
Anatomy Of The Spirit

*Downloaded
from
derivid.route1.com
Anatomy Of The Spirit by Dorsey & Brice*

DOWNLOAD AND INSTALL ANATOMY OF THE SPIRIT PDF

Are you seeking a hassle-free means to access a myriad of understanding and home entertainment? Look no further than our PDF downloads! Our diverse selection has something for everybody, from informative posts to interesting novels.

The process of downloading PDF Anatomy Of The Spirit from our collection

fasts and uncomplicated. With simply a few easy steps, you can have your following preferred read downloaded and install Anatomy Of The Spirit onto your gadget and prepared to go. Plus, our user-friendly functions make it simple to arrange and handle your downloaded and install PDFs.

So what are you awaiting? Begin exploring our collection of PDF downloads and enhance your digital library today!

DISCOVERING THE RIGHT PDF ANATOMY OF THE

SPIRIT

With our considerable PDF library, discovering the appropriate Anatomy Of The Spirit PDFs is easy and practical. You can surf our collection by category or utilize our advanced search options to filter your outcomes according to your interests.

We provide a wide variety of download options to suit your preferences. You can download **Anatomy Of The Spirit** PDFs free of cost or choose from our costs downloads that offer special content and improved features.

Our PDF library is upgraded regularly with new titles, so you can constantly find

something new that covers your rate of interests. Whether you're looking for academic sources, enjoyable novels, or insightful short articles, our PDF library has got you covered.

- Surf groups to locate pertinent PDFs
- Use advanced search options to locate Anatomy Of The Spirit pdf
- Choose from free or premium downloads
- Find brand-new titles on a regular basis included in the PDF library

DOWNLOADING ANATOMY OF THE SPIRIT PDF ON DIFFERENT TOOLS

Downloading Anatomy Of The Spirit on your tools is a wind with our

straightforward platform. Whether you like to download on your smartphone, tablet, or computer, we've got the steps and guidelines for a seamless experience.

- To download Anatomy Of The Spirit on your smart phone, open your recommended internet browser and browse to our website. Once you have actually found the PDF you intend to download and install, tap the download button and wait on the file to end up downloading.
- For desktop computer downloads, merely click the download switch

beside your preferred PDF Anatomy Of The Spirit. Your computer system must immediately download the data, and you can access it in your downloads folder.

With our easy-to-use system, you can appreciate your downloaded Anatomy Of The Spirit on any one of your devices with no headache. Beginning downloading your preferred PDFs today and enjoy reviewing them on-the-go.

ORGANIZING AND MANAGING YOUR PDF COLLECTION

Congratulations!
You've downloaded
and install Anatomy Of

The Spirit of incredible PDFs from our extensive library. Now it's time to arrange and manage your digital collection. Do not fret, it's not as hard as you might believe!

Produce Folders and Classifica tions

Among the easiest means to maintain your PDFs organized is to create folders and categories. This will aid you quickly locate the PDF Anatomy Of The Spirit you want to access. You can categorize your PDFs based upon subject, writer, or any other

requirements that makes good sense to you. For example, you can develop a folder named "Cookbooks" and add all dish PDFs to it.

Utilize Bookmar king Features

Another reliable way to handle your **PDF collection Anatomy Of The Spirit** is to make use of bookmarking functions. This is particularly useful if you tend to read PDF Anatomy Of The Spirit partly or intend to track specific web pages. Bookmarking allows you to note pages or sections for easy

accessibility later.

Take Into Consideration Utilizing a PDF Manager

If you have a big collection of PDFs, you may intend to consider making use of a PDF supervisor. A PDF supervisor is a software program that enables you to arrange, search, and handle your PDF collection effortlessly. Some preferred alternatives include Adobe Acrobat, Foxit PhantomPDF, and Nitro Pro.

Routinely Update and Clean Your Collection

It's easy to collect a great deal of PDFs gradually, yet it is very important to on a regular basis update and cleanse your collection. This means removing any type of PDFs you no longer demand or desire. It's also a great concept to rename PDF Anatomy Of The Spirit with descriptive titles, making them simpler to situate in the future.

By adhering to these

simple suggestions, you'll have the ability to arrange and handle your PDF collection easily. Happy analysis!

SHARING ANATOMY OF THE SPIRIT PDF WITH OTHERS

Sharing PDFs with pals, family members, and associates has never been simpler. Adhere to these easy actions to send your downloaded PDFs:

- **Email add-ons:** Send PDF files Anatomy Of The Spirit as email attachments to the designated recipients. This is a fast and very easy method to share your downloads.
- **Cloud storage space solutions:** Use

cloud storage services such as Dropbox or Google Drive to save and share your Anatomy Of The Spirit PDF. You can create a shareable link and send it to the receivers.

- **Joint PDFs:** Some PDFs are created for collaboration, allowing several customers to view and edit the exact same documents. Try to find collective choices when choosing your PDF Anatomy Of The Spirit.

By complying with these sharing choices, you can quickly share your PDF Anatomy Of The Spirit with others and work together on projects with no

headache.

TIPS FOR ENHANCING YOUR PDF CHECKING OUT EXPERIENCE

Reviewing PDFs can be a delightful experience if you recognize how to utilize the attributes provided by your PDF visitor. Right here are some suggestions to boost your PDF analysis experience:

- Adjust the typeface size and shade to your choice for comfortable analysis.
- Utilize the scroll feature to browse through a prolonged PDF paper Anatomy Of The Spirit effortlessly.
- Make use of the search feature to locate particular

key words or expressions within the PDF.

- Bookmark pages to monitor important information or to return to reviewing Anatomy Of The Spirit where you left off.
- Emphasize and annotate message to mark vital points or to include personal notes.
- Use the zoom attribute to focus on certain details or diagrams.

By utilizing these attributes, you can make one of the most out of your PDF analysis experience and gain a deeper understanding of the content.

PERSONAL PRIVACY

When it involves downloading and storing Anatomy Of The Spirit PDF, safety and personal privacy are essential. With the right steps in place, you can shield your downloads from unauthorized access and guarantee your privacy stays intact. Right here are some helpful suggestions for enhancing PDF safety:

- Establish a password: One of the simplest means to protect your PDF documents Anatomy Of The Spirit is by establishing a password. You can do this throughout the download

PDF SECURITY AND

processes for utilizing a PDF editor. Choose a solid password that is difficult to fracture and avoid using common words or expressions.

