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A man and woman find themselves fleeing the long arm of a clandestine and increasingly powerful renegade government agency. The bestselling author of *Intern* and *Doctored* tells the story of the thing that makes us tick For centuries, the human heart seemed beyond our understanding: an inscrutable shuddering mass that was somehow the driver of emotion and the seat of the soul. As the cardiologist and bestselling author Sandeep Jauhar shows in *Heart: A History*, it was only recently that we demolished age-old taboos and devised the transformative procedures that have changed the way we live. Deftly alternating between key historical episodes and his own work, Jauhar tells the colorful and little-known story of the doctors who risked their careers and the patients who risked their lives to know and heal our most vital organ. He introduces us to Daniel Hale Williams, the African American doctor who performed the world's first open heart surgery in Gilded Age Chicago. We meet C. Walton Lillehei, who connected a patient's circulatory system to a healthy donor's, paving the way for the heart-lung machine. And we encounter Wilson Greatbatch, who saved millions by inventing the pacemaker—by accident. Jauhar deftly braids these tales of discovery, hubris, and sorrow with moving accounts of his family's history of heart ailments and the patients he's treated over many years. He also confronts the limits of medical technology, arguing that future progress will depend more on how we choose to live than on the devices we invent. Affecting, engaging, and beautifully written, *Heart: A History* takes the full measure of the only organ that can move itself. Downtowns are more than economic engines: they are repositories of

knowledge and culture and generators of new ideas, technology, and ventures. They are the heart of the city that drives its future. If we are to have healthy downtowns, we need to understand what downtown is all about; how and why some American downtowns never stopped thriving (such as San Jose and Houston), some have been in decline for half a century (including Detroit and St. Louis), and still others are resurging after temporary decline (many, including Lower Manhattan and Los Angeles). The downtowns that are prospering are those that more easily adapt to changing needs and lifestyles. In *The Heart of the City*, distinguished urban planner Alexander Garvin shares lessons on how to plan for a mix of housing, businesses, and attractions; enhance the public realm; improve mobility; and successfully manage downtown services. Garvin opens the book with diagnoses of downtowns across the United States, including the people, businesses, institutions, and public agencies implementing changes. In a review of prescriptions and treatments for any downtown, Garvin shares brief accounts--of both successes and failures--of what individuals with very different objectives have done to change their downtowns. The final chapters look at what is possible for downtowns in the future, closing with suggested national, state, and local legislation to create standard downtown business improvement districts to better manage downtowns. This book will help public officials, civic organizations, downtown business property owners, and people who care about cities learn from successful recent actions in downtowns across the country, and expand opportunities facing their downtown. Garvin provides recommendations for continuing actions to help any downtown thrive, ensuring a prosperous and thrilling future for the 21st-century American city. Forced into sex trafficking as a teenager, Debra Rush makes a daring escape, then struggles for years with post-traumatic stress. A reluctant mentor supports Debra through the healing of her past. A commitment to save her friends leads to unexpected alliances. In forgiving those who betrayed her, she opens her heart and finds real love. Her true story proves no one is beyond redemption. Journey with Debra from despair to success and find a reason to hope Margaret

