

The Secret Therapy Of Trees Harness The Healing E

[#tree therapy benefits](#) [#healing power of trees](#) [#forest bathing guide](#) [#nature's secret healing](#) [#reconnecting with nature](#)

Unlock the profound wisdom of 'The Secret Therapy of Trees' and discover how to harness the incredible healing energy that nature offers. This guide delves into the transformative power of forest bathing, revealing ancient secrets and practical methods to reconnect with the therapeutic presence of trees, fostering deep well-being and natural rejuvenation for mind, body, and spirit.

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The Secret Therapy of Trees

In The Secret Therapy of Trees, Marco Mencagli and Marco Nieri explore the relationship between plants and organisms, and illustrate how to benefit from nature's positive impact on our psychological and physical well-being. Our connection to nature is deeply rooted in the history of our evolution. And yet, we have less contact with green space now than ever, and our stress and anxiety levels are at an all-time high. The Secret Therapy of Trees helps us rediscover the restorative value of our natural environment and presents the science behind green therapies like forest bathing and bioenergetic landscapes, explaining which are the most effective and how to put them into practice to achieve the best possible results. Studies have shown that increased exposure to green space can result in a regulated heartbeat, lowered blood pressure, reduced aggressiveness, improved memory skills and cognitive function, and a healthier immune system. Just one visit to a forest can bring positive effects (hint: monoterpenes, the natural essential oils in plants, have numerous positive effects on health), and even a mindful walk through a semi natural park can alleviate physical and psychological stress. With multiple studies backing its findings and thorough explanations for each technique, The Secret Therapy of Trees is a treasure trove of tips on how to harness the regenerative power of plants and reconnect with our planet's natural spaces, bringing us health and happiness. You'll also discover: * Which plants purify the environment at home and in the office * The benefits of negative ions and where to find them * How to recharge through contact with trees

Healing Trees

Take a walk in the woods to find yourself. This book is intended as an easy approach to forest bathing, a concept that is now making its way into health and wellness practices. Part spiritual guide and part practitioner's handbook, this accessible, practical, positivity-rich book is designed to be taken on every walk to encourage mindfulness, contentedness, and presence in the moment. Written in a beautiful, encouraging style by a highly qualified and mediagenic author, the book also contains amazing hand-drawn illustrations of forest scenes.

Reflections on Valuing Wellbeing in Higher Education

This book focuses on the lived experiences of higher education professionals working in the face of stress, pressure and the threat of burnout and how acts of self-care and wellbeing can support, develop and maintain a sense of self. In considering the place of self-care in higher education, we are challenged with the tension that exists when it comes to the valuing of self-care and our individual and collective wellbeing. In *Reflections on Valuing Wellbeing in Higher Education*, authors present and explore the ways in which they manage and reframe their wellbeing and self-care, through mindfulness, compassion, connection to breath, reflection, demonstrating individual and collective embodiment and resistance to neoliberalism and environmental destruction. Covering various contexts of higher education, such as learning and teaching, research, leadership and engagement, this book offers practical strategies grounded in literature and evidence-based research. The self in self-care is relational. It is not just about self. We need others for inspiration, motivation and, indeed, the act. This book will be of great interest to professionals and researchers specifically interested in studies in higher education, wellbeing and/or identity as well as those navigating a career in higher education.

Your Guide to Forest Bathing

"A beautiful and inspiring guide inviting us to seek out the trees and let the healing happen, both for us and for our beleaguered ecosystems. Grab this book and head outside" –Florence Williams, author of *The Nature Fix: Why Nature Makes Us Happier, Healthier, and More Creative* Simply being present in the natural world – with all our senses fully alive – can have a remarkably healing effect. It can also awaken in us our latent but profound connection with all living things. This is "forest bathing", a practice inspired by the Japanese tradition of *shinrin-yoku*. It is a gentle, meditative approach to being with nature and an antidote to our nature-starved lives that can heal our relationship with the more-than-human world. In *Your Guide to Forest Bathing* you'll discover a path—along with specific activities presented by Amos Clifford, one of the world's most experienced forest bathing experts—that you can use to begin a practice of your own. Whether you're in a forest or woodland, public park, or just your own backyard, this book will be your personal guide as you explore the natural world in a way you may have never thought possible.

