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# Just Enough Lessons In Living Green From Traditio

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Ikigai  
The Blue Zones Solution  
30 Lessons for Living  
Plan Your Year  
Living Beyond Borders  
A Little Life  
Joan Garry's Guide to Nonprofit Leadership  
Never Enough  
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The Artist's Way  
The Big Book of Less  
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Living with the Monks  
Just Enough  
The Not So Big Life  
Everyday Use  
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Just Enough  
The Midnight Library: A GMA Book Club Pick  
Just Enough Programming Logic and Design  
Books for Living  
The Blue Zones  
Mrs. Dalloway  
Just Enough  
Small Spaces  
Four Thousand Weeks  
The Living Great Lakes

*Just Enough  
Lessons In  
Living Green  
From Traditio*

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## ANGIE MCMAHON

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Ikigai Kodansha

\*"This superb anthology of short stories, comics, and poems is fresh, funny, and full of authentic YA voices revealing what it means to be Mexican American . . . Not to be missed."--SLC, starred review \*"Superlative . . . A memorable collection." -- Booklist, starred review \*"Voices reach out from the pages of this anthology . . . It will make a lasting impression on all readers." --SLJ, starred review Twenty stand-alone short stories, essays, poems, and more from celebrated and award-winning authors make up this YA anthology that explores the Mexican American experience. With works by Francisco X. Stork, Guadalupe Garcia McCall, David Bowles, Rubén Degollado, e.E. Charlton-Trujillo, Diana López, Xavier Garza, Trinidad Gonzales, Alex Temblador, Aida Salazar, Guadalupe Ruiz-Flores, Sylvia Sánchez Garza, Dominic Carrillo, Angela Cervantes, Carolyn Dee Flores, René Saldaña Jr., Justine Narro, Daniel García Ordáz, and Anna

Meriano. In this mixed-media collection of short stories, personal essays, poetry, and comics, this celebrated group of authors share the borders they have crossed, the struggles they have pushed through, and the two cultures they continue to navigate as Mexican Americans. *Beyond Borders* is at once an eye-opening, heart-wrenching, and hopeful love letter from the Mexican American community to today's young readers. A powerful exploration of what it means to be Mexican American.

### **The Blue Zones**

**Solution** Vintage  
Have you ever found yourself asking, "Is this all there is to life?" Or wondering if this bigger life you have created is actually a better life? And do you wonder how it all got so out of control? In her groundbreaking bestseller *The Not So Big House*, architect Sarah Susanka showed us a new way to inhabit our houses by creating homes that were better—not bigger. Now, in *The Not So Big Life*, Susanka takes her revolutionary philosophy to another dimension by showing us a new way to inhabit our lives. Most of us have lives that are as

cluttered with unwanted obligations as our attics are cluttered with things. The bigger-is-better idea that triggered the explosion of McMansions has spilled over to give us McLives. For many of us, our ability to find the time to do what we want to do has come to a grinding halt. Now we barely have time to take a breath before making the next call on our cell phone, while at the same time messaging someone else on our Blackberry. Our schedules are chaotic and overcommitted, leaving us so stressed that we are numb, yet we wonder why we cannot fall asleep at night. In *The Not So Big Life*, Susanka shows us that it is possible to take our finger off the fast-forward button, and to our surprise we find how effortless and rewarding this change can be. We do not have to lead a monastic life or give up the things we love. In fact, the real joy of leading a not so big life is discovering that the life we love has been there the entire time. Through simple exercises and inspiring stories, Susanka shows us that all we need to do is make small shifts in our day—subtle movements that open our minds as if we were finally

opening the windows to let in fresh air. The *Not So Big Life* reveals that form and function serve not only architectural aims but life goals as well. Just as we can tear down interior walls to reveal space, we can tear down our fears and assumptions to open up new possibilities. The result is that we quickly discover we have all the space and time we need for the things in our lives that really matter. But perhaps the greatest reward is the discovery that small changes can yield enormous results. In her elegant, clear style, Susanka convinces us that less truly is more—much more.

### **30 Lessons for Living**

Random House

From *Flow*, a beautiful, mindful guide to having less stuff. Less stress. Less distraction. Less everything. In less comes the freedom of letting go. This thoughtful and surprising book shows us how to get there, by paring down not just the jumble of things around us, but the clutter in our heads, too. And to help, interact with special paper goodies, including a one-thought-a-day diary, a foldout tiny house to let you imagine the pleasures of living in a small and

cozy space, and art posters that depict a beautiful picture of what it means to do less, not more. Paper goodies from *The Big Book of Less* include: 2 journals A dot journal poster 4 art posters 1 foldout tiny house with 20 accessories And even more hidden treasures Decluttering your life and mind makes room for more—more listening, more focus, more wisdom, more time. More life.

