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COLON SIENA

East Aegean Knopf

An island in the Mediterranean, a traveler's dream destination, and a nightmare for those involved in a deep-rooted crime. Philine, interpreter, single mother, and bankrupt, is forced to sell her one asset, her beloved cottage on Ibiza, when she runs into even more problems: her best friend has disappeared, a fire breaks out-and, on top of all, she is confronted with Adam, a man she, for good reason, never wanted to see again. He'd flown in from Texas to bury his sister, who supposedly committed suicide on the island, though he suspects she was murdered. When a connection between her death, Phil's disappeared friend, and more fatalities are revealed, the two ex-lovers reluctantly collaborate. "Verena Mahlow's Island of Dead Gods combines a meticulously constructed international thriller with her extensive personal exploration of Ibiza, long a magnet for bohemians, speculators and sybarites of all nationalities. Mahlow's intelligently devised, twisting plot includes much local color-cuisine, ancient sites, modern ambience-and diverse characters, an arcane coterie of goddess-worshipping proto-feminists and men treating themselves to easy, sleazy sex. Mahlow deftly moves these players toward an unexpected, explosive climax." Barbara Bamberger Scott, *A Woman's Write*

[Anatomy of Hatha Yoga](#) Random House

Willkommen an Bord unserer kulinarischen Reise, wo die Winde des Geschmacks und die Wärme der Traditionen aufeinandertreffen, um ein wirklich unvergessliches Erlebnis zu schaffen. Begleite uns auf einer außergewöhnlichen Reise, die über die Grenzen hinausgeht und sich in die unerforschten Gewässer der lokalen Küche rund um die Welt begibt. Wir entdecken das Herz und die Seele von Kulturen durch ihre kostbaren Rezepte. Dies ist nicht nur ein Kochbuch. Es ist eine Einladung in die vielfältigen und weniger erkundeten kulinarischen Landschaften der Welt. Wir haben uns durch die Familienküchen navigiert und authentische Gerichte entdeckt, die Geschichten von Liebe, Erbe und der geteilten Freude am gemeinsamen Brotbrechen erzählen. Beim Durchblättern dieser Seiten wirst du nicht nur auf köstliche Rezepte kennen lernen, sondern auch die unglaublichen Menschen, die uns ihre Herzen und Küchen geöffnet haben. Unsere Expedition handelt nicht nur vom Kochen; es geht um die entstehenden Freundschaften, die Herausforderungen auf See und die tiefgreifende Wirkung kultureller Exploration. Begib dich mit uns auf diese virtuelle Reise, wo jedes Rezept eine Brücke ist, die dich mit den Herzen derer verbindet, die großzügig ihre kulinarischen Schätze geteilt haben. Die Seiten sind geschmückt mit lebendigen Bildern und Geschichten, die dich zu weit entfernten Häfen, ruhigen Buchten und geschäftigen Märkten entführen werden. Ob du ein erfahrener Koch bist, der nach neuer Inspiration sucht, ein Fernreisender, der Abenteuer sucht, oder jemand, der einfach seine kulinarischen Horizonte erweitern möchte, dieses Buch ist für dich. Begleite uns in der Kombüse, zieh ir deine imaginäre Rettungsweste an und lass deine Sinne durch die fesselnde Welt von Meer, Gewürzen und herzhaften Sensationen leiten. Gute Reise und guten Appetit! Bereite dich auf eine unvergessliche Entdeckung der Sinne vor, wo jede Seite dich einlädt, die reichen, vielfältigen Aromen der Welt zu genießen.

[Samos, Patmos, Ikaría, Kalymnos and Six Neighbouring Islands - 50 Walks](#) Motilal Banarsidass Publ. Hailed by Tony Robbins as the "definitive breathwork handbook," Just Breathe will teach you how to harness your breath to reduce stress, increase productivity, balance your health, and find the path to spiritual awakening. Big meeting jitters? Anxiety over a test or taxes? Hard time focusing? What if you could control your outcomes and change results simply by regulating your breath? In this simple and revolutionary guide, world-renowned pioneer of breathwork Dan Brulé shares the Breath Mastery technique that has helped people in more than fifty countries reduce anxiety, improve their health, and tap infinite stores of energy. Just Breathe reveals the truth that elite athletes, champion martial artists, Navy SEAL warriors, first responders, and spiritual yogis have always known—when you regulate your breathing, you can moderate your state of well-being. So if you want to clear and calm your mind and spark peak performance, the secret is just a breath away. Breathwork gives you the tools to achieve benefits in a wide range of issues including: managing acute/chronic pain; helping with insomnia, weight loss, attention deficit, anxiety, depression, trauma, and grief; improving intuition, creativity, mindfulness, self-esteem, and leadership; and much more. Recommended "for those who wish to destress naturally" (Library Journal), Just Breathe will help you utilize your breath to benefit your body, mind, and spirit.

