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## Site To Download Harvest For Hope A Guide To Mindful Eating Jane Goodall

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### Harvest for Hope

### A Guide to Mindful Eating

*Hachette UK* From world-renowned scientist Jane Goodall, as seen in the new National Geographic documentary *Jane*, comes a provocative look into the ways we can positively impact the world by changing our eating habits. "One of those rare, truly great books that can change the world."-John Robbins, author of *The Food Revolution* The renowned scientist who fundamentally changed the way we view primates and our relationship with the animal kingdom now turns her attention to an incredibly important and deeply personal issue-taking a stand for a more sustainable world. In this provocative and encouraging book, Jane Goodall sounds a clarion call to Western society, urging us to take a hard look at the food we produce and consume-and showing us how easy it is to create positive change.Offering her hopeful, but stirring vision, Goodall argues convincingly that each individual can make a difference. She offers simple strategies each of us can employ to foster a sustainable society. Brilliant, empowering, and irrepressibly optimistic, Harvest for Hope is one of the most crucial works of our age. If we follow Goodall's sound advice, we just might save ourselves before it's too late.

### Harvest for Hope

### A Guide to Mindful Eating

"An exploration of the global meaning of food and what all of us can do to exercise power over the food industry and, ultimately, our environment"--Provided by the publisher.

### In the Shadow of Man

*Hachette UK* 'One of history's most impressive field studies; an instant animal classic' TIME Jane Goodall's classic account of primate research provides an impressively detailed and absorbing account of the early years of her field study of, and adventures with, chimpanzees in Tanzania, Africa. It is a landmark for everyone to enjoy.

## #EATMEATLESS

## Good for Animals, the Earth & All

*Weldon Owen International* Make a difference with every meal: eighty recipes to help you go meatless—or just eat meat less. For the health of humankind, the environment, and the animals that inhabit it, the Jane Goodall Institute presents a collection of recipes to illustrate the how and why of vegan eating. Crafted especially for curious cooks looking to incorporate healthier dietary practices and those interested in environmental sustainability, these eighty recipes gives home cooks the tools they need to take charge of their diet and take advantage of their own community's local, seasonal bounty. Along with colorful food photography, quotes from Jane Goodall interspersed throughout transform this vegan staple into an inspiring guide to reclaiming our broken food system: for the environment, for the animals, and for ourselves. Whether you're interested in reducing your family's reliance on meat or in transitioning to a wholly vegetarian or vegan diet, this book has the information and inspiration you need to make meaningful mealtime choices. Dr. Jane Goodall, a longtime vegetarian and a passionate advocate for animals, invites us to commit to a simple promise with her campaign #EatMeatLess.

## Seeds of Hope

## Wisdom and Wonder from the World of Plants

*Hachette UK* From world-renowned scientist Jane Goodall, as seen in the new National Geographic documentary Jane, comes a fascinating examination of the critical role that trees and plants play in our world. From world-renowned scientist Jane Goodall, as seen in the new National Geographic documentary Jane, comes a fascinating examination of the critical role that trees and plants play in our world. Seeds of Hope takes us from Goodall's home in England to her home-away-from-home in Africa, deep inside the Gombe forest, where she and the chimpanzees are enchanted by the fig and plum trees they encounter. She introduces us to botanists around the world, as well as places where hope for plants can be found, such as The Millennium Seed Bank. She shows us the secret world of plants with all their mysteries and potential for healing our bodies as well as Planet Earth. Looking at the world as an adventurer, scientist, and devotee of sustainable foods and gardening--and setting forth simple goals we can all take to protect the plants around us--Goodall delivers an enlightening story of the wonders we can find in our own backyards.