The Healing Energies of Trees

"The Healing Energies of Trees" offers readers the potential of harnessing the power of trees for self-healing and personal development. Bringing together spiritual inspiration, healing information, and personal transformation, "The Healing Energies of Trees" describes the roots of our connection with trees and highlights the sources of their healing energy. Readers discover how to make contact and work with trees, and how this intimacy can help resolve their physical and emotional problems, bring them closer to knowing their own identity, and become a catalyst for their creativity.

Dementia Care

This book discusses the contemporary medico-social, psychological, legal, and therapeutic concerns related to people affected by dementia as a patient or as a caregiver. It provides global emerging responses to dementia. It highlights different dimensions of dementia in terms of issues, concerns, policies, and strategies all around the globe. The contributing authors present issues from cross-cultural education visible in dementia studies and discuss the power of music, art therapy, artistic collaborations, and many innovative practices in dealing with dementia. Written by international specialists from various disciplines, the chapters include challenges and emerging issues related to the role of family caregivers, the concern with vulnerability to elder abuse and neglect, and the role of technology in dementia care. The book provides a diverse perspective to dementia care not covered in such a broad way by any other books on the topic. This book is intended for academics from a wide range of fields such as

sociology, geriatrics, community medicine, public health, clinical psychology, social work all of which, collectively, bear on the problem and the solutions for better dementia care.

Forest Bathing

The definitive--and by far the most popular--guide to the therapeutic Japanese practice of shinrin-yoku, or the art and science of how trees can promote health and happiness Notice how a tree sways in the wind. Run your hands over its bark. Take in its citrusy scent. As a society we suffer from nature deficit disorder, but studies have shown that spending mindful, intentional time around trees--what the Japanese call shinrin-yoku, or forest bathing--can promote health and happiness. In this beautiful book--featuring more than 100 color photographs from forests around the world, including the forest therapy trails that criss-cross Japan--Dr. Qing Li, the world's foremost expert in forest medicine, shows how forest bathing can reduce your stress levels and blood pressure, strengthen your immune and cardiovascular systems, boost your energy, mood, creativity, and concentration, and even help you lose weight and live longer. Once you've discovered the healing power of trees, you can lose yourself in the beauty of your surroundings, leave everyday stress behind, and reach a place of greater calm and wellness.

Rewire Your Brain

How to rewire your brain to improve virtually every aspect of your life-based on the latest research in neuroscience and psychology on neuroplasticity and evidence-based practices Not long ago, it was thought that the brain you were born with was the brain you would die with, and that the brain cells you had at birth were the most you would ever possess. Your brain was thought to be "hardwired" to function in predetermined ways. It turns out that's not true. Your brain is not hardwired, it's "softwired" by experience. This book shows you how you can rewire parts of the brain to feel more positive about your life, remain calm during stressful times, and improve your social relationships. Written by a leader in the field of Brain-Based Therapy, it teaches you how to activate the parts of your brain that have been underactivated and calm down those areas that have been hyperactivated so that you feel positive about your life and remain calm during stressful times. You will also learn to improve your memory, boost your mood, have better relationships, and get a good night sleep. Reveals how cutting-edge developments in neuroscience, and evidence-based practices can be used to improve your everyday life Other titles by Dr. Arden include: Brain-Based Therapy-Adult, Brain-Based Therapy-Child, Improving Your Memory For Dummies and Heal Your Anxiety Workbook Dr. Arden is a leader in integrating the new developments in neuroscience with psychotherapy and Director of Training in Mental Health for Kaiser Permanente for the Northern California Region Explaining exciting new developments in neuroscience and their applications to daily living, Rewire Your Brain will guide you through the process of changing your brain so you can change your life and be free of self-imposed limitations.

Forest Bathing with Your Dog

A guide about forest bathing with your dog, this book is also a bit of a love story about our relationship with our dogs and the forest. This book brings together the deep connection we have with our dogs and nature by uniquely incorporating our dogs' natural ways with the practice of forest bathing. A beautiful layout, a fun and easy read with plenty of how-to tips. Is forest bathing for me and my dog? Yes! You don't need swimsuit--no special attire required. Forest-bathing is accessible to all levels of fitness and mobility. It is a new type of restorative stroll in the woods with your dog. Why do forest bathing with my dog? If you feel like you are bouncing from one thing to the next, never relaxing, forest-bathing will reduce your stress, reset your nervous systems, have lasting positive effects on the your immune system, and increase the well-being of both you and your dog. This is another way of being outdoors that your dog will love, and I think you will, too. What is it like to forest bathe with my dog? It's a natural fit. You don't have to go far. More of a meander or sitting that pairs easily with the natural rhythm of your regular routine. The aim of forest-bathing is to slow down, become immersed in the natural environment, and use your senses to tune in to the smells, textures, tastes, and sights of the forest. It's love story. While this book is a guide about forest bathing with your dog, it's also a bit of a love story about your relationships with your dog, the forests you walk in, and the land you live on.