[Walking on Samos](#) Cordee

This is the first edition of the Walking on Samos guidebook, describing 21 walks on the Greek island of Samos, a paradise for walkers. The northern coast with its wooded slopes and vineyards is interlaced with old mule tracks and, together with the old monasteries and the archaeological sites around Pythagorio, these are strong features of the book. And in the south-west you can climb the highest mountain in the Aegean, 1,440 above sea level! 21 of the best old walking trails are described with detailed maps, GPS data and route photos along with lots of interesting facts worth knowing about the island. There is plenty to discover on one of the finest walking islands of Greece. [The Sun My Heart](#) [Minneapolis] : Walker Art Center and Minneapolis Institute of Arts

The perfect way to eat: a colourful bowl, packed with wonderful healthy ingredients. Buddha Bowls are now a 'must' on the menus of many on-trend bars and restaurants: they are not only satisfying, they are also really nourishing. The concept comes from Asia and all recipes have a simple basic theme in common: a wide variety of ingredients and flavours come together in a bowl to create a harmonious overall meal.The balanced combination of carbohydrates, fat and protein provides the body with everything it needs for well-being. In Buddha Bowls, bestselling author Tanja Dusy provides 50 meat-free recipes for breakfast bowls, quick and easy bowls and sophisticated super bowls, and also gives readers numerous basic recipes so that you can combine your own bowl creations in no time at all. Each bowl in this book is put together as an ideal mix. Whatever you like is allowed, and anyone who wants can simply replace individual components. In this way, everyone gets full, happy and completely satisfied in their own personal way. It's so easy to mix and match parts of the meals to make your own combos for healthy comfort food that tastes great and is easy to prepare.

[Jungles](#) Bloomsbury Academic

Noted photographer's collection of images made over a period of 20 years, from the Congo to the cloud forests of the Andes.

[Dope in the Age of Innocence](#) HMH

The Sahara: a dream-like, far away landscape of Lawrence of Arabia and Wilfred Thesiger, The English Patient and Star Wars, and home to nomadic communities whose ways of life stretch back millennia. Today it's a teeth-janglingly dangerous destination, where the threat of jihadists lurks just over the horizon. Following in the footsteps of 16th century traveller Leo Africanus, Nicholas Jubber went on a turbulent adventure to the forgotten places of North Africa and the legendary Timbuktu. Once the seat of African civilization and home to the richest man who ever lived, this mythic city is now scarred by terrorist occupation and is so remote its own inhabitants hail you with the greeting, 'Welcome to the middle of nowhere'. From the cattle markets of the Atlas, across the Western Sahara and up the Niger river, Nicholas joins the camps of the Tuareg, Fulani, Berbers, and other communities, to learn about their craft, their values and their place in the world. The Timbuktu School for Nomads is a unique look at a resilient city and how the nomads pit ancient ways of life against the challenges of the 21st century.

Lonely Planet

"Wonderful!" (Grace Paley). "Heartwarming and smart and wonderfully written" (Detroit Free Press). "Provides edifying advice, intimately given, like the best-selling Tuesdays with Morrie" (the Dallas Morning News). "Altogether original" (Dr. Laura Schlessinger). "This story will speak to the humanity of the reader" (Jewish Book World). The Beggar King and the Secret of Happiness is that rare, magical book—a book that tells a good story but also shows us how the tales we learned when we were children shed light on our adult lives. Joel ben Izzy had the unusual opportunity to relive those lessons when he lost his voice and reconnected with his old teacher, Lenny, a retired storyteller. Through his meetings with Lenny, Joel rediscovers the wisdom of ancient tales and takes us on a journey into a world of beggars and kings, monks and tigers, lost horses and buried treasures—and in the end tells us the secret of happiness.

[Sampoorna Yoga](#) HarperOne

The White Island is, and always has been, a magnet for hedonists. Its history reads like a history of pleasure itself. It is also a story of invasions and migrations, of artists and conmen, of drop-outs and love-ins. The Carthaginians established a cult to their goddess of sex there, and named the island after Bez, their god of dance. Roman centurions in need of a bit of down time between campaigns would go to Ibiza to get their kicks. And over the centuries, cultures around the Med have used the island either as a playground or a dump for the kind of people who didn't quite fit in back home, but who you'd probably quite like to meet at a party... This is the history of Ibiza, the fantasy island, framed by one long, golden summer where anything can happen - and it usually does.

The Life and Death of a Spanish Town NADA Productions

Samos and its neighbouring islands are rich in history, culture, architecture and natural beauty and this book describes 50 walks on old walking trails, with detailed maps and photos.

