
The Wisdom Of The Sands

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The Wisdom of the Sands *New York : Hartcourt, Brace*
In the desert a young man matures into a wise ruler of a great empire; the keynote of his rule is his love and care for his people.

The Wisdom of the Sands; Translated by Stuart Gilbert from the French Citadelle

The Wisdom Of The Sands
Discourses by an Indian sectarian religious leader, from February 21st, 1978 through March 10th, 1978.

THE WISDOM OF THE SANDS

Wordsworth's Poems for the Young

With Fifty Illustrations by John Macwhirter and John Pettie, and a Vignette by J.E. Millais ; Engraved by Dalziel Brothers

Man's Transcendence in The Wisdom of the Sands by Antoine de Saint-Exupery

Arabian Sands *Penguin*
Arabian Sands is Wilfred Thesiger's record of his extraordinary journey through the parched "Empty Quarter" of Arabia. Educated at Eton and Oxford, Thesiger was repulsed by the softness and rigidity of Western life-"the machines, the calling cards, the meticulously aligned streets." In the spirit of T. E. Lawrence, he set out to explore the deserts of Arabia, traveling among peoples who had never seen a European and considered it their duty to kill Christian infidels. His now-classic account is invaluable to understanding the modern Middle East.

Seven Pillars of Wisdom *GENERAL PRESS*
Seven Pillars of Wisdom is a memoir of the soldier known as 'Lawrence of Arabia.' Lawrence is a fascinating and controversial figure and his talent as a vivid and imaginative writer shines through on every page of his masterpiece. 'Seven Pillars of Wisdom' written between 1919 and 1926, is an extraordinary tale of action, politics and adventure. The story describes heroism through instances of war by a man who not only shaped events but was molded by them. The genre of the book can be related to many broad subjects like political history, military strategy, pathology or travel story. Lawrence, known as the defender of the empire, had found war in the Arab world and a long-lasting sideline to the War to End All Wars. This war produced more war during the time, in which, along with many other eminent writers, Lawrence was also involved. Seven Pillars of Wisdom provides a

unique portrait of this extraordinary man and an insight into the birth of the Arab nation.

Citadelle. The Wisdom of the Sands. Translated by Stuart Gilbert, Etc

The Wisdom of the Sand

Philosophy and Frank Herbert's Dune *Hampton Press (NJ)*
Frank Herbert wrote six novels now referred to as The Dune Chronicles. The Chronicles are famous for their tightly woven narratives, colorful characters, and plan-within plans multilayered plot-lines and intrigue. This text culls from the pages the the Chronicles not the action, adventure or drama (as presented in the movies) but the politics, religion and communicology of Dune- the underlying pilosophy that motivates the characters to action. The purpose of this book is to unpack Herbert's ideas, and to find a place for hem in our lives, learning, knowldege and wisdom.

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The Wisdom of the Sands *Osho International Foundation*

To be Published October 5th, Antoine de Saint-Exupéry The Wisdom of the Sands

A Sampler from the Forthcoming Book by the Author of Wind, Sand and Stars ... Translated with an Introduction by Stuart Gilbert

Sand Talk

How Indigenous Thinking Can Save the World *HarperCollins*
A paradigm-shifting book in the vein of Sapiens that brings a crucial Indigenous perspective to historical and cultural issues of history, education, money, power, and sustainability—and offers a new template for living. As an indigenous person, Tyson Yunkaporta looks at global systems from a unique perspective, one tied to the natural and spiritual world. In considering how contemporary life diverges from the pattern of creation, he raises important questions. How does this affect us? How can we do things differently? In this thoughtful, culturally rich, mind-expanding book, he provides answers. Yunkaporta’s writing process begins with images. Honoring indigenous traditions, he

makes carvings of what he wants to say, channeling his thoughts through symbols and diagrams rather than words. He yarns with people, looking for ways to connect images and stories with place and relationship to create a coherent world view, and he uses sand talk, the Aboriginal custom of drawing images on the ground to convey knowledge. In *Sand Talk*, he provides a new model for our everyday lives. Rich in ideas and inspiration, it explains how lines and symbols and shapes can help us make sense of the world. It's about how we learn and how we remember. It's about talking to everyone and listening carefully. It's about finding different ways to look at things. Most of all it's about a very special way of thinking, of learning to see from a native perspective, one that is spiritually and physically tied to the earth around us, and how it can save our world. *Sand Talk* include 22 black-and-white illustrations that add depth to the text.