- Secure your documents: Security is another reliable method to secure your PDF Anatomy Of The Spirit. This will clamber the materials of the documents, making it unreadable to anyone without the proper decryption trick.
- Bear in mind sharing: When sharing PDFs with others, beware concerning that you're sending

them to. Make sure the recipient is credible and won't share the data Anatomy Of The Spirit without your consent.

Along with these safety actions, there are additionally privacy setups you can utilize to keep your downloaded Anatomy Of The Spirit risk-free. For instance, you can remove your download history to stop others from seeing what you have actually downloaded. You can likewise disable automatic downloads to make sure that PDFs aren't downloaded and install without your knowledge.

By taking these actions to secure your **PDF data Anatomy Of**

The Spirit, you can take pleasure in a stress-free download experience and maintain your personal information safe.

FINAL THOUGHT

You have actually reached the end of our overview to downloading and install Anatomy Of The Spirit PDFs. We hope that this post has actually served for you and has actually revealed you exactly how easy it is to access and appreciate our wide range of alternatives. Our PDF collection is constantly growing with new and interesting titles, so make sure to inspect back typically for fresh reads.

Keep in mind, finding the right Anatomy Of The Spirit PDFs is just a couple of clicks away,

whether you're on your desktop computer or mobile device. And with our handy ideas on organizing and handling your PDF collection, you'll constantly know where to locate your preferred titles.

When it comes to sharing your PDF Anatomy Of The Spirit, we have actually obtained you covered as well. You can quickly send downloads to buddies, family, and associates with simply a couple of basic steps. And we have actually provided you with details on how to secure your PDFs from unauthorized gain access to, so you can feel risk-free and safe.

Enhancing your PDF Anatomy Of The Spirit analysis experience is additionally very easy with our helpful

pointers on changing fonts, colors, and making use of comment devices. Reviewing has actually never ever been so hassle-free and delightful.

So why wait? Beginning exploring our PDF library today and download Anatomy Of The Spirit great read. We ensure you will not regret it!

Thank you for picking our platform for your PDF downloads. We eagerly anticipate supplying you with excellent service and varied alternatives for many years ahead.

Anatomy of the Spirit

The Seven Stages of Power and Healing

Harmony Books

Describes a seven-step process for promoting physical, emotional, and spiritual healing, offering a detailed introduction to the new field of energy medicine

Anatomy of the Spirit *Random House Australia*

A unique programme designed to promote spontaneous physical, emotional and spiritual healing. In *Anatomy of the Spirit*, Dr Myss sets out a unique programme designed to promote spontaneous physical, emotional and spiritual healing. She explores the links between spiritual and emotional stresses and the specific illnesses these create in different parts of the human energy system. This book also presents Dr

Myss's long-awaited model of the body's seven centres of spiritual and physical power in which she synthesises the ancient wisdom of three spiritual traditions - the Hindu chakras, the Christian sacraments and the Kabbalah's Tree Of Life. With this model, Dr Myss shows how you can develop your own latent powers of intuition and simultaneously develop your personal power and spiritual maturity.

Anatomy of the Spirit

The Seven Stages of Power and Healing *Harmony*

Building on wisdom from Hindu, Christian, and Kaballah traditions, this comprehensive guide to energy healing

reveals the hidden stresses, beliefs, and attitudes that cause illness. *Anatomy of the Spirit* is the boldest presentation of energy medicine to date, written by one of its premier practitioners, internationally acclaimed medical intuitive Caroline Myss, who is amongst the "hottest new voices in the alternative health/spirituality scene" (*Publishers Weekly*). Based on fifteen years of research into energy medicine, Dr. Myss's work shows how every illness corresponds to a pattern of emotional and psychological stresses, beliefs, and attitudes that have influenced corresponding areas of the human body. *Anatomy of the Spirit* also presents Dr.

Myss's breakthrough model of the body's seven centers of spiritual and physical power, in which she synthesizes the ancient wisdom of three spiritual traditions—the Hindu chakras, the Christian sacraments, and the Kabbalah's Tree of Life—to demonstrate the seven stages through which everyone must pass in the search for higher consciousness and spiritual maturity. With this model, Dr. Myss shows how you can develop your own latent powers of intuition as you simultaneously cultivate your personal power and spiritual growth. By teaching you to see your body and spirit in a new way, *Anatomy of the Spirit* provides you with the tools for spiritual

maturity and physical wholeness that will change your life.

Anatomy of the Soul

Surprising Connections Between Neuroscience and Spiritual Practices That Can Transform Your Life and Relationships

*Tyndale House
Publishers, Inc.*

Do you want to improve your relationships and experience lasting personal change? Join Curt Thompson, M.D., on an amazing journey to discover the surprising pathways for transformation hidden inside your own mind. Integrating new findings in neuroscience and attachment with Christian spirituality,

Dr. Thompson reveals how it is possible to rewire your mind, altering your brain patterns and literally making you more like the person God intended you to be. Explaining discoveries about the brain in layman's terms, he shows how you can be mentally transformed through spiritual practices, interaction with Scripture, and connections with other people. He also provides practical exercises to help you experience healing in areas where you've been struggling. Insightful and challenging, *Anatomy of the Soul* illustrates how learning about one of God's most miraculous creations—your brain—can enrich your life, your relationships,

and your impact on the world around you.

The Creation of Health

The Emotional, Psychological, and Spiritual Responses That Promote Health and Healing *Harmony*

A collaboration between a traditionally trained physician and a medical intuitive, *The Creation of Health* illuminates the deep connection between emotional dysfunction and physical illness. It describes the role that emotional disturbances play in the most common diseases and ailments from the common cold to arthritis, diabetes, heart disease, and cancer. After providing an introduction to intuitive medicine and its history, method of

diagnosis, and relationship to traditional medicine, Myss and Shealy detail the deeper emotional and psychic reasons why illness develops in the body. Dr. Shealy offers a traditional account of a particular disease or ailment, while Dr. Myss sheds light on the deeper causes through her corresponding energy analysis. Confirming the link between illness and emotion, *The Creation of Health* puts forth a groundbreaking vision of holistic healing.

