

Perfect Brilliant Stillness

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A young boy learns to overcome his fears by living in the present, rather than the past or the future.

If Jesus, like the Buddha and the ancient Indian Vedas before him, taught the radical oneness of all things; an unorthodox singularity between self and the divine; where is the record of such pronouncements by Jesus? It's not in the New Testament. In 1945, a discovery in an Egyptian desert may have revealed such a document: The Gospel of Thomas.

An intimate account of spontaneous spiritual enlightenment and its implications in a life lived beyond the individual self.

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Traditonal Chinese Edition of [The Pull of the Stars].
A novel about the flu pandemic a hundred years ago, but it reads completely in line with the present, depicting the same frustrations, tensions, hopes, and dangers of the present and the past.

Chinese edition of The Tiger in the Well (Sally Lockhart Quartet III). It is the third of the four books in the Sally Lockhart series. This series by Phillip Pullman is set at the end of the 19th century England. In Chinese. Distributed by Tsai Fong Books, Inc.

Traditional Chinese edition of The Untethered Soul: the journey beyond yourself. As a spiritual teacher, Michael Singer takes us step by step through the practice of intellectual Yoga; help liberate us from our self-image and become a happy and creative soul. In Traditional Chinese. Distributed by Tsai Fong Books, Inc.

First, high school senior Andy Koops barely reacts to his father's suicide. Then, in college, a manic episode lands him in a state mental hospital. After three years, he's still hospitalized, and worse, he's trapped on a locked back ward by a sadistic psychiatrist, Dr. Enzo Gambelli. Drugged, depressed, and demoralized, Andy is on the verge of becoming a chronic mental patient when he's befriended by a maverick social worker who

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The aim of this book is to study certain meditation methods followed not only by religious traditions or metaphysical movements that are still alive nowadays like Advaita Vedanta, Kabbalah (within the Jewish tradition), Christianity or Islam (particularly Sufism), but also practiced by other currents or schools that, even though already gone, significantly influenced the West. This is the case of Neoplatonism or Stoicism, whose influence was felt by ancient and medieval Christianity, or Greco-Egyptian Hermetism, which played an important role

in the European cultural Renaissance from the 15th century on. A special consideration has been given to Christian tradition, introducing some of the most representative authors of recollection and their meditation methods. Este libro tiene por finalidad el estudio de ciertos métodos de meditación seguidos no solo por tradiciones religiosas o movimientos metafísicos que continúan vivos actualmente como el vedanta advaita, la cábala (en la tradición judía), el cristianismo o el islám (particularmente el sufismo), sino practicados también por otras corrientes o escuelas que, aunque ya desaparecidas, influyeron significativamente en Occidente. Es el caso del neoplatonismo o del estoicismo cuya influencia se dejó sentir en el cristianismo antiguo y medieval, o del hermetismo greco-egipcio que tuvo un papel destacado en el Renacimiento cultural europeo a partir del siglo XV. Especial consideración se ha dado a la tradición cristiana mostrando algunos de los autores más representativos del recogimiento y de su método de meditación.

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IN HIS TIMELY BOOK, RONALD R. PARKS, MPH, MD, EXAMINES THE IMPACT OF COVID-19 OR OTHER FORMS OF CRISIS, LOSS, OR TRAGEDY ON INDIVIDUAL MENTAL HEALTH. During the COVID-19 pandemic, many have experienced extreme personal loss and are suffering responses, not unlike those faced by survivors of natural disasters. Dr. Parks’ health interests began as a child growing up in rural Maryland. After developing a high fever and stiff neck, he was diagnosed with polio and rushed to City Hospital for Children. The experience changed his life forever. This book focuses on a holistic approach to mental health during times of significant crises and challenges. Topics covered include grief and loss, anxiety, depression, addictions, pandemic fear; how to recognize early signs of mental health difficulties and their origins; coping and finding the help you need; and ways of regaining health, balance, stability, and longevity. The book has an upbeat

style that'll energize your mind and refresh your ability to carry on through troubling times. In his timely book, Ronald R. Parks, MPH, MD examines the impact of COVID-19 or other forms of crisis, loss, or tragedy on individual mental health. From his perspective as a Board-certified psychiatrist, a holistic healthcare consultant, and a caring, concerned teacher, He offers helpful insights and suggestions designed to empower those with ongoing emotional challenges and those who want to maintain optimum mental and physical health. Blending research, historical events, and his own life experience, Dr. Parks has created an easy-to-understand, practical guide to help readers not only to survive but to thrive during troubling times. The essential step is to identify early signs of emotional and psychological dysfunction or impending break-down. The book's educative and guidance content stresses the value of holistic awareness and actions for both insight and inspiration. Readers will gain a clearer perspective of mental health issues that happen with the demands and unexpected changes or challenges that can occur to anyone. Many key elements play into our overall mental health and sense of wellbeing. Utilizing a multi-faceted approach, this book imparts valuable wisdom while covering essential topics related to mental health challenges, holistic medicine, psychology, spiritual awakening, meditation, and other tried and true self-help techniques. Important preventative and intervention tips are succinctly presented for your help. Most people are not just facing the Pandemic—many have experienced the personal loss of loved ones, worsening or the start of

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emotional or mental health challenges, addictions, trauma, and loss of purpose and meaning. Navigating so much hardship weighs heavily on our psyche, but this book reminds us that we can persevere and awaken to a deeper understanding of ourselves, others, and the spirit of life. This book covers a diversity of topics related to mental and emotional health, surviving times of crisis as the current COVID pandemic, finding holistic ways of coping, surviving during times of exceptional challenges or catastrophic situations, and reducing disease risk during tough times. There's no shame in getting help when you need support.

A comprehensive, yet entertaining introduction to Advaita, the non-dual philosophy which provides a completely reasonable explanation for who we are and the nature of the universe. There are many self-help approaches promising enlightenment and happiness but most are illogical and lack any proven capability. Advaita has a guru-disciple tradition stretching back for several thousand years and can guarantee the sincere seeker a progressive path to self-realization. A 21st Century treatment of this ancient eastern philosophy, this book addresses all of the issues that are covered by both traditional teachers from the lineage of Shankara and by modern satsang teaching and Direct Path methods stemming from Ramana Maharshi and Krishna Menon. Topics are explained in an accessible and readable manner, using amusing quotations and stories along with an abundance of metaphors from a wide variety of sources.

It explores the sorrow of losing an intimate partner and

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Many of us are starting to become tired of this game of life. We have been comparing and striving all our life. But no matter how much success we have achieved—we are still hollow and still have found nothing fulfilling. We don't even know if happiness exists because it is no longer a living thing in our experience—it has become dead, as we only know it as a concept or memory. We have sought self-help advice, philosophies, and religious teachings to transform ourselves but have not gotten anywhere. We have made some superficial improvements—like adopting a new mindset—but our core remains the same. We are still competitive, still fearful, and we get disturbed all the time. The problem with all attempts at self-improvement is that we do not address the fundamental problem, which is: who is the “you” who needs to be improved? We do not see that the one who is making the improvement is the same one who needs to be improved. The more we try to improve, the more conflict we introduce, within and without. The more knowledge we stuff in our heads, the more we become trapped in a conceptual prison of reality. Inevitably, the more confused we get in life. The book guides the reader out of their distorted beliefs to experience reality beyond the mind. When the deeper intelligence is allowed to flourish without our mind's interference, then the game of life becomes effortless.

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