*Plan Your Year* Tuttle Publishing

Fresh out of college, Gesshin Claire Greenwood found her way to a Buddhist monastery in Japan and was ordained as a Buddhist nun. Zen appealed to Greenwood because of its all-encompassing approach to life and how to live it, its willingness to face life's big questions, and its radically simple yet profound emphasis on presence, reality, the now. At the monastery, she also discovered an affinity for working in the kitchen, especially the practice of creating delicious, satisfying meals using whatever was at hand — even when what was at hand was bamboo. Based on the philosophy of *oryoki*, or “just enough,” this book

combines stories with recipes. From perfect rice, potatoes, and broths to hearty stews, colorful stir-fries, hot and cold noodles, and delicate sorbet, Greenwood shows food to be a direct, daily way to understand Zen practice. With eloquent prose, she takes readers into monasteries and markets, messy kitchens and predawn meditation rooms, and offers food for thought that nourishes and delights body, mind, and spirit.

### **Living Beyond Borders**

Penguin

*JUST ENOUGH JAVA(TM) PROGRAMS TO ACCOMPANY JUST ENOUGH PROGRAMMING LOGIC AND DESIGN* is specifically designed to be paired with Farrell's concise *JUST ENOUGH PROGRAMMING LOGIC AND DESIGN*. Together, the two books provide an ideal opportunity for students who want to learn the fundamentals of programming, while gaining exposure to an actual programming language. Readers discover how real Java code functions while still learning within the context of a traditional language-independent logic and design course.

**A Little Life** Farrar, Straus and Giroux

With the right lifestyle, experts say, chances are that you may live up to a decade longer. What's the prescription for success? National Geographic Explorer Dan Buettner has traveled the globe to uncover the best strategies for longevity found in the Blue Zones: places in the world where higher percentages of people enjoy remarkably long, full lives. And in this dynamic book he discloses the recipe, blending this unique lifestyle formula with the latest scientific findings to inspire easy, lasting change that may add years to your life. Buettner's colossal research effort has taken him from Costa Rica to Italy to Japan and beyond. In the societies he visits, it's no coincidence that the way people interact with each other, shed stress, nourish their bodies, and view their world yields more good years of life. You'll meet a 94-year-old farmer and self-confessed "ladies man" in Costa Rica, an 102-year-old grandmother in Okinawa, a 102-year-old Sardinian who hikes at least six miles a day, and others. By observing their lifestyles, Buettner's teams have identified critical everyday choices

that correspond with the cutting edge of longevity research and distilled them into a few simple but powerful habits that anyone can embrace **Joan Garry's Guide to Nonprofit Leadership** John Wiley & Sons Are you possessed by the urge to invent, design, and make something that others enjoy, but don't know how to plug into the Maker movement? In this book, you'll follow author David Lang's headfirst dive into the Maker world and how he grew to be a successful entrepreneur. You'll discover how to navigate this new community, and find the best resources for learning the tools and skills you need to be a dynamic maker in your own right. Lang reveals how he became a pro maker after losing his job, and how the experience helped him start OpenROV—a DIY community and product line focused on open source undersea exploration. It all happened once he became an active member of the Maker culture. Ready to take the plunge into the next Industrial Revolution? This guide provides a clear and inspiring roadmap. Take an eye-opening journey

from unskilled observer to engaged maker-entrepreneur Enter the Maker community to connect with experts and pick up new skills Use a template for building a maker-based entrepreneurial lifestyle Learn from the organizer of the first-ever Maker Startup Weekend Be prepared for exciting careers of the future [Never Enough](#) Atheneum/Caitlyn Dlouhy Books "Brown's book Just Enough is a compelling account of how Edo Japan confronted similar environmental problems and created solutions that connected farms and cities, people and nature." —Huffington Post The world has changed immeasurably over the last thirty years, with more, bigger, better being the prevailing mantra. But in the midst of this constantly evolving world, there is a growing community of people who are looking at our history, searching for answers to issues that are faced everywhere, such as energy, water, materials, food and population crisis. In Just Enough, author Azby Brown turned to the history of Japan, where he finds a number of lessons on living in a sustainable

society that translate beyond place and time. This book of stories depicts vanished ways of life from the point of view of a contemporary observer and presents a compelling argument around how to forge a society that is conservation-minded, waste-free, well-housed, well-fed and economically robust. Included at the end of each section are lessons in which Brown elaborates on what Edo Period life has to offer us in the global battle to reverse environmental degradation. Covering topics on everything from transportation, interconnected systems, and waste reduction to the need for spiritual centers in the home, there is something here for everyone looking to make changes in their life. Just Enough is a much-needed beacon in our evolving world, giving us hope in our efforts to achieve sustainability now.