## Zebra Family

*Madison Marketing Donated.*

## Being Mindful, Being Christian

## An guide to mindful discipleship

*Monarch Books* What is mindfulness? And should we as Christians be mindful? Mindfulness programmes are increasingly being used for issues as wide-ranging as depression, pain, employee engagement, and character development, and many Christians are wondering what to make of all this. In this book, experienced psychologists explain what is meant by "being mindful", help readers to view mindfulness more broadly than the context of Buddhism in which it is often framed, and profile the rich Christian tradition of mindful-like practice. By bringing a Christ-centred approach to mindful awareness, the authors demonstrate how to apply this practice to discipleship and spiritual growth. Readers are equipped to decide the extent to which they wish to learn and practice mindfulness, to approach it without fear, and to draw on the good within it to develop their relationship with Jesus.

## Hope for Animals and Their World

## How Endangered Species Are Being Rescued from the Brink

*Hachette UK* From world-renowned scientist Jane Goodall, as seen in the new National Geographic documentary *Jane*, comes an inspiring message about the future of the animal kingdom. With the insatiable curiosity and conversational prose that have made her a bestselling author, Goodall - along with Cincinnati Zoo Director Thane Maynard - shares fascinating survival stories about the American Crocodile, the California Condor, the Black-Footed Ferret, and more; all formerly endangered species and species once on the verge of extinction whose populations are now being regenerated. Interweaving her own first-hand experiences in the field with the compelling research of premier scientists, Goodall illuminates the heroic efforts of dedicated environmentalists and the truly critical need to protect the habitats of these beloved species. At once a celebration of the animal kingdom and a passionate call to arms, *Hope For Animals Their World* presents an uplifting, hopeful message for the future of animal-human coexistence. Praise for *Hope For Animals Their World* "Goodall's intimate writing style and sense of wonder pull the reader into each account...The mix of personal and scientific makes for a compelling read."-Booklist "These accounts of conservation success are inspirational."-Publishers Weekly

## This Borrowed Earth

## Lessons from the Fifteen Worst Environmental Disasters around the World

*St. Martin's Press* Over the last century mankind has irrevocably damaged the environment through the unscrupulous greed of big business and our own willful ignorance. Here are the strikingly poignant accounts of disasters whose names live in infamy: Chernobyl, Bhopal, Exxon Valdez, Three Mile Island, Love Canal, Minamata and others. And with these, the extraordinary and inspirational stories of the countless men and women who fought bravely to protect the communities and environments at risk.

## Lion Family

*Madison Marketing* Describes the family life and eating and mating habits of Africa's fearless carnivore.

## Mindful Eating

## A Guide to Rediscovering a Healthy and Joyful Relationship with Food--includes C D

*Shambhala Publications* The art of mindfulness can transform our struggles with food—and renew our sense of pleasure, appreciation, and satisfaction with eating. Drawing on recent research and integrating her experiences as a physician and meditation teacher, Dr. Jan Bays offers a wonderfully clear presentation of what mindfulness is and how it can help with food issues. Mindful eating is an approach that involves bringing one's full attention to the process of eating—to all the tastes, smells, thoughts, and feelings that arise during a meal. Whether you are overweight, suffer from an eating disorder, or just want to get more out of life, this book offers a simple tool that can make a remarkable difference. In this book, you'll learn how to: • Tune in to your body's own wisdom about what, when, and how much to eat • Eat less while feeling fully satisfied • Identify your habits and patterns with food • Develop a more compassionate attitude toward your struggles with eating • Discover what you're really hungry for Mindful Eating also includes a 75-minute audio program containing guided exercises led by the author.

## Reason for Hope

## A Spiritual Journey

*Hachette UK* From world-renowned scientist Jane Goodall, as seen in the new National Geographic documentary *Jane*, comes a poignant memoir about her spiritual epiphany and an appeal for why everyone can find a reason for hope. Dr. Jane Goodall's revolutionary study of chimpanzees in Tanzania's Gombe preserve forever altered the very definition of humanity. Now, in a poignant and insightful memoir, Jane Goodall explores her extraordinary life and personal spiritual odyssey, with observations as profound as the knowledge she has brought back from the forest.

