This easy-to-use guidebook provides exercises and visualisation techniques that can be used to learn how to “cut the ties that bind” us to old situations, old behavior patterns, old habits. When we learn to connect with the “High C” or the Real Self, we are able to let go of the past and allow ourselves a new and brighter future. Letting go of old habits can be fun! This workbook has been used by therapists, groups, and people who are working with the techniques outlined by Phyllis Krystal in workshops she has given all over the world. Readers who have not experienced these workshops may have read her books: Cutting the Ties that Bind, Cutting More Ties that Bind, and her recently published Taming Our Monkey Mind, which speaks to insight, detachment and gaining identity.

The basis for the major motion picture 5 Flights Up starring Diane Keaton and Morgan Freeman. New York City is on high alert—a gasoline truck is “stuck” in the Midtown tunnel and the driver has fled. Through panic and gridlock, Alex and Ruth must transport their beloved old dachshund—whose back legs are suddenly paralyzed—to the animal hospital, using a cutting board as a stretcher. But this is also the weekend when Alex and Ruth must sell the apartment in which they have lived for most of their adult lives. Over the course of forty-eight hours, as the mystery of the missing truck driver terrorizes the city and the dachshund’s life hangs in the balance, the bidding war over their apartment becomes a barometer for collective hope and despair. Told in shifting points of view—Alex’s, Ruth’s, and the little dog’s—Heroic Measures is a moving, deft novel about urban anxiety and the love that deepens over years.

A distinguished Stanford law professor examines the steep decline in marriage rates among the African American middle class, and offers a paradoxical-nearly incendiary-solution. Black women are three times as likely as white women to never marry. That sobering statistic reflects a broader reality: African Americans are the most unmarried people in our nation, and contrary to public perception the racial gap in marriage is not confined to women or the poor. Black men, particularly the most successful and affluent, are less likely to marry than their white counterparts. College educated black women are twice as likely as their white peers never to marry. Is Marriage for White People? is the first book to illuminate the many facets of the African American marriage decline and its implications for American society. The book explains the social and economic forces that have undermined marriage for African Americans and that shape everyone’s lives. It distills the best available research to trace the black marriage decline’s far reaching consequences, including the disproportionate likelihood of abortion, sexually transmitted diseases, single parenthood, same sex relationships, polygamous relationships, and celibacy among black women. This book centers on the experiences not of men or of the poor but of those black women who have surged ahead, even as black men have fallen behind. Theirs is a story that has not been told. Empirical evidence documents its social significance, but its meaning emerges through stories drawn from the lives of women across the nation. Is Marriage for White People? frames the stark predicament that millions of black women now face: marry down or marry out. At the core of the inquiry is a paradox substantiated by evidence and experience alike: If more black women married white men, then more black men and women would marry each other. This book not only sits at the intersection of two large and well-established markets—race and marriage—it responds to yearnings that are widespread and deep in American society. The African American marriage decline is a secret in plain view about which people want to know more, intertwining as it does two of the most vexing issues in contemporary society. The fact that the most prominent family in our nation is now an African American couple only intensifies the interest, and the market. A book that entertains as it informs, Is Marriage for White People? will be the definitive guide to one of the most monumental social developments of the past half century.

Starting a new life after the death of her mother, Nora learns how to be strong. Are there wounds too deep to heal, pains too sharp to share? And if a family survives by cutting the ties that bind them, can they ever be whole again? After losing her mother to illness and her father to his work, Nora Mackenzie must leave her home in the interior of B.C. for a North Vancouver school. Estranged from her classmates, her family, and the life she’s lost, Nora walls herself off from the people around her. At the same time, her young cousin Lizzie is facing an uncertain future as one of the first children to undergo open-heart surgery. As the operation approaches, Nora discovers that she is not the only person in her family isolated by fear and grief. A psychologist offers a roadmap for those looking to break free of toxic family relationships and thrive in the aftermath. Toxic family abuse is always two-fold. The first layer of abuse is the original poor treatment by toxic family members, and the second is someone’s denial of the ways in which abusers treat and harm them. Loving someone doesn’t always mean having a relationship with them, just like forgiveness doesn’t always mean reconciliation. A significant part of healing comes with accepting that there are some relationships that are so poisonous that they destroy one’s ability to be healthy and function best. But It’s Your Family is a remarkable account of what it means to cut ties to toxic family abuse and thrive in the aftermath. Inside, Dr. Sherrie Campbell clarifies: - How parents, adult children, siblings, grandparents, and in-laws can be toxic - The difference between flawed and toxic family members - Explaining the cutting of ties to children and others who may not understand - Spiritual and religious views on forgiveness - The definition of cutting ties and what No Contact actually means When readers are able to bring closure to those toxic relationships, they give themselves the space to love those family members from a distance, as fellow human beings, with the knowledge that it is unwise to remain connected. Readers learn how to love themselves in the process and fundamentally change their lives for the better!