**School-Live!, Vol. 1**

Penguin

THE MANUAL FOR LIVING is the first and best primer for living the best possible life -- as helpful in the twenty-first century as it was in the first.

Epictetus's teachings rank among the greatest

wisdom texts of human civilization. Epictetus taught that philosophy is a way of life and not just a theoretical discipline. To Epictetus, all external events are beyond our control; we should accept calmly and dispassionately whatever happens. However, individuals are responsible for their own actions, which they can examine and control through rigorous self-discipline. By putting into practice the ninety-three wise instructions that make up *The Art of Living*, readers learn to successfully meet the challenges of everyday life.

*A Lesson in Vengeance* Make Community, LLC Bestselling author Dan Buettner reveals how to transform your health using smart nutrition, lifestyle, and fitness habits gleaned from longevity research on the diets, eating habits, and lifestyle practices of the communities he's identified as "Blue Zones"—those places with the world's longest-lived, and thus healthiest, people, including locations such as Okinawa, Japan; Sardinia, Italy; Costa Rica's Nicoya Peninsula; Ikaria, Greece; and Loma Linda,

California. With the audacious belief that the lifestyles of the world's Blue Zones could be adapted and replicated in towns across North America, Buettner launched the largest preventive health care project in the United States, The Blue Zones City Makeovers, which has impacted the health of millions of Americans since 2009. In *The Blue Zones Solution*, readers can be inspired by the specific stories of the people, foods, and routines of our healthy elders; understand the role community, family, and naturally healthy habits can play in improving our diet and health; and learn the exact foods—including the 50 superfoods of longevity and dozens of recipes adapted for Western tastes and markets—that offer delicious ways to eat your way to optimum health. Throughout the book are lifestyle recommendations, checklists, and stories to help you create your own personal Blue Zones solution. Readers will learn and apply the 80/20 rule, the plant slant diet, social aspects of eating that lead to weight loss and great health naturally, cultivating your

"tribe" of friends and family, and your greater purpose as part of your daily routine. Filled with moving personal stories, delicious recipes, checklists, and useful tips that will transform any home into a miniature blue zone, *The Blue Zones Solution* is the ultimate blueprint for a healthy, happy life.

### **How to Be Fine**

Hachette Books

*The Genius of Japanese Carpentry* tells the story of the 1200-year-old Yakushiji monastery in Nara and the dedicated modern-day craftsmen who are working to restore what has been lost to the depredations of time, fire and warfare. Although the full monastery reconstruction will not be completed until 2030, one of the main temples, the Picture Hall, has been completely restored employing the same woodworking technology used to create the original building. This new edition of an architectural classic is by Azby Brown--one of the world's leading experts on Japanese architecture. It contains a new preface and many new text materials and photographs--most of them now available in color for the first time.

Azby Brown chronicles the painstaking restoration of the temple through extensive interviews with the carpenters and woodworkers along with original drawings based on the plans of master carpenter Tsunekazu Nishioka. An inspiring testament to the dedication of these craftsmen and their philosophy of carpentry work as a form of personal fulfillment, *The Genius of Japanese Carpentry* offers detailed documentation of this singular project and a moving reminder of the unique cultural continuity found in Japan.

Option B Thomas Nelson  
The author provides an account of his experiences as a crew member on a tall-masted schooner during a six-week voyage through the Great Lakes, and discusses his other explorations of the lakes, looking at their history, geology, and environmental disaster and rescue.

*Genius of Japanese Carpentry* Simon and Schuster  
Meet the members of the School Living Club! There's the shovel-loving(?) Kurumi Ebisuzawa, the big-sister figure Yuuri Wakasa, club

advisor Megumi Sakura, and last but not least, the ever-optimistic Yuki Takeya. The School Living Club is just your average after-school organization where the girls hang out, have fun...and live at school as the sole survivors of a zombie apocalypse. NBD.

