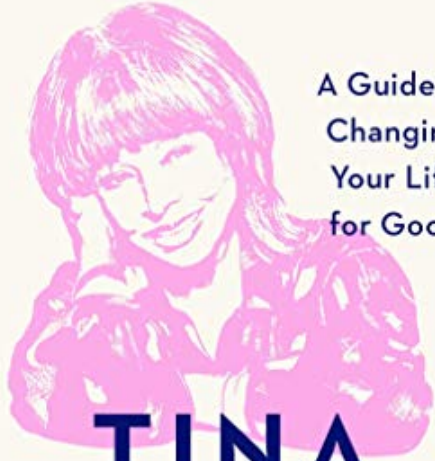


Happiness Becomes You



A Guide to
Changing
Your Life
for Good

**TINA
TURNER**

Happiness Becomes You: A Guide to Changing Your Life for Good

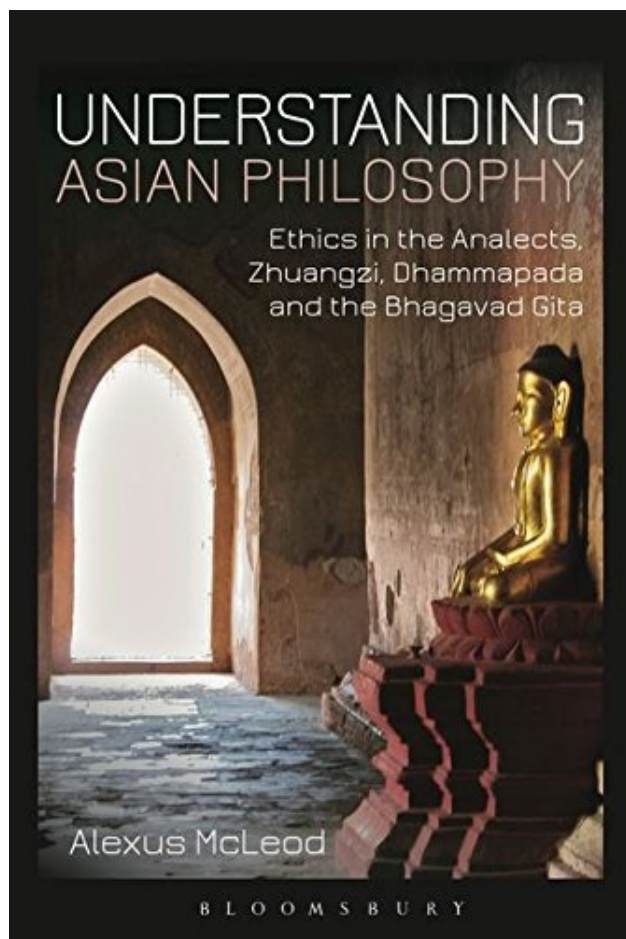
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The Sikh View on Happiness: Guru Arjan's Sukhmani

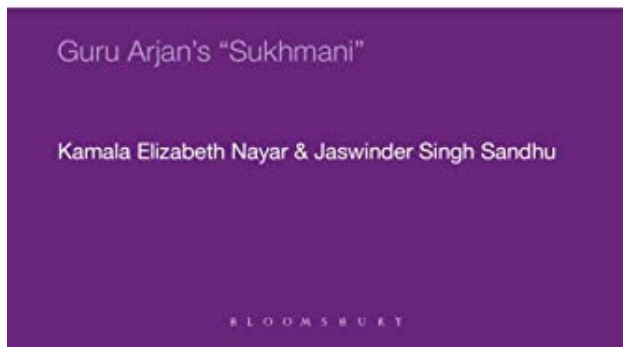
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The Sikh View on Happiness



Product Description

Sukhmani (The Pearl of Happiness) is a popular Sikh text by Guru Arjan, which inculcates the Sikh religious ethos and philosophical perspective on wellbeing and happiness. The book features a new translation of this celebrated Sikh text and provides the first in-depth analysis of it. The Sikh View on Happiness begins with an overview of the nature of suffering and the attainment of happiness in Indian religions. This provides the foundation for the examination of the historical, social, and religious context of the Sukhmani and its contribution to the development of the Sikh tradition. In addition to exploring the spiritual teachings of the Sukhmani, Nayar and Sandhu draw upon the Sikh understanding of the mind, illness, and wellbeing to both introduce key Sikh psychological concepts and illustrate the practical application of traditional healing practices in the contemporary context. In doing so, they highlight the overlap of the teachings in the Sukhmani with concepts and themes found in Western psychotherapy, such as mindfulness, meaningful living, and resilience.



