From "The World Is in You"

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and "What You Seek, You Already Are" to "Evil Is Not Your Enemy" and "You Are Truly Free When You Are Not a Person," The Book of Secrets is rich with insights. It is a priceless treasure that can transport us beyond change to transformation, and from there to a sacred place where we can savor the nectar of enlightenment.

Read the series that's sold more than 2 million copies--if you dare! Warning: this description has not been authorized by Pseudonymous Bosch. As much as he'd love to sing the praises of his book (he is very vain), he wouldn't want you to hear about his brave 11-year old heroes, Cass and Max-Ernest. Or about how a mysterious box of vials, the Symphony of Smells, sends them on the trail of a magician who has vanished under strange (and stinky) circumstances. And he certainly wouldn't want you to know about the hair-raising adventures that follow and the nefarious villains they face. You see, not only is the name of this book secret, the story inside is, too. For it concerns a secret. A Big Secret.

Acclaimed biologist Lewis Wolpert eloquently narrates the basics of human life through the lens of its smallest component: the cell. Everything about our existence--movement and memory, imagination and reproduction, birth, and ultimately death--is governed by our cells. They are the basis of all life in the universe, from bacteria to the most complex animals. In the tradition of the classic *Lives of a Cell*, but with the benefit of the latest research, Lewis Wolpert demonstrates how human life grows from a single cell into a

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body, an incredibly complex society of billions of cells. Wolpert goes on to examine the science behind topics that are much discussed but rarely understood—stem-cell research, cloning, DNA, cancer—and explains how all life on earth evolved from just one cell. Lively and passionate, this is an accessible guide to understanding the human body and life itself.

Looks at the origin of complex cells, highlighting the importance of single-cell forms, symbiosis, and evolution, along with information on the author's explorations in such places as Egypt, the Caribbean, and Canada.

NOW A LIFETIME TV MOVIE STARRING JOHN STAMOS

From the bestselling author of *The Double Bind*, *Midwives*, and *Skeletons at the Feast* comes a novel of shattered faith, intimate secrets, and the delicate nature of sacrifice. "There," says Alice Hayward to Reverend Stephen Drew, just after her baptism, and just before going home to the husband who will kill her that evening and then shoot himself. Drew, tortured by the cryptic finality of that short utterance, feels his faith in God slipping away and is saved from despair only by a meeting with Heather Laurent, the author of wildly successful, inspirational books about . . . angels. Heather survived a childhood that culminated in her own parents' murder-suicide, so she identifies deeply with Alice's daughter, Katie, offering herself as a mentor to the girl and a shoulder for Stephen — who flees the pulpit to be with Heather and see if there is anything to be salvaged from the spiritual wreckage around him. But then the State's Attorney begins to suspect that Alice's husband may not have killed himself. . .and finds out that Alice had secrets only her minister knew. *Secrets of Eden* is both a haunting literary thriller and a deeply evocative testament to the inner complexities that mark all of our lives. Once again Chris Bohjalian has given us a riveting page-turner in which nothing is precisely what it seems. As one

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character remarks, "Believe no one. Trust no one. Assume all of our stories are suspect."

AARP Digital Editions offer you practical tips, proven solutions, and expert guidance. Now you can look and feel ten years younger with the help of this revolutionary guide from one of the world's leading experts on health and skin care. He has been called one of the "Best Forward-Thinking Doctors" (Vogue magazine) and acclaimed as a "Beauty Genius" (Elle magazine). Howard Murad, M.D., FAAD is one today's foremost authorities on health and skincare, and his philosophies have helped men and women around the world look and feel as young and healthy as possible. With *The Water Secret*, Dr. Murad shares a new, scientifically proven strategy, cultivated over years of practice and treating over 50,000 patients, to help you look and feel better from the inside out. *The Water Secret* will: Reveal groundbreaking secrets to help you take years off your looks, feel better and healthier Debunk health myths through cutting-edge research and tell the truth about how inflammation, hydration, and other factors really affect your health Explain how damaged cells that leak water can sabotage your looks Introduce an integrated, multidisciplinary "Inclusive Health" approach to help optimize cellular strength Give you a complete 10-step action plan with recipes and meal plans to start you on the path to clear skin, fewer wrinkles, more energy, and better overall health Discover *The Water Secret* and learn to take control of the process of aging by improving the health of every cell in the body. Begin the program and you will see and feel the difference your healthy new lifestyle will make in as soon as one week!

