

Bookmark File Playing By Heart Pdf For Free

Alice By Heart Jerome by Heart Wild at Heart Tattoos on the Heart Words by Heart Words by Heart Scripture by Heart Mothering by Heart Healing by Heart Magic by Heart Love You by Heart Parenting By Heart Learning by Heart Know it by Heart These I Know By Heart A Song I Knew by Heart Heart Book A New Whig-Catechism, to be learned by heart before the 13th of the present January: when a confirmation will be held, in St James's Place, by the patriarch of Whiggism, who will then examine such as may present themselves to be initiated into the mysteries of the coalition A Big Heart A Buccaneer at Heart Things We Know by Heart Reckless at Heart The NET-Heart Book Dr. Suzanne Steinbaum's Heart Book What Is Given from the Heart Japanese Americans at Heart Mountain Lead From The Heart Healing by Heart Playing from the Heart A Path with Heart Scripture Extracts to be learnt by heart. By the Rev. Edward Berens ... Second edition Teaching by Heart Atlas of the Heart The Book of the Heart Wild at Heart: A Band of Brothers Small Group Participant's Guide Learning by Heart Learning by Heart Born from the Heart The Shape of My Heart America by Heart LP

When Arietta and her magic cloak are kidnapped by a lonely magician, her family, friends, and animals come together to find a way to rescue her. By the author of The Gorillas of Gill Park. Neglected Tropical Diseases and other Infectious Diseases Affecting the Heart provides a comprehensive and systematic review on the literature surrounding Neglected Tropical Diseases and infectious diseases and how they affect the heart. Written by Emerging Leaders of the Interamerican Society of Cardiology (SIAC), the book includes the latest research findings, covering the cardiac involvement of a range of viral, bacterial and parasitic diseases, including COVID19, HIV, Zika, Lyme Disease, and more. Chapters cover epidemiology, the physiopathology of cardiovascular involvement, symptoms, diagnosis, and treatment options for each disease, making the book suitable to researchers, scientists, clinicians and physicians in the field. Covers the cardiac involvement of a range of viral, bacterial and parasitic diseases, including COVID19, HIV, Influenza, Lyme Disease, and more Explains the diagnosis and management of cardiovascular ailments in neglected tropical diseases Written in an easy to read manner with figures, illustrations and tables to aid understanding Contains chapter formatted with an Introduction, Epidemiology, Physiopathology of Cardiovascular (CV) involvement, Symptoms, Diagnosis, Treatment, Discussion and Conclusions Since the publication of her bestselling memoir, Going Rogue, in 2009, former Alaska governor Sarah Palin has traveled the country extensively. She has visited cities and towns in almost every state, dropped in on military

bases, given talks and speeches to small groups and at massive rallies. Throughout her travels, she has had the privilege of meeting thousands of Americans—ordinary men and women who have shared with her their hopes and dreams, their love of country, and their fears about what lies ahead. Governor Palin, inspired by these encounters, celebrates in her new book the enduring strengths and virtues that have made this country a beacon of liberty and hope for the rest of the world. *America by Heart* is a highly personal testament to her deep love of country, her strong roots in faith, and her profound appreciation of family. Ranging widely over American history, culture, and current affairs, Governor Palin reflects on the key values that have been such an essential part of her own life and that continue to inform her vision of America's future.