Technic and Magic: The Reconstruction of Reality

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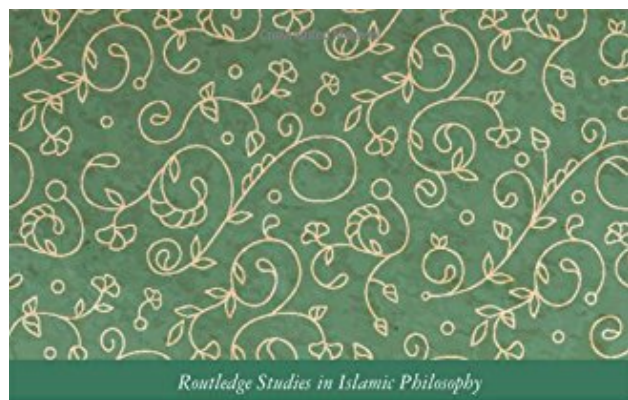
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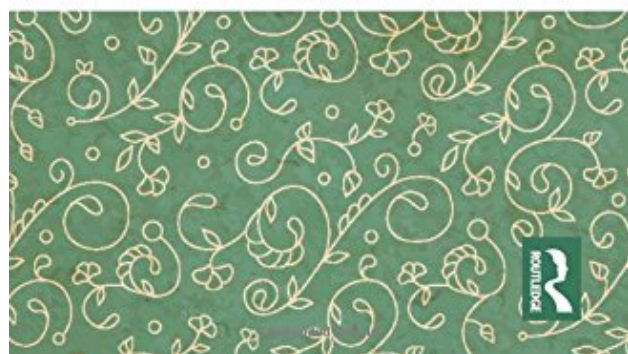
Product Description

We take for granted that only certain kind of things exist - electrons but not angels, passports but not nymphs. This is what we understand as 'reality'. But in fact, 'reality' varies with each era of the world, in turn shaping the field of what is possible to do, think and imagine. Our contemporary age has embraced a troubling and painful form of reality: Technic. Under Technic, the foundations of reality begin to crumble, shrinking the field of the possible and freezing our lives in an anguished state of paralysis. Technic and Magic shows that the way out of the present deadlock lies much deeper than debates on politics or economics. By drawing from an array of Northern and Southern sources - spanning from Heidegger, Junger and Stirner's philosophies, through Pessoa's poetry, to Advaita Vedanta, Bhartrhari, Ibn Arabi, Suhrawardi and Mulla Sadra's theosophies - Magic is presented as an alternative system of reality to Technic. While Technic attempts to capture the world through an 'absolute language', Magic centres its reconstruction of the world around the notion of the 'ineffable' that lies at the heart of existence. Technic and Magic is an original philosophical work, and a timely cultural intervention. It disturbs our understanding of the structure of reality, while restoring it in a new form. This is possibly the most radical act: if we wish to change our world, first we have to change the idea of 'reality' that defines it.



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Sari Nusseibeh



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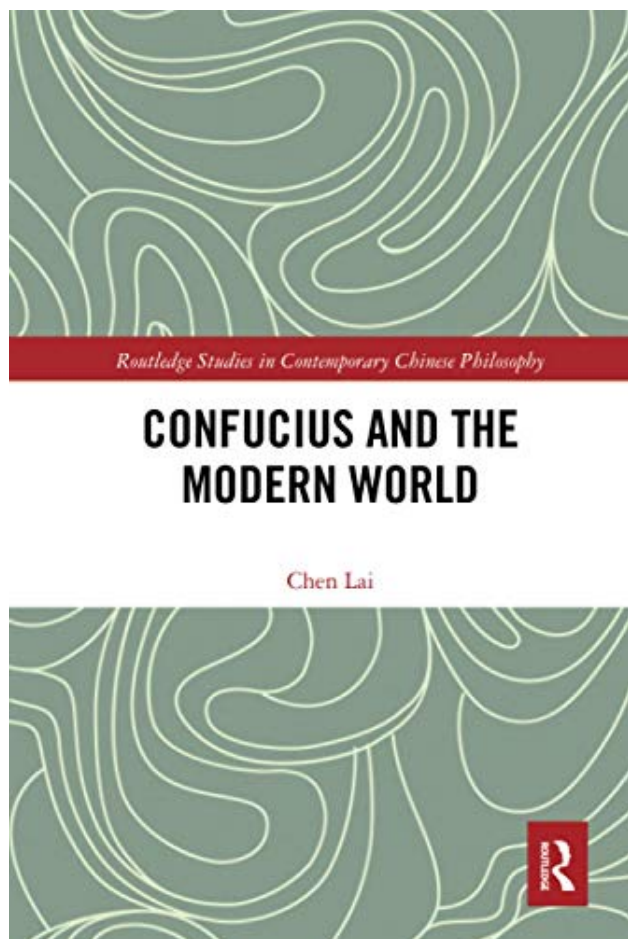
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Product Description