The Spiritual Anatomy of Emotion

How Feelings Link the Brain, the Body, and the Sixth Sense *Simon and Schuster*

A cutting-edge examination of

feelings, not thoughts, as the gateway to understanding consciousness • Contends that emotion is the greatest influence on personality development • Offers a new perspective on immunity, stress, and psychosomatic conditions • Explains how emotion is key to understanding out-of-body experience, apparitions, and other anomalous perceptions Contemporary science holds that the brain rules the body and generates all our feelings and perceptions. Michael Jawer and Dr. Marc Micozzi disagree. They contend that it is our feelings that underlie our conscious selves and determine what we think and how we conduct our lives. The less consciousness we have of our emotional being, the more physical disturbances we are likely to have--from ailments such as migraines, fibromyalgia, chronic fatigue, and post-traumatic stress to anomalous perceptions such as apparitions and involuntary out-of-body experiences. Using the latest scientific research on immunity, sensation, stress, cognition, and emotional expression, the authors demonstrate that the way we process our feelings provides a key to who is most likely to experience these phenomena and why. They explain that emotion is a portal into the world of extraordinary perception, and they provide the studies

that validate the science behind telepathic dreams, poltergeists, and ESP. The *Spiritual Anatomy of Emotion* challenges the prevailing belief that the brain must necessarily rule the body. Far from being by-products of neurochemistry, the authors show that emotions are the key vehicle by which we can understand ourselves and our interactions with the world around us as well as our most intriguing--and perennially baffling--experiences.

Invisible Acts of Power

The Divine Energy of a Giving Heart *Simon and Schuster*

For more than two decades, internationally

renowned pioneer in energy medicine Caroline Myss has been studying how people use their personal power. Through her special brand of spiritual insight and intuition, her popular workshops, and her bestselling books, Myss has helped hundreds of thousands of people meet the lifelong challenge of managing their spiritual energy and improving their lives. Now, in this inspiring new book, Myss expands her message about power in an entirely new spiritual direction. With characteristic originality, she explains how we become channels for divine grace and a conduit for miracles through kind, compassionate, generous actions, or,

as she calls them, invisible acts of power. When we act compassionately, without a private agenda or expectation of credit or reward, God works invisibly, anonymously through us. And as we move from visible acts, such as giving a friend a helping hand, to invisible acts, such as prayer and healing, we undergo a profound journey of personal empowerment. The myriad simple but profound ways that people connect to create small miracles, gain a greater sense of spirituality, and transform their own -- and others' -- lives in an instant will inspire you to your own invisible acts of power...and attract them to you.

Anatomy of a Seance

A History of Spirit Communication in Central Canada

McGill-Queen's Press - MQUP

MacKenzie King did it, so did Susanna Moody. In fact, many Canadians consulted the spirits as part of a religious experience, to seek guidance for themselves and others, and to attempt to learn what lies beyond the grave. Some came to the seance room to hear ancient wisdom while others came to understand the nature of psychic phenomena. Like the mechanisms that produced the flashing lights, cool breezes, and whirling trumpets that materialized in the presence of the medium, their beliefs

and experiences have been mostly hidden, until now. In this first full-length study of Canadian spirit communication, Stan McMullin has drawn upon seance notes, letters, diaries, and special collections to create a fascinating picture of how educated people were drawn to spiritualism and psychic research. *Anatomy of a Seance* shows that for many Canadians attempting to sort out their religious beliefs and find an acceptable marriage between religion and science the seance room provided an alternative to formal religious dogma. Despite the opposition of mainline churches, spiritualism offered the possibility of a "scientific" religion that could prove the

existence of heaven.

Why People Don't Heal and How They Can *Harmony*

A bold account of the development of human consciousness and spirituality over the ages and an examination of the dynamic global transformation of attitudes about healing. For more than fifteen years, Caroline Myss has studied why some people heal, while others do not. In her previous book, *Anatomy of the Spirit*, Dr. Myss illuminated the hidden interactions of belief and body, soul and cell to show how, as she inimitably puts it, "your biography becomes your biology." In *Why People Don't Heal and How They Can*, she builds on her earlier teachings of the

seven different energy centers of the body to provide a vital self-healing program for physical and spiritual disorders. With her characteristic no-nonsense style and high-voltage storytelling, she exposes and explodes the five myths about healing, explains the cultural and individual contexts in which people become physically and spiritually ill and invested in "woundology," and teaches new methods of working with the challenges that the seven energy centers embody. To help you get and stay on the path to wellness, Dr. Myss provides rituals and prayers for gaining a symbolic perspective on your life issues; for bolstering your

personal power; and for connecting with a universal divine energy. Dr. Myss's breakthrough views on energy medicine and her active approach to healing life issues and physical illness will help you overcome the mental blocks that keep you from becoming well.

Archetypes

Who Are You? *Hay House*

Have you ever wondered why you are drawn to certain people, ideas or products and turned off by others? Are you constantly searching for something you can't put your finger on, or wondering whether you are living a life that truly fits? In *Archetypes*, New York Times bestselling

author Caroline Myss delves into the world of archetypes, which have been the subject of her work for more than 25 years. Archetypes are universal patterns of behavior that, once discovered, help you better understand yourself and your place in the world. In short, knowing your archetypes can transform your life. Within the pages of this book, Myss writes about ten primary archetypes that have emerged in today's society: the Caregiver, the Artist/Creative, the Fashionista, the Intellectual, the Rebel, the Queen/Executive, the Advocate, the Visionary, the Athlete, and the Spiritual Seeker. In each chapter, she explains one individual

archetype, showing how it has evolved and then in fascinating detail lays out the unique characteristics, the defining graces, the life challenges, and other information to help you understand if you are part of this archetype family and if so, how you can fully tap into its power. She also offers tips and practical advice on how to fully engage with your archetypes. Learning which archetypes best describe you is just the beginning. You can then use this knowledge to make more conscious decisions about everything from careers to relationships, avoiding common pitfalls of your personality type while playing up your strengths. The result is

a happier, more authentic you. It's never too late to change your life by embracing your archetypes to the fullest. So are you a Rebel? An Artist? A Visionary? Join us . . . and find yourself.

Spiritual Anatomy

Realigning Body and Soul

Ginny Nadler has found an important connection between the physical pain you experience and the energetic roadblocks that are deeper in the cell structure, in the very fabric of your being. In *Spiritual Anatomy*, she presents a powerful approach for unraveling your deeply entangled distortions and bringing your body back into alignment.