Heart Book by Jeffrey Dach MD is a journey through the confusing maze of coronary artery disease. The old medical paradigms of cholesterol and statin drugs have been upended, yet mainstream cardiology clings to these tired dogmas as if nothing has changed. This book is the paradigm shift in how to prevent and reverse coronary artery disease. **CORETTA SCOTT KING – JOHN STEPTOE ILLUSTRATOR AWARD FOR NEW TALENT WINNER** This final, magnificent picture book from three-time Coretta Scott King Award winner and Newbery Honor author Patricia McKissack is a poignant and uplifting celebration of the joy of giving. "Misery loves company,"" Mama says to James Otis. It's been a rough couple of months for them, but Mama says as long as they have their health and strength, they're blessed. One Sunday before Valentine's Day, Reverend Dennis makes an announcement during the service-- the Temples have lost everything in a fire, and the church is collecting anything that might be useful to them. James thinks hard about what he can add to the Temple's "'love box,'" but what does he have worth giving? With her extraordinary gift for storytelling, McKissack--with stunning illustrations by Harrison--delivers a touching, powerful tale of compassion and reminds us all that what is given from the heart, reaches the heart. Acclaimed creator of *The Word Collector*, *Happy Dreamer*, *Say Something*, and *Be You*, #1 New York Times bestseller Peter H. Reynolds breaks new ground in this ultimate gift book format perfect for readers of every age. A poetic, universal, and joyful celebration of how we feel about the most beloved people in our lives -- we love them **BY HEART!** I love every smile, every blink, I love you by heart. I love your toes, your head, your nose, I love you by heart. Celebrated, bestselling creator Peter H. Reynolds brings to life this ode to unconditional love with a delightful and poetic tribute to the rare and beautiful love that binds us together. From the intimate and unbridled love parents and caregivers have for their little ones, to the tremendous love of a lifelong friendship, and the boundless love of a grandparent -- this is a heartfelt message to share with the people we cherish; like a song we have known all our lives, we love them by heart. Peter H. Reynold's whimsical and charming art conveys this deep expression of love with humor, tenderness, and heart. *Love You by Heart* is the perfect gift for Valentine's Day and any

day of the year and will become a bookshelf staple. Just right for new and expectant parents, baby showers, birthdays, graduations, and anytime you want to share a most heartfelt message of L-O-V-E! A young girl takes refuge in a London Tube station during WWII and confronts grief, loss, and first love with the help of her favorite book, Alice in Wonderland, in the debut novel from Tony Award-winning playwright Steven Sater. London, 1940. Amidst the rubble of the Blitz of World War II, fifteen-year-old Alice Spencer and her best friend, Alfred, are forced to take shelter in an underground tube station. Sick with tuberculosis, Alfred is quarantined, with doctors saying he won't make it through the night. In her desperation to keep him holding on, Alice turns to their favorite pastime: recalling the book that bonded them, and telling the story that she knows by heart--the story of Alice in Wonderland. What follows is a stunning, fantastical journey that blends Alice's two worlds: her war-ravaged homeland being held together by nurses and soldiers and Winston Churchill, and her beloved Wonderland, a welcome distraction from the bombs and the death, but a place where one rule always applies: the pages must keep turning. But then the lines between these two worlds begin to blur. Is that a militant Red Cross Nurse demanding that Alice get BACK. TO. HER. BED!, or is it the infamous Queen of Hearts saying...something about her head? Soon, Alice must decide whether to stay in Wonderland forever, or embrace the pain of reality if that's what it means to grow up. In this gorgeous YA adaption of his off-Broadway musical, the Tony Award-winning co-creator of Spring Awakening encourages us all to celebrate the transformational power of the imagination, even in the harshest of times. "Arthur loves Jerome. I say it. It's easy." Leadership and engagement expert Mark C. Crowley shows how trading in the old business playbook for heart-led leadership strategies will create purpose-driven, dedicated employees and higher levels of performance. Revised and updated to address the needs of those managing Gen Z and millennial employees in addition to the latest global research on employee engagement. In this thoroughly revised and updated edition of his now classic book, visionary Mark C. Crowley provides the roadmap workplace leaders the world over are seeking: How to most successfully and sustainably inspire and manage other human beings in the post-pandemic era. · Nearly 50 million workers quit their jobs in the U.S. alone in 2021—a record number likely to be exceeded in 2022. · While we might imagine that an opportunity to earn greater pay is the key driver of this “Great Resignation,” research shows two-thirds of the reasons people leave jobs boil down to issues related to their engagement and overall well-being. · More specifically, people quit when they feel they aren’t valued, respected, appreciated, coached—or cared about personally—by their manager and organization. · Thanks in large part to the COVID pandemic and a global reset of what matters most to people in their lives, human beings have profoundly evolved in what they need and want in exchange for their work. · Consequently, a radical change in employee expectations demands that organizations