Atwood puts the human heart to the ultimate test in an utterly brilliant new novel that is as visionary as *The Handmaid's Tale* and as richly imagined as *The Blind Assassin*. Stan and Charmaine are a married couple trying to stay afloat in the midst of an economic and social collapse. Job loss has forced them to live in their car, leaving them vulnerable to roving gangs. They desperately need to turn their situation around—and fast. The Positron Project in the town of Consilience seems to be the answer to their prayers. No one is unemployed and everyone gets a comfortable, clean house to live in . . . for six months out of the year. On alternating months, residents of Consilience must leave their homes and function as inmates in the Positron prison system. Once their month of service in the prison is completed, they can return to their "civilian" homes. At first, this doesn't seem like too much of a sacrifice to make in order to have a roof over one's head and food to eat. But when Charmaine becomes romantically involved with the man who lives in their house during the months when she and Stan are in the prison, a series of troubling events unfolds, putting Stan's life in danger. With each passing day, Positron looks less like a prayer answered and more like a chilling prophecy fulfilled. In this spellbinding blend of suspense and human drama, Danielle Steel tells a powerful and unusual story of one woman's journey from darkness into light, as she fights to escape a mesmerizing sociopath who holds her in his thrall. . . . Top photographer Hope Dunne has known joy and heartbreak, and finds serenity through the lens of her camera. Content in her SoHo loft, she isn't looking for a man or excitement. But these things find her when she flies to London to photograph one of the world's most celebrated writers. Finn O'Neill exudes warmth and a boyish charm. Enormously successful, he is a perfect counterpoint to Hope's quiet, steady grace—and he's taken instantly by her. He courts her as no one ever has before, whisking her away to his palatial, isolated Irish estate. Hope finds it all, and him, irresistible. But soon cracks begin to appear in his stories: Gaps in his history, a few innocent lies, and bouts of jealousy unnerve her. Suddenly Hope is both in love and deeply in doubt, and ultimately frightened of the man she loves. Is it

possible that this adoring man is hiding something even worse? The spell cast by a brilliant sociopath has her trapped in his web, too confused and dazzled to escape, as he continues to tighten his grip on her. Danielle Steel delivers an unforgettable tale of danger and obsessive love, as she explores the dark secrets that sometimes lurk just below the surface of ordinary lives, writing about men and women and their courage to prevail even in the face of evil. Based on conversations with hundreds of Americans, this volume reveals the self-understanding of Americans as a people and as a nation. Beloved author-illustrator Patricia Polacco's holiday story is a wonderful ode to the magic of family, Christmas, and giving the right kind of gifts—gifts filled with love. Richie and Trisha want to buy Christmas gifts for their family, but they don't have enough money. Enter Kay Lamity, a new housekeeper . . . but is that all she is? She comes into their lives like a whirlwind, brimming with positive energy and a can-do attitude. Kay not only straightens them out when it comes to whether or not Santa Claus is real, she teaches them something about gifts: the just-good-enough kind that come from the pocketbook and the unforgettable kind that come from the heart. Because of Kay, Trisha and Richie—and the family—have a Christmas morning they will never forget. Celebrating the joy of homemade gifts, Patricia Polacco introduces readers to a new character who is truly a force of nature in this story reminiscent of *Christmas Tapestry* and *An Orange for Frankie*. This is a magical Christmas story the author swears is true, right down to the sleigh tracks on the farmhouse roof! As Christians, we know that we are new creations in Jesus. So we try to act differently, hoping this will make us more like Him. But changing our outward behavior doesn't change our hearts. Only by God's grace can we be transformed internally. *Renovation of the Heart* lays a biblical foundation for understanding what best-selling author Dallas Willard calls the "transformation of the spirit"—a divine process that "brings every element in our being, working from inside out, into harmony with the will of God." This fresh approach to spiritual growth explains the biblical reasons why Christians need to undergo change in six aspects of life: thought, feeling,

