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2016-02-16 A field guide to finding calm, creativity, and self-discovery through encounters with nature. A fresh perspective,

an outdoor exploration, a new adventure about to begin—How to Be A Wildflower is a book for celebrating these and other wide-open occasions. Encouraging self-discovery through encounters with nature, beloved artist Katie Daisy brings her beautiful paintings and lettering to this collection of things to do and make, quotes, meditations, natural history, and more. Find wonder and inspiration in these peaceful pages, live life to the fullest, and discover the wild and free spirit within. "For pure whimsy, you just can't beat How to Be a Wildflower: A Field Guide by Katie Daisy. The Bend, Oregon, artist brings her beautiful paintings and lettering to this delightful book, a collection of nature-inspired quotations, meditations, lore, and even a recipe for fresh strawberry-rhubarb pie." —Traditional Home Encouraging self-discovery through encounters with nature beloved artist Katie Daisy brings her beautiful paintings and lettering to this collection of things to do and make quotes meditations natural history and more

2019-10-24 Baby Victoria was born at six o'clock in the morning on Sandra and Russ Bearor's fourth anniversary. They didn't know it was the beginning of a chapter in their lives that would forever change how they saw themselves. Coming was the pinnacle point that would carve out the place in life God meant for them if they chose to follow his word and have faith in his plan for their lives. In When Jesus Carried Me, Sandra tells a true story of the greatest of loves, the worst kind of loss, and how she survived the

everyday pain of sorrow by the power, love, and grace of the Lord. This memoir, presented in journal format, shares the grief and sadness the family experienced when Victoria died at birth. Sandra chronicles how she grew as a person, a wife, and a mom, as she explains with a direct line through the Holy Spirit, the hurt, heartache, and the peace the Lord shared with her. She discusses her journey, with a newfound understanding and healing, to help others find discernment in a world no one should have to live through. In *When Jesus Carried Me* Sandra tells a true story of the greatest of loves the worst kind of loss and how she survived the everyday pain of sorrow by the power love and grace of the Lord

1975

2007 It was 1972, a time of social upheaval and the rise of hippie cults' and communal living across the USA. The Source Family was an Aquarian tribe, a secretive but outlandish group of beautiful young people dressed in robes and diaphanous gowns, who lived in a mansion in the Hollywood Hills and operated the famous Source restaurant, serving organic meals to admirers John Lennon, Warren Beatty, Marlon Brando and many others. This is the extraordinary story of the Family and the untimely demise of Father Yod told through photographs and first-hand accounts by family members.' This is the extraordinary story of the Family and the untimely demise of Father Yod told through photographs and first hand accounts by family members

2021-01-08 Cultivate Greater Awareness with this Joyful, Earth-Centered Path of Mindfulness Enjoy the extraordinary union of meditation and nature with this hands-on guide to being mindful in the garden. Joann Calabrese shares an abundance of activities and exercises you can use while inhabiting any green space, whether it's your yard, a park, or a forest trail. You'll learn to engage with earth energies and the present moment via everyday, accessible practices—all while using the natural world as your portal. *Growing Mindful* features dozens of awareness-boosting explorations rooted in sensing the wonder and magic of nature. Discover supplies and settings for each activity, garden correspondences, and 52 plants to mindfully connect with every week of the year. This inspiring, playful guide helps you deepen your spirituality and nurture a unique practice. Discover supplies and settings for each activity garden correspondences and 52 plants to mindfully connect with every week of the year This inspiring playful guide helps you deepen your spirituality and nurture a unique practice

1977

2019-06-14 After arriving from South Asia approximately a thousand years ago, cannabis quickly spread throughout the African continent. European accounts of cannabis in Africa—often fictionalized and reliant upon racial stereotypes—shaped widespread myths about the plant and were used to depict the continent as a cultural

backwater and Africans as predisposed to drug use. These myths continue to influence contemporary thinking about cannabis. In *The African Roots of Marijuana*, Chris S. Duvall corrects common misconceptions while providing an authoritative history of cannabis as it flowed into, throughout, and out of Africa. Duvall shows how preexisting smoking cultures in Africa transformed the plant into a fast-acting and easily dosed drug and how it later became linked with global capitalism and the slave trade. People often used cannabis to cope with oppressive working conditions under colonialism, as a recreational drug, and in religious and political movements. This expansive look at Africa's importance to the development of human knowledge about marijuana will challenge everything readers thought they knew about one of the world's most ubiquitous plants. In *The African Roots of Marijuana* Chris S Duvall corrects common misconceptions while providing an authoritative history of cannabis as it flowed into throughout and out of Africa