and managers rapidly pivot by embracing leadership practices that match the moment. · The remedy to the Great Resignation is to adopt more humane ways of managing people knowing they inherently lead to infinitely greater engagement not to mention optimal employee performance. · In this new and updated version of his seminal and visionary book, Mark C. Crowley draws upon emerging medical and other scientific discoveries which prove it's the heart, not the mind, that drives human motivation and achievement. · While we've long been led to believe that human beings are essentially rational beings, new research shows that feelings and emotions far more often motivate human behavior and what people care about most and commit themselves to in their lives. · In light of this breakthrough understanding, it's become incumbent upon workplace managers to pay great attention to their employees' emotional experience at work—far greater attention than any of us ever believed necessary. · Ironically, most of us were told the heart has no place in workplace management. In fact, most of us were taught that the heart acts like Kryptonite in leadership: it inherently undermines a manager's effectiveness - and lowers performance. · What makes this book so remarkable is that it brilliantly contradicts all those traditional beliefs and proves why people naturally and instinctively respond to managers who care about them personally and support their deep human needs. · To be absolutely clear, there's nothing soft or weak about the Lead From The Heart philosophy. Instead, it represents the future of workplace management and a roadmap to driving uncommon engagement, productivity and profitability when organizations around the world are wanting it most. · Rich with inspiring stories and illuminating research, this book proves that when you lead people with a greater balance of mind and heart, people naturally follow. And they also excel. John Eldredge revises and updates his best-selling, renowned Christian classic. God designed men to be dangerous, says John Eldredge. Simply look at the dreams and desires written in the heart of every boy: To be a hero, to be a warrior, to live a life of adventure and risk. Sadly, most men abandon those dreams and desires-aided by a Christianity that feels like nothing more than pressure to be a "nice guy." It is no wonder that many men avoid church, and those who go are often passive and bored to death. In this provocative book, Eldredge gives women a look inside the true heart of a man and gives men permission to be what God designed them to be-dangerous, passionate, alive, and free. Father Boyle started Homeboy Industries nearly 20 years ago, which has served members of more than half of the gangs in Los Angeles. This collection presents parables about kinship and the sacredness of life drawn from Boyle's years of working with gangs. "A page turner. With candor and clarity, Tony Wagner tells the story of his remarkable life and, in so doing, tells the story of our education system." —Angela Duckworth, Founder and CEO, Character Lab, and New York Times bestselling author of Grit One of the world's top experts on education delivers an uplifting memoir on his own personal failures and successes as he sought to become a good learner and teacher. Tony Wagner is an