Tells how to select and prepare ties for use in quilts, and recommends suitable patterns. In this book, Phyllis Krystal describes techniques, rituals and symbols which are capable of impressing positive messages on the subconscious mind in order to offset some of the negative conditioning that may have been received earlier in life. In this way, changes in life become possible much better than just working on a conscious, cognitive level. This method enables a person to liberate from the various sources of false security to become an independent and whole human being, relying only on the inner source of security and wisdom which is available to everyone who seeks its aids. First revised edition.

The flood of information, unprecedented transparency, increasing interconnectedness-and our global interdependence—are dramatically reshaping today's world, the world of business, and our lives. We are in the Era of Behavior and the rules of the game have fundamentally changed. It is no longer what you do that matters most and sets you apart from others, but how you do what you do. What are commodities, easily duplicated or reverse-engineered. Sustainable advantage and enduring success for organizations and the people who work for them now lie in the
realm of how, the new frontier of conduct. For almost two decades, Dov Seidman's pioneering organi-zation, LRN, has helped some of the world's most respected companies build “do it right,” winning cultures and inspire principled performance throughout their organizations. Seidman’s distinct vision of the world, business, and human endeavor has helped enable more than 15 million people doing business in more than 120 countries to outbehave the competition. In HOW: Why HOW We Do Anything Means Everything, Dov Seidman shares his unique approach with you. Now updated and expanded, HOW includes a new Foreword from President Bill Clinton and a new Preface from Dov Seidman on why we behave, lead, govern, operate, consume, engender trust in our relationships, and relate to others matters more than ever and in ways it never has before. Through entertaining anecdotes, surprising case studies, cutting-edge research in a wide range of fields, and reveal—ing interviews with a diverse group of leaders, business executives, experts, and everyday people on the front lines, this book explores how we think, how we behave, how we lead, and how we govern our institutions and ourselves to uncover the values-inspired “hows” of twenty-first-century success and significance. Divided into four comprehensive parts, this insightful book: Exposes the forces and factors that have fundamentally restructured the world in which organizations operate and their people conduct themselves, placing a new focus on their hows Provides frameworks to help you understand those hows and implement them in powerful and productive ways Helps you channel your actions and decisions in order to thrive uniquely within today’s new realities Sheds light on the systems of how-the dynamics between people that shape organizational culture—andintroduces a bold new vision for leading and winning through self-governance That the qualities that many once thought of as “soft” values, trust, and reputation are now the hard currency of success and the ultimate drivers of efficiency, performance, innova-tion, and growth. With in-depth insights and practical advice, HOW will help you bring excellence and significance to your business endeavors and your life—and refocus your efforts in powerful new ways. If you want to stand out, to thrive in our fast changing, hyper-connected, and hypertransparent world, read this book and discover HOW.