2020-09-29 In *Cannabis Is Medicine*, medical cannabis specialist Bonni Goldstein, MD, explains the science behind the use of this amazingly therapeutic plant and describes in easy-to-understand detail the recently discovered endocannabinoid system, involved in almost every human physiological process. Over 4 million people in the US are healing difficult-to-treat illnesses with cannabis medicine, and although 33 states have medical cannabis

laws, many physicians remain reluctant to discuss how this plant may be beneficial to health. this book is the comprehensive resource for patients and their loved ones who have not found answers with conventional medicines. Dr Goldstein has helped thousands of suffering patients -- including children -- find relief with cannabis. In her revelatory book, she explains the current state of scientific research on more than 28 chronic medical conditions that have responded positively to treatment with cannabis, and offers actionable advice on using various forms of medical cannabis, including CBD, to treat a range illnesses, navigating the medical cannabis industry, and detailed information on safety and legality. As medical cannabis laws continue to evolve, it is more vital than ever for suffering patients to understand the benefits of this plant from an honest, medicine-based perspective. Educational, practical, and comprehensive, *Cannabis Is Medicine* reveals the truth behind cannabis so patients can make informed decisions and improve the quality of their lives. Over 4 million people in the US are healing difficult to treat illnesses with cannabis medicine and although 33 states have medical cannabis laws many physicians remain reluctant to discuss how this plant may be beneficial to health this

2021-04-08 *Daily Meditations with Cannabis for Deep Sacred Experiences* Discover 420 accessible meditations that have been designed to enhance your spiritual journey and integrate the insights

and healing energies of cannabis. 420 Meditations provides daily prompts for contemplation, self-inquiry, and reflection, as well as chants, mantras, breathwork techniques, and more. Learn how to work with the energy of stones and essential oils, explore recipes for engaging your sense of taste, and listen to the songs and natural sounds that author Kerri Connor recommends for your sessions. In addition to daily cannabis meditations, this book provides meditations corresponding to moon phases, sabbats, elements, chakras, and auras. With tips for reaching peak experiences and integrating all your senses into your practice, this book supports your quest for a life of mindfulness and peace. With tips for reaching peak experiences and integrating all your senses into your practice this book supports your quest for a life of mindfulness and peace

2019-04-09 A healthy cookbook to share with a partner, featuring more than 100 recipes designed to nourish your bodies and souls. An Epicurious Best Cookbook for Spring • "Healthier Together focuses on real whole foods and bringing community together."—Kelly LeVeque, celebrity nutritionist and bestselling author of Body Love Food writer and health blogger Liz Moody once followed trendy diets and ate solely for fuel, not for flavor. That changed when she met her soon-to-be-boyfriend and they started cooking nutrient- and vegetable-rich meals. She not only fell in love with food again, but she also discovered that setting

goals and sticking to them is easier and more gratifying when paired with someone else. Mincing garlic and sautéing onions together eventually led the couple to marriage—proving that good food really is the universal connector! These 100+ flavor-packed recipes are designed to be cooked and enjoyed by two people, plus they're all gluten-free, dairy-free, and plant-centered. They include homemade alternatives for all the foods you love to share, such as brunch, takeout, and sweet treats. Indulge in Cardamom Banana Bread Pancakes with Candied Coffee Walnuts, Cornflake "Fried" Chicken, General Tso's Cauliflower, and Chocolate Tahini Brownie Bites. Pick your partner—near or far—and get ready to get healthy. Praise for Healthier Together "This cookbook is one you'll be reaching for time and time again when you need healthy food that is satisfying and delicious."—Tieghan Gerard "Liz Moody offers heaps of tasty recipes packed with great ingredients."—Real Simple "Healthier Together is a brilliant concept! Cooking with a friend/partner/mom is so much better than cooking alone, plus having a partner will keep you both accountable on your healthy eating journey."—Gina Homolka "Liz does an amazing job helping you make delicious food in a way that is both feasible and fun."—Rachel Mansfield "Liz's book overflows with food made to share, healthy but with all the comfort and flavor that brings happy people around the table."—Daphne Oz "Liz's message is profound, yet so simple . . . you