eminent education specialist: he has taught at every grade level from high school through graduate school; worked at Harvard; done significant work for the Bill & Melinda Gates Foundation; and speaks across the country and all over the world. But before he found his success, Wagner was kicked out of middle school, expelled from high school, and dropped out of two colleges. Learning by Heart is his powerful account of his years as a student and teacher. After struggling in both roles, he learned to create meaningful learning experiences despite the constraints of conventional schooling--initially for himself and then for his students--based on understanding each student's real interests and strengthening his or her intrinsic motivations. Wagner's story sheds light on critical issues facing parents and educators today, and reminds us that trial and error, resilience, and respect for the individual, are at the very heart of all teaching and learning. "This important guidebook shows in detail and with great humor and insight the way to practice the Buddha's universal teachings here in the West. Jack Kornfield is a wonderful storyteller and a great teacher."—Thich Nhat Hanh "Jack is helping to pave the path for American Buddhism, bringing essential basics into our crazy modern lives. And the language he uses is as simple and as lovely as our breath."—Natalie Goldberg Perhaps the most important book yet written on meditation, the process of inner transformation, and the integration of spiritual practice into our American way of life, A Path with Heart brings alive one by one the challenges of spiritual living in the modern world. Written by a teacher, psychologist, and meditation master of international renown, this warm, inspiring, and expert book touches on a wide range of essential issues including many rarely addressed in spiritual books. From compassion, addiction, and psychological and emotional healing, to dealing with problems involving relationships and sexuality, to the creation of a Zen-like simplicity and balance in all facets of life, it speaks to the concerns of many modern spiritual seekers, both those beginning on the path and those with years of experience. A Path with Heart is filled with practical techniques, guided meditations, stories, koans, and other gems of wisdom that can help ease your journey through the world. The author's own profound—and sometimes humorous—experiences and gentle assistance will skillfully guide you through the obstacles and trials of spiritual and contemporary life to bring a clarity of perception and a sense of the sacred into your everyday experience. Reading this book will touch your heart and remind you of the promises inherent in meditation and in a life of the spirit: the blossoming of inner peace, wholeness, and understanding, and the achievement of a happiness that is not dependent on external conditions. Sure to be a classic, A Path with Heart shows us how we can bring our spirituality to flower every day of our lives. It is a wise and gentle guidebook for an odyssey into the soul that enables us to achieve a deeper, more satisfying life in the world. "A magnificent journey through a rich landscape of creative promise . . . a spirited educative tool filled with insight, intelligence, and play." —Julie Ault, artist &

author of Come Alive! Artist and educator Corita Kent inspired generations of artists, and the truth of her words “We can all talk, we can all write, and if the blocks are removed, we can all draw and paint and make things” still shines through. This revised edition of her classic work Learning by Heart features a new foreword and a chart of curriculum standards. Kent’s original projects and exercises, developed through more than thirty years as an art teacher and richly illustrated with 300 thought-provoking images, are as inspiring and as freeing today as they were during her lifetime. Learn how to challenge fears, be open to new directions, recognize connections between objects and ideas, and much more in this remarkable, indispensable guide to freeing the creative spirit within all of us. With new material by art world heavyweights Susan Friel and Barbara Loste, Learning by Heart brings creative inspiration into the twenty-first century and will become a priceless resource for teachers, artists, actors—everyone. “Corita Kent and Jan Steward offer strategies, projects, exercises, and ideas on how to nurture creativity in a world of wonders.” —Spirituality & Practice In this unforgettable novel, Quinn Sullivan falls for the recipient of her boyfriend’s donated heart. Printz Award winner John Corey Whaley calls it “not just a love story, but one with a ferocious pulse.” After Quinn’s boyfriend, Trent, dies in an accident their junior year, she reaches out to the recipients of his donated organs in hopes of picking up the fragments of her now-unrecognizable life. But whoever received Trent’s heart has chosen to remain silent. The essence of a person, Quinn has always believed, is in the heart. If she finds Trent’s, then in a way, she will still have a piece of him. Risking everything to get closure once and for all, Quinn goes outside the system to track down nineteen-year-old Colton Thomas, whose life has been forever changed by this priceless gift. But what starts as an accidental run-in quickly develops into something more, sparking an undeniable attraction. She doesn’t want to give in to it—especially since he has no idea how they’re connected—but the time Quinn spends with Colton makes her feel alive again. No matter how hard she’s falling for Colton, though, each beat of his heart reminds her of all she’s lost . . . and all that remains at stake. Perfect for fans of Sarah Dessen, this unique and emotional story about an unexpected bond between two strangers will leave no heart untouched. A young black girl struggles to fulfill her papa's dream of a better future for their family in the southwestern town where, in 1910, they are the only blacks. Healing by Heart is a book of stories--stories of people's search for culturally responsive health care from U.S. providers. It offers resources to providers and institutions committed to delivering culturally responsive health care, paying special attention to building successful relationships with traditional Hmong patients and families. It makes available extensive information about the health-related beliefs, practices, and values of the Hmong people, including photographs of traditional healing methods. Ranging in age from young infants to older adults, the patients in the stories present a wide range of health problems. The clinicians are from family