## The Mindful Leader

### Embodying Christian wisdom

*Canterbury Press* In *The Mindful Leader*, Peter Shaw unpacks the Christian concepts underpinning good leadership and management - such as wisdom, hope and truth - offering a toolkit for leaders who are aspiring to be more authentic. He applies biblical themes - from Accountability to Resurrection - to the demands of leadership today, looking to the example of Jesus and the Apostles to show how leaders can hold onto their values and beliefs despite the pressures they face. He bridges the gap between what Christian leaders hear at church and the demanding situations they face in the workplace, offering practical encouragement alongside realism and pragmatism about what is possible.

## Going Organic Without Going Broke

*Go Organic!*

## The Real Food Revolution

### Healthy Eating, Green Groceries, and the Return of the American Family Farm

*Hay House, Inc* We Americans love our food. It's part of what has made this nation great. Our fertile farmlands and the abundance and variety of our agricultural output are the envy of the world. For most of our history, we lived close to the land, food was accessed locally, and we processed it in our own kitchens. But as our population and economy has boomed in the last century and we concentrated in cities, we industrialized our food system—with food coming far from home and processed multiple times. As foods rich in natural taste declined, we relied on high amounts of added sugar, fat, and salt to entice our palates. And it has taken a toll: our soil is polluted, our practices are unsustainable, and our health problems, including everything from allergy-related disease to obesity, are on the rise. This has all contributed to historic levels of heart disease, stroke, diabetes, and other causes of preventable death. The good news is that people are starting to find solutions. They're voting with their pocketbooks for a new kind of food system—family farm, 21st-century style. Suburban and urban moms (and dads) want to know what's in their food and where it comes from. No more snack packs, Ding Dongs, and soda for lunch. This revolution is not only in how people eat, but also in how they grow, distribute, shop for, and prepare food. And the food is better tasting, better looking, and better for you. *The Real Food Revolution* by Congressman Tim Ryan is a manifesto for this new food movement. In it, readers will find information on: • The history and current state of our food systems • Myriad negative impacts of our present food practices on our health and our planet • Pros and cons of the current farm bill and what changes could help restore our nation • What's happening both at the national and local levels • How people can get involved, with actionable steps at the end of each chapter This is a non-partisan, good-news message that will inform, inspire, and help readers around the country get involved. The era of the Twinkie and the hot-dog-stuffed-crust pizza has been fun, but now it's time for a change.

## Bread Therapy

## The Mindful Art of Baking Bread

*Houghton Mifflin* "Learn how to feed your body and your mind with the soothing craft of baking bread"--

## The Book of Joy

*Random House* 'I want to wish all of you joy-because there is no better gift. Two spiritual masters, the Dalai Lama and Archbishop Desmond Tutu, share their wisdom in this uplifting book. I promise you, it's the best \$26 you can spend.' Oprah Winfrey Nobel Peace Prize Laureates His Holiness the Dalai Lama and Archbishop Desmond Tutu have survived more than fifty years of exile and the soul-crushing violence of oppression. Despite their hardships - or, as they would say, because of them - they are two of the most joyful people on the planet. In April 2015, Archbishop Tutu travelled to the Dalai Lama's home in Dharamsala, India, to celebrate His Holiness's eightieth birthday and to create this book as a gift for others. They looked back on their long lives to answer a single burning question: how do we find joy in the face of life's inevitable suffering? They traded intimate stories, teased each other continually, and shared their spiritual practices. By the end of a week filled with laughter and punctuated with tears, these two global heroes had stared into the abyss and despair of our times and revealed how to live a life brimming with joy. This book offers us a rare opportunity to experience their astonishing and unprecedented week together, from the first embrace to the final goodbye.