will, body, social context, and soul. Willard also outlines a general pattern of transformation in each area, not as a sterile formula but as a practical process that you can follow without the guilt or perfectionism so many Christians wrestle with. Don't settle for complacency. Accept the challenge Renovation of the Heart offers to become an intentional apprentice of Jesus Christ, changing daily as you walk with Him. "A landmark work of lesbian fiction" and the basis for the acclaimed film Desert Hearts (The New York Times). Against the backdrop of Reno, Nevada, in the late 1950s, award-winning author Jane Rule chronicles a love affair between two women. When Desert of the Heart opens, Evelyn Hall is on a plane that will take her from her old life in Oakland, California, to Reno, where she plans to divorce her husband of sixteen years. A voluntary exile in a brave new world, she meets a woman who will change her life. Fifteen years younger, Ann Childs works as a change apron in a casino. Evelyn is instantly drawn to the fiercely independent Ann, and their friendship soon evolves into a romantic relationship. An English professor who had always led a conventional life, Evelyn suddenly finds all her beliefs about love, morality, and identity called into question. Peopled by a cast of unforgettable characters, this is a novel that dares to ask whether love between two women can last. In State of the Heart, Dr. Haider Warraich takes readers inside the ER, inside patients' rooms, and inside the history and science of cardiac disease. State of the Heart traces the entire arc of the heart, from the very first time it was depicted on stone tablets, to a future in which it may very well become redundant. While heart disease has been around for a while, the type of heart disease people have, why they have it, and how it's treated is changing. Yet, the golden age of heart science is only just beginning. And with treatments of heart disease altering the very definitions of human life and death, there is no better time to look at the present and future of heart disease, the doctors and nurses who treat it, the patients and caregivers who live with it, and the stories they hold close to their chests. More people die of heart disease than any other disease in the world and when any form of heart disease progresses, it can result in the development of

heart failure. Heart failure affects millions and can affect anyone at anytime, a child recovering from a viral infection, a woman who has just given birth or a cancer patient receiving chemotherapy. Yet new technology to treat heart failure is fundamentally changing just what it means to be human. Mechanical pumps can be surgically sown into patients' hearts and when patients with these pumps get really sick, sometimes they don't need a doctor or a surgeon—they need a mechanic. In State of the Heart, the journey to rid the world of heart disease is shown to be reflective of the journey of medical science at large. We are learning not only that women have as much heart disease as men, but that the type of heart disease women experience is diametrically different from that in men. We are learning that heart disease and cancer may have more in common than we could have imagined. And we are learning how human evolution itself may have led to the epidemic of heart disease. In understanding how our knowledge of the heart evolved, State of the Heart traces the twisting and turning road that science has taken—filled with potholes and blind turns—all the way back to its very origin. Library of Science Book Club selection Discover magazine "What to Read" selection "A really great book." —IRA FLATOW, Science Friday "One of the finest science writers I've ever read." —Los Angeles Times "Ellard has a knack for distilling obscure scientific theories into practical wisdom." —New York Times Book Review "[Ellard] mak[es] even the most mundane entomological experiment or exegesis of psychological geekspeak feel fresh and fascinating." —NPR "Colin Ellard is one of the world's foremost thinkers on the neuroscience of urban design. Here he offers an entirely new way to understand our cities—and ourselves." —CHARLES MONTGOMERY, author of Happy City: Transforming Our Lives Through Urban Design Our surroundings can powerfully affect our thoughts, emotions, and physical responses, whether we're awed by the Grand Canyon or Hagia Sophia, panicked in a crowded room, soothed by a walk in the park, or tempted in casinos and shopping malls. In Places of the Heart, Colin Ellard explores how our homes, workplaces, cities, and nature—places we escape to and can't escape from—have