practice, internal medicine, pediatrics, emergency medicine, surgery, obstetrics-gynecology, psychiatry/psychology, and hospice. Each of the fourteen case stories is accompanied by discussion questions as well as two or three commentaries. The commentaries--written by patients, family members, shaman, Western clinicians (including Hmong physicians, nurses, and social workers), medical anthropologists, health care ethicists, social workers, psychologists, and clergy--are rich in personal reflections on cross-cultural health care experiences. Readers are rewarded with a combination of perspectives, including those of Hmong authors who have not previously published in English and scholars with years of professional experience working with the Hmong in Laos, Thailand, and the United States. The editors offer a model for delivering culturally responsive health care with special attention to matters of cross-cultural health care ethics. The model identifies questions health care providers can focus on as they seek to understand the health-related moral commitments and practices prevalent in the cultural groups they serve, ethical questions that arise frequently and with great poignancy in cross-cultural health care relationships, and points to consider when a patient's treatment wish challenges the provider's professional integrity. By sharing stories of suffering, confusion, and success, Healing by Heart couples an accessible method of learning about others with concrete recommendations about how to enhance cross-cultural health care relationships. A young black girl struggles to fulfill her papa's dream of a better future for their family in the southwestern town where, in 1910, they are the only blacks. Copyright © Libri GmbH. All rights reserved. "And Ruth said, 'Entreat me not to leave thee, or to return from following after thee: for whither thou goest, I will go; and where thou lodgest, I will lodge: thy people shall be my people, and thy God my God.'" —Ruth 1:16 During a cold Massachusetts winter, a man's car fatally skids on black ice, leaving a mother childless and her daughter-in-law a widow. Naomi and Ruth, bound together as kin, are now each other's only comfort. Naomi lost her own husband, Eli, eight years ago, and now she has lost her son. Watching Ruth struggle through grief, Naomi suddenly realizes what she must do to make herself whole again: She must return to her childhood home in coastal South Carolina. There, she remembers, was the innocence of youth and first falling in love. But when she tells Ruth about her plan, she receives an unexpected reply: "Where you go, I will go. Where you live, that's where I'll live too." So the two women plan the journey together. The only family Naomi has down South are in-laws, people she hasn't seen in decades, having kept in touch over the years only through annual Christmas cards. But when she phones, apprehensively, to tell them of her plan, they welcome her with openness and warmth. Arriving at a home full of sons and daughters and grandchildren, Naomi and Ruth are flooded with a love they are nearly too fragile to accept. Yet Naomi carries a deep secret in her soul—and not even this change of scenery can erase its dark shadow. As the long Southern days seep into their hearts, both she and Ruth begin to find themselves