The Anatomy of Healing

What is healing? What really determines it? How can we make it happen? It is increasingly clear that there is not just one single kind of medicine and that paths to healing flow through the integration of

multiple pieces of knowledge and the combination of many perspectives. In light of the latest research into neurophysiology, psyche science and quantum physics, this book outlines the seven principles of the powerful interaction between psyche and body in healing processes, providing scientific answers to questions about the mechanisms which trigger it and identifying therapies that allow us to turn these internal switches on. This is demonstrated through reflections, examples, and real cases shared by the author, a psychiatrist and doctor who has completed several rigorous trainings but maintains an open mind and has been committed for more than 15 years to seek healing of serious illnesses in the psychosomatic unit by using therapeutic synergies that strengthen official care practices with innovative treatments, with her passionate work to painlessly repair suffering, with the patient, or rather the person, always and constantly at the centre.

I Love Jesus, But I Want to Die

A compassionate, shame-free guide for your darkest days "A one-of-a-kind book . . . to read for yourself or give to a struggling friend or loved one without the fear that depression and suicidal thoughts will be minimized, medicalized or over-spiritualized."—Kay Warren, cofounder of Saddleback Church What happens when loving Jesus doesn't cure you of depression, anxiety, or suicidal thoughts? You might be crushed by shame over your mental illness, only to be told by well-meaning Christians to "choose joy" and "pray more." So you beg God to take away the pain, but nothing eases the ache inside. As darkness lingers and color drains from your world, you're left wondering if God has abandoned you. You just want a way out. But there's hope. In *I Love Jesus, But I Want to Die*, Sarah J. Robinson offers a healthy, practical, and shame-free guide for Christians struggling with mental illness. With unflinching honesty, Sarah shares her story of battling depression and fighting to stay alive despite toxic theology that made her afraid to seek help outside the church. Pairing her own story with scriptural insights, mental health research, and simple practices, Sarah helps you reconnect with the God who is present in our deepest anguish and discover that you are worth everything it takes to get better. Beautifully written and full of hard-won wisdom, *I Love Jesus, But I Want to Die* offers a path toward a rich, hope-filled life in Christ, even when healing doesn't look like what you expect.

Steps to an Ecology of Mind

Gregory Bateson was a philosopher, anthropologist, photographer, naturalist, and poet, as well as the husband and collaborator of Margaret Mead. This classic anthology of his major work includes a new Foreword by his daughter, Mary Katherine Bateson. 5 line drawings.

Medicine of the Imagination: Dwelling in Possibility

The human imagination gives rise to the most beautiful man-made structures and creations on Earth: architecture, literature, theatre, music, art, humanitarian initiatives, moon landings and space exploration, mythology, science, they all require a large dose of imagination. We all live surrounded by the results of the imagination of our peers, and the creations of our ancestors. Without imagination there is no compassion, no moral compass and no progress. But without imagination there is also no fear of death. There are no premeditated murders or terrorist attacks; these rely on the human ability to imagine, to call up images and test-drive possible scenarios in the human mind. Once we get out the magnifying glass, we discover that the imagination is a double-edged sword. All of us together, humanity as a collective, are creating very confused and mixed outcomes: world peace remains elusive, wars rage and children starve. Addictions and pollution proliferate. *Medicine of the Imagination: Dwelling in Possibility* examines these issues and suggests that if we are to transcend religious wars, homophobia and medical "cures" worse than the diseases we face then it that it is our moral duty to engage our imagination in service to other people.