The Manual For Living  
Penguin

In *Just Enough*, top Harvard professors offer a revealing, research-based look at the true nature of professional success, helping people everywhere live more rewarding and satisfying lives. True professional and personal satisfaction seems more elusive every day, despite a proliferation of gurus and special methods that promise to make it easy. They conclude that many of the problems of success today can be traced back to unrealistic expectations and misconceptions about what success is and what constitutes it. The authors show where the happiest and most well-balanced among us are focusing their energy, and why, to help readers find more balance and satisfaction in their lives.

Zero to Maker Hachette  
UK  
NEW YORK TIMES

BESTSELLER • A stunning “portrait of the enduring grace of friendship” (NPR) about the families we are born into, and those that we make for ourselves. A masterful depiction of love in the twenty-first century. NATIONAL BOOK AWARD FINALIST • MAN BOOKER PRIZE FINALIST • WINNER OF THE KIRKUS PRIZE A Little Life follows four college classmates—broke, adrift, and buoyed only by their friendship and ambition—as they move to New York in search of fame and fortune. While their relationships, which are tinged by addiction, success, and pride, deepen over the decades, the men are held together by their devotion to the brilliant, enigmatic Jude, a man scarred by an unspeakable childhood trauma. A hymn to brotherly bonds and a masterful depiction of love in the twenty-first century, Hanya Yanagihara’s stunning novel is about the families we are born into, and those that we make for ourselves. Look for Hanya Yanagihara’s latest bestselling novel, *To Paradise*.

Just Enough Random House

Equal parts memoir and road map to living a less

stressful and more vibrant life, bestselling author Jesse Itzler offers an illuminating, entertaining, and unexpected trip for anyone looking to feel calmer and more controlled in our crazy, hectic world.

Entrepreneur, endurance athlete, and father of four Jesse Itzler only knows one speed: Full Blast. But when he felt like the world around him was getting too hectic, he didn't take a vacation or get a massage. Instead, Jesse moved into a monastery for a self-imposed time-out. In *Living with the Monks*, the follow-up to his New York Times bestselling *Living with a SEAL*, Jesse takes us on a spiritual journey like no other. Having only been exposed to monasteries on TV, Jesse arrives at the New Skete religious community in the isolated mountains of upstate New York with a shaved head and a suitcase filled with bananas. To his surprise, New Skete monks have most of their hair. They're Russian Orthodox, not Buddhist, and they're also world-renowned German shepherd breeders and authors of dog-training books that have sold in the millions. As Jesse struggles to fit in amongst the odd but lovable

monks, self-doubt begins to beat like a tribal drum. Questioning his motivation to embark on this adventure and missing his family (and phone), Jesse struggles to balance his desire for inner peace with his need to check Twitter. But in the end, Jesse discovers the undeniable power of the monks and their wisdom, and the very real benefits of taking a well-deserved break as a means of self-preservation in our fast-paced world.

*The Very Small Home*  
National Geographic Books

The mega-bestseller with more than 2 million readers Soon to be a Showtime/Paramount+ series starring Ewan McGregor as Count Alexander Rostov From the number one New York Times-bestselling author of *The Lincoln Highway* and *Rules of Civility*, a beautifully transporting novel about a man who is ordered to spend the rest of his life inside a luxury hotel 'A wonderful book' - Tana French 'This novel is astonishing, uplifting and wise. Don't miss it' - Chris Cleave 'No historical novel this year was more witty, insightful or original' - Sunday Times, Books of the Year '[A] supremely

uplifting novel ... It's elegant, witty and delightful - much like the Count himself.' - Mail on Sunday, Books of the Year 'Charming ... shows that not all books about Russian aristocrats have to be full of doom and nihilism' - The Times, Books of the Year On 21 June 1922, Count Alexander Rostov - recipient of the Order of Saint Andrew, member of the Jockey Club, Master of the Hunt - is escorted out of the Kremlin, across Red Square and through the elegant revolving doors of the Hotel Metropol. Deemed an unrepentant aristocrat by a Bolshevik tribunal, the Count has been sentenced to house arrest indefinitely. But instead of his usual suite, he must now live in an attic room while Russia undergoes decades of tumultuous upheaval. Can a life without luxury be the richest of all? A BOOK OF THE DECADE, 2010-2020 (INDEPENDENT) THE TIMES BOOK OF THE YEAR 2017 A SUNDAY TIMES BOOK OF THE YEAR 2017 A MAIL ON SUNDAY BOOK OF THE YEAR 2017 A DAILY EXPRESS BOOK OF THE YEAR 2017 AN IRISH TIMES BOOK OF THE YEAR 2017 ONE OF BARACK OBAMA'S BEST BOOKS OF