Esoteric Anatomy

The Body as Consciousness *North Atlantic Books*

A comprehensive and fascinating study of Polarity Therapy, Esoteric Anatomy, and Somatic Psychology that reveals the vital role of energy in the healing arts. *Esoteric Anatomy* offers a spiritual approach to massage, bodywork, and somatic psychology, demystifying an ancient transpersonal model for understanding energy in nature and working with consciousness in the healing arts. It offers a comprehensive health care system based on understanding the body as a field of conscious energy—a system that promotes

healing, health building, and self-actualization. Author and spiritual healer Bruce Burger begins by introducing Polarity Therapy in a series of energy-balancing sessions that can be used in conjunction with other forms of therapy and bodywork. This holistic approach can alleviate physical, mental, emotional, and spiritual suffering, including clearing trauma from the cellular memory of the brain. Next, he turns his attention to Esoteric Anatomy in a section of essays that explore the role of energy—or life force—in the healing arts, drawing from the wisdom of ancient India. And finally, Burger builds upon his studies of Polarity Therapy and Esoteric

Anatomy to present a unique system of Somatic Psychology that can promote further healing. Thorough, insightful, and complete with illustrations, *Esoteric Anatomy* is a fascinating course in energy medicine that can guide you toward better health, personal growth, and spiritual transformation.

Defy Gravity

Healing Beyond the Bounds of Reason

ReadHowYouWant.com

New York Times best-selling author Caroline Myss draws from her years as a medical intuitive to show that healing is not only physical; it is also a mystical phenomenon that transcends reason. Inspired by ordinary people who

overcame a wide array of physical and psychological ailments - from rheumatoid arthritis to cancer - Caroline dove into the works of the great mystics to gain a deeper understanding of healing's spiritual underpinnings. Based on these studies, she demonstrates how conventional and holistic medicine often fall short in times of need. Both systems rely upon a logical approach to curing illness when there is nothing reasonable about the emotional, psychological, or spiritual influences behind any ailment. Integral to this mystical healing approach is the engagement of the soul, which we experience through exploring our seven shadow passions, building an empowered inner self around our seven inherent graces, and learning how to work with the mystical laws that govern it. This knowledge holds the key to understanding what it means to defy gravity and break through the boundaries of ordinary thought. You can heal any illness. You can channel grace. And you can learn to live fearlessly. New York Times best-selling author Caroline Myss draws from her years as a medical intuitive to show that healing is not only physical; it is also a mystical phenomenon that transcends reason. Inspired by ordinary people who overcame a wide array of physical and psychological ailments - from rheumatoid

arthritis to cancer - Caroline dove into the works of the great mystics to gain a deeper understanding of healing's spiritual underpinnings. Based on these studies, she demonstrates how conventional and holistic medicine often fall short in times of need. Both systems rely upon a logical approach to curing illness when there is nothing reasonable about the emotional, psychological, or spiritual influences behind any ailment. Integral to this mystical healing approach is the engagement of the soul, which we experience through exploring our seven shadow passions, building an empowered inner self around our seven inherent graces, and learning how to

work with the mystical laws that govern it. This knowledge holds the key to understanding what it means to defy gravity and break through the boundaries of ordinary thought. You can heal any illness. You can channel grace. And you can learn to live fearlessly.

Anatomy of an Illness as Perceived by the Patient

Reflections on Healing and Regeneration W. W. Norton & Company

Tells of how engaging to the fullest a patient's own capabilities for overcoming illness resulted in a recovery from a crippling and supposedly irreversible disease.

Sacred Contracts

Awakening Your Divine Potential

Harmony

Caroline Myss, author of the New York Times bestsellers *Anatomy of the Spirit* and *Why People Don't Heal and How They Can*, presents an exciting, highly original program in this long-awaited book. Based on her internationally popular workshop of the same name, *Sacred Contracts* is a brilliant synthesis of psychology, healing guidance, and spiritual insight. As a medical intuitive, Myss has found that people often don't understand their purpose in life, which has led to a spiritual malaise of epidemic proportions. This metaphysical disease in turn leads to

depression, anxiety, fatigue, and eventually physical illness. But our purpose—our individual Sacred Contract—is often difficult to apprehend. For this reason, Myss developed an enjoyable and ingenious process for deciphering your own Contract using a new theory of archetypes that builds on the works of Jung, Plato, and contemporary thinkers. She first recounts how the concept of Sacred Contracts took form in myths and other cultural traditions through the ages. She then examines the lives of the spiritual masters and prophets—Abraham, Jesus, the Buddha, and Muhammad—whose archetypal journeys illustrate the four

stages of a Sacred Contract and provide clues for discovering your own. With her signature motivational style and stories, Myss explains how you can identify your particular spiritual energies, or archetypes—the gatekeepers of your higher purpose—and use them to help you find out what you are here on earth to learn and whom you are meant to meet. In coming to know your archetypal companions, you also begin to see how to live your life in ways that make the best use of your personal power and lead you to fulfill your greatest—in fact, your divine—potential. In this process, you learn how to see your life—and the lives of others—symbolically, allowing you to

manage your personal power without getting caught up in emotional drama. You will also learn how to fulfill your Sacred Contract: what you and only you are here on earth to do. Finally, Myss offers specific guidance for locating your physical and emotional vulnerabilities and healing any susceptible areas. Both visionary and practical, *Sacred Contracts* is a completely unique process of self-discovery and spiritual archaeology and a bold, powerful work of spiritual wisdom.

The Heartfulness Way

Heart-Based Meditations for Spiritual Transformation *New Harbinger Publications*

“A must-read for anyone interested in incorporating meditation into their lifestyle.” --Sanjay Gupta, MD, chief medical correspondent for CNN Heartfulness is an ideal, a spiritual way of living by and from the heart that is inclusive of all ideologies, beliefs, and religions. In this heart-centered book, a student in conversation with his teacher, Kamlesh D. Patel—affectionately known as Daaji, the fourth and current spiritual guide of the century-old Heartfulness tradition—present a unique method of meditation with the power to facilitate an immediate, tangible spiritual experience, irrespective of a person’s faith. Our modern, fast-paced world can be an overwhelming place. Every day, we’re bombarded with messages telling us that in order to be happy, fulfilled, and worthy, we must be better, do more, and accumulate as much material wealth as possible. Most of us move through our busy lives with our minds full of these ideas, multitasking as we strive to navigate the responsibilities and expectations we must meet just to make it through the day. But what if there is another way? What if, rather than letting the busyness of life overtake our minds, we learn to be heartfelt instead? Based on Daaji’s own combination of approaches and

practices for the modern seeker—which draws from the teachings of Sahaj Marg, meaning “Natural Path”—Heartfulness is a contemporized version of the ancient Indian practice of Raja Yoga, a tradition that enables the practitioner to realize the higher Self within. While many books describe refined states of being, The Heartfulness Way goes further, providing a pragmatic course to experience those states for oneself, which, per the book’s guiding principle, is “greater than knowledge.” Heartfulness meditation consists of four elements—relaxation, meditation, cleaning, and prayer—and

illuminates the ancient, defining feature of yogic transmission (or pranahuti), the utilization of divine energy for spiritual growth and transformation. Using the method, detailed practices, tips, and practical philosophy offered in this book, you’ll reach new levels of attainment and learn to live a life more deeply connected to the values of the Heartfulness way—with acceptance, humility, compassion, empathy, and love.