Pearl in the Sand

A Novel - 10th Anniversary Edition *Moody Publishers*

Can a Canaanite harlot who made her living enticing men be a fitting wife for a leader of Israel? Shockingly, the Bible's answer is yes. This 10th anniversary edition of *Pearl in the Sand* includes new features that will invite you into the untold story of Rahab's journey from lowly outcast to redeemed child of God. Rahab's home is built into a wall, a wall that fortifies and protects the City of Jericho. However, other walls surround her too, walls of fear, rejection, and unworthiness... Years of pain and betrayal have wounded Rahab's heart—she doubts whether her dreams of experiencing true love will ever come true... A woman with a wrecked past—a man of success, of faith... of pride. A marriage only God would conceive! Through the heartaches of a stormy relationship, Rahab and Salmone learn the true source of one another's worth and find healing in God.

Sand Between Your Toes

Inspirations for a Slower, Simpler, and More Soulful Life

Warm gentle breezes. The rhythmic sounds of a breaking surf. Washes of orange and blue painted across a sunset sky. The spray of salty water at your feet. Recapture the wonders of the coast as you soak up the beauty of Scripture and find calm in an ocean of God's love. *Sand between Your Toes* will fill your heart with hope through devotions and prayers that encourage you to slow down, simplify, and savor a quiet and calm only Jesus can provide. Practical lifestyle tips offer ideas for finding respite and peace amid life's complications.

Titan of the Shifting Sands *Soursalt*

Two years ago, Bishop Le Noire was found dead in the halls of his vessel, Titan. His second born son, Noah Le Noire, inherits the massive vessel along with a vast fortune. Unfortunately for Noah, he also unknowingly inherits his father's enemies. Noah is young and surefooted, traversing the dangerous dried-up ocean floor in the great 'dunecruiser.' Though Bishop was an adventurer of sorts, exploring unknown regions and establishing contact with distant lands, Noah has only profited from his late father's connections and done little to add to the legacy. He drinks and parties without thought of

consequence, evading as much responsibility as possible as he spends most of his voyages in the onboard bar. During this journey to Lima, we follow Captain Noah and some of his crew: a runaway heiress turned nurse, a chivalrous yet schizophrenic mercenary, an experienced first mate who disapproves of Noah's wild lifestyle, and a savage boy who has been taken from his tribe. Meanwhile, in Lima a revolution is brewing, led by the charismatic Brutii. Unbeknownst to Noah, Titan holds the key to the coup's victory. Brutii has waited two long years for his order to be fulfilled, and now Titan brings the final shipment of smuggled weaponry. Will Noah learn the truth behind his father's demise, or will he meet the same fate as he slips into the vortex? 'Titan of the Shifting Sands' is focused on character development and engaging dialog. Infused with humor and wisdom that has been compared to Quentin Tarantino's style. The vivid action sequences are crafted to be suspenseful and unpredictable; you're often left guessing what the outcome will be until the very end. Do you enjoy good old-fashioned adventure and odyssey stories? And do you crave a unique voice and fresh twist in this genre? Then 'Titan' is your book!

When the Sahara Was Green

How Our Greatest Desert Came to Be *Princeton University Press*

The little-known history of how the Sahara was transformed from a green and fertile land into the largest hot desert in the world The Sahara is the largest hot desert in the world, equal in size to China or the United States. Yet, this arid expanse was once a verdant, pleasant land, fed by rivers and lakes. The Sahara sustained abundant plant and animal life, such as Nile perch, turtles, crocodiles, and hippos, and attracted prehistoric hunters and herders. What transformed this land of lakes into a sea of sands? *When the Sahara Was Green* describes the remarkable history of Earth's greatest desert—including why its climate changed, the impact this had on human populations, and how scientists uncovered the evidence for these extraordinary events. From the Sahara's origins as savanna woodland and grassland to its current arid incarnation, Martin Williams takes us on a vivid journey through time. He describes how the desert's ancient rocks were first fashioned, how dinosaurs roamed freely across the land, and how it was later covered in tall trees. Along the way, Williams addresses many questions: Why was the Sahara previously much wetter, and will it be so again? Did humans contribute to its desertification? What was the impact of extreme climatic episodes—such as prolonged droughts—upon the Sahara's geology, ecology, and inhabitants? Williams also shows how plants, animals, and humans have adapted to the Sahara and what lessons we might learn for living in harmony with the harshest, driest conditions in an ever-changing global environment. A valuable look at how an iconic region has changed over millions of years, *When the Sahara Was Green* reveals the desert's surprising past to reflect on its present, as well as its possible future.