need to have both whole foods and whole, real relationships to truly be healthy and happy. This book makes eating healthy a celebration, not a sacrifice, and it brings an arsenal of fresh and flavorful recipes that are fun to make and eat!"—Jeanine Donofrio This book makes eating healthy a celebration not a sacrifice and it brings an arsenal of fresh and flavorful recipes that are fun to make and eat Jeanine Donofrio

2022-07-13 An inspirational and beautifully illustrated book that tells the stories of 80 plants from around the globe. In his follow-up to the bestselling *Around the World in 80 Trees*, Jonathan Drori takes another trip across the globe, bringing to life the science of plants by revealing how their worlds are intricately entwined with our own history, culture and folklore. From the seemingly familiar tomato and dandelion to the eerie mandrake and Spanish 'moss' of Louisiana, each of these stories is full of surprises. Some have a troubling past, while others have ignited human creativity or enabled whole civilizations to flourish. With a colourful cast of characters all brought to life by illustrator Lucille Clerc, this is a botanical journey of beauty and brilliance. 'A beautiful celebration of the plants and flowers that surround us and a quiet call to arms for change' *The Herald* 'This charming and beautifully illustrated book takes readers on a voyage of discovery, exploring the many ingenious and surprising uses for plants in modern science and throughout history' *Kew Magazine* 'With beautiful illustrations from

Lucille Clerc, this captivating book traverses the globe via plants: nettles in England, mangoes in India and tulips in the Netherlands' *Daily Mail* From the seemingly familiar tomato and dandelion to the eerie mandrake and Spanish moss of Louisiana each of these stories is full of surprises

2020-04-07 That's not a weed--it's herbal medicine! Learn to use wild plants and herbs for food and DIY remedies in this illustrated guide from two expert herbalists. Millions of people are interested in natural and holistic health, yet many are missing out on the key ingredient: Nature itself! Rekindle your connection with the earth as you craft your own herbal medicine with 75 delicious recipes and powerful healing remedies. Herbalists Rosalee de la Forêt and Emily Han expertly guide you through the benefits of two dozen of the most important and commonly found wild plants-many of which you can easily grow in your own garden, if foraging isn't right for you. Detailed illustrations and beautiful photography ensure that you won't make a plant-identification misstep as you learn how to tend and properly harvest the plant medicine growing right in your own neighborhood. After reading *Wild Remedies*, you'll never look at your backyard, a public park, or any green space in the same way again. Instead of weeds, you'll see delicious foods like Dandelion Maple Syrup Cake, Nettle Frittata, and Chickweed Pesto. You will revel in nature's pharmacy as you make herbal oils, salves, teas, and many more powerful

remedies in your own kitchen. That's not a weed: its herbal medicine. Learn to use wild plants and herbs for food and DIY remedies in this illustrated guide from two expert herbalists.

2021-02-16 A profound meditation on the human need for connection with nature, as one man seeks solace beneath the bows of an ancient oak tree.—Peter Wohlleben, author of *The Hidden Life of Trees* James Canton knows so much, writes so well and understands so deeply about the true forest magic and the important place these trees have in it. Knowledge and joy.—Sara Maitland, author of *How to Be Alone* Joining the ranks of *The Hidden Life of Trees* and *H is for Hawk*, an evocative memoir and ode to one of the most majestic living things on earth—the oak tree—probing the mysteries of nature and the healing role it plays in our lives. Thrown into turmoil by the end of his long-term relationship, Professor James Canton spent two years meditating [PA1]beneath the welcoming shelter of the massive 800-year-old Honeywood Oak tree in North Essex, England. While considering the direction of his own life, he began to contemplate the existence of this colossus tree. Standing in England for centuries, the oak would have been a sapling when the Magna Carta was signed in 1215. In this beautiful, transportive book, Canton tells the story of this tree in its ecological, spiritual, literary, and historical contexts, using it as a prism to see his own life and human history. *The Oak Papers* is a reflection on change and

