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braden explores the miracles that open the door to a powerful new way of seeing the world and the science that tells why miracles are possible

through the heart of hollywood cinema runs an unexpected current of progressive politics sports movies a genre that has flourished since the mid seventies evoke the american dream and therefore represent the nation to itself in idealized form once considered mere credos for reaganism s fantasies of an atomized society movies from rocky 1976 to ali 2001 dream of democratic participation and recognition more than individual success for in every case off field relationships take precedence over on field competition arranged chronologically hollywood sports films and the american dream is a critical study of six major sports films that re tells the story of multiculturalism s gradual adoption in the latter third of the 20th century and rewrites contemporary understandings of the sports film for author grant wiedenfeld the mainstream s first minority heroes are paradoxically white ethnic rural working class men exemplified by rocky slap shot 1977 and the natural 1984 and black brown and women characters follow in white men can t jump 1992 a league of their own 1992 and ali but despite their insistence on community and diversity these popular dramas show limited faith in civic institutions and point to the limits of inclusion and participation in the post civil rights era hannah arendt jeffrey alexander and others inform wiedenfeld s original analysis and commentary on the political significance of popular culture as he insists on the cinema s capabilities as an engine for democracy untethered from more conventional democratic institutions reading these familiar movies from another angle paints a fresh picture of how the united states has imagined democracy since its bicentennial and renews the political efficacy of one of the most popular genres in film history

the journey into self offers a guide for today s polarized world a world that is caught up in all the power struggles that separate and divide us by teaching the use of guided imagery with its instant access to the subconscious we can uncover false belief systems unfinished business from the past and the real reasons for this polarization in our personal lives from discovering the true issues of one s life to a final resolution of making peace with personal pain the journey into self will

provide direction in a simple and straightforward manner with both direction and effective communication skills you will experience a new and gentler approach to breaking down defenses knowing and expressing your own truth and facilitating change in others by changing the way you live your own life help yourself and others heal by using imagery to explore unfinished issues from deep within the unconscious this is a handbook for creating and using the powerful and mystical techniques of guided imagery to heal both physical and emotional issues the journey into self offers the path to living a balanced life of gentleness love tolerance and understanding a world that values differences

alan cohen brings to life ancient wisdom for a new era deeply in need of enlightenment fresh insights practical easy entry and immense delight chungliang al huang president director living tao foundation and co author with alan watts of tao the watercourse way may you live during interesting times so goes an ancient chinese blessing or some say curse that wish has come true for us now what in this radically illuminating book alan cohen delves into one of the world s most venerated wisdom texts for answers and brings the lofty and enigmatic concepts of the tao te ching down to earth in fresh easy to grasp language with practical personal examples we can use to uplift our daily lives most other interpretations of the tao march through the stanzas one by one here alan cohen calls forth the ancient verses around themes that are central to our modern lives from love to work to the lessons we learn from pain then he brings each message to life in short vignettes where he imagines himself a student of lao tse and interacts with the master directly and intimately he invites you to join the ancient sage and the contemporary seeker as they wend their way through the challenges and triumphs of the same journey you re taking yourself

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happiness genes proves that there is a definitive link between science and spirituality that you are biologically wired for natural happiness you have a constitutional

right to life liberty and the pursuit of happiness and every day thousands of advertising images seduce you into believing that happiness can be bought put away your wallet happiness is at your fingertips it's sitting right in your dna the new science of epigenetics reveals that there are reserves of natural happiness within your dna that can be controlled by you your emotions beliefs and your behavioral choices happiness genes unlock the positive potential hidden in your dna examines the nature and source of happiness from ancient times to the present it presents the epigenetic and other biological research that shows that dna contains genes for natural happiness and your ultimate well being then it details the 28 day natural happiness program you'll learn how to switch on your happiness genes creating a biological cascade of well being

in this book shannon mcrae a gifted clairvoyant and healer weaves case stories with cutting edge science to describe her remarkable work with clients at the cellular level from healing a headache and repairing an eardrum to removing cancer and alleviating depression working in the tradition of dora kunz and delores krieger cofounders of therapeutic touch mcrae emphasizes the importance in healing of positive thought forgiveness and the patient's letting go of emotional pain and resistance to health each of her examples is instructive and each gives hope no matter what the physical or mental condition might be the epilogue shares shannon's insights about life after death and the realm of unseen helpers this first person account of a renowned medical intuitive describing her experiences in helping people heal is aimed at everyone interested in alternative health in general and energy medicine in particular

exhibition catalogue exploring the relationship between art in two and three dimensions sculpture in painting is not so much concerned with comparing the two disciplines but the dialogue between them the exhibition the first at the henry moore institute to consist only of paintings brings together some thirty works from the 1500s to the present day by a range of influential artists including titian hogarth vuillard and henning exhibition henry moore institute leeds 9 october 2009 10 january 2010

widowed u s air force commander aaron petrowski wants the best care for his boys when he returns to duty so after sarah graham applies for the job the young woman surprises everyone by passing inspection however aaron discovers sarah has a secret tied to a tragedy in his past original

a journal dealing with financial economic and shipping affairs

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