101 Healing Stories for Kids and Teens

A comprehensive guide to understanding and using storytelling in therapy with kids and teens "George Burns is a highly experienced clinician with the remarkable ability to create, discover, and tell engaging stories that can teach us all the most important lessons in life. With *101 Healing Stories for Kids and Teens*, he strives especially to help kids and teens learn these life lessons early on, providing them opportunities for getting help and even learning to think preventively." -Michael D. Yapko, PhD | Author of *Breaking the Patterns of Depression and Hand-Me-Down Blues* "George Burns takes the reader on a wonderful journey, balancing metaphor, good therapeutic technique, and empirical foundations during the trip. Given that Burns utilizes all three aspects of the Confucian story referred to in the

book-teaching, showing, and involving-readers should increase their understanding of how stories can be used therapeutically." -Richard G. Whiteside, MSW | Author of *The Art of Using and Losing Control and Working with Difficult Clients: A Practical Guide to Better Therapy* "A treasure trove for parents and for professionals in the child-development fields." -Jeffrey K. Zeig, PhD | Director, The Milton H. Erickson Foundation Stories can play an important and potent role in therapy with children and adolescents—helping them develop the skills to cope with and survive a myriad of life situations. In many cases, stories provide the most effective means of communicating what kids and teens might not want to discuss directly. *101 Healing Stories for Kids and Teens* provides straightforward advice on using storytelling and metaphors in a variety of therapeutic settings. Ideal for all who work with young people, this unique resource can be combined with other inventive and evidence-based techniques such as play, art, music, and drama therapies as well as solution focused, hypnotic, and cognitive-behavioral approaches. Offering guidance for new clinicians and seasoned professionals, George Burns's latest work delivers a unique combination—information on incorporating storytelling in therapy, dozens of ready-made stories, and tips for creating original therapeutic stories. Innovative chapters include: * Guidance for effective storytelling * Using metaphors effectively * Where to get ideas for healing stories * Planning and presenting healing stories * Teaching parents to use healing stories In addition, *101 Healing Stories for Kids and Teens* includes dozens of story ideas designed to address a variety of issues, such as: * Enriching learning * Teaching self-care * Changing patterns of behavior * Managing relationships, emotions, and life challenges * Creating helpful thoughts * Developing life skills and problem-solving techniques

Science And Human Behavior

The psychology classic—a detailed study of scientific theories of human nature and the possible ways in which human behavior can be predicted and controlled—from one of the most influential behaviorists of the twentieth century and the author of *Walden Two*. "This is an important book, exceptionally well written, and logically consistent with the basic premise of the unitary nature of science. Many students of society and culture would take violent issue with most of the things that Skinner has to say, but even those who disagree most will find this a stimulating book." —Samuel M. Strong, *The American Journal of Sociology* "This is a remarkable book—remarkable in that it presents a strong, consistent, and all but exhaustive case for a natural science of human behavior...It ought to be...valuable for those whose preferences lie with, as well as those whose preferences stand against, a behavioristic approach to human activity." —Harry Prosch, *Ethics*

Decolonizing Pathways towards Integrative Healing in Social Work

Taking a new and innovative angle on social work, this book seeks to remedy the lack of holistic perspectives currently used in Western social work practice by exploring Indigenous and other culturally diverse understandings and experiences of healing. This book examines six core areas of healing through a holistic lens that is grounded in a decolonizing perspective. Situating integrative healing within social work education and theory, the book takes an interdisciplinary approach, drawing from social memory and historical trauma, contemplative traditions, storytelling, healing literatures, integrative health, and the traditional environmental knowledge of Indigenous Peoples. In exploring issues of water, creative expression, movement, contemplation, animals, and the natural world in relation to social work practice, the book will appeal to all scholars, practitioners, and community members interested in decolonization and Indigenous studies.

The Brain That Changes Itself

An introduction to the science of neuroplasticity recounts the case stories of patients with mental limitations or brain damage whose seemingly unalterable conditions were improved through treatments that involved the thought re-alteration of brain structure.

The Manchurian Candidate

'Brilliant...wild and exhilarating' New Yorker Sgt Raymond Shaw is a hero of the first order. He's an ex-prisoner of war who saved the life of his entire outfit, a winner of the Congressional Medal of Honor, the stepson of an influential senator...and the perfect assassin. Brainwashed during his time as a POW he is a 'sleeper', a living weapon to be triggered by a secret signal. He will act without question, no matter what order he is made to carry out. To stop Shaw, his former commanding officer must uncover

the truth behind a twisted conspiracy of torture, betrayal and power that will lead both to the highest levels of the government. - and to Shaw's own past...