A World Beneath the Sands

Adventurers and Archaeologists in the Golden Age of Egyptology *Picador*

A vivid account of the men and women who revealed the treasures of Ancient Egypt to the world,

from the first decipherment of hieroglyphics to the opening of the tomb of Tutankhamun.

The Wisdom of the Desert

Sayings from the Desert Fathers of the Fourth Century *New Directions Publishing*

"The ascetics of Scete and the Thebaid in the Egyptian Desert have been more often admired than known or understood. Translations by such scholars as Helen Waddell have done much to restore the true perspective. This new selection from the Latin 'Sayings of the Fathers' (Verba Seniorum) has been made by Thomas Merton with a special purpose. It is not only a translation and selection, but a new monastic redaction in the spirit of our own time. Merton has felt free, as a monk, to do what generations of monks before him have done. He has made a wholly independent and original use of material which is the traditional basis of Christian monastic spirituality." -- Dust jacket.

The Wisdom of Anxiety

How Worry and Intrusive Thoughts Are Gifts to Help You Heal *Sounds True*

A counselor in the depth psychology tradition shows readers there's nothing to fear from anxiety. "The Wisdom of Anxiety serves as a well-lit pathway to the truth of who we are and to how to navigate life when paralyzed by anxiety, depression, overwhelm, and a sense of hopelessness." —Alanis Morissette, singer-songwriter. Work anxiety. Relationship anxiety. Social anxiety. World anxiety. Money anxiety. Health anxiety. How does reading those words make you feel? All too often, when we experience the things that give us anxiety, our first instinct is to try to run away or numb out from feeling them. But what if the unpleasant feelings you want to turn away from are actually vital sources of information about your well-being? In *The Wisdom of Anxiety*, counselor Sheryl Paul examines the deeper meaning of the racing thoughts, sweaty palms, and insomnia that accompany the uncertain moments of our lives. No one likes to feel anxiety—and yet, Paul asserts it can be a remarkably direct messenger of our subconscious. Here you will learn how you can pause and listen to your anxieties to discover inner truths that you've been avoiding. This lyrically written book not only considers the many forms anxieties can take, but also provides deep-dive practices for addressing them at their roots. Here you will learn: The nature of intrusive thoughts and how to manage them. How to explore states of loneliness, apathy, regret, and shame without being caught up in them. Feeling anxiety around feeling good? Discover why and what to do about it. How to cultivate your own loving inner parent. Why anxiety can arise from boredom and longing. How to create healthy and meaningful personal rituals to relieve anxiety. Navigating the many sources of anxiety in relationships. Whether it's worry around raising children, nervousness about world events, or any other way anxiety manifests, *The Wisdom of Anxiety* can help you uncover the true source of your discomfort and find the rich self-knowledge within.

Come Unto These Yellow Sands *JustJoshin Publishing, Inc.*

Choose Wisely! Once a literary bad boy, the only lines Professor Sebastian Swift does these days are Browning, Frost and Cummings. When a student he helped to disappear becomes a suspect in a

murder, he races to find the boy and convince him to give himself up before his police chief lover figures out he's involved. Max likes being lied to even less than he likes sonnets. Yet his instincts--and his heart--tell him his boyfriend is being played and a dangerous enemy may not stop until Swift is heading up his own dead poet's society.

The Interior Silence

My Encounters with Calm, Joy, and Compassion at 10 Monasteries Around the World *Chronicle Prism*