This book deals with the philosophy of Ibn Sina - Avicenna as he was known in the Latin West- a Persian Muslim who lived in the eleventh century, considered one of the most important figures in the history of philosophy. Although much has been written about Avicenna, and especially about his major philosophical work, Al-Shifa, this book presents the rationalist Avicenna in an entirely new light, showing him to have presented a theory where our claims of knowledge about the world are in effect just that, claims, and must therefore be underwritten by our faith in God. His project enlists arguments in psychology as well as in language and logic. In a sense, the ceiling he puts on the reach of reason can be compared with later rationalists in the Western tradition, from Descartes to Kant -though, unlike Descartes, he does not deem it necessary to reconstruct his theory of knowledge via a proof of the existence of God. Indeed, Avicenna's theory presents the concept of God as being necessarily presupposed by our theory of knowledge, and God as the Necessary Being who is presupposed by an existing world where nothing of itself is what it is by an intrinsic nature, and must therefore be as it is due to an external cause. The detailed and original analysis of Avicenna's work here is presented as what he considered to be his own, or 'oriental' philosophy. Presenting an innovative interpretation of Avicenna's thought, this book will appeal to scholars working on classical Islamic philosophy, kalam and the History of Logic.



Confucius and the Modern World (Routledge Studies in Contemporary Chinese Philosophy)

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Product Description

This book represents the cutting edge of theoretical works on Confucianism. Starting from Confucianism's comeback in modern China and ending with the proposal of the new philosophical concept of multiple universality in the face of the world culture, the author conducts an in-depth analysis and discussion of many facets of the relationship between Confucianism, Confucian traditions and the modern world culture. It has a focused theme and a strong sense of contemporaneity, and responds to the current challenges confronting Confucianism from the perspective of modern culture. The chapters not only elucidate the Confucian position in the face of challenges of global ethics, dialogues on human rights, and ecological civilization, but also provide a modern interpretation of classical Confucian ideas on education, politics and ritual politics as well as an analysis of the development of modern Confucianism. All in all, this work is a comprehensive exposition of the Confucian values and their modern implications.

Evan Thompson

Why I Am Not a Buddhist

Why I Am Not a Buddhist

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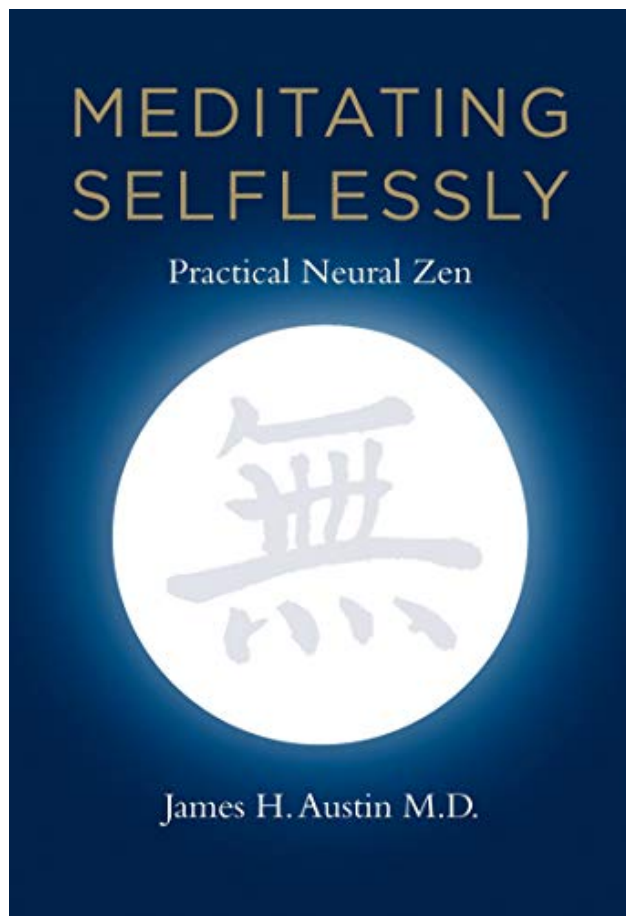
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A provocative essay challenging the idea of Buddhist exceptionalism, from one of the world's most widely respected philosophers and writers on Buddhism and science Buddhism has become a uniquely favored religion in our modern age. A burgeoning number of books extol the scientifically proven benefits of meditation and mindfulness for everything ranging from business to romance. There are conferences, courses, and celebrities promoting the notion that Buddhism is spirituality for the rational, compatible with cutting-edge science, indeed, a science of the mind. In this provocative book, Evan Thompson argues that this representation of Buddhism is false. In lucid and entertaining prose, Thompson dives deep into both Western and Buddhist philosophy to explain how the goals of science and religion are fundamentally different. Efforts to seek their unification are wrongheaded and promote mistaken ideas of both. He suggests cosmopolitanism instead, a worldview with deep roots in both Eastern and Western traditions. Smart, sympathetic, and intellectually ambitious, this book is a must-read for anyone interested in Buddhism's place in our world today.