Stem Cell Revolution

The Answer to Your Health Problems IS NOT WHAT YOU EXPECT What is adult stem cell therapy? Are there different adult stem cell treatment options? What type of conditions does adult stem cell therapy treat? What is the success rate? How much does it cost? Are there any risks or side effects? What's so great about adult stem cell therapy? Joseph "Dr. Joe" Christiano clears away the confusion surrounding this groundbreaking new treatment. Discover how stem cell activators target adult stem cells to reverse twenty-six conditions that may be adversely affecting your health. IT'S TIME TO JOIN THE REVOLUTION!

Yoga Journal

For more than 30 years, Yoga Journal has been helping readers achieve the balance and well-being they seek in their everyday lives. With every issue, Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds. We are dedicated to providing in-depth, thoughtful editorial on topics such as yoga, food, nutrition, fitness, wellness, travel, and fashion and beauty.

The Publishers Weekly

This workbook introduces the 12 skills of Mindfulness-Based Ecotherapy (MBE) and introduces one of these skills at each of the 12 sessions in the program. Although this book is designed to accompany the 12-week Mindfulness-Based Ecotherapy workshop series, it may also be completed on your own at home. The experiential nature of the work allows anyone with access to outdoor spaces the opportunity to complete the series. Mindfulness-Based Ecotherapy allows you to embrace the healing power of nature in an experiential way.

Mindfulness-Based Ecotherapy Workbook

Author and naturopathic physician Dr. Cyndi Gilbert introduces readers to the art and science of forest bathing, the deceptively simple Japanese practice of spending time in the forest as a way to find peace, rejuvenation, and to promote health. Dr. Gilbert shares her own personal history with the practice—how in the midst of an urban sprawl she lost touch with nature, only to rediscover it through the Japanese practice of Shinrin Yoku or forest bathing. In Forest Bathing, you'll discover the health benefits of Shinrin Yoku, from restoring Vitamin D to balancing your microbiome, along with the rich mental and emotional rewards that spending time surrounded by trees can offer. Forest bathing is a restorative, meditative activity for those who practice it by themselves, but Dr. Gilbert also explores the benefits of practicing forest bathing in community with family and friends. Most importantly, the book offers an easy and practical guide to begin your own forest bathing practice along with a resources section to help you further explore the topic. Learn to tap more deeply into your five senses, practice true mindfulness in sacred woodland spaces, and experience the healing impact of nature wherever you are. Other books in the Start Here Guide Series: Energy Healing: Simple and Effective Practices to Become Your Own Healer Meditation: The Simple and Practical Way to Begin Meditating Chakras: An Introduction to Using the Chakras for Emotional, Physical, and Spiritual Well-Being

Forest Bathing

In a world of rising tensions between Russia and the United States, the Middle East and Europe, Sunnis and Shiites, Islamism and liberalism, Turkey is at the epicentre. And at the heart of Turkey is its right-wing populist president, Recep Tayyip Erdoğan. Since 2002, Erdoğan has consolidated his hold on domestic politics while using military and diplomatic means to solidify Turkey as a regional power. His crackdown has been brutal and consistent - scores of journalists arrested, academics officially banned from leaving the country, university deans fired and many of the highest-ranking military officers arrested. In some senses, the nefarious and failed 2016 coup has given Erdoğan the licence to make good on his repeated promise to bring order and stability under a 'strongman'. Here, leading Turkish expert Soner Cagaptay will look at Erdoğan's roots in Turkish history, what he believes in and how he has cemented his rule, as well as what this means for the world. The book will also unpick the 'threats'

Erdogan has worked to combat - from the liberal Turks to the Gulen movement, from coup plotters to Kurdish nationalists - all of which have culminated in the crisis of modern Turkey.

The New Sultan

1922. The Healing Hand presents the basic principles of the Law of Life and the lessons that life teaches. There are three desirable impulses in each life seeking opportunity for expression. They are health, happiness and prosperity. The text also teaches the principles of healing through the threefold method of: suggestion through the hand; suggestion through the spoken word and written word; and suggestion through telepathy, as explained in the home method of healing. There is also an extensive discussion of the primary and fundamental principles of the laws of mental healing based upon the actual experience of the author, Professor Weltmer, which is intended to give the reader adequate information to understand himself and to prepare him for the practical study of the principles of Suggestotherapy.