reawakened. And as the love of her newfound family and her enduring bond with Ruth prove themselves stronger than sin, stronger than heartache, redemption finds Naomi once and for all. *A Song I Knew by Heart* is about the healing power of family—in particular, the bond between a mother-in-law and daughter-in-law. As Ruth and Naomi share their individual sorrows, together they find an uncommon strength. The pages of Bret Lott's deeply moving novel flow with a lilting beauty that is as heartrending and as restorative as the relationship at its center. He's a grumpy silver fox who's about to become a grandfather, and she's the sunshiny young midwife who wants babies of her own... Owen Kincaid knows how hard it is to have a kid when you're still a kid yourself, and eighteen years after the fact, the paramedic watching his daughter go through the same thing. The last thing she needs is him falling for the new woman in town—her midwife. Kerry Humphrey finds her new client's father...unsettling. He's tall and brooding and always there, hovering in the background of appointments. And then there's the crackle of off-limits chemistry every time they're alone. She hates that, too, but Pine Harbour is a tiny place, and avoiding the young grandfather-to-be in a town of six hundred people and a single Main Street proves impossible. Everything about their attraction is ill-fated. But it won't go away. Fall in love with the Kincaids of Pine Harbor in this sizzling start to a brand-new small town romance series from New York Times Bestselling Author Zoe York. Focusing upon the bond between mother and child, this unique gift book offers an inspiring collection of poetry, spiritual insights, quotations, and journal entries to help women celebrate the joys of motherhood. Here are seventeen of the author's favorite stories, including the Bram Stoker Award-winning novella "Five Days in April," along with the preceding Watchers story "Ten Days in July" and a story published here for the first time, "These are the Moments I Live For." Hopkins also won Stokers for his novel, *The Licking Valley Coon Hunters Club*, his novella *El Dia de los Muertos*, and the second volume of his *Extremes* anthology series. He is the author of several other collections, including *Salt Water Tears*, *Phoenix*, and *Road's End*, as well as two mystery novels, the aforementioned *Coon Hunters* and *The Bikini Bottoms Optional Oyster Bar*. Embark on the life-changing adventure that is *Wild at Heart*. Existing fans and those new to John Eldredge's *Wild at Heart* lessons will benefit from his new *A Band of Brothers Small Group DVD* series. This *Participant's Guide* follows the eight 30-minute episodes, providing additional information and discussion questions designed to help small groups grow spiritually and bond with one another. Together, you will discover how God can heal your hearts and learn how to become the men God wants you to be. Formatted for easy group study, Eldredge's inspiring *Wild at Heart: A Band of Brothers Small Group DVD Series* has been the catalyst groups use to help them discover how God defines authentic masculinity. How do you help your child open up to you? With so little time in a busy day, how can a parent find that elusive "quality" time? What discipline

techniques work for young children, and why? An empowering book that emphasizes real-life parenting situations and practical, compassionate solutions, Parenting by Heart is filled with specific advice tried by thousands of families. Showing what actually works rather than what theoretically "should" work, here are hundreds of step-by-step, tested solutions that will help make parents feel more confident about how to instill values, be in charge, and stay connected with today's kids in these modern and often difficult times. #1 NEW YORK TIMES BESTSELLER • In her latest book, Brené Brown writes, "If we want to find the way back to ourselves and one another, we need language and the grounded confidence to both tell our stories and be stewards of the stories that we hear. This is the framework for meaningful connection." In Atlas of the Heart, Brown takes us on a journey through eighty-seven of the emotions and experiences that define what it means to be human. As she maps the necessary skills and an actionable framework for meaningful connection, she gives us the language and tools to access a universe of new choices and second chances—a universe where we can share and steward the stories of our bravest and most heartbreaking moments with one another in a way that builds connection. Over the past two decades, Brown's extensive research into the experiences that make us who we are has shaped the cultural conversation and helped define what it means to be courageous with our lives. Atlas of the Heart draws on this research, as well as on Brown's singular skills as a storyteller, to show us how accurately naming an experience doesn't give the experience more power—it gives us the power of understanding, meaning, and choice. Brown shares, "I want this book to be an atlas for all of us, because I believe that, with an adventurous heart and the right maps, we can travel anywhere and never fear losing ourselves." With love in their hearts, Rose and Charlie adopt a baby. Teenager Dub Teed's quiet life in an all-white Connecticut suburb changes forever when an interracial family moves into his neighborhood. As a teen, Mike Papale had one dream: to play college basketball. He was laser-focused—training like an Olympic hopeful to make his dream reality. Out of nowhere, his world changed. August 24, 2006, while coaching a summer camp basketball game, he slumped over, unresponsive, turning blue within minutes. He was 17, and had gone into cardiac arrest. With no AED on site, he was given a one in a million chance to survive. He was soon diagnosed with Hypertrophic Cardiomyopathy, or HCM, which, left undiagnosed and untreated, can lead to sudden cardiac arrest. At the time, he was crushed—processing the life-altering news he would never be able to play competitive basketball again. He quickly realized he was fortunate to be alive, and redefined his life's purpose. A Big Heart brings the reader on Mike's story of reinvention, hope, and survival. It is guaranteed to inspire readers to battle adversity and attack their dreams! Introduces principles, tools, and techniques developed by Corita Kent to enhance and encourage artistic creativity in students "When a young boy Begins to play on the family's piano, reveling in the fun of plunking the keys, his father signs

him up for lessons so he can learn to play properly. Raj learns notes, then scales, then songs, and finally classical pieces his father can recognize and be proud of. However, the more skilled he becomes, the less he enjoys playing--until he grows up and stops playing altogether. But when his father becomes ill and requests that Raj play for him, will Raj remember how to play from the heart?"--Provided by publisher