Meditating Selflessly: Practical Neural Zen (The MIT Press)

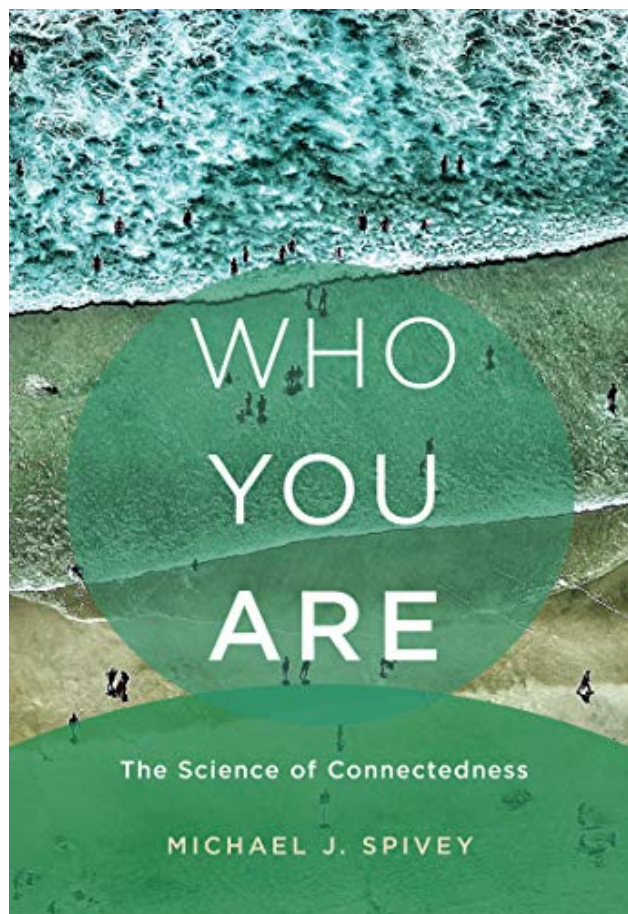
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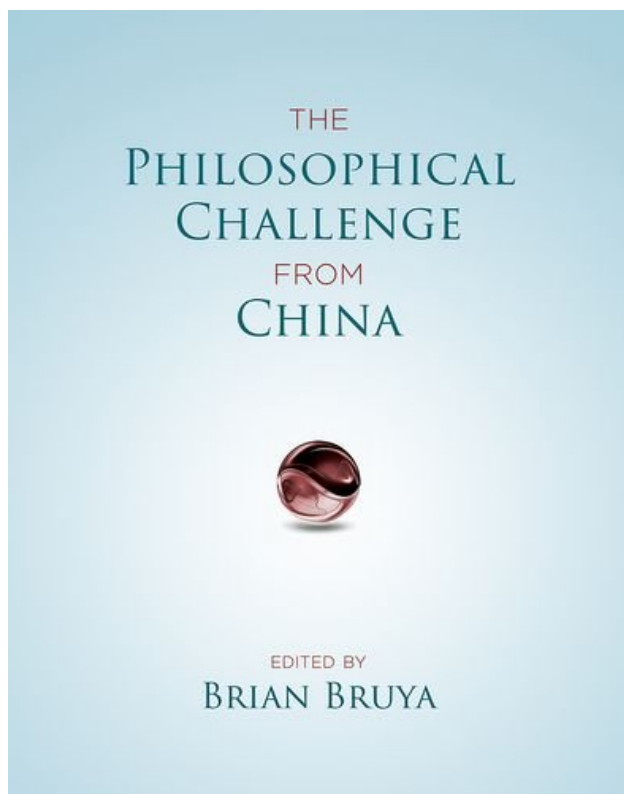
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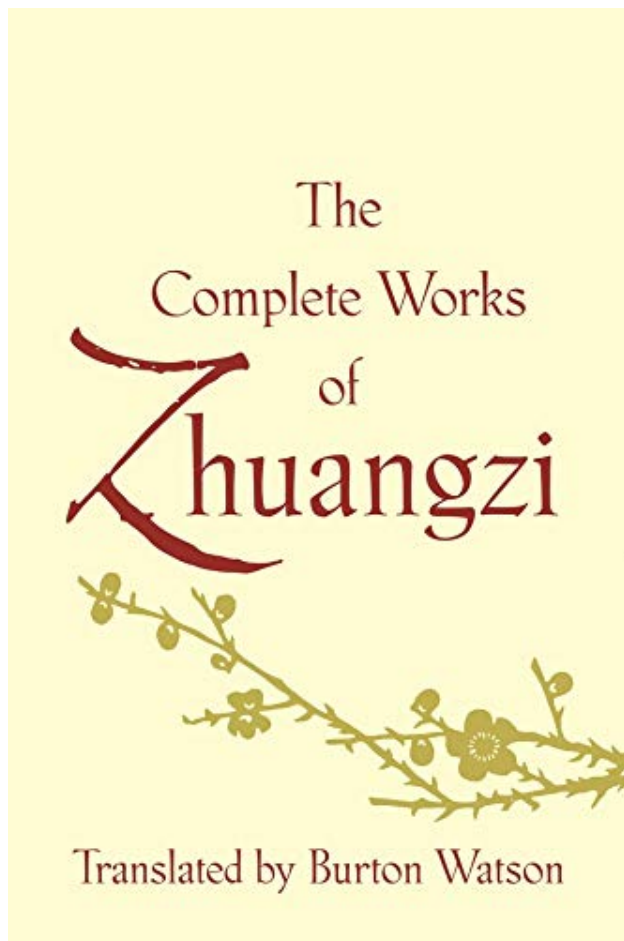
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Product Description