A journey around the world to find tranquility, quiet the mind, and understand the power of silence. Suffering from information overload and unable to sleep, acclaimed journalist Sarah Sands tried countless strategies to de-stress, only to find temporary relief. Searching for something different, something lasting, Sands went on a quest to uncover ancient and proven wisdom for a happier, quieter, and more compassionate life. In this insightful and beautifully written book, Sands takes us along on her pilgrimage to ten monasteries around the world. In the remoteness of these sacred spaces, Sands observes a hidden knowledge held by monks and nuns--what she calls "the interior silence." Renouncing the material world, their inner concentration buoys them in an extraordinary weightlessness and freedom, an oasis of reflection. Behind the cloistered walls, Sands too finds a clarity of mind and an unexpected capacity for solitude. From a Coptic desert community in Egypt to a retreat in the Japanese mountains, discover another way of being--moving from appetite, envy, and anxiety to compassion and appreciation. The ultimate remedy for a digital age in which everyone is talking, and no one is listening, this book reminds us of the importance of silence and the power of stillness. BEYOND MINDFULNESS: The trendiness and explosion of books on meditation and mindfulness does not always solve our modern-day stressors or our fight-or-flight existence. The Interior Silence goes beyond new-age mindfulness to offer traditional wisdom from monks for quieting the mind and embracing simplicity. DISCOVER ANCIENT WISDOM: For spiritual readers and wisdom seekers, The Interior Silence takes you directly to the root of these ancient practices, learning from monastic life around the world. FOR ARMCHAIR TRAVELERS: For readers who enjoyed *The Geography of Bliss*, anyone who enjoys learning about new places and cultures, or for those craving a trip, this book will take you to the countryside's, deserts, and mountains of Japan, France, Egypt, Greece, and more.

A Line in the Sand

Britain, France and the struggle that shaped the Middle East *Simon and Schuster*

A fascinating insight into the untold story of how British-French rivalry drew the battle-lines of the modern Middle East. In 1916, in the middle of the First World War, two men secretly agreed to divide the Middle East between them. Sir Mark Sykes was a visionary politician; François Georges-Picot a diplomat with a grudge. They drew a line in the sand from the Mediterranean to the Persian frontier, and together remade the map of the Middle East, with Britain's 'mandates' of Palestine, Transjordan and Iraq, and France's in Lebanon and Syria. Over the next thirty years a sordid tale of violence and

clandestine political manoeuvring unfolded, told here through a stellar cast of politicians, diplomats, spies and soldiers, including T. E. Lawrence, Winston Churchill and Charles de Gaulle. Using declassified papers from the British and French archives, James Barr vividly depicts the covert, deadly war of intrigue and espionage between Britain and France to rule the Middle East, and reveals the shocking way in which the French finally got their revenge. 'The very grubby coalface of foreign policy ... I found the entire book most horribly addictive' Independent 'One of the unexpected responses to reading this masterful study is amazement at the efforts the British and French each put into undermining the other' The Spectator

Hero at the Fall *Penguin*

The breathtaking finale to the "New York Times"-bestselling series. Armed with only her revolver, her wits, and her untamable Demdji powers, Amani Al'Hiza must rally her skeleton crew of rebels for a rescue mission through the unforgiving desert to a place that, according to maps, doesn't exist.

Drawing Lessons *Lake Union Publishing*

The author of the Love in Provence series returns to the South of France with a poignant portrait of a woman who must learn how to create a new life for herself... Sixty-two-year-old Arianna arrives in the South of France for a two-week artists' workshop full of anticipation but burdened by guilt. Back home in Toronto, she has been living with the devastating diagnosis of her husband's dementia and the heartbreak of watching the man she has loved for decades slip away before her eyes. What does her future hold without Ben? Before her is a blank canvas. Encouraged by her family to take some time for herself, she has traveled to Arles to set up her easel in the same fields of poppies and sunflowers that inspired Van Gogh. Gradually, she rediscovers the inner artist she abandoned long ago. Drawing strength from the warm companionship and gentle wisdom of her fellow artists at the retreat--as well as the vitality of guest lecturer Jacques de Villeneuve, an artist and a cowboy--Arianna searches her heart for permission to embrace the life in front of her and, like the sunflowers, once again face the light.

Wartime Writings, 1939-1944 *Mariner Books*

A reconnaissance pilot for France during World War II, Antoine de Saint-Exupery spent many dangerous days in the air above enemy occupied territory. "Wartime Writings" recounts some of his aviation exploits.

The Wisdom of the Sands *Osho International Foundation*

The Singing Sands *Simon and Schuster*

Scotland Yard Inspector Alan Grant becomes involved in a murder investigation when he accidentally finds a dead young man and an enigmatic verse in a train

