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Awake in the Heartland takes a fresh look at questions of addiction, free will, good and evil, authority, and identity. Using a non-dualist understanding of life, you will learn who or what you really are, without clinging to old opinions or relying on outside authorities. Honest, funny, and profound, this is a book that invites you to realize ...

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In *Awake in the Heartland*, Joan Tollifson describes a man whom she takes to be severely retarded but who turns out to be a former cardiologist, brain-damaged in a plane crash. “It was a clear revelation of how fragile and temporary our entire persona is. A little tap on the head, and you’re somebody else.”

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addiction, free will, good and evil, authority, and identity. Using a non-dualist understanding of life, you will learn who or what you really are, without clinging to old opinions or relying on outside authorities.

"Awake in the Heartland" shows how spiritual practice and the pursuit of enlightenment can become an addiction, or yet another goal that can impede us from waking up in the present moment. In her poignant autobiography, author Joan Tollifson encourages readers to look for themselves without clinging to old opinions or relying on outside authorities. Honest, funny, and profound, this is a book that invites readers to discover who or what they really are. "

This book points relentlessly to what is most obvious and impossible to avoid: the ever-present, ever-changing, nonconceptual actuality of the present moment that is effortlessly presenting itself right now. This book is an invitation to wake up from commonplace misconceptions and to see through the imaginary separate self at the root of our human suffering and confusion. Nothing to Grasp is a celebration of what is, exactly as it is.

These lively talks and dialogues are about seeing through the illusion of separation and waking up to the boundless wholeness that is all there is. Joan's approach is open and explorative, questioning all attempts to conceptually grasp and frame the movement of life. She talks about seeing through the stories and beliefs that create our human suffering and waking up to the simplicity of what is. This book beautifully dissolves the apparent dichotomy between the uncompromising "this is it, just as it is" message of radical

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non-duality and the emphasis on "being here now" that is found in many meditation teachings. Joan has an affinity with Buddhism, Advaita, and radical non-duality, but she belongs to no tradition. In these talks and dialogues, she takes on such perennial questions as, Is there a way out of personal and global suffering? Can we choose to stop addictive and destructive patterns? Does being awake take effort, vigilance, and practice, or is it effortlessly and unavoidably always already the case? What happens when we die?

Finalist for the National Book Award *Finalist for the Kirkus Prize* *Instant New York Times Bestseller* *Named a Best Book of the Year by NPR, New York Post, BuzzFeed, Shelf Awareness, Bustle, and Publishers Weekly* An essential read for our times: an eye-opening memoir of working-class poverty in America that will deepen our understanding of the ways in which class shapes our country and "a deeply humane memoir that crackles with clarifying insight".* Sarah Smarsh was born a fifth generation Kansas wheat farmer on her paternal side, and the product of generations of teen mothers on her maternal side. Through her experiences growing up on a farm thirty miles west of Wichita, we are given a unique and essential look into the lives of poor and working class Americans living in the heartland. During Sarah's turbulent childhood in Kansas in the 1980s and 1990s, she enjoyed the freedom of a country childhood, but observed the painful challenges of the poverty around her; untreated medical conditions for lack of insurance or consistent care, unsafe job conditions, abusive relationships, and limited resources and information that would provide for the upward mobility that is the American Dream. By telling the story of her life and the lives of the people she loves with clarity and precision but without judgement, Smarsh challenges us to look more closely at the class divide in our

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country. Beautifully written, in a distinctive voice, Heartland combines personal narrative with powerful analysis and cultural commentary, challenging the myths about people thought to be less because they earn less. "Heartland is one of a growing number of important works—including Matthew Desmond's *Evicted* and Amy Goldstein's *Janesville*—that together merit their own section in nonfiction aisles across the country: America's postindustrial decline...Smash shows how the false promise of the 'American dream' was used to subjugate the poor. It's a powerful mantra" *(The New York Times Book Review).

Treasured moments at grandmother's house and unconditional love for her grandson is portrayed in this culturally mosaic diverse book. He tells us about his overnight stay and how he and his grandmother play with trains, play outside, eat his favorite foods and play shadow games. This is a loving, heartwarming story written from the author's heart, encouraging all grandparents worldwide to spend time with their grandchildren, thus spreading sunshine in their lives. Cheerful, endearing illustrations accompany the lyrical rhyme in this family story.