Double Blind follows three close friends and their circle through a year of extraordinary transformation. Set between London, Cap d'Antibes, Big Sur, and a rewilded corner of Sussex, this thrilling, ambitious novel is about the headlong pursuit of knowledge—for the purposes of pleasure, revelation, money, sanity, or survival—and the consequences of fleeing from what we know about others and ourselves. When Olivia meets a new lover just as she is welcoming her best friend, Lucy, back from New York, her dedicated academic life expands precipitously. Her connection to Francis, a committed naturalist living off the grid, is immediate and startling. Eager to involve Lucy in her joy, Olivia introduces the two—but Lucy has received shocking news of her own that binds the trio unusually close. Over the months that follow, Lucy’s boss, Hunter, Olivia’s psychoanalyst parents, and a young man named Sebastian are pulled into the friends’ orbit, and not one of them will emerge unchanged. Expansive, playful, and compassionate, Edward St. Aubyn's Double Blind investigates themes of inheritance, determinism, freedom, consciousness, and the stories we tell about ourselves. St. Aubyn's major new novel is as compelling about ecology, psychoanalysis, genetics, and neuroscience as it is about love, fear, and courage. Most of all, it is a perfect expression of the interconnections it sets out to examine, and a moving evocation of an imagined world that is deeply intelligent, often tender, curious, and very much alive. Illustrates how both godly and ungodly soul-ties are created and how they can affect us, often profoundly, in our everyday lives.

This is the sequel to "Cutting the Ties that Bind" and contains advanced information that can be used to release ourselves from more complex systems that programme behaviours. These include familial and national customs - things we do without even thinking about them - role playing, acting out of superstition, fear of unmentioned taboos, old prejudices and fears that we accept blindly. This is the book that will make us "see" what we are doing; it will help us to be the kind of parents we wish we had! This very important book is a textbook for effective self-awareness that opens the door to a lifestyle for self-assured and happy people.

The SM/Leather/Fetish Erotic Style - IssuesCommentary and Advice, A well known psychotherapist and SM expert offers advice regarding relationships, the community, the, SM experience, and personal transformation.

Here is a house of ruin and rage, of death and deliverance. Here is where I live, not living. Here is always mine. When Connor's family moves to Amity, a secluded house on the peaceful banks of New England's Concord River, his nights are plagued with gore-filled dreams of demons, destruction, and revenge. Dreams he kind of likes. Dreams he could make real, with Amity's help. Ten years later, Gwen's family moves to Amity for a fresh start. Instead, she's haunted by lurid visions, disturbing voices, and questions about her own sanity. But who would ever believe her? And what could be done if they did? Because Amity isn't just a house. She is a living force, bent on manipulating her inhabitants to her twisted will. She will use Connor and Gwen to bring about a violent end as she's done before. Inspired by a true-crime story, Amity spans generations to weave an overlapping, interconnected tale of terror, insanity, danger, and death.

The well-known humorist takes a witty, compassionate, poignant, and nostalgic look at the small and large triumphs of American family life in the 80s.

New York Times bestselling sensation Jayne Ann Krentz delivers the romantic story of two opposites that attract in The Ties that Bind. Shannon Raine lives in the artistic community of Mendocino, where she designs silk-screened fabrics that look like medieval illuminations. When Garth Sheridan appears on the beach outside her home, she is immediately drawn to him, convinced that the dark stranger must be a writer or an artist. But when the two meet, she realizes that nothing could be further from the truth. She has nothing in common with the San Diego businessman whose corporate world has taught him not to trust anyone. With an undeniable attraction between them, can they find a common ground in their very different lives?

This full colour book shows how to decipher dream messages from their symbolic form. It covers all aspects of life, including health, relationships, career, spirituality and life purpose. Real dreams are used throughout the narrative and colour maps show how to analyse dreams covering each subject matter. Includes comprehensive symbol reference.

Everyone has a network, and in today's interconnected world, networking happens all the time. Those who seem to attain more in life have figured out how to access and use that network. Whether you have a small, close-knit group of friends or a vast network with far-reaching influence, this book will walk you through ways to expand your influence and achieve your dreams using the network you already possess. The Ties that Bind provides strategies and ideas for anyone, from those new to networking to seasoned professionals, in an easy-to-follow, storytelling
guide. Learn how to navigate the networking landscape. Find out how to make the most of existing connections. Discover how to build real, lasting relationships. Use platforms like Facebook, Twitter, and LinkedIn to build your brand and expand your reach. A good network can turn dreams into reality if used properly. The Ties That Bind will show you how.