Skin Deep

When Richard Rumelt's Good Strategy/Bad Strategy was published in 2011, it immediately struck a chord, calling out as bad strategy the mish-mash of pop culture, motivational slogans and business buzz speak so often and misleadingly masquerading as the real thing. Since then, his original and pragmatic ideas have won fans around the world and continue to help readers to recognise and avoid the elements of bad strategy and adopt good, action-oriented strategies that honestly acknowledge the challenges being faced and offer straightforward approaches to overcoming them. Strategy should not be equated with ambition, leadership, vision or planning; rather, it is coherent action backed by an argument. For Rumelt, the heart of good strategy is insight into the hidden power in any situation, and into an appropriate response - whether launching a new product, fighting a war or putting a man on the moon. Drawing on examples of the good and the bad from across all sectors and all ages, he shows how this insight can be cultivated with a wide variety of tools that lead to better thinking and better strategy, strategy that cuts through the hype and gets results.

The Healing Hand

An engaging guide to the art of forest bathing, inspired by the Japanese practice of shinrin-yoku, for anyone who wants to explore the transformative power of nature in promoting health and happiness. Forest bathing is the art of spending intentional time in nature and is practiced throughout the world to increase health and restore well-being. More and more people are turning to forest bathing as an evidence-based way to unplug, relieve stress and anxiety, and spark creativity. Through simple invitations to slow down, walk in silence, cultivate tree energy, and connect with the sun and forest, this book enables you to incorporate the inspiring benefits of time spent in nature—a calm mind, renewed energy, boosted creativity, and inner peace—into your daily life to find deeper meaning and contentment.

Good Strategy/Bad Strategy

London's Urban Landscape is the first major study of a global city to adopt a materialist perspective and stress the significance of place and the built environment to the urban landscape. Edited by Christopher Tilley, the volume is inspired by phenomenological thinking and presents fine-grained ethnographies of the practices of everyday life in London. In doing so, it charts a unique perspective on the city that integrates ethnographies of daily life with an analysis of material culture. The first part of the volume considers the residential sphere of urban life, discussing in detailed case studies ordinary residential streets, housing estates, suburbia and London's mobile 'linear village' of houseboats. The second part analyses the public sphere, including ethnographies of markets, a park, the social rhythms of a taxi rank, and graffiti and street art. London's Urban Landscape returns us to the everyday lives of people and the manner in which they understand their lives. The deeply sensuous character of the embodied experience of the city is invoked in the thick descriptions of entangled relationships between people and places, and the paths of movement between them. What stories do door bells and house facades tell us about contemporary life in a Victorian terrace? How do antiques acquire value and significance in a market? How does living in a concrete megastructure relate to the lives of the people who dwell there? These and a host of other questions are addressed in this fascinating book that will appeal widely to all readers interested in London or contemporary urban life.

The Healing Magic of Forest Bathing

Amoral, cunning, ruthless, and instructive, this multi-million-copy New York Times bestseller is the definitive manual for anyone interested in gaining, observing, or defending against ultimate control – from the author of *The Laws of Human Nature*. In the book that *People* magazine proclaimed “beguiling” and “fascinating,” Robert Greene and Joost Elffers have distilled three thousand years of the history of power into 48 essential laws by drawing from the philosophies of Machiavelli, Sun Tzu, and Carl Von Clausewitz and also from the lives of figures ranging from Henry Kissinger to P.T. Barnum. Some laws teach the need for prudence (“Law 1: Never Outshine the Master”), others teach the value of confidence (“Law 28: Enter Action with Boldness”), and many recommend absolute self-preservation (“Law 15: Crush Your Enemy Totally”). Every law, though, has one thing in common: an interest in total domination. In a bold and arresting two-color package, *The 48 Laws of Power* is ideal whether your aim is conquest, self-defense, or simply to understand the rules of the game.