Yogi Hari's 60th Birthday Open Class Liberties Press

"This is a handbook for anyone from holidaymakers to hoteliers. We jump up and down on a few choice beds, check out the start-ups breaking new ground and talk to the CEOs of the best and biggest groups. Don't expect stuffy five-star finery - our selection errs on the side of the honest, charming, quirky and independent. Through interviews, in-depth reports, essays, insight and opinion, we explore the state of the hospitality industry and make a case for why hotels are resolutely here to stay." -- Monocle's website

Invincible Living Margarita Askolskaya

his book combines the perspectives of a dedicated yogi with that of a former anatomy professor and research associate at two major American medicine schools. He has set himself the ambitious goal of combining the modern scientific understanding of anatomy and physiology with the ancient practice of hatha yoga. The result of an obvious labour of love, the book explains hatha yoga in demystified, scientific terms while at the same time honouring its traditions. It should go a long way in helping yoga achieve the scientific recognition it deserves. Useful as both a textbook and a reference work, this is a book that all serious yoga teachers and practitioners will want on their shelves.

Kürschners deutscher Sachbuch-Kalender Lannoo Publishers

"Reisz continues to surprise . . . her work is raising the bar for erotic fiction. This is not your mother's Harlequin romance." —New York Journal of Books No safe word can protect the heart . . . Infamous erotica author and accomplished dominatrix Nora Sutherland is doing something utterly out of character: hiding. While her longtime lover, Søren—whose fetishes, if exposed, would be his ruin—is under scrutiny pending a major promotion, Nora's lying low and away from temptation in the lap of luxury. Her host, the wealthy and uninhibited Griffin Fiske, is thrilled to have Nora stay at his country estate, especially once he meets her traveling companion. Young, inexperienced and angelically beautiful, Michael has become Nora's protégé, and this summer with Griffin is going to be his training, where the hazing never ends. But while her flesh is willing, Nora's mind is wandering. To thoughts of Søren, her master, under investigation by a journalist with an ax to grind. And to another man from Nora's past, whose hold on her is less bruising, but whose secrets are no less painful. It's a summer that will prove the old adage: love hurts. "Tiffany Reisz's *The Original Sinners* series is painful, prideful, brilliant, beautiful, hopeful, and heart-breaking. And that's just the first hundred pages." —Courtney Milan, New York Times–bestselling author "I loved *The Original Sinners* series . . . Her prose is quite beautiful, and she can weave a wonderful tight story." —Jennifer Probst, New York Times–bestselling author "I worship at the altar of Tiffany Reisz! Whip smart, sexy as hell—*The Original Sinners* series knocked me to my knees." —Lorelei James, New York Times–bestselling author

The Angel Parallax Press

At the time of its first publication in 1937, *The Life and Death of a Spanish Town* was the first book to interpret to Americans the struggle of a people whose idyllic life was shattered by Fascist terror; it foreshadowed, with burning indignation against aggressors and outspoken sympathy for the obscure and simple men and women of Santa Eulalia, the alignment of forces all over the world today.

Popular American author Elliot Paul, Elliot Paul's reputation rests securely on this book and his 1942 national bestseller, *The Last Time I Saw Paris*.

The Monocle Guide to Hotels, Inns and Hideaways Imray, Laurie, Norie and Wilson Ltd

An "entertaining" look at the psychology and neuroscience behind the act of influencing others (Kirkus Reviews). People try to persuade us every day. From the news to the Internet to coworkers and family, everyone and everything wants to influence our thoughts in some way. And in turn, we hope to persuade others. Understanding the dynamics of persuasion can help us to achieve our own goals—and resist being manipulated by those who don't necessarily have our best interests at heart. Psychologist Kevin Dutton has identified a powerful strain of immediate, instinctual persuasion, a method of influence that allows people to disarm skepticism, win arguments, and close deals. With a combination of astute methods and in-depth research in the fields of psychology and neuroscience, Dutton's fascinating and provocative book: Introduces the natural super-persuaders in our midst: Buddhist monks, magicians, advertisers, con men, hostage negotiators, and even psychopaths. Reveals which hidden pathways in the brain lead us to believe something even when we know it's not true. Explains how group dynamics can make us more tolerant or deepen our extremism. Illuminates the five elements of SPICE (simplicity, perceived self-interest, incongruity, confidence, and empathy) for instantly effective persuasion. "[Split-Second Persuasion] offers some powerful

insights into the art and science of getting people to do what you want." —New Scientist

Sail, Spice & Savory Seas. Erkunde DIE WELT Durch unsere Rezepte NADA Productions