Sean was just waiting for his best friend to show up at the bar so they could play some pool. It came as a shock when the tall blonde man accosted Sean and demanded that he change seats. His refusal would change his life...When the fight ended, Sean found himself in the strangest meeting of his life. Odin, Archangel Michael, Lucifer, and Morrigan all vied for his soul, each offering different deals. Sean had to choose, so he chose to go with the goddess of Fate, Death, and Battle. Placed on a new world, gifted with a new body crafted by the gods, and more gifts from other deities of the Tuatha De Danann, Sean now has the chance to live out a new life on a new world. Not everything will be sunshine and roses, however, in this world ruled by the Summer and Winter Queens. He learns quickly that words have power in this world, and that Agreements are binding. Sean has his work cut out for finding his place in this new world. (This work contains adult situations, that some might find offensive, not least of which is graphic sex.)

"New ideas for quilting with ties...projects include covers, wall-hangings, runners, and pillows."—Publishers Weekly As life gets less formal, neckties don't get worn like they used to, leaving us with a stash of unused ties. Recycle those lonely ties into 16 spectacular quilts and home accessories that look nothing like the typical stodgy necktie quilt! Showcase the rich colors, patterns, and textures found in ties with striking Hexagons, Log Cabins, Lone Stars, Flying Geese, and more. Learn how to wash ties, cut them, create appealing color combinations, and tame slippery fabric for quilting. Tie quilts make uniquely personal Father's Day, birthday, or any-occasion gifts for the tie-wearers (or former tie-wearers) in your life—and this book is filled with projects for both beginners and experienced quiltmakers.

A sweeping new look at the unheralded transformation that is eroding the foundations of American exceptionalism. Americans today find themselves mired in an era of uncertainty and frustration. The nation's safety net is pulling apart under its own weight; political compromise is viewed as a form of defeat; and our faith in the enduring concept of American exceptionalism appears increasingly outdated. But the American Age may not be ending. In The Vanishing Neighbor, Marc J. Dunkelman identifies an epochal shift in the structure of American life—a shift unnoticed by many. Routines that once put doctors and lawyers in touch with grocers and plumbers—interactions that encouraged debate and cultivated compromise—have changed dramatically since the postwar era. Both technology and the new routines of everyday life connect tight-knit circles and expand the breadth of our social landscapes, but they've sapped the commonplace, incidental interactions that for centuries have built local communities and fostered healthy debate. The disappearance of these once-central relationships—between people who are familiar but not close, or friendly but not intimate—lies at the root of America's economic woes and political gridlock. The institutions that were erected to support what Tocqueville called the "township"—that unique locus of the power of citizens—are failing because they haven't yet been molded to the realities of the new American community. It's time we moved beyond the debate over whether the changes being made to American life are good or bad and focus instead on understanding the tradeoffs. Our cities are less racially segregated than in decades past, but we've become less cognizant of what's happening in the lives of people from different economic backgrounds, education levels, or age groups. Familiar divisions have been replaced by cross-cutting networks—with profound effects for the way we resolve conflicts, spur innovation, and care for those in need. The good news is that the very transformation at the heart of our current anxiety holds the promise of more hope and prosperity than would have been possible under the old order. The Vanishing Neighbor argues persuasively that to win the future we need to adapt yesterday's institutions to the realties of the twenty-first-century American community.

Do you have a bag of men's ties stashed away somewhere, just waiting for a good project idea? You can stop wondering what to do with those ties that your dad or husband no longer wears. Use them to make pillows, lamp shades, wall quilts or art-to-wear. Create new treasures from old ties that are probably the same ones that you have given as gifts on Father's Day, birthdays and Christmas. Shirley Botsford's glorious book is packed with over 30 functional and keepsake projects. Included are full-size patterns, step-by-step instructions and illustrations, plus inspiration, ideas, tips and techniques to create even more.