The term "engaged Buddhism" was coined by the Zen teacher Thich Nhat Hanh as a way of asserting that Buddhism should not be passive or otherworldly, but on the contrary, that Buddhists should be deeply, compassionately involved in every aspect of society where suffering arises. Not Turning Away is a treasury of writings on the philosophy and practice of engaged Buddhism by some of the most well-known and respected figures in the movement, gleaned from the pages of the magazine that is the primary forum for engaged Buddhism in America and elsewhere: *Turning Wheel: The Journal of the Buddhist Peace Fellowship*. Not

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Turning Away provides a history of the engaged Buddhism movement, an analysis of its underlying principles, and inspiring practical examples of real people's experiences in putting spiritual practice to the test on the personal, national, and global levels. The range of topics—from political oppression to prison work, disability, racism, poverty, nonviolence, forgiveness, the student-teacher relationship, and homelessness—demonstrates the applicability of Buddhist teaching to every concern of modern life. Contributors include: Robert Aitken Jan Chozen Bays Melody Ermachild Chavis Zoketsu Norman Fischer Thich Nhat Hanh Jack Kornfield Kenneth Kraft Joanna Macy Jarvis Jay Masters Fleet Maull Susan Moon Wendy Egyoku Nakao Maylie Scott Gary Snyder Robert Thurman Joan Tollifson Diana Winston

Interest in non-dual awareness as the essence of spiritual awakening, free from the obligations and cultural references of a particular religion, is rapidly expanding throughout the Western world. Those who have sought out and followed spiritual paths, such as Buddhism, Hinduism, Sufism, Kabbalism, etc., have often found themselves coming up against a kind of ceiling in their longing for spiritual awakening. This can be a result of the religions cultural context or a belief system that may not see awakening as something within the reach of adherents. So, many serious spiritual students have turned to non-sectarian teachers to further their practice. These readers will find The Open Path to be an excellent guide to the realisation of the silent ground of all being and to the expression of that realisation in the diverse conditions of their lives. The book includes very helpful exercises and practices that foster a sense of equanimity and natural insight, as well as methods and teachings from many sources: Sufism, psychology, meditation traditions, and both Eastern and Western non-dual teachers.

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“The manual for the nuts and bolts of relating that should be handed out at birth!” Heart of Relating invites you to take part in the growing movement towards communicating beyond your ego and persona, by learning the art of relating from the heart of who you are. Based on Eckhart Tolle’s words – “If you get the inside right, the outside will fall into place” – Heart of Relating explores Carmella B’Hahn’s ‘inside-out’ and ‘outside-in’ paradigms of relating to help you recognise where you are and where you want to be. Learning to relate from the heart of who you are – from the inside out. Written in 52 different sections – one for each week of the year – the powerful stories, quotes and transformative practices can be used to help build the skills needed for daily life. With so many books targeted at specific aspects of relationships – love, marriage, conflict resolution, etc. – Heart of Relating can help you with multiple aspects of relating, not only with primary relationships, but also with family, friends, colleagues and especially yourself. Aimed at giving you a conscious communication toolbox for life, this holistic book can be used as a structured course or as a resource that you can dip into when you need it most. Couples, friends, families and groups can use it to support each other, and therapists and teachers can use it as a handbook to support clients and students.

Inspiring and unforgettable, Letting Go into Perfect Love is a riveting account of a journey through the terror of domestic violence to a faith that transforms all. As a college administrator, Gwendolyn M. Plano lived her professional life in a highly visible and accountable space--but as a wife and mother, behind closed doors, she and her family experienced unpredictable threat. Every nine seconds in the United States, a woman is assaulted or beaten--but to Gwen, this was her secret; it was her shame. Alternately heart-wrenching

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and joyful, this is a story of triumph over adversity--one woman's uplifting account of learning how to forgive the unforgiveable, recover her sense of self, bring healing into her family, and honor the journey home. Accompanied by glimpses of celestial beings, Gwen charts a path through sorrow to joy--and ultimately, writes of the one perfect love we all seek. Gwen's story is heartbreakingly familiar. It provides insight into the phenomenon of domestic violence.

Understanding that murky world may provide the reader with the skills to help his or her sister or friend or neighbor.

Whether victim or friend, readers will be inspired by the author's courage.

Are you ready to set aside your addictive urges and align yourself with the healing forces in you? Richard Hartnett's *Sobriety and Inspiration* will give you many new insights and tools to restore your health and self-respect. To change our behavior and get sober, we must first learn to recognize the powerful inner forces that compel us to act negatively.

Richard Hartnett draws upon the experience of people in recovery to deliver a clear and extensive roadmap for understanding an addiction, whether it's with alcohol, drugs, food, gambling or sex. He teaches the reader to recognize and understand the competing voices within -- the inner Tyrant, the inner Addict, and the Healthy Self. And he provides exercises, dialogs, and meditations to expose these different sides of our personality and bring about the realignment we desire. He also applies this approach to our struggles with fear, stress, and intimacy. Hartnett shows us how to follow the inspirations of our inner Guide, so we can conquer our temptations and resolve our inner conflicts. The meditations will be of special interest to those with substantial sobriety. And by gaining access to the creative forces in us, we are free to develop a spirituality suited to our needs.

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