Defy Gravity

Healing Beyond the Bounds of Reason

Hay House Incorporated
 “New York Times”-bestselling author Myss draws from her years as a medical intuitive

to show that healing is not only physical, it is also a mystical phenomenon that transcends reason.

in a critical, personal, and creative way.

The Anatomy of Hope

Fleshing the Spirit

Spirituality and Activism in Chicana, Latina, and Indigenous Women's Lives

University of Arizona Press

Fleshing the Spirit brings together established and new writers to explore the relationships between the physical body, the spirit and spirituality, and social justice activism. The anthology incorporates different genres of writing—such as poetry, testimonials, critical essays, and historical analysis—and stimulates the reader to engage spirituality

How People Prevail in the Face of Illness

Random House Trade Paperbacks

Why do some people find and sustain hope during difficult circumstances, while others do not? What can we learn from those who do, and how is their example applicable to our own lives? The Anatomy of Hope is a journey of inspiring discovery, spanning some thirty years of Dr. Jerome Groopman's practice, during which he encountered many extraordinary people and sought to answer these questions. This profound exploration begins when

Groopman was a medical student, ignorant of the vital role of hope in patients' lives—and it culminates in his remarkable quest to delineate a biology of hope. With appreciation for the human elements and the science, Groopman explains how to distinguish true hope from false hope—and how to gain an honest understanding of the reach and limits of this essential emotion.

Culture and Politics in China

An Anatomy of Tiananmen Square

Transaction Publishers

As the world watched the crumbling away of communist regimes in Eastern Europe, the pro-democracy movement in China

was dealt a severe blow in June of 1989. Also referred to as the June 4th Incident, the Tiananmen Square protest included students, intellectuals, and workers demanding democratic reforms and social change. To break up the escalating protest armed soldiers stormed the square killing close to two hundred demonstrators and injuring thousands more. *Culture and Politics in China* explores the events, trends, and tendencies that led to the student demonstrations. This volume objectively presents a wide range of information permitting readers a comprehensive understanding of the circumstances that culminated on the events of June 4, 1989.

Documents include eyewitness accounts by student leaders Chai Ling and Wu'er Kaixi, the speeches of Deng Xiaoping and Yang Shangkun justifying the use of force, analysis of the events by the Marxist theorist Su Shaozhi, the writings of young intellectuals Yan Jiaqi, Liu Xiaobo, and others. Selections include essays on the May Fourth Movement of 1919 and the television documentary, the "Yellow River Elegy" which question the Chinese cultural tradition. Leading political scientists contribute to this volume. Lee presents an analysis of the role of Deng Xiaoping in the events at Tiananmen Square, and his views on the Chinese Communist party-state and the pro-democracy movement King Tsao, who was at the square, views the demonstrations as a form of civil disobedience and dissent against the party-state. He gives an eyewitness account and a contextual analysis of some of the events and underlying themes. Steven Mark, a journalist, presents an analysis of the various roles of both the Chinese and Western press, beginning with their role in shaping public opinion before the demonstrations and continuing as the media scrambled to cover China's biggest news story since the communist takeover in 1949. Those who are interested in present and future developments in the

world's most populous nation will find this volume indispensable.

The Subtle Body

An Encyclopedia of Your Energetic Anatomy

Sounds True

Welcome to the first comprehensive encyclopedia of the human energetic anatomy. Here is a reference that no personal or professional health-care library should be without—an in-depth, illustrated guide to the invisible energies of the spirit, psyche, and consciousness that influence every aspect of our well-being. Whether you are looking for the right complementary medicine to enhance your own healing practice, seeking perennial wisdom

about your body's energetic nature from world traditions, or exploring the quantum edge of intention-based care, *The Subtle Body* is an indispensable companion for exploring virtually any facet of holistic healing. Created for healing professionals and patients alike, this volume provides a lexicon of terms, illustrations, and detailed entries about our energetic biology and how it relates to our physical being. This invaluable information will help you enhance any form of health care and give you the knowledge you need to develop an integrated approach for your clients' well-being—or your own. All healers are "energetic" healers, whether they

know it or not. Because every health issue has a physical and an energetic component, even a simple physical treatment like bandaging a cut also impacts the body's spiritual, mental, and emotional welfare. The Subtle Body is a comprehensive encyclopedia devoted to the critical world of our invisible anatomy, where so much of healing actually occurs. Compiled by intuitive healer and scholar Cyndi Dale, this 500-page full color illustrated reference book covers: What is the "subtle body"? New scientific understanding of our quantum-state existence and the unseen fields that determine our physical condition True integrative care: how combining Eastern energetic modalities with Western scientific rigor yields optimum results The meridians, fields, and chakras: detailed information and diagrams about the role of these energetic structures in our overall health Energy-based therapy principles from the world's healing traditions--including Ayurveda, Qigong, Reiki, Quabalah, and many more For professionals who want to make the leap from being good healers to great ones, one thing is clear: we need to care for every facet of our well-being. With The Subtle Body, practitioners and patients alike now have an unprecedented resource for understanding the

physical, energetic, and spiritual elements of human health--for an informed, complete approach to healing.