To illuminate how a group of equatorial Africans understands environmental change, Giles-Vernick (history, City U. of New York- Baruch College) examines the changing intellectual tools and content of environmental and historical perceptions and knowledge among Mpiemu people who lived in the middle and upper Sangha River basin of the Central African Republic during the 20th century. Annotation copyrighted by Book News, Inc., Portland, OR

Although acceptance of difference is on the rise in America, it's the rare gay or lesbian person who has not been demeaned because of his or her sexual orientation, and this experience usually starts at home, among family members. Whether they are excluded from family love and approval, expected to accept second-class status for life, ignored by mainstream arts and entertainment, or abandoned when intervention would make all the difference, gay people are routinely subjected to forms of psychological and physical abuse unknown to many straight Americans. "Familial homophobia," as prizewinning writer and professor Sarah Schulman calls it, is a phenomenon that until now has not had a name but that is very much a part of life for the LGBT community. In the same way that Susan Brownmiller's Against Our Will transformed our understanding of rape by moving the stigma from the victim to the perpetrator, Schulman's Ties That Bind calls on us to recognize familial homophobia. She invites us to understand it not as a personal problem but a widespread cultural crisis. She challenges us to take up our responsibilities to intervene without violating families, community, and the state. With devastating examples, Schulman clarifies how abusive treatment of homosexuals at home enables abusive treatment of homosexuals in other relationships as well as in society at large. Ambitious, original, and deeply important, Schulman's book draws on her own experiences, her research, and her activism to probe this complex issue—still very much with us at the start of the twenty-first century—and to articulate a vision for a more accepting world.

#1 NEW YORK TIMES, WALL STREET JOURNAL, AND BOSTON GLOBE BESTSELLER • One of the most acclaimed books of our time, an unforgettable memoir about a young woman who, kept out of school, leaves her survivalist family and goes on to earn a PhD from Cambridge University "Extraordinary ... an act of courage and self-invention."—The New York Times NAMED ONE OF THE TEN BEST BOOKS OF THE YEAR BY THE NEW YORK TIMES BOOK REVIEW • ONE OF PRESIDENT BARACK OBAMA'S FAVORITE BOOKS OF THE YEAR • BILL GATES'S HOLIDAY READING LIST • FINALIST: National Book Critics Circle’s Award In Autobiography and John Leonard Prize For Best First Book • PEN/Jean Stein Book Award • Los Angeles Times Book Prize Born to survivalists in the...
munities of Idaho, Tara Westover was seventeen the first time she set foot in a classroom. Her family was so isolated from mainstream society that there was no one to ensure the children received an education, and no one to intervene when one of Tara's older brothers became violent. When another brother got himself into college, Tara decided to try a new kind of life. Her quest for knowledge transformed her, taking her over oceans and across continents, to Harvard and to Cambridge University. Only then would she wonder if she'd traveled too far, if there was still a way home. "Beautiful and propulsive . . . Despite the singularity of [Westover's] childhood, the questions her book poses are universal: How much of ourselves should we give to those we love? And how much must we betray them to grow up?"—Vogue NAMED ONE OF THE BEST BOOKS OF THE YEAR BY The Washington Post • O: The Oprah Magazine • Time • NPR • Good Morning America • San Francisco Chronicle • The Guardian • The Economist • Financial Times • Newsday • New York Post • theSkimm • Refinery29 • Bloomberg • Self • Real Simple • Town & Country • Bustle • Paste • Publishers Weekly • Library Journal • LibraryReads • Book Riot • Pamela Paul, KQED • New York Public Library

INTERNATIONAL BESTSELLER • WINNER OF THE PULITZER PRIZE • PEN/Hemingway Award Winner. With a new foreword by Domenico Starnone, this stunning debut collection flawlessly charts the emotional journeys of characters seeking love beyond the barriers of nations and generations. With accomplished precision and gentle eloquence, Jhumpa Lahiri traces the crosscurrents set in motion when immigrants, expatriates, and their children arrive, quite literally, at a cultural divide. A blackout forces a young Indian American couple to make confessions that unravel their tattered domestic peace. An Indian American girl recognizes her cultural identity during a Halloween celebration while the Pakastani civil war rages on television in a small town. A latchkey kid with a single working mother finds affinity with a woman from Calcutta. In the title story, an interpreter guides an American family through the India of their ancestors and hears an astonishing confession. Imbued with the sensual details of Indian culture, these stories speak with passion and wisdom to everyone who has ever felt like a foreigner. Like the interpreter of the title story, Lahiri translates between the strict traditions of her ancestors and a baffling new world.