Writings in the Sand *Createspace Independent Publishing Platform*

Most people would assume there must be something wrong with a mother who loses custody. That's

because the public is largely unaware of research that proves family courts get a large majority of abuse cases dangerously wrong. Most cases are settled more or less amicably so the problem is the 3.8% of cases that require trial and often much more. A large majority involve domestic violence in which the worst abusers manipulate courts to regain control when their victims try to leave. The courts developed practices to respond to domestic violence in the 1970s at a time when no research was available. Subsequent research establishes that most of the standard practices work poorly for children. Many professionals benefit financially from the outdated practices and courts have been reluctant to examine long-time practices for fear of admitting how many children they have harmed. Scientific research is now clear that standard practices tilt courts towards disbelieving and minimizing true reports of abuse. The failure to integrate current research makes it hard for judges to protect children and a recent U.S. Department of Justice study demonstrates the courts are getting a large majority of abuse cases wrong. In this book, Ruth Collins illustrates how these failures impact real people. I hope the knowledge will make it intolerable for the public to look away while family courts allow abusers to destroy so many lives. ~Barry Goldstein, domestic violence author, speaker, and advocate There is a special beauty and importance to relationships between mothers and their children; there is a special and extraordinary cruelty in the abusive man who attempts to break or weaken the mother-child bond, whether by turning children against their mother, by harming the children physically, sexually or psychologically, or by attempting to take custody of the children away from her. Protective mothers are some of our society's most invisible and most important heroes, even while they are treated so often, in a bitter irony, as villains. ~Lundy Bancroft, domestic violence expert, author, and advocate

The Daily Show (The Book)

An Oral History as Told by Jon Stewart, the Correspondents, Staff and Guests *Grand Central Publishing*

NEW YORK TIMES BESTSELLER The complete, uncensored history of the award-winning The Daily Show with Jon Stewart, as told by its correspondents, writers, and host. For almost seventeen years, The Daily Show with Jon Stewart brilliantly redefined the borders between television comedy, political satire, and opinionated news coverage. It launched the careers of some of today's most significant comedians, highlighted the hypocrisies of the powerful, and garnered 23 Emmys. Now the show's behind-the-scenes gags, controversies, and camaraderie will be chronicled by the players themselves, from legendary host Jon Stewart to the star cast members and writers-including Samantha Bee, Stephen Colbert, John Oliver, and Steve Carell - plus some of The Daily Show's most prominent guests and adversaries: John and Cindy McCain, Glenn Beck, Tucker Carlson, and many more. This oral history takes the reader behind the curtain for all the show's highlights, from its origins as Comedy Central's underdog late-night program to Trevor Noah's succession, rising from a scrappy jester in the 24-hour political news cycle to become part of the beating heart of politics-a trusted source for not only comedy but also commentary, with a reputation for calling bullshit and an ability to effect real change in the world. Through years of incisive election coverage, passionate debates with President Obama and Hillary Clinton, feuds with Bill O'Reilly and Fox, and provocative

takes on Wall Street and racism, The Daily Show has been a cultural touchstone. Now, for the first time, the people behind the show's seminal moments come together to share their memories of the last-minute rewrites, improvisations, pranks, romances, blow-ups, and moments of Zen both on and off the set of one of America's most groundbreaking shows.

Stand on Zanzibar

The Hugo Award-Winning Novel *Orb Books*

The brilliant 1969 Hugo Award-winning novel from John Brunner, *Stand on Zanzibar*, now included with a foreword by Bruce Sterling Norman Niblock House is a rising executive at General Technics, one of a few all-powerful corporations. His work is leading General Technics to the forefront of global domination, both in the marketplace and politically---it's about to take over a country in Africa. Donald Hogan is his roommate, a seemingly sheepish bookworm. But Hogan is a spy, and he's about to discover a breakthrough in genetic engineering that will change the world...and kill him. These two men's lives weave through one of science fiction's most praised novels. Written in a way that echoes John Dos Passos' U.S.A. Trilogy, *Stand on Zanzibar* is a cross-section of a world overpopulated by the billions. Where society is squeezed into hive-living madness by god-like mega computers, mass-marketed psychedelic drugs, and mundane uses of genetic engineering. Though written in 1968, it speaks of now, and is frighteningly prescient and intensely powerful. At the Publisher's request, this title is being sold without Digital Rights Management Software (DRM) applied.