The world is filled with shapes. A bird, a car, the stars in the sky - what shapes can you see? Children will love spotting familiar shapes on every page. With bright illustrations and a heartwarming message about the shape of something very special - love. Brilliantly read by Katy Ashworth. Please note that audio is not supported by all devices, please consult your user manual for confirmation. Memorizing Scripture can seem overwhelming—like one more task on a checklist. But pastor Joshua Choonmin Kang has discovered what happens when we do spend time memorizing God's Word: we grasp a larger, truer picture of God. Pastor Kang also knows that memorizing Scripture isn't easy. In these thirty short devotional readings he helps us grow in this important practice. Healing by Heart is a book of stories--stories of people's search for culturally responsive health care from U.S. providers. It offers resources to providers and institutions committed to delivering culturally responsive health care, paying special attention to building successful relationships with traditional Hmong patients and families. It makes available extensive information about the health-related beliefs, practices, and values of the Hmong people, including photographs of traditional healing methods. Ranging in age from young infants to older adults, the patients in the stories present a wide range of health problems. The clinicians are from family practice, internal medicine, pediatrics, emergency medicine, surgery, obstetrics-gynecology, psychiatry/psychology, and hospice. Each of the fourteen case stories is accompanied by discussion questions as well as two or three commentaries. The commentaries--written by patients, family members, shaman, Western clinicians (including Hmong physicians, nurses, and social workers), medical anthropologists, health care ethicists, social workers, psychologists, and clergy--are rich in personal reflections on cross-cultural health care experiences. Readers are rewarded with a combination of perspectives, including those of Hmong authors who have not previously published in English and scholars with years of professional experience working with the Hmong in Laos, Thailand, and the United States. The editors offer a model for delivering culturally responsive health care with special attention to matters of cross-cultural health care ethics. The model identifies questions health care providers can focus on as they seek to understand the health-related moral commitments and practices prevalent in the cultural groups they serve, ethical questions that arise frequently and with great poignancy in cross-cultural health care relationships, and points to consider when a patient's treatment wish challenges the provider's professional integrity. By sharing stories of suffering, confusion, and success, Healing by Heart couples an

accessible method of learning about others with concrete recommendations about how to enhance cross-cultural health care relationships. In today's increasingly electronic world, we say our personality traits are "hard-wired" and we "replay" our memories. But we use a different metaphor when we speak of someone "reading" another's mind or a desire to "turn over a new leaf"—these phrases refer to the "book of the self," an idea that dates from the beginnings of Western culture. Eric Jager traces the history and psychology of the self-as-text concept from antiquity to the modern day. He focuses especially on the Middle Ages, when the metaphor of a "book of the heart" modeled on the manuscript codex attained its most vivid expressions in literature and art. For instance, medieval saints' legends tell of martyrs whose hearts recorded divine inscriptions; lyrics and romances feature lovers whose hearts are inscribed with their passion; paintings depict hearts as books; and medieval scribes even produced manuscript codices shaped like hearts. "The Book of the Heart provides a fresh perspective on the influence of the book as artifact on our language and culture. Reading this book broadens our appreciation of the relationship between things and ideas."—Henry Petroski, author of The Book on the Bookshelf