Chod means to "Sever". It is a method of cutting through the ego so to speak. In the simplest of terms, it is a practice that allows you to release yourself from the negative effect of ego. When I say negative effects, I mean pretty much anything you may have an attachment to that is causing you pain in your life OR perhaps you are avoiding. Often we are the source of our own pain due to unhealthy or repetitive thoughts that are driving us to lead lives mired in pain. This can display itself as an addiction, a phobia or any other kind of impulsive behavior or thought that is literally driving you crazy. Often these psychological patterns can stem from childhood traumas or more likely the suppression and repression of the shadow side of the self. That part of ourselves that our hidden desires and repressed feelings reside. We often suppress these thoughts because they are either unacceptable or we simply want to deny that they are even there. Often, when suppressed, they cause us to lash out in a variety of ways that destroy our relationships and even ourselves. This, in time, becomes an attachment and we start to define ourselves by these very behaviors. An addict will identify himself as addict before anything else, a person with certain dysfunctions may completely identify with it to the point that they do not realize that they have become obsessed with it. People use their dysfunction as badges and will base their entire self on these dysfunctions. In this book, we will not only discuss the History of Chod and what it is. We will delve deeper into what the Shadow is and how it can drive our desires and our negative patterns in our lives. We will also discuss how we can identify residual unresolved shadow effects after a Chod practice. I like to call those hidden machinations the "hungry ghosts of the mind". And, of course, we will learn how to use Chod in a way that will make it accessible to all.

An examination of adults who have been manipulated by divorcing parents. Parental Alienation Syndrome (PAS) occurs when divorcing parents use children as pawns, trying to turn the child against the other parent. This book examines the impact of PAS on adults and offers strategies and hope for dealing with the long-term effects.

This Small Book Contains Selections Of Sathya Sai Baba'S Sayings On The Many Subjects That His Teachings Cover. Many People Enjoy These Little Gems, His Sayings, And Even Quote Them Frequently, But Find It Very Difficult To Apply Them In Their Daily Life. The Interpretations By Well Known Psychotherapist And Long Time Baba'S Devotee Phyliss Kristal Show With Examples How His Teachings Can Be Put Into Practice In Daily Life.

Soon to be a Major Motion Picture National Book Award Finalist—Fiction In the aftermath of the Civil War, an aging itinerant news reader agrees to transport a young captive of the Kiowa back to her people in the exquisitely rendered, morally complex, multilayered novel of historical fiction from the author of Enemy Women that explores the boundaries of family, responsibility, honor, and trust. In the wake of the Civil War, Captain Jefferson Kyle Kidd travels through northern Texas, giving live readings from newspapers to paying audiences hungry for news of the world. An elderly widower who has lived through three wars and fought in two of them, the captain enjoys his rootless, solitary existence. In Wichita Falls, he is offered a $50 gold piece to deliver a young orphan to her relatives in San Antonio. Four years earlier, a band of Kiowa raiders killed Johanna's parents and sister; sparing the little girl, they raised her as one of their own. Recently rescued by the U.S. army, the ten-year-old has once again been torn away from the only home she knows. Their 400-mile journey through unsettled territory and unforgiving terrain proves difficult and at times dangerous. Johanna has forgotten the English language, tries to escape at every opportunity, throws away her shoes, and refuses to act "civilized." Yet as the miles pass, the two lonely survivors tentatively begin to trust each other, forming a bond that marks the difference between life and death in this treacherous land. Arriving in San Antonio, the reunion is neither happy nor welcome. The captain must hand Johanna over to an aunt and uncle she does not remember—strangers who regard her as an unwanted burden. A respectable man, Captain Kidd is faced with a terrible choice: abandon the girl to her fate or become—in the eyes of the law—a kidnapper himself.