Most of us take our body for granted and are never aware of its amazing capabilities. This book looks at how the seven octillion atoms that make up the human body are grouped into organs, tissues, nerves, fibres, fluids and more in such a

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way that the entire system runs smoothly without us ever knowing about it. It explains the hidden world of hormones and enzymes, the battleground of your immune system, the senses and much more. It also reveals the astonishing secrets of the human body, from the 15 'other senses' we have beyond the known five, to the reason we have eyes capable of seeing the Andromeda galaxy 2.5 million light years away. Chapters include: Cells, tissues and body structure The skin, skeleton and muscles The cardiovascular system Internal protectors: warriors behind the scenes The respiratory system

A raw and funny memoir about sex, dating, and relationships in the digital age, intertwined with a brilliant investigation into the challenges to love and intimacy wrought by dating apps, by firebrand New York Times–bestselling author Nancy Jo Sales At forty-nine, famed Vanity Fair writer Nancy Jo Sales was nursing a broken heart and wondering, “How did I wind up alone?” On the advice of a young friend, she downloaded Tinder, then a brand-new dating app. What followed was a raucous ride through the world of online dating. Sales, an award-winning journalist and single mom, became a leading critic of the online dating industry, reporting and writing articles and making her directorial debut with the HBO documentary *Swiped: Hooking Up in the Digital Age*. Meanwhile, she was dating a series of younger men, eventually falling in love with a man less than half her age. *Nothing Personal* is Sales’s memoir of coming-of-middle-age in the midst of a new dating revolution. She is unsparingly honest about her own experience of addiction to dating apps and hilarious in her musings about dick pics, sexting, dating FOMO, and more. Does Big Dating really want us to find love, she asks, or just keep on using its apps? Fiercely feminist, *Nothing Personal* investigates how Big Dating has overwhelmed the landscape of dating, cynically profiting off its

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users' deepest needs and desires. Looking back through the history of modern courtship and her own relationships, Sales examines how sexism has always been a factor for women in dating, and asks what the future of courtship will bring, if left to the designs of Silicon Valley's tech giants—especially in a time of social distancing and a global pandemic, when the rules of romance are once again changing.

The Secret Language of Your Body unveils the secrets to understanding the messages of your body, revealing the underlying causes of symptoms and medical conditions, and offers processes for healing. Foreword by Bernie Siegel, M.D. This inspiring handbook delves deeply into the possible reasons for health issues in all areas of your body. Author Inna Segal offers a unique, step-by-step method to assist your body in returning to its natural state of health, including a free thirty-five minute audio download where Inna helps you tune into your body for a powerful healing experience. By encouraging you to connect with your innate healing intelligence and calling on your body's built-in ability to heal itself, Inna gently guides you on a journey of life-changing transformation and empowerment where you will:

- heal the mental, emotional, and energetic causes of physical ailments
- use easy, quick, practical exercises to heal your organs
- learn the secret language of disease and powerful processes for healing
- understand and release limiting thoughts and emotions
- discover how to use color to heal your life
- uncover and apply the messages your body has to teach you

EXTRA BONUS MATERIAL: Includes five original essay from Inna Segal, that expand upon the wellness and healing of the body and mind. Essays cover:

- Essential "Questions & Answers" on Self-Healing
- Why Some People Heal and Others Don't (with Dr. Bernie Siegel)
- Deep Cellular Transformation: The Power of Profound Healing
- Healing vs. Curing: Developing a New Physical, Emotional, and Mental

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Health Awareness • Color Healing: How to Use Color for Your Health and to Transform Every Area of Your Life
Part I: A biography of Jose Silva, creator of the Silva Method.
Part II: A practical summary of the Silva Method.

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