In the tradition of Christiane Northrup, a renowned cardiologist integrates emotional and physical well-being in a revolutionary new approach to women's heart health. As a cardiologist with a specialization in women's heart disease, Dr. Steinbaum has helped thousands of patients resolve their heart issues, and aims to do the same for readers in her inspirational book that will change the way we think about heart health. She guides readers through the risk factors of heart disease, from the traditional physical benchmarks like weight, cholesterol, and blood pressure, to lifestyle habits, emotional awareness, and even the way she sees herself in the mirror—and in the world. In Dr. Suzanne Steinbaum's Heart Book, readers are shown clear, easy steps on how to maximize heart health. This is a life book that will teach women how to regain control over all aspects of their busy lives, including how to finally achieve: A heart-healthy diet Heart-supportive exercise Heart-enhancing stress management Heart-filling relationships A sound night's sleep A more satisfying sex life A calm, focused mind A deep level of self care And much, much more. Dr. Suzanne Steinbaum's Heart Book strives to bring forth a new approach to heart-centered healing so that readers everywhere may experience a fulfilling life of health and happiness. Includes excerpt from: The daredevil snared. The best teachers are leaders, and the best leaders are teachers. Teaching by Heart summarizes the author's key insights gained from more than forty years of teaching and managing. It illustrates how teachers can both lift people up and let them down. It proposes that the best teachers are also leaders, and the best leaders are also teachers. In examining how to lead and teach, renowned Harvard Business School professor Thomas J. DeLong takes the reader inside his own head and heart. He notes that, as teachers, we often focus more on our inadequacies and missteps than on our strengths and unique talents.

He explains why this is so by dissecting and analyzing his own experiences--using himself as a case study. The book's goal is to help readers learn about the intricacies of teaching and managing, and to impart lessons about how teachers can create a unique teaching atmosphere. To do this, the author analyzes the process of creating a curriculum, preparing for an eighty-minute class, managing the fifteen minutes before class begins, and evaluating the nature of the teaching experience after the session concludes. Along the way, he connects specific classroom behaviors with leadership issues--in organizations, in teams, and in personal relationships. He also asks--and answers--some provocative questions, such as: What happens on multiple levels when I teach or lead--with me, students, or professionals? What am I thinking and feeling as I process what students are thinking and feeling? How are my internal conversations affecting how I teach and lead? How do I manage my biases, including having "favorite" students? To what extent can I use teaching methods in the arena of management? Throughout Teaching by Heart, DeLong discusses why empathy and authenticity matter. When teachers embrace this mindset, students have the opportunity to have a unique learning experience. Teachers and managers will learn how to create moments of transformation for students. Whether you're a university professor, a student, a business leader, or just someone fascinated by teaching, this book will instruct, entertain, and--hopefully--inspire. On August 8, 1942, 302 people arrived by train at Vocation, Wyoming, to become the first Japanese American residents of what the U.S. government called the Relocation Center at Heart Mountain. In the following weeks and months, they would be joined by some 10,000 of the more than 120,000 people of Japanese descent, two-thirds of them U.S. citizens, incarcerated as "domestic enemy aliens" during World War II. Heart Mountain became a town with workplaces, social groups, and political alliances—in short, networks. These networks are the focus of Saara Kekki's Japanese Americans at Heart Mountain. Interconnections between people are the foundation of human societies. Exploring the creation of networks at Heart Mountain, as well as movement to and from the camp between 1942 and 1945, this book offers an unusually detailed look at the formation of a society within the incarcerated community, specifically the manifestation of power, agency, and resistance. Kekki constructs a dynamic network model of all of Heart Mountain's residents and their interconnections—family, political, employment, social, and geospatial networks—using historical "big data" drawn from the War Relocation Authority and narrative sources, including the camp newspaper Heart Mountain Sentinel. For all the inmates, life inevitably went on: people married, had children, worked, and engaged in politics. Because of the duration of the incarceration, many became institutionalized and unwilling to leave the camps when the time came. Yet most individuals, Kekki finds, took charge of their own destinies despite the injustice and looked forward to the day when Heart Mountain was behind them. Especially timely in

its implications for debates over immigration and assimilation, Japanese Americans at Heart Mountain presents a remarkable opportunity to reconstruct a community created under duress within the larger American society, and to gain new insight into an American experience largely lost to official history.

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