London's Urban Landscape

An amazing new sci-fi, urban fantasy series begins with *The Broken Destiny: Book One of the Broken Series*. Ava's people have been exiled to the planet Poseidon where, through a series of awful events, Ava discovers that their existence has been fabricated by the Council and that she has a Destiny that could save them. Her soul is a key to a secret weapon that has been lost to an ancient race. To live up to her Destiny, Ava needs to go through a sequence of changes that will reveal her true purpose. Throughout her journey she will become what she hates in order to save the ones she loves; and through it all she will find herself - for that is her Destiny. The next in the series, *Evanescent*, is not to be missed. Carlyle Labuschagne lives in Johannesburg South Africa. She has always been a daydreamer, wanting to inspire others, and now finally her dreams have come true with her debut novel. Follow the author at <http://twitter/CarlyleL> and www.carlylelabuschagne.com. Publisher's website: <http://www.sbpra.com/CarlyleLabuschag>

The 48 Laws of Power

Scholars in folklore and anthropology are more directly involved in various aspects of medicine—such as medical education, clinical pastoral care, and negotiation of transcultural issues—than ever before. Old models of investigation that artificially isolated “folk medicine,” “complementary and alternative medicine,” and “biomedicine” as mutually exclusive have proven too limited in exploring the real-life complexities of health belief systems as they observably exist and are applied by contemporary Americans. Recent research strongly suggests that individuals construct their health belief systems from diverse sources of authority, including community and ethnic tradition, education, spiritual beliefs, personal experience, the influence of popular media, and perception of the goals and means of formal medicine. *Healing Logics* explores the diversity of these belief systems and how they interact—in competing, conflicting, and sometimes remarkably congruent ways. This book contains essays by leading scholars in the field and a comprehensive bibliography of folklore and medicine.

The Broken Destiny

The Resonance of Unseen Things offers an ethnographic meditation on the “uncanny” persistence and cultural freight of conspiracy theory. The project is a reading of conspiracy theory as an index of a certain strain of late 20th-century American despondency and malaise, especially as understood by people experiencing downward social mobility. Written by a cultural anthropologist with a literary background, this deeply interdisciplinary book focuses on the enduring American preoccupation with captivity in a rapidly transforming world. Captivity is a trope that appears in both ordinary and fantastic iterations here, and Susan Lepselter shows how multiple troubled histories—of race, class, gender, and power—become compressed into stories of uncanny memory. “We really don’t have anything like this in terms of a focused, sympathetic, open-minded ethnographic study of UFO experiencers. . . . The author’s semiotic approach to the paranormal is immensely productive, positive, and, above all, resonant with what actually happens in history.” —Jeffrey J. Kripal, J. Newton Rayzor Professor of Religion, Rice University “Lepselter relates a weave of intimate alien sensibilities in out-of-the-way places which are surprisingly, profoundly, close to home. Readers can expect to share her experience of contact with complex logics of feeling, and to do so in a contemporary America they may have thought they understood.” —Debbora Battaglia, Mount Holyoke College “An original and beautifully written study of contemporary American cultural poetics. . . . The book convincingly brings into relief the anxieties of those at the margins of American economic and civic life, their perceptions of state power,

and the narrative continuities that bond them to histories of violence and expansion in the American West.” —Deirdre de la Cruz, University of Michigan

Healing Logics

Now on Netflix as a 4-part documentary series! “Pollan keeps you turning the pages . . . cleareyed and assured.” —New York Times A #1 New York Times Bestseller, New York Times Book Review 10 Best Books of 2018, and New York Times Notable Book A brilliant and brave investigation into the medical and scientific revolution taking place around psychedelic drugs--and the spellbinding story of his own life-changing psychedelic experiences When Michael Pollan set out to research how LSD and psilocybin (the active ingredient in magic mushrooms) are being used to provide relief to people suffering from difficult-to-treat conditions such as depression, addiction and anxiety, he did not intend to write what is undoubtedly his most personal book. But upon discovering how these remarkable substances are improving the lives not only of the mentally ill but also of healthy people coming to grips with the challenges of everyday life, he decided to explore the landscape of the mind in the first person as well as the third. Thus began a singular adventure into various altered states of consciousness, along with a dive deep into both the latest brain science and the thriving underground community of psychedelic therapists. Pollan sifts the historical record to separate the truth about these mysterious drugs from the myths that have surrounded them since the 1960s, when a handful of psychedelic evangelists inadvertently catalyzed a powerful backlash against what was then a promising field of research. A unique and elegant blend of science, memoir, travel writing, history, and medicine, *How to Change Your Mind* is a triumph of participatory journalism. By turns dazzling and edifying, it is the gripping account of a journey to an exciting and unexpected new frontier in our understanding of the mind, the self, and our place in the world. The true subject of Pollan's "mental travelogue" is not just psychedelic drugs but also the eternal puzzle of human consciousness and how, in a world that offers us both suffering and joy, we can do our best to be fully present and find meaning in our lives.