## The Vivaldi Cipher

*Empraxis LLC* During the election of a new Pope in the mid-18th century, famed violinist Antonio Vivaldi learns of a ring of art forgers who are replacing the Vatican's priceless treasures with expertly-painted fakes. Desperate, the composer hides a message in a special melody, hoping someone, someday, will take down the culprits . . . Nearly three hundred years later, the confession of a dying Mafia Don alerts a Venetian priest to a wealth of forged paintings in the Vatican Museum, and the key to their identities lies hidden in a puzzling piece of music. Father Michael Dominic, prefect of the Secret Archives, investigates, and is mystified when he finds a cipher in an old composition from Vivaldi. Desperate to stop this centuries-long conspiracy, he calls on fellow sleuth Hana Sinclair and Dr. Livia Gallo, a music cryptologist, to help him crack the code and learn the truth. But the Camorra, a centuries-old Italian Mafia clan, won't stand by while some interfering priest ruins their most lucrative operation. Along with a French commando and two valiant Swiss Guards, Dominic explores the dark canals and grand palazzos of Venice to uncover the evidence he needs to stop the sinister plot. Can he unearth it in time, or will the Church's most valuable artworks fall prey to this massive conspiracy?

## Since Eve Ate Apples Much Depends on Dinner

## The Extraordinary History and Mythology, Allure and Obsessions, Perils and Taboos of an Ordinary Mea

*Open Road + Grove/Atlantic* A "funny and fascinating" cultural history about one of our favorite pastimes: eating (The Village Voice). This is a delightful and intelligent look at the food we eat, with a cornucopia of incredible details about the ways we do it. Presented like a meal, each chapter of *Since Eve Ate Apples Much Depends on Dinner* represents a different course or garnish, which Margaret Visser handpicks from the most ordinary American dinner: among them corn on the cob with butter and salt, roast chicken with rice, salad dressed in lemon juice and olive oil, and ice cream. Visser tells the story behind each of these foods and in the course of her inquiries reveals some unexpected treats: the history of Corn Flakes; the secret behind the more dissatisfactory California olives (they're picked green, chemically blackened, and sterilized); and the fact that, in Africa, citrus fruits are eaten whole, rind and all. For food lovers of all kinds, unexpectedly entertaining book is a treasure of information from the author of the New York Times Notable Book *The Rituals of Dinner*. "Rich in surprising facts, unexpected connections, and a well-documented outrage at what modern technology and agribusiness have done to purity and quality . . . A remarkable amount of information [presented] seamlessly and entertainingly." —Library Journal

## The 1928 Book of Common Prayer

*Oxford University Press* The 1928 Book of Common Prayer is a treasured resource for traditional Anglicans and others who appreciate the majesty of King James-style language. This classic edition features a Presentation section containing certificates for the rites of Baptism, Confirmation, and Marriage. The elegant burgundy hardcover binding is embossed with a simple gold cross, making it an ideal choice for both personal study and gift-giving. The 1928 Book of Common Prayer combines Oxford's reputation for quality construction and scholarship with a modest price - a beautiful prayer book and an excellent value.

## Cries for a Lost Homeland

### Reflections on Jesus' sayings from the cross

*Canterbury Press* Guli Francis-Dehqani was born in Isfahan, Iran, to a family who were part of the tiny Anglican Church established by 19th century missionaries. Her father, a Muslim convert, became the first indigenous Persian bishop. As the Islamic Revolution of 1979 swept across the country, church properties were raided, confiscated or closed down. Guli's father was briefly imprisoned before surviving an attack on his life, which injured his wife. Soon after, whilst he was out of the country for meetings, Guli's 24 year-old brother, Bahram, a university teacher in Tehran, was murdered. No one was ever brought to justice and the family were advised to leave Iran. Guli was 14. They eventually settled in England with refugee status. Drawing on the riches of Persian culture and her own dramatic experience of loss of a homeland, Guli offers memorable and perceptive reflections on Jesus' seven final sayings from the cross, opening up for Western readers fresh and arresting insights from a Middle Eastern perspective.