Man up and discover the practical and informational advice all men should know! While it's definitely more than just monster trucks, grilling, and six-pack abs, true manliness is hard to define. The words macho and manly are not synonymous. Taking lessons from classic gentlemen such as Benjamin Franklin and Theodore Roosevelt, authors Brett and Kate McKay have created a collection of the most useful advice every man needs to know to live a good life. This book contains a wealth of information that ranges from survival skills to social skills to advice on how to improve your character. Whether you are braving the wilds with your friends, courting your girlfriend, or raising a family, inside you'll find practical information and inspiration for every area of life. You'll learn the basics all modern men should know, including how to: -Shave like your grandpa -Be a perfect houseguest -Fight like a gentleman using the art of bartitsu -Help a friend with a problem -Give a man hug -Perform a fireman's carry -Ask for a woman's hand in marriage -Raise resilient kids -Predict the weather like a frontiersman -Start a fire without matches -Give a dynamic speech -Live a well-balanced life So jump in today and gain the skills and knowledge you need to be a real man in the 21st century.

After an almost fatal car crash, novelist Paul Sheldon finds himself being nursed by a deranged fan who holds him captive. The Flight of the Phoenix is Phyliss Kristal's last book completed at the end of her 102 years and 8 months of life. In it she describes her experience of arising from the "dark night of the soul" and transcending the old attachments of her egoic personality and following explicitly the demands of her Higher Self or Higher Consciousness (Hi C) as she called it in her work Cutting the Ties That Bind. She likens the flight of the Phoenix from its own ashes to the metamorphosis of the Monarch butterfly from caterpillar to cocoon to butterfly and describes the pitfalls along the way. This book is suitable for all
those who experience depression, the rigors of aging and the disappointment arising from unmet expectations in life. It will also appeal to those readers who are asking such important questions as what is life for? What is my purpose? Why am I here? How can I find happiness and peace of mind? The Flight of the Phoenix is the final chapter of the autobiographical spiritual journey Phyllis began to describe in Sai Baba: The Ultimate Experience. This last autobiographical book can provide spiritual guidance for those who wish to embark on an inner journey of transformation and it can support the reader in living from the Hi C without the deleterious influences of the conditioned, and often traumatized mind. Phyllis points out that the world itself is going through a similar period of transformation and this global journey and the personal journey are often intertwined. As we raise our personal consciousness, that of humanity will be raised as well. Thus reading this book can help us help ourselves as well as the world! Individual chapters briefly summarize the Cutting The Ties That Bind Method of releasing attachment from all those people, objects, habits, work and desires that we mistakenly rely on for our identity and our security. This method has found interested students and clients internationally and is now supported by the Sidney and Phyllis Krystal Foundation in the USA Some of the important symbols and concepts are described such as the Ugly Duckling syndrome, thought forms, the phoenix and butterfly symbols. A last chapter takes us from the microcosm to the macrocosm and stresses the importance of guiding the children of the world who will ultimately lead us into the Golden Age predicted in the ancient vedas.

Shame is the motivator behind many toxic behaviors like compulsion, codependency, addiction, and drive to superachieve. This title identifies personal shame, explains the underlying reasons, and addresses root causes.

A riveting, provocative, and ultimately hopeful exploration of mother-daughter estrangement, woven with research and anecdotes, from an award-winning journalist. The day of her mother’s funeral, Harriet Brown was five thousand miles away. To say that Harriet and her mother had a difficult relationship is a wild understatement; the older Harriet grew, the more estranged they became. By the time Harriet's mom died at age 76, they were out of contact. Yet Harriet felt her death deeply, embarking on an exploration of what family estrangement means—to those who cut off contact, to those who are estranged, to the friends and family members who are left behind. In our increasingly disenchanted, exigent society, estrangements—between parents and children, siblings, multiple generations—are surprisingly common, and even families that aren't officially estranged often have some experience of deep conflicts.

Estrangement is an issue that touches most people, one way or another, one that's still shrouded in secrecy, stigma, and shame. In addition to her personal narrative, Harriet employs interviews with others who are estranged, as well as the most recent research on family estrangement, for a brave exploration of this taboo topic. Ultimately, Shadow Daughter is a thoughtful, deeply researched, and provocative exploration of the ties that bind and break, forgiveness, reconciliation, and what family really means.

