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Keep inner peace and mindfulness with you as you go about your day in this two-year pocket planner with extra pages for notes. Beginning in August 2017 and running through December 2019, the 2018 Zen Pocket Planner and your schedule are protected from stress by a sturdy, vinyl sleeve.

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Fill your upcoming 2018, 16 months of Zen calendar planner. Plan out a year in advance.

By combining classic insights and stories from Zen tradition, Zen Golf helps eliminate the mental distractions that routinely cause poor shots and loss of concentration, allowing golfers to feel in “the zone” that professionals have learned to master. “The lessons in Zen Golf make the mental game seem so simple. Dr. Parent has given me very effective methods for working with thoughts and emotions, and for taking the negatives out of the picture.” —Vijay Singh, Masters and PGA Champion The best players know that golf is a game of confidence, and most important, concentration—the ability to focus and block out distraction. The goal of achieving clear thought is also at the heart of Buddhist teachings. In his highly original and groundbreaking book, noted PGA coach and Buddhist instructor, Dr. Joseph Parent, draws on this natural connection and teaches golfers how to clear their minds, achieve ultimate focus, and play in the moment for each shot. Zen Golf presents a simple system for building “mental game mastery.” Dr Parent’s unique PAR Approach (focusing on Preparation, Action, and Response to Results) guides golfers with specific techniques for each aspect of their games. In chapters such as “How to Get From the Practice Tee to the First Tee”, “You Produce What You

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Fear”, and “How to Enjoy a Bad Round of Golf”, the author shares a personal teaching regimen that has helped improve the games of professionals and amateurs alike. Clear, concise, and enlightening, Zen Golf shows golfers how to prepare for, execute, and equally important, respond the results of any golf shot. A different approach to golf instruction, this book shapes ancient philosophies into new teachings.

By dipping into this little book of simple Zen Buddhist sayings, you can calm your anxiety and return serenity to your soul. Are you feeling stress and anxiety from the demands of daily life? Do you feel overwhelmed by your to-do list and the constant deluge of information from all quarters? Are you unhappy with your life and envious of those around you? At times like these it's important to step back and take a breath. Zen meditation may conjure up images of sitting in silence for long hours, but according to Buddhist monk and author Shinsuke Hosokawa, Zen can be summed up as "the knowledge needed for a person to live life with a positive outlook." With this in mind, he has produced this charmingly illustrated collection of thoughts and sayings to help you live life with less stress and anxiety. The sayings include: Pay attention to what is right in front of your eyes Nothing happens by chance. Every encounter has its meaning Be careful not to confuse the means and the purpose Keep flowing just like water Nothing will control you Even a bad day is a good day Check the ground beneath your feet when you're in trouble You'll never walk alone These 52 mindful sayings mirror the 52 steps traditionally taken to achieve Buddhist enlightenment, and they also coincide with the 52 weeks of the year—passing through the seasons, both in the natural world and our lives. Each page has an illustration and a simple, meditative reflection to help you see into your own

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heart, accept your current state of being, reduce anxiety and find peace. Whatever the time of year, whatever your time of life, by browsing the pages of this book you are sure to quickly find a piece of universal wisdom that will resonate with your soul.

-With inside access and reporting, Sports Illustrated senior baseball writer and FOX Sports analyst Tom Verducci reveals how Theo Epstein and Joe Maddon built, led, and inspired the Chicago Cubs team that broke the longest championship drought in sports, chronicling their epic journey to become World Series champions---

Best-selling author and spiritual teacher Pema Chödrön shares life-changing practices for living with wisdom, confidence, and integrity amidst confusing situations and uncertain times. We live in difficult times. Life so often seems like a turbulent river threatening to drown us and destroy our world. Why, then, shouldn't we cling to the certainty of the comfortable—to our deep-seated habits and familiar ways? Because, Pema Chödrön teaches, that kind of fear-based clinging keeps us from the infinitely more powerful experience of being fully alive. The teachings she presents here—known as the “Three Commitments”—provide a treasure trove of wisdom for learning to step right into the unknown, to completely and fearlessly embrace the groundlessness of being human. When we do, we begin to see not only how much better it feels to live an openhearted life, but we find that we begin to naturally and more effectively reach out to help and heal all those around us.

Bringing the energy of true presence into our lives really does change things for the better—and all it takes is a little training. This treasury of 365 gems of daily wisdom from one of the

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most beloved Buddhist teachers of our age is a help and support for anyone who wants to train to meet every moment of life with 100 percent attention. Thich Nhat Hanh shows how practicing mindfulness can transform every area of our lives—and how its benefits radiate beyond us to affect others and the whole, larger world.

In this richly literary anthology, Jay McInerney—bestselling novelist and acclaimed wine columnist for *Town & Country*, *Wall Street Journal*, and *House and Garden*—selects over twenty pieces of memorable fiction and nonfiction about the making, selling, and of course, drinking of fine wine. Including excerpts from novels, short fiction, memoir, and narrative nonfiction, *Wine Reads* features big names in the trade and literary heavyweights alike. We follow Kermit Lynch to the Northern Rhône in a chapter from his classic *Adventures on the Wine Route*. In an excerpt from *Between Meals*, long-time *New Yorker* writer A. J. Liebling raises feeding and imbibing on a budget in Paris into something of an art form—and discovers a very good rosé from just west of the Rhone. Michael Dibdin’s fictional Venetian detective Aurelio Zen gets a lesson in Barolo, Barbaresco, and Brunello vintages from an eccentric celebrity. In real life, and over half a century ago, Jewish-Czech writer and gourmet Joseph Wechsberg visits the medieval Château d’Yquem to sample different years of the “roi des vins” alongside a French connoisseur who had his first taste of wine at age four. Also showcasing an iconic scene from Rex Pickett’s *Sideways* and work by Jancis Robinson, Benjamin Wallace, and McInerney himself, this is an essential volume for any disciple of Bacchus.

This 52-week planner is filled with technique lessons,

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exercises, and encouragement, so you will be excited to create art every day!

How to Eat is part of the Mindfulness Essentials Series by Zen Master Thich Nhat Hanh, illuminating the basics of mindfulness practice. These short meditations cover everything from eating with others and enjoying our food to connecting with the Earth. Nhat Hanh inspires a joyful and sustainable relationship with all aspects of eating, including gardening, food shopping, preparing, serving, and even cleaning up after a meal. How to Eat is a welcome reminder that the benefits of mindful eating are both personal and global. With sumi ink drawings by Jason DeAntonis.

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