influenced us throughout history, and how our brains and bodies respond to different types of real and virtual space. As he describes the insight he and other scientists have gained from new technologies, he assesses the influence these technologies will have on our evolving environment and asks what kind of world we are, and should be, creating. Colin Ellard is the author of *You Are Here: Why We Can Find Our Way to the Moon, but Get Lost in the Mall*. A cognitive neuroscientist at the University of Waterloo and director of its Urban Realities Laboratory, he lives in Kitchener, Ontario. To write or read a poem is often to think in distinctively poetic ways—guided by metaphors, sound, rhythms, associative movement, and more. Poetry's stance toward language creates a particular intelligence of thought and feeling, a compressed articulation that expands inner experience, imagining with words what cannot always be imagined without them. Through translation, poetry has diversified poetic traditions, and some of poetry's ways of thinking begin in the ancient world and remain potent even now. In *How Poems Think*, Reginald Gibbons presents a rich gallery of poetic inventiveness and continuity drawn from a wide range of poets—Sappho, Pindar, Shakespeare, Keats, William Carlos Williams, Marina Tsvetaeva, Gwendolyn Brooks, and many others. Gibbons explores poetic temperament, rhyme, metonymy, etymology, and other elements of poetry as modes of thinking and feeling. In celebration and homage, Gibbons attunes us to the possibilities of poetic thinking. The most widely recognised icon in the world is the human heart, as depicted, for example, on playing cards. But a heart has neither a dent nor fold in its base, it is not 'nipped in the waist' and it does not have a sharp point on its underside. Since the days of the ancient Greeks, anatomists have correctly reported that the heart is shaped like a pine cone or has the outline of an upturned pyramid. Why is the shape of such a popular icon so at variance with the heart's true form? It seems that the indentation or fold in the base of the heart first appeared in Northern Italy in the early years of the fourteenth century. It was the result of an error originally made in an anatomical text by Aristotle. In the sixteenth century, anatomists finally corrected the error,

but, by that time, the scalloped heart icon had become so established in the visual arts that it could no longer be changed. This work also contains a section devoted to a cave, shaped like the interior of the heart, in an allegorical print by Jan Saenredam (1604). The representation was a creation of Hendrik Spiegel (1549-1612), one of the fathers of Dutch grammar and a friend of Cornelis Cornelisz, Hendrik Goltzius and Karel van Mander. In this deeply personal book, artist and author Ed Young explores twenty-six Chinese characters, each describing a feeling or emotion, and each containing somewhere the symbol for the heart. Through stunning collage art that interprets the visual elements within each character, Young uncovers layers of emotional meaning for words such as joy and sorrow, respect and rudeness. He invites children to probe the full range of their own emotions, and gives parents, librarians, and older readers a context for discussing ethics and for examining the similarities and differences between old and new, East and West. *Voices of the Heart* is a truly unique exploration—or as Young writes, "adventure"—into the different moods, and dangers and abilities of the human heart. *The Death of the Heart* is perhaps Elizabeth Bowen's best-known book. As she deftly and delicately exposes the cruelty that lurks behind the polished surfaces of conventional society, Bowen reveals herself as a masterful novelist who combines a sense of humor with a devastating gift for divining human motivations. In this piercing story of innocence betrayed set in the thirties, the orphaned Portia is stranded in the sophisticated and politely treacherous world of her wealthy half-brother's home in London. There she encounters the attractive, carefree cad Eddie. To him, Portia is at once child and woman, and her fears her gushing love. To her, Eddie is the only reason to be alive. But when Eddie follows Portia to a seaside resort, the flash of a cigarette lighter in a darkened cinema illuminates a stunning romantic betrayal—and sets in motion one of the most moving and desperate flights of the heart in modern literature. Former senator Carl Levin's memoir is a demonstration of the value of pragmatism, empathy, and compromise. One of the most time-consuming tasks in clinical medicine is seeking the opinions of specialist