The Four Levels of Healing

A Guide to Balancing the Spiritual, Mental, Emotional, and Physical Aspects of Life *New World Library*

Explains how to develop the many different levels of being and details ways to achieve a greater balance and wholeness in life

The Rubber Brain

A toolkit for optimising your study, work, and life! *Australian Academic Press*

Failed an exam, bungled an interview,

screwed up a relationship, broken your diet, or stuffed up at work? Your brain is the key to getting back on track. Change your life for the better. Learn how to 'rubberise' your brain, making it more flexible and resilient. Deal with challenges in an optimal way, and 'bounce' back from adversity. Your brain controls your conscious thoughts and behaviours, like deciding whether to study or party, or whether to get two scoops of gelato or six. And when you find yourself doing things that you wish you hadn't done (like all that gelato), it's likely your brain has indulged in what psychological scientists call suboptimal thinking. Essentially, your brain

doesn't always deliver the kind of thinking that leads to desired positive outcomes, such as maintaining supportive friendships, and doing well in your work, studies and social life. But you and your brain can do better. In this book, five leading psychological educators show you simple tools derived from solid science covering everything from positive psychology to goal setting, from mindfulness to CBT, and from emotional regulation to moral reasoning, to optimise your thinking. Using a model they have developed over years of study and application you can discover how resilience and psychological flexibility combine to

allow you to choose ways of thinking in response to different situations that will produce the best outcome for you for that situation. Read this book and learn how to optimally tackle issues of motivation, stress, time-management, and relationship maintenance. Your mind will be clearer and your life better.

The Healing Path of Prayer

A Modern Mystic's Guide to Spiritual Power *Harmony*

Prayer is the key to tapping into the healing energy of the Divine. Yet for many people, prayer has been reduced to a rote practice that has lost its basic meaning and efficacy. In his long-

awaited first book for an ecumenical readership, internationally renowned spiritual healer Ron Roth teaches his unique approach to prayer as energy medicine. The Healing Path of Prayer explains in detail the connection between healing, faith, and prayer. Roth shows you how to find your own path to prayer in a way that connects with God's healing energy. As Roth explains, you can use this energy not only for physical healing but also, perhaps more significantly, for healing emotional and spiritual wounds that may be at the root of physical maladies. The Healing Path of Prayer gives you specific guidance in setting up a daily healing prayer

practice. Through a series of simple but effective exercises and rituals, Roth shows you how to celebrate your own sacraments and become a mystic in the course of your everyday life. Each chapter offers a new, higher level of prayer, enabling you to acquire more advanced techniques of focus, intention, and insight. As Roth revitalizes many tired, traditional prayers with his fresh and inspiring reinterpretations from original scripture, he also recounts the dramatic story of when he discovered his healing abilities, as well as true cases of healing in which he has participated. The Healing Path of Prayer is a blueprint for a truly democratic spirituality. Roth's instruction on

how to pray and establish a daily practice of meditation will lead readers into a vital path of everyday mysticism and personal power.

Deliverance from Water Spirit

Prayer to Be Free from the Grip of Spirit Husbands, Marine Wife and Strange Children
Createspace

Independent Publishing Platform

It is my ultimate wish to see all people in every land and regardless of their religious affiliation enjoying total freedom from satanic influence and demonic pollution. However, it is not possible. A life without Christ is doomed to daily face crisis. The simple solution to this

set back to total dominion is Genuine Repentance and complete conversion to Jehovah God through Jesus Christ. According to Acts 4: 12 "Neither is there salvation in any other: for there is none other name under heaven given among men, whereby we must be saved."

The Anatomy of Loneliness

How to Find Your Way Back to Connection *Watkins Media Limited*

The bestselling author of The Completion Process offers a blueprint for overcoming loneliness and returning to a place of love, acceptance, and meaningful connection. Following in the footsteps of the

success of The Completion Process, bestselling author and modern spiritual leader Teal Swan offers an in-depth exploration and understanding of loneliness. Drawing on her extraordinary healing technique, the Connection Process, Teal offers a way to experience connection once again. Loneliness is reaching endemic proportions in our society, reflected by rising suicide rates and increased mental illness. Now, more than ever we need to find a way to connect. Loneliness is a feeling of separation or isolation; it is not necessarily the same as the physical state of being alone. This book is for people who suffer from loneliness, the kind that cannot be solved by simply being

around other people. Their aloneness is a deeply embedded pattern that is both negative and painful; it is often fueled by trauma, loss, addiction, grief and a lack of self-esteem and insecurity. In The Anatomy of Loneliness, Teal identifies the three pillars or qualities of loneliness: Separation, Shame and Fear and goes on to share her revolutionary technique; The Connection Process, a form of intuitive journeying, usually involving two people a 'receiver' and a 'journeyer'. Through a series of exercises each person experiences 'walls' and 'blockages' as they move through the process both participants face their fears learning from

these to reach a place of unconditional love and acceptance.

Intimate Conversations with the Divine

Prayer, Guidance, and Grace *Hay House, Inc*

From the New York Times best-selling author of *Sacred Contracts* and *Anatomy of the Spirit*, a timely guide with 100 prayers for entering into a personal relationship with the Divine. *** In her most personal book to date, beloved teacher and best-selling author Caroline Myss draws on her own practice to help us regain our fluency in the language of prayer and renew our connection to the sacred. *Intimate Conversations with the*

Divine offers 100 of Myss's personal prayers as a resource and inspiration to start a prayer practice of your own. Each prayer illustrates a different type of grace that feeds the human soul, from awakening, endurance, and healing, to silence, surrender, and trust. "We are one holy system of life and great cosmic truth, which is that all life—including all of us—breathes together," Myss writes. "I hope this book, these prayers, will bring you comfort and grace, and help you through the difficult times ahead. And I hope they will inspire you to believe that with God, all things are possible."

Summary of The War of Art by Steven

Pressfield

QuickRead.com

Notice: This is a Summary & Analysis of The War of Art. THIS IS NOT THE ORIGINAL BOOK. Break Through the Blocks and Win Your Creative Battles Imagine the life that you dream about and the life you have now. What's different? Perhaps the life you dream of is one in which you've written a book, directed a movie, or pursued a creative passion. What's stopping you from getting there? After all, it's not the writing or directing part that's hard. The hard part is sitting down to write. According to Steven Pressfield, the thing keeping you from your dream is Resistance. You see, many of us have two lives. The life we live, and the

unlived life within us. The only thing standing between the two is Resistance. Resistance is the negative force that is stopping you from fulfilling your dreams and unleashing your creative power. Throughout The War of Art, Steven Pressfield will help you identify how Resistance is working against you and how to defeat it so that you can find the power within you to follow your dreams. As you read, you'll learn how starting a war is easier than filling a blank canvas, you'll learn when Resistance works its hardest, and how a life full of hierarchies only sets you up for failure. DISCLAIMER: This book summary is meant as a summary and an analysis and not a replacement for the

original work. If you like this summary please consider purchasing the original book to get the full experience as the original author intended it to be. If you are the original author of any book published on QuickRead and want us to remove it, please contact us at hello@quickread.com.