Cutting More Ties that BindSai Towers PublishingCutting the Ties that BindSai Towers PublishingFamilyThe Ties that Bind-- and Gag!Fawcett

National Book Critics Circle Award Winner A National Book Award Finalist A vital, searching new collection from one of finest American poets at work today In "Those Nights," Frank Bidart writes: “We who could get / somewhere through / words through / sex could not.” Words and sex, art and flesh: In Metaphysical Dog, Bidart explores their nexus. The result stands among this deeply adventurous poet's most powerful and achieved work, an emotionally naked, fearlessly candid journey through many of the central axes, the central conflicts, of his life, and ours. Near the end of the book, Bidart writes: In adolescence, you thought your work amounted to: to decipher at last human beings' relation to God. Decipher love. To make what was once whole whole again: or to see why it never should have been thought whole. This “ancient work” reflects what the poet sees as fundamental in human feeling, what psychologists and mystics have called the “hunger for the Absolute”—a hunger as fundamental as any physical hunger. This hunger must confront the elusiveness of the Absolute, our self-deluding, failed glimpses of it. The third section of the book is titled “History is a series of failed revelations." The result is one of the most fascinating and ambitious books of poetry in many years. One of Publishers Weekly's Best Poetry Books of 2013 A New York Times Notable Book of 2013 An NPR Best Book of 2013 National Bestseller A New York Times Notable Book of 2017 Named Best Book of 2017 by Esquire, Times Literary Supplement, Elle Magazine, LitHub, Publishers Weekly, Financial Times, Guardian, Refinery29, Popsugar, and Globe and Mail “A brilliant novel, I am full of admiration.”—Philip Roth "One of America’s most important novelists" (New York Times), the award-winning, New York Times bestselling author of The History of Love, conjures an achingly beautiful and breathtakingly original novel about personal transformation that interweaves the stories of two disparate individuals—an older lawyer and a young novelist—whose transcendental search leads them to the same Israeli desert. Jules Epstein, a man whose drive, avidity, and outsized personality have, for sixty-eight years, been a force to be reckoned with, is undergoing a metamorphosis. In the wake of his parents' deaths, his divorce from his wife of more than thirty years, and his retirement from the New York legal firm where he was a partner, he's felt an irresistible need to give away his possessions, alarming his children and perplexing the executor of his estate. With the last of his wealth, he travels to Israel, with a nebulous plan to do something to honor his parents. In Tel Aviv, he is sidetracked by a charismatic American rabbi planning a reunion for the descendants of King David who insists that Epstein is part of that storied dynastic line. He also meets the rabbi's beautiful daughter whom convinces Epstein to become involved in her own project—a film about the life of David being shot in the desert—with life-changing consequences. But Epstein isn't the only seeker embarking on a metaphysical journey that dissolves his sense of self, place, and history. Leaving her family in Brooklyn, a young, well-known novelist arrives at the Tel Aviv Hilton where she has stayed every year since birth. Troubled by writer's block and a failing marriage, she hopes that the hotel can unlock a dimension of reality—and her own perception of life—that has been closed off to her. But when she meets a retired literature professor who proposes a project she can't turn down, she's drawn into a mystery that alters her life in ways she could never have imagined. Bursting with life and humor, Forest Dark is a profound, mesmerizing novel of metamorphosis and self-realization—of looking beyond all that is visible towards the infinite.

A Washington Post Notable Book of the Year As seen on the Netflix series Explained From the best-selling author of Cosmopolitanism comes this revealing exploration of how the collective identities that shape our polarized world are riddled with contradiction. Who do you think you are? That's a question bound up in another: What do you think you are? Gender. Religion. Race. Nationality. Class. Culture. Such affiliations give contours to our sense of self, and shape our sense of self in the polarized world. Yet the collective identities they spawn are riddled with nontraditional and sometimes contradictory frameworks and beliefs. This method has found interested students and clients internationally and is now supported by the Sidney and Phyllis Krystal Foundation in the USA Some of the important symbols and concepts are described such as the Ugly Duckling syndrome, thought forms, the phoenix and butterfly symbols. A last chapter takes us from the microcosm to the macrocosm and stresses the importance of guiding the children of the world who will ultimately lead us into the Golden Age predicted in the ancient vedas.

Shame is the motivator behind many toxic behaviors like compulsion, codependency, addiction, and drive to superachieve. This title identifies personal shame, explains the underlying reasons, and addresses root causes.
ridden twenty-first century. This book will transform the way we think about who—and what—"we" are.