colleagues. There is a pressure not only to make referrals appropriate but also to summarize the case in the language of the specialist. This book explains basic physiologic and pathophysiologic mechanisms of cardiovascular disease in a straightforward manner, gives guidelines as to when referral is appropriate, and, uniquely, explains what the specialist is likely to do. It is ideal for any hospital doctor, generalist, or even senior medical student who may need a cardiology opinion, or for that matter, talking lions, philosophical bears, very hungry caterpillars, wise spiders, altruistic trees, companionable moles, urbane elephants: this is the magnificent menagerie that delights our children at bedtime. Within the entertaining pages of many children's books, however, also lie profound teachings about the natural world that can help children develop an educated and engaged appreciation of the dynamic environment they inhabit. In *Beasts at Bedtime*, scientist (and father) Liam Heneghan examines the environmental underpinnings of children's stories. From Beatrix Potter to Harry Potter, Heneghan unearths the universal insights into our inextricable relationship with nature that underlie so many classic children's stories. Some of the largest environmental challenges in coming years—from climate instability, the extinction crisis, freshwater depletion, and deforestation—are likely to become even more severe as this generation of children grows up. Though today's young readers will bear the brunt of these environmental calamities, they will also be able to contribute to environmental solutions if prepared properly. And all it takes is an attentive eye: Heneghan shows how the nature curriculum is already embedded in bedtime stories, from the earliest board books like *The Rainbow Fish* to contemporary young adult classics like *The Hunger Games*. *Beasts at Bedtime* is an awakening to the vital environmental education children's stories can provide—from the misadventures of *The Runaway Bunny* to more overt tales like *The Lorax*. Heneghan serves as our guide, drawing richly upon his own adolescent and parental experiences, as well as his travels in landscapes both experienced and imagined. Organized into thematic sections, the work winds its way through literary forests, colorful characters, and

global environments. This book enthralls as it engages. Heneghan as a guide is as charming as he is insightful, showing how kids (and adults) can start to experience the natural world in incredible ways from the comfort of their own rooms. *Beasts at Bedtime* will help parents, teachers, and guardians extend those cozy times curled up together with a good book into a lifetime of caring for our planet. CBA BESTSELLER • Break free from the destructive power of guilt, anger, greed, and jealousy. Includes a six-week discussion guide. "Andy Stanley touches the right nerve at the right time."—Shaunti Feldhahn, bestselling author of *For Women Only* and *For Men Only* *Divorce*. Job loss. Estrangement from family members. Broken friendships. The difficult circumstances you are dealing with today are likely being fed by one of four emotional forces that compels you to act in undesirable ways, sometimes even against your will. Andy Stanley explores each of these destructive forces—guilt, anger, greed, and jealousy—and how they infiltrate your life and damage your relationships. He says that, left unchallenged they have the power to destroy your home, your career, and your friendships. In *Enemies of the Heart*, Andy offers practical, biblical direction to help you fight back, to take charge of those feelings that mysteriously control you, and to restore your broken relationships. Previously released as *It Came from Within* *Poet*, writer, activist, entertainer, professor: Maya Angelou is all of these. Her remarkable story includes a childhood trauma, a leading role in an opera, her activism in the civil rights movement, and her devotion to poetry, writing, and teaching to promote the cause of all African-Americans. Based in part on Maya's autobiography, this is the inspiring story of an extraordinary woman. "Pettit makes [Angelou's] stirring story accessible...while retaining a strong sense of Angelou's personal voice. -- Booklist *Father Boyle* started *Homeboy Industries* nearly 20 years ago, which has served members of more than half of the gangs in Los Angeles. This collection presents parables about kinship and the sacredness of life drawn from Boyle's years of working with gangs. This book is a comprehensive and richly-illustrated guide to cardiac CT, its current state, applications, and future directions. While the first edition of this