Message in the Sand

A Novel *Simon and Schuster*

An emotional and unforgettable tale of a small town irrevocably affected by an unforeseen and shocking event—from the author of the “charming gem of a novel” (Elin Hilderbrand, #1 New York Times bestselling author) *Mystic Summer*. Wendell Combs is as local as they come. Born and raised in the small town of Saybrook, Connecticut, his venture into the larger world was met with heartbreak. Now, middle-aged and a confirmed bachelor, he seeks solitude from his tour of duty as a soldier back in his hometown, working as head caretaker for wealthy Alan Lancaster’s forty-acre estate, White Pines, a place he has come to love for its beauty, peace, and quiet. Alan’s eldest daughter, fifteen-year-old Julia, also loves White Pines, but for very different reasons. She and her little sister spend their days riding horses, swimming in the lake, and painting landscapes inspired by the property they adore. While her parents prepare to host their annual summer gala fundraiser, Julia’s eyes are set to the simpler joys of summer: she’s fallen in love with the boy-next-door and longs for their next encounter. But as the last guests leave on that magical summer night, a tragedy no one could have predicted suddenly occurs, shaking the entire town to its core. Wendell and Julia now face an uncertain future. At the height of their grief, two very different women return to Saybrook: Ginny Feldman, Wendell’s first love, who cannot stay away any longer, and Candace Lancaster, Julia’s estranged aunt who wants nothing to do with the town or the family estate she

escaped decades earlier. Now, the only familiar things Julia has to cling to are Wendell and White Pines, but it looks like she’s about to lose both... With Hannah McKinnon’s “sharp and evocative” (Kirkus Reviews) prose, this stirring and affecting tale explores the connection between people and place and what, ultimately, makes up the fabric of a family.

Southern Mail

The Daily Stoic

366 Meditations on Wisdom, Perseverance, and the Art of Living *Penguin*

From the team that brought you *The Obstacle Is the Way* and *Ego Is the Enemy*, a beautiful daily devotional of Stoic meditations—an instant Wall Street Journal and USA Today Bestseller. Why have history's greatest minds—from George Washington to Frederick the Great to Ralph Waldo Emerson, along with today's top performers from Super Bowl-winning football coaches to CEOs and celebrities—embraced the wisdom of the ancient Stoics? Because they realize that the most valuable wisdom is timeless and that philosophy is for living a better life, not a classroom exercise. *The Daily Stoic* offers 366 days of Stoic insights and exercises, featuring all-new translations from the Emperor Marcus Aurelius, the playwright Seneca, or slave-turned-philosopher Epictetus, as well as lesser-known luminaries like Zeno, Cleanthes, and Musonius Rufus. Every day of the year you'll find one of their pithy, powerful quotations, as well as historical anecdotes, provocative commentary, and a helpful glossary of Greek terms. By following these teachings over the course of a year (and, indeed, for years to come) you'll find the serenity, self-knowledge, and resilience you need to live well.

Iolanthe Penguin

Return to the world of the Spectre War in the third installment of this thrilling space opera saga. On a forgotten planet in the midst of an interstellar war, a resistance leader will rise. Teal Sorenson has lost everything in the two years since the alien Spectres descended upon the Celestial Expanse: family, friends, even her home. Now condemned to exile on the jungle planet Iolanthe, she can only watch the war from afar...until a chance invasion sends her fleeing into the night. With the colony overrun, the only place left to go is the jungle, and yet as Teal struggles to survive in a savage alien rainforest that could as easily kill her as save her, she realizes this invasion is more than just a simple offensive strike. Iolanthe has nothing to tempt the enemy: no resources, no strategic value, no military presence. So why are they really here? The answer could spell the end of the war, and the human race along with it. Now only Teal and a ragtag band of survivors stand between the enemy and certain victory. Mere survival is no longer enough. It's time to fight. The battle for Iolanthe has begun.

Pearls from Sand

How Small Encounters Lead to Powerful Lessons *Morgan James Publishing*

Throughout your life, you've had numerous everyday conversations and other experiences in which a small observation---perhaps a single sentence someone spoke to you---resonated so strongly that you still remember it years later. The "pearls of wisdom" that arose from such small encounters helped shape your values, how you think about yourself, and how you interact with others. "Pearls from Sand" will appeal to people who seek out life lessons, look for ways to apply the lessons to their thoughts and actions, and enjoy sharing these powerful lessons with others.

