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Practice Stillness

STILLNESS IS THE KEY by Ryan Holiday

Book Summary

*Special Teaching with Eckhart Tolle (Binaural Audio) Deepening the Dimension of Stillness An Equal Stillness Winner Of*

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An Equal Stillness: Winner of the Orange Award for New Writers 2009 by Francesca Kay. Winner of the Orange Award for New Writers 2009 Artist, lover, wife, mother: can one woman be them all? Born in 1924, Jennet Mallow grew up with a disillusioned mother and a father haunted by memories of war. But Jennet has a talent - and a passion - for art.

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Writers 2009  
Francesca Kay's first novel, *An Equal Stillness*, won the Orange Award for New Writers in 2009. She lives in Oxford with her family.

*An Equal Stillness by Francesca Kay - Goodreads*

Winner of the Orange Award for New Writers 2009 Artist, lover, wife, mother: can one woman be them all? Born in 1924, Jennet Mallow grew up with a disillusioned mother and a father haunted by memories of war. But Jennet has a talent - and a passion - for art. When she meets the handsome painter David Heaton they begin a tempestuous affair which takes them from the dank terraces of London to a ...

*An Equal Stillness: Winner of the Orange Award for New ...*



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Francesca Kay took the Award in 2009 for her first work, An Equal Stillness and debut Zimbabwean writer, Irene Sabatini, won in 2010 for The Boy Next Door. Winners, Shortlists and Judges 2010 WINNER. The Boy Next Door by Irene Sabatini; 2010 SHORTLIST. The Book of Fires by Jane Borodale; After The Fire, A Still Small Voice by Evie Wyld; 2010 JUDGES

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Winners 2009  
Winner of the 2009 Orange Award for new writers - an outstanding debut about love, art and betrayal.

A novel about faith and motherhood from the author of AN EQUAL STILLNESS, winner of the ORANGE AWARD FOR NEW WRITERS.

Award-winning novelist Francesca Kay's new novel tells the story of a man who falls for the wrong woman. London. December 1981. The IRA is on the attack, a cold war is being waged, another war is just over the horizon, and Stephen Donaldson spends his days listening. When he first joined the Institute, he expected to encounter glamorous, high-risk espionage. Instead he gets the tape-recorded conversations

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of ancient Communists and ineffectual revolutionaries--until the day he is assigned a new case: the ultra-secret PHOENIX, a suspected internal leak. The monotony of Stephen's routine is broken, but it's not PHOENIX who captures his imagination; it's the target's wife, Helen. Beset by isolation and loneliness, Stephen becomes dangerously obsessed with Helen, risking his job to keep his fragile connection to her and inadvertently setting himself up for a fall that will forever change his life. With compassion and tenderness and moments of unexpected humor, Francesca Kay charts the way in which imagination, projection, and desire overwhelm the paucity of Stephen's life and identity. As beautiful as it is intense, *The Long Room* explores a mind under pressure and the wilder cravings of the heart.

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Volunteering at the local church, Mary-Margaret, a dull and overweight girl who nearly everyone disregards, has a profound experience while cleaning a statue of Jesus and becomes obsessed with fulfilling what she believes to be sacred duties while religious fervor spreads throughout her community. By the award-winning author of *An Equal Stillness*.

Instant #1 New York Times Bestseller & Wall Street Journal Bestseller In *The Obstacle Is the Way* and *Ego Is the Enemy*, bestselling author Ryan Holiday made ancient wisdom wildly popular with a new generation of leaders in sports, politics, and technology. In his new book, *Stillness Is the Key*, Holiday

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Written 2008  
draws on timeless Stoic and Buddhist philosophy to show why slowing down is the secret weapon for those charging ahead. All great leaders, thinkers, artists, athletes, and visionaries share one indelible quality. It enables them to conquer their tempers. To avoid distraction and discover great insights. To achieve happiness and do the right thing. Ryan Holiday calls it stillness--to be steady while the world spins around you. In this book, he outlines a path for achieving this ancient, but urgently necessary way of living. Drawing on a wide range of history's greatest thinkers, from Confucius to Seneca, Marcus Aurelius to Thich Nhat Hanh, John Stuart Mill to Nietzsche, he argues that stillness is not mere inactivity, but the doorway to self-mastery, discipline, and focus. Holiday also examines figures who exemplified the

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Wicks 2000: power of stillness: baseball player Sadaharu Oh, whose study of Zen made him the greatest home run hitter of all time; Winston Churchill, who in balancing his busy public life with time spent laying bricks and painting at his Chartwell estate managed to save the world from annihilation in the process; Fred Rogers, who taught generations of children to see what was invisible to the eye; Anne Frank, whose journaling and love of nature guided her through unimaginable adversity. More than ever, people are overwhelmed. They face obstacles and egos and competition. Stillness Is the Key offers a simple but inspiring antidote to the stress of 24/7 news and social media. The stillness that we all seek is the path to meaning, contentment, and excellence in a world that needs more of it than ever.