text focused on what was then a novel instrument looking for application, this edition comes at a time where a wealth of guideline-driven, robust, and beneficial clinical applications have evolved that are enabled by an enormous and ever growing field of technology. Accordingly, the focus of the text has shifted from a technology-centric to a more patient-centric appraisal. While the specifications and capabilities of the CT system itself remain front and center as the basis for diagnostic success, much of the benefit derived from cardiac CT today comes from avant-garde technologies enabling enhanced visualization, quantitative imaging, and functional assessment, along with exciting deep learning, and artificial intelligence applications. Cardiac CT is no longer a mere tool for non-invasive coronary artery stenosis detection in the chest pain diagnostic algorithms; cardiac CT has proven its value for uses as diverse as personalized cardiovascular risk stratification, prediction, and management, diagnosing lesion-specific ischemia, guiding minimally invasive structural heart disease therapy, and planning cardiovascular surgery, among many others. This second edition is an authoritative guide and reference for both novices and experts in the medical imaging sciences who have an interest in cardiac CT. *Endocrinology of the Heart in Health and Disease: Integrated, Cellular, and Molecular* Endocrinology of the Heart covers the traditional concepts of cardio-endocrinology, the role of the various hormone systems, both in health and disease, therapeutic implications, and other recent advances in the various fields represented. The book explores how cardiac hormones are changed in various cardiac pathologies and the recent success that has been uncovered in their therapeutic use. Additional focus is placed on how the heart responds both physiologically and pathophysiologically to a plethora of circulating hormones, reinforcing the importance of the heart as a target of numerous endocrine systems, such as the brain, renal, and adipose. Significant advances have come from basic, clinical, and translational research from a multiplicity of investigators with diverse backgrounds. The book features over 200 photomicrographs, diagrams of molecular relationships, and tables that complement and

support the text. It is aimed at a wide audience, including graduate students and post-doctoral fellows in a wide array of biomedical departments and PhD programs (e.g. Pathology, Physiology, Genetics, Pharmacology, Molecular Biology, and Cell Biology) related to the endocrine and cardiovascular sciences curricula, as well as medical residents in pathology, laboratory medicine, internal medicine, and cardiology. Develops the concept of the heart as both an endocrine organ and an endocrine target, exploring the endocrine function of the heart in both health and disease Explains how the levels of several cardiac hormones are changed in various cardiac pathologies and how some hormones can be used therapeutically Offers a single resource on cardio-endocrine disease which collates and curates the wide range of advances being made in the areas of molecular biology, biochemistry, physiology, and pathology Meister Eckhart (1260 -1328) was a priest, a mystic, and nearly a heretic (he died before the Church court's verdict). In the 20th century, the Roman Catholic Church rehabilitated him and the late Pope John Paul II spoke of his work with fondness. However, what makes him of particular interest is the fact that he has influenced a wide range of spiritual teachers and mystics both inside and outside the Christian tradition. Erich Fromm, Eckhart Tolle, Richard Rohr, D. T. Suzuki, and Rudolf Steiner have all credited Eckhart as being an important influence on their thought. In addition, his work has influenced the development of 20th century American Buddhism and the Theosophical tradition. Eckhart wrote at a time - much like our own - when society appeared to be coming apart at the seams. In the midst of all that chaos and uncertainty, he captured the many forms and stages of the love of God, the mystic path, and the journey of transformation - in language so startling that he, too, was often accused of heresy. Now, seven centuries later, this fresh, stunning rendering of his work translates the essence of one of Christianity's greatest poetic and spiritual voices. Here is a book that conveys the heart of Eckhart's teaching on what it means to love God and embark on an authentic spiritual journey - a journey that is characterized by mystery, paradox, and an embrace of the unknown. In 2001, *The Voice of the Heart* began

a steady journey into the lives of those looking for more. Since its initial release, *The Voice of the Heart* has been handed one friend to another and has helped thousands of people begin to speak the truth of their story and to live more fully from the heart. Answer the call to full living. An essential collection of writings, bursting with Henry Miller's exhilarating candor and wisdom. In this selection of stories and essays, Henry Miller elucidates, revels, and soars, showing his command over a wide range of moods, styles, and subject matters. Writing "from the heart," always with a refreshing lack of reticence, Miller involves the reader directly in his thoughts and feelings. "His real aim," Karl Shapiro has written, "is to find the living core of our world whenever it survives and in whatever manifestation, in art, in literature, in human behavior itself. It is then that he sings, praises, and shouts at the top of his lungs with the uncontrollable hilarity he is famous for." Here are some of Henry Miller's best-known writings: an essay on the photographer Brassai; "Reflections on Writing," in which Miller examines his own position as a writer; "Seraphita" and "Balzac and His Double," on the works of other writers; and "The Alcoholic Veteran," "Creative Death," "The Enormous Womb," and "The Philosopher Who Philosophizes." Offers advice for Christian women on how to improve their relationship with God by undertaking a transformation and renewal in their hearts. Reprint of the original, first published in 1872. 'You might be surprised by just how emotionally raw this one is. But if you're prepared for the journey, it's a great one.' Taylor Jenkins Reid on Goodreads 'I am a fan of Hoang's writing and this was a great novel ... A very affecting novel I found satisfying in every way.' Roxane Gay on Goodreads

