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The author describes her dreams and the part they played in her life.

We live in a time of unparalleled opportunity for women and a time, just because of that opportunity, of great stress. It is a time when every woman can find her own particular style, to develop her skills, to acknowledge her needs and failures, and to claim both her satisfactions and dissatisfactions. The old stereotypes are all but dead. But another danger threatens; of new

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stereotyped roles for women in the very range of choices and opportunities presented to the RECEIVING WOMAN grew out of a decade of reflections on women's experiences - my own, my patients', and my students', writes Professor Ulanov. From all of them, a common voice emerged speaking about each woman's struggle to receive all of herself. Each was trying to find and put together different parts of herself into a whole that was personal, alive, and real to her and to others.

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In the long ago, traveling story women, Twisted Hairs, took listeners into unusual worlds, making them forget everything except their tales of contradictions. This memoir and fiction collection creates an autobiography through mystical images, violent realities and literary weavings. They came in mass last night, the Star Born, Bird Tribes, Cloud Faces, S/he fairies, Blue Lights, Armond, Lade and Sasha. Even her imaginary playmate from childhood, Suzi Belle, returned. What a parade of descending energy riding light beams to Planet Earth. They entered through the Arcturus Gateway just south of the Big Dipper. Twentieth Century violence leaves the storyteller distraut. Twisting and turning through

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explosive events in Guiyang, China; Tbilisi, Georgia; Chichicastenango, Guatemala; and American arenas, the tales spin paradoxical realities. Two opposing paths--magical and violent--linked with words from Emerson, Thoreau, Whitman, Dillard, Twain, Shakespeare, Kazantzakis, Hillman, Luke, Rumi and countless other literary voices guide Twisted Hair's stories.

'Simple can be harder than complex. You have to work hard to get your thinking clean to make it simple. But it's worth it in the end, because once you get there, you can move mountains' Steve Jobs, BusinessWeek, May 25, 1998 To Steve Jobs, Simplicity wasn't just a design

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principle. It was a religion and a weapon. The obsession with Simplicity is what separates Apple from other technology companies. It's what helped Apple recover from near death in 1997 to become the most valuable company on Earth in 2011, and guides the way Apple is organized, how it designs products, and how it connects with customers. It's by crushing the forces of Complexity that the company remains on its stellar trajectory. As creative director, Ken Segall played a key role in Apple's resurrection, helping to create such critical campaigns as 'Think Different' and naming the iMac. Insanely Simple is his insider's view of Jobs' world. It reveals the ten elements of Simplicity that have driven Apple's success - which you can use to

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propel your own organisation. Reading *Insanely Simple*, you'll be a fly on the wall inside a conference room with Steve Jobs, and on the receiving end of his midnight phone calls. You'll understand how his obsession with Simplicity helped Apple perform better and faster.

Esther de Waal is one of today's most beloved spiritual writers. In *The White Stone*, she reflects on the changes and losses that come with growing older. Esther reflects on solitude and, following a period of illness, saying goodbye to a family home and the Welsh border landscape she had known for decades which inspired some of her greatest writing. In her characteristic style, she sees everything as a portal

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into a deeper spiritual understanding. She draws on the wealth of the Christian tradition, especially scripture and the monastic and Celtic spiritualities she knows so well, to help her navigate her way through not only the inevitable sense of loss that accompanies such change, but also to embrace the new possibilities it brings. The white stone of the title refers to a small pebble from the river that ran through her garden that she keeps in her pocket, but also strikes a note of hope referring to the new identity promised by God (Revelation 2.17). This is a book of simple, profound wisdom that will speak to many coping with change in their own lives.

Courtney Carver shows us the power of simplicity to

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improve our health, build more meaningful relationships, and relieve stress in our professional and personal lives. We are often on a quest for more—we give in to pressure every day to work more, own more, and do more. For Carver, this constant striving had to come to a stop when she was diagnosed with Multiple Sclerosis (MS). Stress was like gasoline on the fire of symptoms, and it became clear that she needed to root out the physical and psychological clutter that were the source of her debt and discontent. In this book, she shows us how to pursue practical minimalism so we can create more with less—more space, more time, and even more love. Carver invites us to look at the big picture, discover what's most important to us, and reclaim

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lightness and ease by getting rid of all the excess things.

An experiential guide to re-orienting our understanding of late adulthood as one of life's most meaningful and transformative stages Aging can bring new fears, challenges, and concerns. Loss of career, loved ones, or changing physical and cognitive abilities can leave us feeling isolated and scared. Sandi Peters shows us that growing older need not mean the end of personal growth. In fact, late adulthood can prove to be the most meaningful and transformative period of one's life. The key, says Peters, is the development of one's inner life, and with it a shift in one's relation to the aging process.

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The book draws on history, philosophy, psychology, gerontology, and spirituality to deepen and expand our understanding of what it means to grow old in the twenty-first century. Peters shares time-tested contemplative practices such as meditation, active imagination, dream work, and creative writing designed to enhance one's inner worlds and enable us to face life's inevitable changes with equanimity and insight. She offers practical advice on issues such as assisted living and home care, and a refreshingly new perspective on matters of memory and cognitive change.

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