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Natalie is a wife. Natalie is a mother. Natalie is a cutter. Clawing at walls built by resentment, regret, and guilt, Natalie cuts as an escape from a life she never planned. Staying present is only possible when you let go of the past. But, what if the past won't let go of you?

A follow up to Pico Iyer's essay "The Joy of Quiet," The Art of Stillness considers the unexpected adventure of staying put and reveals a counterintuitive truth: The more ways we have to connect, the more we seem desperate to unplug. Why might a lifelong traveler like Pico Iyer, who has journeyed from Easter Island to Ethiopia, Cuba to Kathmandu, think that sitting quietly in a room might be the



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Ultimate adventure? Because in our madly accelerating world, our lives are crowded, chaotic and noisy. There's never been a greater need to slow down, tune out and give ourselves permission to be still. In *The Art of Stillness*—a TED Books release—Iyer investigate the lives of people who have made a life seeking stillness: from Matthieu Ricard, a Frenchman with a PhD in molecular biology who left a promising scientific career to become a Tibetan monk, to revered singer-songwriter Leonard Cohen, who traded the pleasures of the senses for several years of living the near-silent life of meditation as a Zen monk. Iyer also draws on his own experiences as a travel writer to explore why advances in technology are making us more likely to retreat. He reflects that this is perhaps the reason why many people—even those

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with no religious commitment—seem to be turning to yoga, or meditation, or seeking silent retreats. These aren't New Age fads so much as ways to rediscover the wisdom of an earlier age. Growing trends like observing an “Internet Sabbath”—turning off online connections from Friday night to Monday morning—highlight how increasingly desperate many of us are to unplug and bring stillness into our lives. The Art of Stillness paints a picture of why so many—from Marcel Proust to Mahatma Gandhi to Emily Dickinson—have found richness in stillness. Ultimately, Iyer shows that, in this age of constant movement and connectedness, perhaps staying in one place is a more exciting prospect, and a greater necessity than ever before. In 2013, Pico Iyer gave a blockbuster TED Talk. This lyrical and inspiring book expands

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Writers 2009  
on a new idea, offering a way forward for all those feeling affected by the frenetic pace of our modern world.

One of the most original, dazzling, and critically acclaimed debut novels this year. In this debut novel, hailed by Stephen King as "terrifying, touching, and wildly funny," the stories of two strangers, Eugene Brentani and Mr. Schmitz, interweave. What unfolds is a bold reinvention of storytelling in which Eugene, a devotee of the reclusive and monstrous author, Constance Eakins, and Mr. Schmitz, who has been receiving ominous letters from an old friend, embark from New York for Italy, where the line between imagination and reality begins to blur and stories take on a life of their own.

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Instant New York Times Bestseller A simple, straightforward exploration of Transcendental Meditation and its benefits from world authority Bob Roth. Oprah Winfrey and Jerry Seinfeld. Ray Dalio and Ellen DeGeneres. Gwyneth Paltrow and Howard Stern. Tom Hanks and Gisele Bündchen. What do they have in common? The answer is a Transcendental Meditation teacher named Bob Roth, who has spent the past forty-five years helping many thousands of people access their innate creativity and power through this simple, nonreligious technique. Roth's students range from titans of business and the arts to federal prisoners, from war-scarred veterans to overworked moms and dads. Medical experts agree that the epidemic of stress is damaging our physical and emotional health at younger and younger ages. While

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there is no one single cure, the Transcendental Meditation technique is a simple practice that dramatically changes how we respond to stress and life's challenges. With scientifically proven benefits— reduced stress and anxiety, and improved focus, sleep, resilience, creativity, and memory, to name a few—this five-thousand-year-old technique has a clear and direct impact on our very modern problems. Once a skeptic, Roth trained under Maharishi Mahesh Yogi, the twentieth century's foremost scientist of consciousness and meditation, and has since become one of the most experienced and sought-after meditation teachers in the world. In *Strength in Stillness*, Roth breaks down the science behind Transcendental Meditation in a new, accessible way. He highlights the three distinct types of meditation—Focused

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Attention, Open Monitoring, and Self-Transcending—and showcases the evidence that the third, Self-Transcending, or Transcendental Meditation, is a uniquely accessible, effective, and efficient way to reduce stress, access inner power, and build resilience. Free of gimmicks, mystical verbiage, and obscure theory, Strength in Stillness offers a clear explanation for how Transcendental Meditation can calm the mind, body, and spirit.

Developing an effective meditation practice is the first step toward discerning the true nature of mind and reality as taught by Buddha Shakyamuni. In Stillness, Insight, and Emptiness, Lama Dudjom Dorjee offers instructions that will help beginning meditators establish a firm foundation in the

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practices that lead to direct realization. Topics such as finding the best meditation posture, learning to direct and focus the attention, expanding the mind's scope, and realizing the luminous and spacious qualities of the mind are explained in terms that are both encouraging and easy to understand.

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