A woman struggling with burnout learns to embrace the unexpected - and the man she enlists to help her - in this heartfelt romance. When violinist Anna Sun accidentally achieves career success with a viral YouTube video, she finds herself overwhelmed trying to live up to it. And when her boyfriend of five years announces that he wants an open relationship, a hurt and angry Anna decides to embark on a string of one-night stands. The more unacceptable the men, the

better. Enter tattooed, motorcycle-riding Quan Diep. Their first attempt at a one-night stand fails, as does their second and their third - because being with Quan is about more than sex. But when tragedy strikes Anna's family, she takes on a role that threatens to destroy her. Now, Anna and Quan have to fight for their chance at love, but 'An absolutely stunning book, Helen Hoang is a genius!' NetGalley review 'Beautifully written and undeniably addictive ... profoundly moving' NetGalley review For Abby Renard, the plan was supposed to be simple—join her brothers' band on the last leg of their summer tour and decide if she's finally ready for the limelight by becoming its fourth member. Of course, she never imagined stumbling onto the wrong tour bus at Rock Nation would accidentally land her in the bed of Jake Slater, the notorious womanizing lead singer of Runaway Train. When he mistakes her for one of his groupies, Abby quickly lets him know she sure as hell isn't in his bed on purpose. Jake Slater never imagined the angel who fell into his bed would resist his charms by promptly kneeing him in the balls. Of course, the fact she seems like a prissy choir girl makes her anything but his type. So he is more than surprised when after betting Abby she wouldn't last a week on their tour bus, she is more than willing to prove him wrong. But as Jake's personal life begins to implode around him, he finds an unlikely ally in Abby. He's never met a woman he can talk to, joke with, or most importantly make music with. As the week comes to a close, neither Abby nor Jake is ready to let go. Can a sweetheart Country songstress and a bad boy of Rock N Roll actually have a future together? Like all writers of really good spiritual theology, John Dunne never betrays his subject matter with the kind of pious posturing or psycho-babble gimmickry that too often passes for spiritual writing. Dunne's theological sensitivity is alert to nuance without becoming trapped into mere jargon. His care for the heart of authentic spirituality, like Henri Nouwen's, is steady and believable. Dunne chooses the classical religious metaphor of the 'journey' and invites his readers to join him in a journey into solitude and back again into the human circle. He insists that we accept as guides in this journey the great spiritual masters of the Eastern and Western traditions. Thus in