Only by inhabiting Dao (the Way of Nature) and dwelling in its unity can humankind achieve true happiness and freedom, in both life and death. This is Daoist philosophy's central tenet, espoused by the person-or group of people-known as Zhuangzi (369?-286? B.C.E.) in a text by the same name. To be free, individuals must discard rigid distinctions between good and bad, right and wrong, and follow a course of action not motivated by gain or striving. When one ceases to judge events as good or bad, man-made suffering disappears and natural suffering is embraced as part of life. Zhuangzi elucidates this mystical philosophy through humor, parable, and anecdote, deploying non sequitur and even nonsense to illuminate a truth beyond the boundaries of ordinary logic. Boldly imaginative and inventively worded, the Zhuangzi floats free of its historical period and society, addressing the spiritual nourishment of all people across time. One of the most justly celebrated texts of the Chinese tradition, the Zhuangzi is read by thousands of English-language scholars each year, yet only in the Wade-Giles romanization. Burton Watson's pinyin romanization brings the text in line with how Chinese scholars, and an increasing number of other scholars, read it.

THE DYSFUNCTION OF RITUAL IN EARLY CONFUCIANISM



MICHAEL DAVID KAULANA ING

The Dysfunction of Ritual in Early Confucianism (Oxford Ritual Studies)

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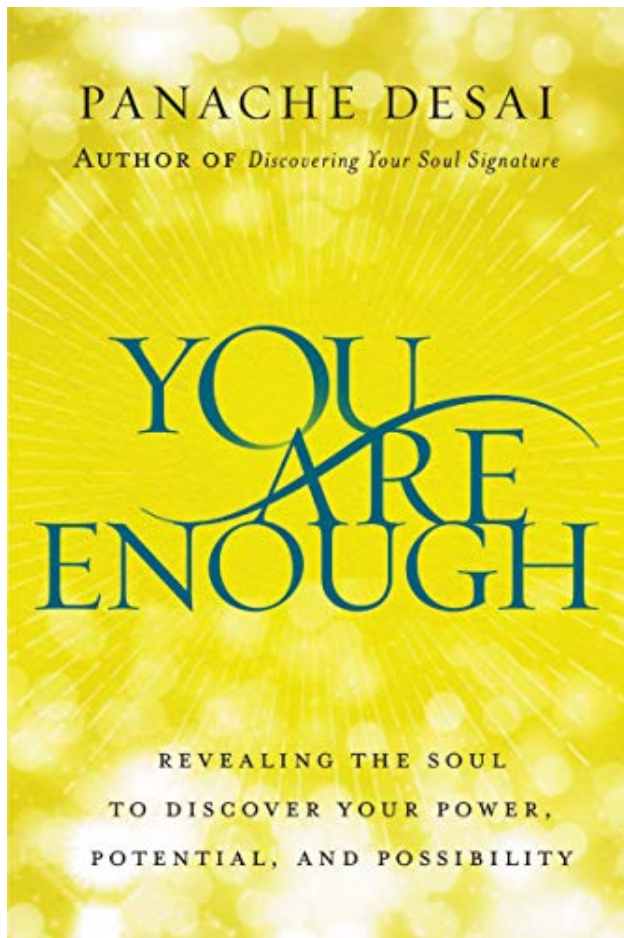
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Product Description