transformation, and the role nature has played in sustaining and redeeming us. Canton examines our long-standing dependency on the oak, and how that has developed and morphed into myth and legend. We no longer need these sturdy trees to build our houses and boats, to fuel our fires, or to grind their acorns into flour in times of famine. What purpose, then, do they serve in our world today? Are these miracles of nature no longer necessary to our lives? What can they offer us? Taking inspiration from the literary world—Henry David Thoreau, Leo Tolstoy, Katherine Basford's *Green Man*, Thomas Hardy, William Shakespeare, and others—Canton ponders the wondrous magic of nature and the threats it faces, from human development to climate change, implores us to act as responsible stewards to conserve what is precious, and reminds us of the lessons we can learn from the world around us, if only we slow down enough to listen. In this beautiful transportive book Canton tells the story of this tree in its ecological spiritual literary and historical contexts using it as a prism to see his own life and human history.

2020-07-14 You know your diet should be rich in plants for optimal health. So shouldn't the products you apply to your skin, which are absorbed into your body, also be filled with plants? If you've ever looked at the back of your so-called natural facial moisturizer or body cream and seen a list of complicated additives you couldn't recognize or pronounce, then you know firsthand that

mass-produced synthetic beauty products can be something of a mystery. With *Plant-Powered Beauty: The Essential Guide to Using Natural Ingredients for Health, Wellness, and Personal Skincare* (with 50-plus Recipes), harness the power of plant-based energy to maintain your natural beauty and let your skin glow like never before. Natural beauty experts Amy Galper and Christina Daigneault show readers how to deconstruct beauty labels, parse ingredients lists, make informed choices about the products they use—and, most important, better understand how their skin works. At the heart of *Plant-Powered Beauty*, you will find more than 50 easy-to-follow recipes to make your own plant-based skincare and beauty products, such as: Almond Milk Facial Cleanser Anti-aging Facial Scrub Blemish Gel Choc-o-Mint Lip Balm Coconut Whip Makeup Remover Vitamin-Rich Hair Health Serum Quick and Fresh Cucumber-Thyme Body Scrub Moisturizing Body Oil for Super-Dry Skin Natural Mouthwash Plus, in this updated edition of *Plant-Powered Beauty*, meet the hottest wellness and beauty ingredient: cannabidiol, a very unique molecule within the *Cannabis sativa* plant. Research shows that CBD has a remarkable effect on the skin, including supporting tissue repair, evening skin tone, and promoting a youthful glow. New CBD recipes—for men and women!—include a salve to reduce pain, bath soak to address inflammation, facial serum for balancing, roll-on for stress relief, body butter, and more.

Plant-Powered Beauty unlocks sought-after wisdom for all aspects of plant-based personal skincare and celebrates the shift in beauty trends, bringing us back to natural beauty and reconnecting us with plants and healthy choices. At the heart of *Plant Powered Beauty* you will find more than 50 easy to follow recipes to make your own plant based skincare and beauty products such as Almond Milk Facial Cleanser Anti aging Facial Scrub Blemish Gel Choc o Mint Lip Balm

2011-01-04 Teresa Strasser made her baby a spleen and some eyebrows. He got her a book deal. Everyone loves babies-and pregnant women-so TV and radio personality Teresa Strasser decided to use this obsession to her advantage. She came up with a way to provide for her newfound family and help other mommies-to-be with this down- and-dirty memoir about first-time pregnancy. An award-winning writer, Teresa is achingly honest about the motherhood she begins experiencing at age thirty-eight. With a biting sense of humor and heart, she portrays the tribulations that come with each trimester, from nausea, weight gain, and bladder infections to dealing with those other kinds of pregnant women. (You know the ones. The ones who glow-and gloat about it.) *Exploiting My Baby* is a must-read for anyone pregnant, trying to get pregnant, or who is just more crazy than baby-crazy. Hopping on a trail pioneered by such lions as Laura Ingalls Wilder, Erma Bombeck, and Tori Spelling, Teresa has no problem using her

pregnancy, childbirth and difficult relationship with her own mother for material. It's her blunt and plain-spoken approach to exploiting her family for literary success that sets her apart. Watch a Video Teresa Strasser made her baby a spleen and some eyebrows He got her a book deal Everyone loves babies and pregnant women so TV and radio personality Teresa Strasser decided to use this obsession to her advantage