ThetaHealing®: You and the Creator

Deepen Your Connection with the Energy of Creation

Hay House, Inc

Essential

ThetaHealing®

handbook for practitioners explaining how we can connect with the Creator for spiritual elevation. When we enter a theta brain state, we can connect to the Creator

of All That Is. Discover how to improve this connection to achieve deep inner healing. Founded by Vianna Stibal, ThetaHealing® is a powerful healing modality through which we can change limiting beliefs to receive deep emotional and physical healing. While in the Theta state, we're able to connect with the divine energy that flows through all things: The Creator of All That Is. Vianna is often asked: 'How do I know I'm connected to the Creator, or if it's just my own thoughts?' The true answer is that to know the difference between your thoughts and divine inspiration, you must first understand yourself. This in-depth guide for ThetaHealing practitioners will teach you how to experience

knowing yourself on an intimate level, so you can recognize this difference and establish clear and enlightened communication with the Creator. Vianna shares powerful teachings, downloads, exercises, and her own experiences to illustrate how to recognize the belief systems, inner aspects, and subconscious selves preventing you from fully bonding with the energy of the Creator, and how to navigate and understand your own mind. The Creator always communicates from a place of pure, perfect love, and Vianna details a powerful road map for experiencing and strengthening this connection, so that you too can become

limitless.

The Wife's Tale: A Personal History

HarperCollins UK

WINNER OF THE RSL

ONDAATJE PRIZE 2019

AN ECONOMIST BOOK

OF THE YEAR A CBC

BOOK OF THE YEAR

The extraordinary story

of an indomitable 95-

year-old woman - and

of the most

extraordinary century

in Ethiopia's history. A

new Wild Swans

Brainspotting

The Revolutionary New Therapy for Rapid and Effective Change *Sounds True*

Brain-based therapy is

the fastest-growing

area in the field of

psychological health

because it has proven

that it can immediately

address issues that

talk therapy can take

years to heal. Now Dr. David Grand presents the next leap forward in psychological care—combining the strengths of brain-based and talk therapies into a powerful technique he calls Brainspotting. In Brainspotting, Dr. Grand reveals the key insight that allowed him to develop this revolutionary therapeutic tool: that where we look reveals critical information about what's going on in our brain. Join him to learn about: The history of Brainspotting—how it evolved from EMDR practice as a more versatile tool for brain-based therapy Brainspotting in action—case studies and evidence for the effectiveness of the technique An overview of the different aspects of Brainspotting and how to use them Between sessions—how clients can use Brainspotting on their own to reinforce and accelerate healing Why working simultaneously with the right and left brain can lead to expanded creativity and athletic performance How Brainspotting can be used to treat PTSD, anxiety, depression, addiction, physical pain, chronic illness, and much more “Brainspotting lets the therapist and client participate together in the healing process,” explains Dr. Grand. “It allows us to harness the brain's natural ability for self-scanning, so we can activate, locate, and process the sources of

trauma and distress in the body.” With Brainspotting, this pioneering researcher introduces an invaluable tool that can support virtually any form of therapeutic practice—and greatly accelerate our ability to heal. “David Grand is one of the most important and effective psychological trauma therapists now practicing, and his development of Brainspotting is a very important leap forward in helping people resolve trauma. Brainspotting is a remarkable, sophisticated, flexible addition to the therapeutic toolkit of any psychotherapist. I know because I use it regularly, and find that, combined with the psychoanalytic approaches I normally

practice, the results are astonishingly helpful. Using it, one becomes amazed at the extent to which our traumas can be detected in our ordinary facial and eye reflexes, and how, by using these windows to inner mental states, many traumas and symptoms can be rapidly relieved. Grand writes clearly, and the cases, dramatic as they are, are not exaggerated.”

—Norman Doidge, MD, FRCPC, author of *The Brain That Changes Itself*; faculty, University of Toronto, Department of Psychiatry, and Columbia University Department of Psychiatry Center for Psychoanalytic Training and Research

Anatomy of a Soldier

A novel *Vintage*

Anatomy of a Soldier is a stunning first novel—of patriotism, heroism, and profound humanism—that will immediately take its place on the shelf of classics about what it truly means to be at war. Let's imagine a man called Captain Tom Barnes, aka BA5799, who's leading British troops in the war zone. And two boys growing up together there, sharing a prized bicycle and flying kites before finding themselves estranged once foreign soldiers appear in their countryside. And then there's the man who trains one of them to fight against the other's father and all these infidel invaders. Then imagine the family and friends who radiate out from these

lives, people on all sides of this conflict where virtually everyone is caught up in the middle of something unthinkable. But then regard them not as they see themselves but as all the objects surrounding them do: shoes and boots, a helmet, a bag of fertilizer, a medal, a beer glass, a snowflake, dog tags, and a horrific improvised explosive device that binds them all together by blowing one of them apart—forty-five different narrators in all, including the multiple medical implements subsequently required to keep Captain Barnes alive. The result is a novel that reveals not only an author with a striking literary talent

and intelligence but also the lives of people—whether husband or wife, father or mother, son or daughter—who are part of this same heart-stopping journey. A work of extraordinary humanity and hope, created out of something hopeless and dehumanizing, it makes art out of pain and suffering and takes its place in a long and rich line of novels that articulate the lives that soldiers lead. In the boom of an instant, and in decades of very different lives and experiences, we see things we've never understood so clearly before.

Vagus Nerve Compassion Portal

The Anatomy of God's Link Within

Our Spirit CreateSpace

Using electronic monitoring, scientists have made exciting new discoveries about the Vagus Nerve's role when a person exhibits compassion and empathy toward another. The Vagus Nerve seems to have an 'intelligence' of its own and serves the brain as well as critical organs such as the heart, lungs, kidneys, bowels and essentially all the organs of the abdomen. Having a 'gut feeling' about something is often reported, even though by conventional thinking, it just doesn't seem logical. Parallel to modern Vagus Nerve discoveries, the book explores an ancient Proverb: "The spirit of man is the candle of the LORD,

searching all the inward parts of the belly." The question is asked if the Vagus Nerve is the vehicle by which the human spirit expresses itself? And might the human spirit be the portal through which the Holy Spirit interacts with us? As the scriptures state: "He that believeth on me, as the scripture hath said, out of his belly shall flow rivers of living water. (But this spake he of the Spirit, which they that believe on him should receive: for the Holy Spirit was not yet given; because that Jesus was not yet glorified.)" Scientists say the Vagus Nerve is where compassion activates and the scriptures say "But whoso hath this world's good, and seeth his brother have need, and shutteth up his bowels

of compassion from him, how dwelleth the love of God in him?" If you've had that deep down, intuitive feeling of a still, small voice saying you are much more than just a clump of physical molecules, then this is a must read for you.