2017 ONE OF BILL GATES'S SUMMER READS OF 2019 NOMINATED FOR THE 2018 INDEPENDENT BOOKSELLERS WEEK AWARD  
Ordering Your Private World Penguin  
 "With its gentle affirmations, inspirational quotes, fill-in-the-blank lists and tasks — write yourself a thank-you letter, describe yourself at 80, for example — The Artist's Way proposes an egalitarian view of creativity: Everyone's got it."—The New York Times  
 "Morning Pages have become a household name, a shorthand for unlocking your creative potential"—Vogue Over four million copies sold! Since its first publication, The Artist's Way phenomena has inspired the genius of Elizabeth Gilbert and millions of readers to embark on a creative journey and find a deeper connection to process and purpose. Julia Cameron's novel approach guides readers in uncovering problems areas and pressure points that may be restricting their creative flow and offers techniques to free up any areas where they might be stuck, opening up opportunities for self-growth and self-discovery. The program begins with

Cameron's most vital tools for creative recovery – The Morning Pages, a daily writing ritual of three pages of stream-of-consciousness, and The Artist Date, a dedicated block of time to nurture your inner artist. From there, she shares hundreds of exercises, activities, and prompts to help readers thoroughly explore each chapter. She also offers guidance on starting a "Creative Cluster" of fellow artists who will support you in your creative endeavors. A revolutionary program for personal renewal, The Artist's Way will help get you back on track, rediscover your passions, and take the steps you need to change your life.  
**A Place to Belong** New World Library  
 Presents the text of Alice Walker's story "Everyday Use"; contains background essays that provide insight into the story; and features a selection of critical response. Includes a chronology and an interview with the author.  
**The Artist's Way** Good Press  
 #1 NEW YORK TIMES BEST SELLER • From authors of Lean In and Originals: a powerful, inspiring, and practical book about building



resilience and moving forward after life's inevitable setbacks After the sudden death of her husband, Sheryl Sandberg felt certain that she and her children would never feel pure joy again. "I was in 'the void,'" she writes, "a vast emptiness that fills your heart and lungs and restricts your ability to think or even breathe." Her friend Adam Grant, a psychologist at Wharton, told her there are concrete steps people can take to recover and rebound from life-shattering experiences. We are not born with a fixed amount of resilience. It is a muscle that everyone can build. Option B combines Sheryl's personal insights with Adam's eye-opening research on finding

strength in the face of adversity. Beginning with the gut-wrenching moment when she finds her husband, Dave Goldberg, collapsed on a gym floor, Sheryl opens up her heart—and her journal—to describe the acute grief and isolation she felt in the wake of his death. But Option B goes beyond Sheryl's loss to explore how a broad range of people have overcome hardships including illness, job loss, sexual assault, natural disasters, and the violence of war. Their stories reveal the capacity of the human spirit to persevere . . . and to rediscover joy. Resilience comes from deep within us and from support outside us. Even after the most devastating events, it is possible to grow by

finding deeper meaning and gaining greater appreciation in our lives. Option B illuminates how to help others in crisis, develop compassion for ourselves, raise strong children, and create resilient families, communities, and workplaces. Many of these lessons can be applied to everyday struggles, allowing us to brave whatever lies ahead. Two weeks after losing her husband, Sheryl was preparing for a father-child activity. "I want Dave," she cried. Her friend replied, "Option A is not available," and then promised to help her make the most of Option B. We all live some form of Option B. This book will help us all make the most of it.

Best Sellers - Books :

- [A Court Of Thorns And Roses \(a Court Of Thorns And Roses, 1\)](#)
- [Never Lie: An Addictive Psychological Thriller By Freida Mcfadden](#)
- [America's Cultural Revolution: How The Radical Left Conquered Everything By Christopher F. Rufo](#)
- [Killers Of The Flower Moon: The Osage Murders And The Birth Of The Fbi](#)
- [The Last Thing He Told Me: A Novel](#)
- [Harry Potter Paperback Box Set \(books 1-7\)](#)
- [House Of Flame And Shadow \(crescent City, 3\)](#)
- [The Very Hungry Caterpillar By Eric Carle](#)
- [Mad Honey: A Novel](#)
- [The Mountain Is You: Transforming Self-sabotage Into Self-mastery By Brianna Wiest](#)