The Sand Sea *Story Grid Publishing LLC*

"An astounding epic novel of J.R.R. Tolkien proportions!" — Steven Pressfield, Bestselling author of *Gates of Fire* and *The War of Art* Raiders of the Lost Ark playing A Game of Thrones The Sand Sea takes place on an alternative Earth roiled by war and conquest that mirrors our own Gilded Age. The treasure that ignites greed and folly in this parallel world is not petroleum, but beserite—a mineral of immeasurable value. Captivated by an ancient prophecy and the call of adventure, inexperienced nobleman and scholar Peter Harmon (think of a young Winston Churchill-like naif) joins an expedition to stake his nation's claim to a global empire. Harmon's destination is a vast and inhospitable desert halfway around the world, dominated by the iron-fisted Grand Vizer Jemojeen Jongdar. A tyrant on a mission to secure the ancient and supernatural Staff of the Ram, the Lion, and the Serpent, Jongdar knows the truth that others can only imagine: The one who controls the staff will possess the power to rule the world. Before he can seize his destiny, Jongdar must find and destroy the one person capable of thwarting his ambition, the rightful heir to the Sand Sea realm, an innocent woman named Selena Savanar. Can the brave and indomitable Selena accept her true destiny and rally her people in the eye of a gathering storm? To do so will require her to outwit the man who burned her father alive and left her an orphan and beggar a lifetime ago. Or will Peter Harmon and the cadre of opportunists he rides with conquer the divided empire? With the mythic structure of J.R.R. Tolkien's *The Lord of the Rings* trilogy in a world as rich and real as George R.R. Martin's *Westeros*, *The Sand Sea* is an immersive experience made to order for epic fantasy fans and anyone who enjoys grand-scale historical fiction.

The Wisdom of Frugality

Why Less Is More - More or Less *Princeton University Press*

From Socrates to Thoreau, most philosophers, moralists, and religious leaders have seen frugality as a virtue and have associated simple living with wisdom, integrity, and happiness. But why? And are they right? Is a taste for luxury fundamentally misguided? If one has the means to be a spendthrift, is it foolish or reprehensible to be extravagant? In this book, Emrys Westacott examines why, for more than two millennia, so many philosophers and people with a reputation for wisdom have been

advocating frugality and simple living as the key to the good life. He also looks at why most people have ignored them, but argues that, in a world facing environmental crisis, it may finally be time to listen to the advocates of a simpler way of life. *The Wisdom of Frugality* explores what simplicity means, why it's supposed to make us better and happier, and why, despite its benefits, it has always been such a hard sell. The book looks not only at the arguments in favor of living frugally and simply, but also at the case that can be made for luxury and extravagance, including the idea that modern economies require lots of getting and spending. A philosophically informed reflection rather than a polemic, *The Wisdom of Frugality* ultimately argues that we will be better off—as individuals and as a society—if we move away from the materialistic individualism that currently rules.

The Wisdom of the Chinese Kitchen

Classic Family Recipes for Celebration and Healing *Simon and Schuster*

The Wisdom of the Chinese Kitchen, with its 150 recipes culled from a lifetime of family meals and culinary instruction, is much more than a cookbook. It is a daughter's tribute -- a collection of personal memories of the philosophy and superstitions behind culinary traditions that have been passed down through her Cantonese family, in which each ingredient has its own singular importance, the preparation of a meal is part of the joy of life, and the proper creation of a dish can have a favorable influence on health and good fortune. Each chapter begins with its own engaging story, offering insight into the Chinese beliefs that surround life-enhancing and spiritually calming meals. In addition, personal family photographs illustrate these stories and capture the spirit of China before the Revolution, when Young's family lived in Canton, Shanghai, and Hong Kong. The first part, "Mastering the Fundamentals," provides instruction on the arts of steaming and stir-frying; the preparation of rice, panfried, and braised dishes; the proper selection of produce; and the fine arts of chopping and slicing. Part Two, "The Art of Celebration," concentrates on the more elaborate, complex, and meaningful dishes -- such as Shark's Fin Soup and West Lake Duck -- that are usually made with rare ingredients, and sweets such as Water Chestnut Cake and Sesame Balls. The final part, "Achieving Yin-Yang Harmony," explores the many Chinese beliefs about the healing properties of ginseng, ginkgo nuts, soybeans, dong quai, and the many vegetable and fruit soup preparations that balance and nourish the body. The stories and recipes combine to demonstrate the range of Cantonese cooking, from rich flavors and honored combinations to an overall appreciation of health, well-being, and prosperity. In addition to the recipes, Young provides a complete glossary of dried herbs, spices, and fresh produce, accompanied by identifying photos and tips on where to purchase them. Unique traditional dishes, such as Savory Rice Tamales and Shrimp Dumplings, are also illustrated step by step, making the book easy to use. The central full-color photo section captures details of New Year's dishes and the Chinese home decorated in celebration, reminding one that these time-honored traditions live on, and the meals and their creation are connections to the past.