Unsafe Thinking

How to be Nimble and Bold When You Need It Most *Da Capo Lifelong Books*

A Financial Times Book of the Month: "An enchanting book about how to question the conventional, challenge the status quo, and unlock the creative solutions right under your nose." -- Adam Grant, New York Times bestselling author of *Originals*, *Give and Take*, and *Option B* with Sheryl

Sandberg "Unsafe Thinking delivers an array of fresh insights on creativity, motivation, and staying in 'flow.' Packed with powerful case studies, it will propel you out of your rut and onto a path of better, sharper thinking." -- Daniel H. Pink, author of *When and To Sell Is Human*

How can you challenge and change yourself when you need it most? We're creatures of habit, programmed by evolution to favor the safe and familiar, especially when the stakes are high. This bias no longer serves us in a world of constant change. In fact, today, safe thinking has become extremely dangerous. Through stories of trailblazers in business, health, education and activism, and leveraging decades of research into creativity and performance, Jonah Sachs reveals a path to higher performance and creativity for anyone ready to step out of their comfort zone. He introduces troublemakers willing to challenge corporate culture like the executive who convinced CVS to drop its multibillion-dollar tobacco business. She now leads the pharmacy giant. Readers will get firsthand accounts of breaking from the status quo from a Nobel prize winning doctor who nearly got himself thrown out of medicine, a two-time NBA championship coach who brought joy back to his team by tuning down the focus on competition, a CEO

who rebuilt her reputation and life from the ashes from one of the biggest flops in internet history and a Colombian mayor who started an incredibly successful career of political reform by mooning an angry crowd. *Unsafe Thinking* is full of counter-intuitive insights that will challenge you to rethink how you work. You'll learn: Why your area of deep expertise is often where you'll find your biggest blind spots Why anxiety can be fuel for creativity When to trust intuition and when to challenge it How collaborating only with those that share your values stunts your creativity How to build an organization that embraces intelligent risk. An inspiring and

accessible read, *Unsafe Thinking* has the power to change both the way you approach your work and your life.

The Anatomy of Deception

A Novel of Suspense

Anchor Canada

In the tradition of Caleb Carr's *The Alienist* and Matthew Pearl's *The Dante Club*, this mesmerizing forensic thriller thrusts the reader into the operating rooms, drawing rooms, and back alleys of 1889 Philadelphia, as a doctor grapples with the principles of scientific process to track a daring killer. In the morgue of a Philadelphia hospital, physicians uncover the corpse of a beautiful young woman. What they see takes their

breath away. Within days, one doctor, Ephraim Carroll, strongly suspects that he knows the woman's identity. . .and the horrifying events that led to her death. But in this richly atmospheric debut novel - an ingenious blend of history, suspense, and early forensic science - the most compelling chapter is yet to come, as the young doctor is plunged into a maze of murder, secrets, and unimaginable crimes. Peopled with vibrant real-life characters such as Canadian William Osler, hailed as the Father of Modern Medicine; famed surgeon William Stewart Halsted, who performed the first emergency blood transfusion and invented surgical gloves; and the

controversial painter Thomas Eakins, *The Anatomy of Deception* brings to life a little-known and exciting turning-point in American medical history, when ignorant butchery gave way to intelligent surgery-and a young doctor is forced to confront an agonizing moral choice between exposing a killer, undoing a wrong, and, quite possibly, protecting the future of medicine itself.

An Autobiography of George Washington
Hay House, Inc

Scribe Edith Ellis met the spirit of George Washington one evening in 1955. He contacted her from the Other Side to ask if she would serve as a channel so that he could dictate his autobiography for his

"fellow American Patriots," believing that he had kept his personal feelings about his life far too private. Edith agreed, although she was nearly blind and in her mid-70s. So began a most extraordinary partnership between Edith Ellis and the "Founding Father of America." The result is this remarkable book that has taken more than 60 years to reach the public. This book is a must-read for everyone who feels the spirit of the Founding Fathers surrounding us again.

**Anatomy,
Descriptive and
Surgical *Outlet***

Presents a definite description of the structures and relationships of the human organs and

body systems.

**Spiritual Anatomy:
The Cause and
Healing of Disease
Book 1 *Dog Ear
Publishing***

**Robert Burton and
the Transformative
Powers of
Melancholy *Routledge***

Few English books are as widely known, underread, and underappreciated as Robert Burton's *The Anatomy of Melancholy*. Stephanie Shirilan laments that modern scholars often treat the *Anatomy* as an unmediated repository of early modern views on melancholy, overlooking the fact that Burton is writing a cento - an ancient form of satire that quotes and misquotes authoritative texts in

often subversive ways - and that his express intent in so doing is to offer his readers literary therapy for melancholy. This book explores the ways in which the *Anatomy* dispenses both direct physic and more systemic medicine by encouraging readers to think of melancholy as a privileged mental and spiritual acuity that requires cultivation and management rather than cure. Refuting the prevailing historiography of anxious early modern embodiment that cites Burton as a key witness, Shirilan submits that the *Anatomy* rejects contemporary Neostoic and Puritan approaches to melancholy. She reads Burton's erraticism, opacity, and theatricality as modes of resistance against demands for constancy, transparency, and plainness in the popular literature of spiritual and moral hygiene of his day. She shows how Burton draws on rhetorical, theological, and philosophical traditions that privilege the transformative powers of the imagination in order to celebrate melancholic impressionability for its capacity to inspire and engender empathy, charity, and faith.

The Montessori Method: My First Book of Numbers
Rodale Kids

Learn about numbers the Montessori way with this line of board books following the

world-leading educational approach, THE MONTESSORI METHOD! Montessori education values the development of the whole child-physically, socially, emotionally, cognitively. These books tap into the Montessori Method at home, allowing children to discover and engage with concepts in a holistic way that promotes a drive for knowledge

and self-motivation. In NUMBERS, children are invited to imagine, touch, mimic, and learn about numbers and how they function in the world around us. Infused with humor and math concepts that both engage and challenge children, this book is sure to inspire a generation of mathematicians! Learn more with THE MONTESSORI METHOD: FEELINGS!