1998-11 Conventional medical practitioners have long been confounded by the success of Bach Flower Remedies in healing rheumatism, fatigue, ulcers, depression and a wide range of illnesses. Bach's theory--that disease must be cured by restoring the patient's inner balance to allow the body itself to reject illness--is based on years of research and medical practice. Detailed here, Bach's remedies use simple-to-prepare tinctures of flowers, trees, and herbs for a variety of specific ills. Conventional medical practitioners have long been confounded by the success of Bach Flower Remedies in healing rheumatism fatigue ulcers depression and a wide range of illnesses

2020-08-18 The Vagina Book is an essential guide packed with invaluable information about sexual health that everybody should know, but might be too afraid to ask. With sections on anatomy, periods, hormones, sex, contraception, fertility, hair care, and so much more, this fun-to-read guide helps readers make

healthy decisions for their bodies. Compelling personal essays from a diverse group of luminary figures—including Margaret Cho, Roxane Gay, and Blair Imani—are sprinkled throughout, enriching the pages with beauty, strength, and honesty. • From OB/GYN Dr. Jennifer Conti and the team behind the beloved Thinx period products • Dispenses with taboos and misinformation about vaginas and bodies • Provides the latest health research in easy-to-digest entries Advice includes yoga poses to help with PMS and cramping, a cheat sheet for making sense of contraception options, why you should care about your pelvic floor (plus easy strengthening exercises!), and the illustrated history of feminine hygiene products, from ancient Egypt through today. This groundbreaking guide is a perfect gift for every modern woman and a vital addition to every modern bookshelf. • A must-have handbook for anyone with a vagina • Presented in a luxe, cushioned case filled with more than a hundred vibrant illustrations • Perfect unique gift for anyone who is passionate about sexual health, feminism, and learning more about their body, as well as readers of Refinery29 and GOOP • Add it to the shelf with books like Come as You Are: The Surprising New Science that Will Transform Your Sex Life by Emily Nagoski PhD;, WomanCode: Perfect Your Cycle, Amplify Your Fertility, Supercharge Your Sex Drive, and Become a Power Source by Alisa Vitti; and Pussy: A Reclamation by Regena

Thomashaue. The Vagina Book is an essential guide packed with invaluable information about sexual health that everybody should know but might be too afraid to ask

2011-08-01 Sweeping the ashes out of the fireplace at my first job as a cleaning lady, I was overwhelmed. My husband of 23 years had left me for another woman, and I was thrust into the role of a struggling single mom. At that time my mother died of cancer, my house went into foreclosure, my car was repossessed, and I was forced into unexpected bankruptcy. In frustration, I lifted my hands up to the Lord and cried out, God, I feel like Cinderella! He answered me right away. He said, You are Cinderella, and I will redeem you! I had already experienced the supernatural power of prayer, healings and miracles. I was visited by an angel and prayed for a man that was raised from the dead. So when I heard God answer me in those ashes, I knew I had to trust him like never before. LuAnne's life testimony proves that God can take a life that has a

dysfunctional childhood, an abusive marriage, and a seemingly helpless situation, and transform it into a life of joyful fulfillment. Dr. Bill Hamon The stories of God's intervention and his power, the working of the gifts of the Spirit and the miraculous divine appointments are encouraging and amazing. Randy Clark I cried as I read between the lines of my friend's life, but I rejoiced as I saw how faithful God is. You will be encouraged as you read this book of LuAnne's childlike faith and God's supernatural power. Dr Sharon Stone This book will teach you the power of forgiveness. Barbara Wentroble LuAnne Mast and her husband are senior pastors at Destiny Christian Church in Dover, DE. Their traveling ministry is Eagle Fire Ministries; speaking in churches and conferences internationally. They are ordained by Dr. Bill Hamon of Christian International. You will be encouraged as you read this book of LuAnnes childlike faith and Gods supernatural power Dr Sharon Stone This book will teach you the power of forgiveness