reading *Reasons of the Heart*, we find ourselves in the presence of some of the best insights of John's Gospel, Augustine, Aquinas, Dante, Pascal, Kierkegaard, Buber, the Buddha, and Jesus. Dunne skillfully invites the reader to 'pass over' to a religious and theological vision of God and of our common humanity in our journey to authentic spirituality. Like Whitehead, Dunne believes that religion, above all, has to do with what an individual does with his/her solitariness. More than Whitehead, Dunne is concerned not only to have the individual enter solitariness, but also finally to leave it behind and rejoin the human community. In today's increasingly electronic world, we say our personality traits are "hard-wired" and we "replay" our memories. But we use a different metaphor when we speak of someone "reading" another's mind or a desire to "turn over a new leaf"—these phrases refer to the "book of the self," an idea that dates from the beginnings of Western culture. Eric Jager traces the history and psychology of the self-as-text concept from antiquity to the modern day. He focuses especially on the Middle Ages, when the metaphor of a "book of the heart" modeled on the manuscript codex attained its most vivid expressions in literature and art. For instance, medieval saints' legends tell of martyrs whose hearts recorded divine inscriptions; lyrics and romances feature lovers whose hearts are inscribed with their passion; paintings depict hearts as books; and medieval scribes even produced manuscript codices shaped like hearts. "The Book of the Heart provides a fresh perspective on the influence of the book as artifact on our language and culture. Reading this book broadens our appreciation of the relationship between things and ideas."—Henry Petroski, author of *The Book on the Bookshelf* Its history, techniques, aesthetics, and philosophy—with an in-depth practical guide to understanding and drawing 150 characters A guide to the history and enjoyment of Chinese and Japanese calligraphy that offers the possibility of appreciating it in a hands-on way—with step-by-step instructions for brushing 150 classic characters. This book is a comprehensive and accessible introduction to the history and art of calligraphy as it's been practiced for centuries in China, Japan, and elsewhere in Asia. It works as a guide for the

beginner hoping to develop an appreciation for Asian calligraphy, for the person who wants to give calligraphy-creation a try, as well as for the expert or aficionado who just wants to browse through and exult in lovely examples. It covers the history and development of the art, then the author invites the reader to give it a try. The heart of the book, called "Master Samples and Study," presents 150 characters—from "action" to "zen"—each in a two-page spread. On each verso page the character is presented in three different styles, each one chosen for its beauty and identified by artist when possible. The character's meaning, pronunciation (in Chinese, Japanese, Korean, and Vietnamese), etymology, the pictograph from which it evolved, and other notes of interest are included. At the bottom of the page the stroke order is shown: the sequence of brush movements, numbered in their traditional order. On each facing recto page is Kaz's own interpretation of the character, full page. "Destined to become a classic of both urban reportage and contemporary spirituality" (*Los Angeles Times*)—*Tattoos on the Heart* is a series of parables about kinship and redemption from pastor, activist, and renowned speaker, Father Gregory Boyle. For twenty years, Father Gregory Boyle has run Homeboy Industries, a gang-intervention program located in the Boyle Heights neighborhood of Los Angeles—also known as the gang capital of the world. In *Tattoos on the Heart*, he has distilled his experience working in the ghetto into a breathtaking series of parables inspired by faith. From giant, tattooed Cesar, shopping at JC Penney fresh out of prison, you learn how to feel worthy of God's love. From ten-year-old Pipi you learn the importance of being known and acknowledged. From Lulu you come to understand the kind of patience necessary to rescue someone from the dark—as Father Boyle phrases it, we can only shine a flashlight on a light switch in a darkened room. This is a motivating look at how to stay faithful in spite of failure, how to meet the world with a loving heart, and how to conquer shame with boundless, restorative love. #1 NEW YORK TIMES BESTSELLER • In her latest book, Brené Brown writes, "If we want to find the way back to ourselves and one another, we need language

and the grounded confidence to both tell our stories and be stewards of the stories that we hear. This is the framework for meaningful connection.” In Atlas of the Heart, Brown takes us on a journey through eighty-seven of the emotions and experiences that define what it means to be human. As she maps the necessary skills and an actionable framework for meaningful connection, she gives us the language and tools to access a universe of new choices and second chances—a universe where we can share and steward the stories of our bravest and most heartbreaking moments with one another in a way that builds connection. Over the past two decades, Brown’s extensive research into the experiences that make us who we are has shaped the cultural conversation and helped define what it means to be courageous with our lives. Atlas of the Heart draws on this research, as well as on Brown’s singular skills as a storyteller, to show us how accurately naming an experience doesn’t give the experience more power—it gives us the power of understanding, meaning, and choice. Brown shares, “I want this book to be an atlas for all of us, because I believe that, with an adventurous heart and the right maps, we can travel anywhere and never fear losing ourselves.”

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