In *The Dysfunction of Ritual in Early Confucianism* Michael Ing describes how early Confucians coped with situations where their rituals failed to achieve their intended aims. In contrast to most contemporary interpreters of Confucianism, Ing demonstrates that early Confucian texts can be read as arguments for ambiguity in ritual failure. If, as discussed in one text, Confucius builds a tomb for his parents unlike the tombs of antiquity, and rains fall causing the tomb to collapse, it is not immediately clear whether this failure was the result of random misfortune or the result of Confucius straying from the ritual script by building a tomb incongruent with those of antiquity. The *Liji* (Record of Ritual)-one of the most significant, yet least studied, texts of Confucianism-poses many of these situations and suggests that the line between preventable and unpreventable failures of ritual is not always clear. Ritual performance, in this view, is a performance of risk. It entails rendering oneself vulnerable to the agency of others; and resigning oneself to the need to vary from the successful rituals of past, thereby moving into untested and uncertain territory. Ing's book is the first monograph in English about the *Liji*-a text that purports to be the writings of Confucius' immediate disciples, and part of the earliest canon of Confucian texts called "The Five Classics," included in the canon several centuries before the *Analects*. It challenges some common assumptions of contemporary interpreters of Confucian ethics-in particular the assumption that a cultivated ritual agent is able to recognize which failures are within his sphere of control to prevent and thereby render his happiness invulnerable to ritual failure.



You Are Enough: Revealing the Soul to Discover Your Power, Potential, and Possibility

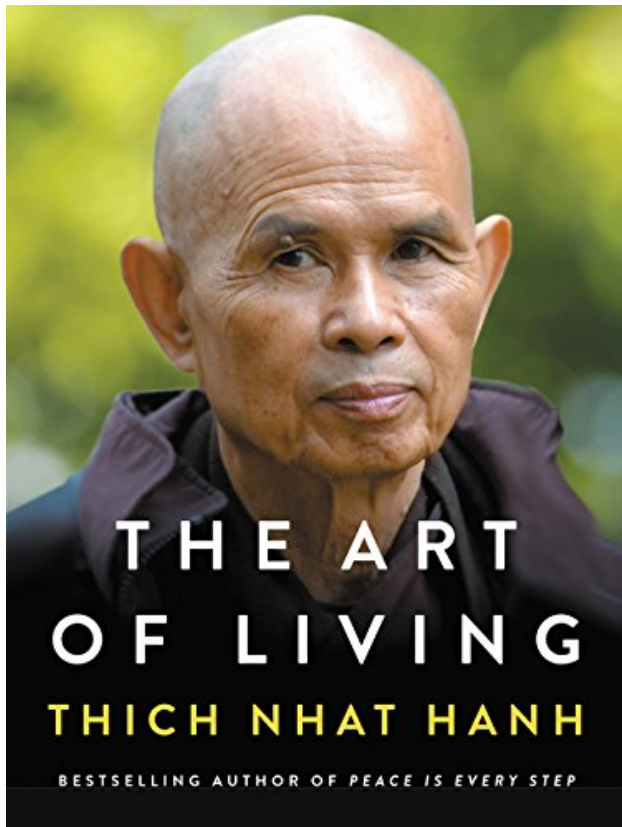
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