The Resonance of Unseen Things

"One of the most profound and illuminating studies of this century to have been published in recent decades."--John Gray, New York Times Book Review Hailed as "a magisterial critique of top-down social planning" by the New York Times, this essential work analyzes disasters from Russia to Tanzania to uncover why states so often fail--sometimes catastrophically--in grand efforts to engineer their society or their environment, and uncovers the conditions common to all such planning disasters. "Beautifully written, this book calls into sharp relief the nature of the world we now inhabit."--New Yorker "A tour de force."-- Charles Tilly, Columbia University

How to Change Your Mind

he way we understand the world we live in is changing. Our traditional understanding is being challenged by developments in physics, including quantum mechanics, and our inability to explain certain complex phenomena such as consciousness. In this book, scholars from a variety of backgrounds discuss how our understanding of our world is expanding to include such phenomena.

Seeing Like a State

People have been retreating to the woods for quiet, meditation, and inspiration for centuries, and recent research finds that time spent in the forest doesn't just feel good but is, in fact, good for you. Inspired by the Japanese concept of *shinrin-yoku*, or forest bathing, poet Hannah Fries invites readers to bask in the company of trees, whether in a city park or a rural nature preserve. Fries combines her own reflections and guided mindfulness exercises with a curated selection of inspirational writing from poets, naturalists, artists, scientists, and thinkers throughout the centuries and across cultures, including Japanese haiku masters, 19th century European Romantics, American Transcendentalists, and contemporary environmentalists. Accompanied by beautiful forest photography, *Forest Bathing Retreat* is a distinctive gift that invites frequent revisiting for fresh insights and inspiration. This publication conforms to the EPUB Accessibility specification at WCAG 2.0 Level AA.

The Universe, Life and Everything

Have you ever looked deep into the eyes of an animal and felt entirely known? Often, the connections we share with non-human animals represent our safest and most reliable relationships, offering

unique and profound opportunities for healing in periods of hardship. This book focuses on research developments, models, and practical applications of human-animal connection and animal-assisted intervention for diverse populations who have experienced trauma. Physiological and psychological trauma are explored across three broad and interconnected domains: 1) child maltreatment and family violence; 2) acute and post-traumatic stress, including military service, war, and developmental trauma; and 3) times of crisis, such as the ever-increasing occurrence of natural disasters, community violence, terrorism, and anticipated or actual grief and loss. Contributing authors, who include international experts in the fields of trauma and human-animal connection, examine how our relationships with animals can help build resiliency and foster healing to transform trauma. A myriad of animal species and roles, including companion, therapy, and service animals are discussed. Authors also consider how animals are included in a variety of formal and informal models of trauma recovery across the human lifespan, with special attention paid to canine- and equine-assisted interventions and psychotherapy. In addition, authors emphasize the potential impacts to animals who provide trauma-informed services, and discuss how we can respect their participation and implement best practices and ethical standards to ensure their well-being. The reader is offered a comprehensive understanding of the history of research in this field, as well as the latest advancements and areas in need of further or refined investigation. Likewise, authors explore, in depth, emerging practices and methodologies for helping people and communities thrive in the face of traumatic events and their long-term impacts. As animals are important in cultures all over the world, cross-cultural and often overlooked animal-assisted and animal welfare applications are also highlighted throughout the text.

Forest Bathing Retreat

Out of Control chronicles the dawn of a new era in which the machines and systems that drive our economy are so complex and autonomous as to be indistinguishable from living things.

Transforming Trauma

The quality and readiness of the health and social care estate is vital for high quality, safe and efficient health and social care. This HBN sets out the design guidance for dementia-friendly health and social care environments. The design principles and the core design features together with a selection of case studies provide guidance for the development of new design solutions and the adaptation/ extension of existing facilities. HBN 08-02 is intended particularly for those who are new to the topic and also for people living with dementia or their advocates who may be engaged as part of stakeholder engagement processes. It may also be helpful for commissioning organisations, auditors and regulators, giving an overall perspective of the dementia-friendly design issues that need to be addressed

Out Of Control

Dementia-Friendly Health and Social Care Environments