The expanded third edition of this popular cruising guide encompasses the Greek Dodecanese islands and the Turkish coast eastwards from the Samos Strait to Kas and Kekova. Fully illustrated with up to date plans and numerous new photographs, it is packed with all the essential information for getting to the area, formalities and sailing these beautiful cruising grounds. There is a level of further detail to this coverage in terms of anchorages and other destinations than is found in the Heikell's Greek Waters Pilot and Turkish Waters and Cyprus Pilot. This handy guide also whets the appetite for the local cuisine and culture and gives some historic context to exploration ashore. The fantastic background information with historical and mythological anecdotes gives ... a richness too often missing from bald pilot guides. Royal Cruising Club ... no East Med cruiser will want to sail without a copy. Yachting Monthly

Peaks of Europe MIRA

From acclaimed yoga teacher Guru Jagat comes a wildly cool, practical, and beautifully illustrated guide to applying the simple and super-effective technology of Kundalini Yoga and Meditation to everyday life, upgrading your "operating system" inside and out. With *Invincible Living*, Guru Jagat shares a radical way of understanding yoga—not just as something to do in practice, but as a broader principle for living. Candid, encouraging, and irreverent, Guru Jagat shows how Kundalini Yoga—which forgoes complex poses for energy-boosting, breath-driven exercises, quick meditations, and simple poses most of which you can do at your desk—can reset your life and well-being, regardless of your age or background. Designed explicitly for everyday people, not ashram-going or gym-bodied yogis, fast, effective Kundalini techniques can be done anywhere, from the car to the conference room. There's no need to have a bendy back or toned arms. You don't even need a mat: just a quiet space to clear your head, and as little as a minute out of your day. From beauty and self-care to work and relationships, *Invincible Living* tackles both the mind—from mood elevation and stress reduction to renewed mental clarity—and the body—from anti-aging, and increased metabolism to amped up energy. Packed with tips, exercises, and step-by-step instructions and fully photographed and illustrated in Guru Jagat's fresh, handmade-meets-hipster style, *Invincible Living* is fresh take on ancient wisdom: a must-have guide for anyone who wants simple, effective, tools for a supercharged life as taught by a uniquely compelling teacher who upends all preconceptions about yoga. *Invincible Living* includes 100 color photographs and illustrations.

Island of Dead Gods Taschen America Llc

Accompanied by a traveling exhibition, this book on the Bahamian artist's textile portraits serves as a love letter to Black women: their style, strength, vulnerabilities, and beauty. This debut of the 29-year-old Bahamian-born artist aims to redefine the often-politicized Black body, with portraits made in a range of textile-based techniques, such as embroidery and appliqué, celebrating Black women. Gio Swaby's intimate portraits are unique, highly personal figurative works made from an array of colorful fabrics and intricate, freehand lines of thread on canvas that explore the intersections of Blackness and womanhood. Illustrated with 80 works in full color that span from 2017 to 2021, this is the first book on this contemporary feminist artist who is a rising star in the world of textiles and portraiture. According to Swaby, "I wanted to create a space where we could see ourselves reflected in a moment of joy, celebrated without expectations, without connected stereotypes." Writers and scholars with multiple points of view take on Swaby's work and delve into her place within contemporary Black art.

On Hegel's Philosophy of Right Rizzoli Publications

This sequel to *The Miracle of Mindfulness* offers accessible, eye-opening guidance for spiritual seekers on the path from mindfulness to true insight *The Sun My Heart* is one of Thich Nhat Hanh's most beloved books. Using the objects and events of everyday life in his hermitage in Plum Village—the gradual settling of the pulp in a glass of apple juice or the wind blowing into the room and scattering papers about—Thich Nhat Hanh draws from Buddhist psychology, epistemology, and the world of contemporary literature and science to guide the reader along the path of clarity and understanding. This book can be read straight through, but is also designed to be opened randomly and experienced chapter by chapter, paragraph by paragraph. Thich Nhat Hanh suggests in the introduction that *The Sun My Heart* "prefers to be a friend rather than a book. You can take it with you on the bus or subway as you do your coat or your scarf. It can give you small moments of joy at any time."

Stories from the Rock Simon and Schuster

Surviving a horrific school shooting, a six-year-old boy retreats into the world of books and art while making sobering observations about his mother's determination to prosecute the shooter's parents and the wider community's efforts to make sense of the tragedy.

Best Sellers - Books :

- [The Democrat Party Hates America](#)
- [I Love You Like No Otter: A Funny And Sweet Board Book For Babies And Toddlers \(punderland\)](#)
- [The Body Keeps The Score: Brain, Mind, And Body In The Healing Of Trauma By Bessel Van Der Kolk M.d.](#)
- [Beyond The Story: 10-year Record Of Bts By Bts](#)
- [Oh, The Places You'll Go! By Dr. Seuss](#)
- [How To Catch A Mermaid](#)
- [The Mountain Is You: Transforming Self-sabotage Into Self-mastery By Brianna Wiest](#)
- [Guess How Much I Love You](#)
- [Fahrenheit 451 By Ray Bradbury](#)
- [The Summer Of Broken Rules](#)