## The Religion of Thinness

### Satisfying the Spiritual Hungers Behind Women's Obsession with Food and Weight

*Gurze Books* With so many women approaching their diets, body image, and pursuit of a slender figure with slavish devotion, The Religion of Thinness is a timely addition to the discussion of our cultural obsession with weight loss. At the heart of this obsession is the belief that in order to be happy, one must be slim, and the attendant myths, rituals, images, and moral codes can leave some women with severe emotional damage. Idealized images in the media inspire devotees of this "religion" to experience guilt for behaviors that are biologically normal and necessary, and Leiwica offers two ways to combat this dangerous cultural message. Advising readers to look hard at the societal cues that cause them to obsess about their weight, and to remain mindful about their actions and needs, this book will not only help stop the cycle of guilt and shame associated with food, it will help readers to grow and accept their bodies as they are.

## Hidden Harvest

### Long Term Food Storage Techniques for Rich and Poor

No matter where we are, disaster and hardship can strike. Hidden Harvest brings mountain wisdom of past generations into the present with the practical science of long term food storage. Readers of all income levels, even those of limited means or no means can begin using this information today without buying fancy equipment or anything at all. Part how-to book, part reference book and part story telling, Hidden Harvest is meant to be read from beginning to end and then kept handy on the shelf for routine consultation. Make your own survival food, eat healthy through any disaster and be able to share with friends and loved ones. All popular methods are discussed and probably many that are new to you. Replete with informative tables, formulas and curious (often adorable) hand-drawn illustrations, Hidden Harvests is a book intended to offer you many years of enjoyment, health and joy no matter what your circumstances. You will become a food storage and handling expert with practical and beneficial knowledge. Available as an ebook on Amazon.

## Say No To Meat

### The 411 on Ditching Meat and Going Veg

*Book Publishing Company* Say No to Meat dishes up straight talk to young omnivores on the facts of a meat-centered diet. With its lively, accessible approach, and over 35 easy recipes to get readers started, this book provides valuable information on key issues and explains why going veg is a fun, smart, and delicious choice. Readers will find answers to all their pressing questions: \*What really happens to farm animals? \*What is the environmental impact of meat production? \*How can going veg can help global hunger? \*How does our food affect our health? Included are tips to handle any situation: \* Talking to family, friends, and dates. \*Getting a delicious meal at any restaurant. \* Easily putting together a balanced diet.

## Inhabiting Eden

### Christians, the Bible, and the Ecological Crisis

*Westminster John Knox Press* In this thoughtful study, respected Old Testament scholar Patricia K. Tull explores the Scriptures for guidance on today's ecological crisis. Tull looks to the Bible for what it can tell us about our relationships, not just to the earth itself, but also to plant and animal life, to each other, to descendants who will inherit the planet from us, and to our Creator. She offers candid discussions on many current ecological problems that humans contribute to, such as the overuse of energy resources like gas and electricity, consumerism, food production systems--including land use and factory farming--and toxic waste. Each chapter concludes with discussion questions and a practical exercise, making it ideal for both group and individual study. This important book provides a biblical basis for thinking about our world differently and prompts us to consider changing our own actions. Visit [inhabitingeden.org](http://inhabitingeden.org) for links to additional resources and information.

## Vocation Across the Academy

### A New Vocabulary for Higher Education

*Oxford University Press* Although the language of vocation was born in a religious context, the contributors in this volume demonstrate that it has now taken root within the broad framework of higher education and has become intertwined with a wide range of concerns. This volume makes a compelling case for vocational reflection and discernment in undergraduate education today, arguing that it will encourage faculty and students alike to venture out of their narrow disciplinary specializations and to reflect on larger questions of meaning and purpose. In conversation with a growing range of scholarly resources, these essays advance the cause of vocational reflection and discernment well beyond its occasional mention in general education courses and career placement offices. The book's thirteen contributors all work in higher education, but they do so as biologists and musicians, sociologists and engineers, doctors and lawyers, college presidents and deans, and scholars of history, literature, and business administration. Together, they demonstrate that vocation has an important role to play across the entire range of traditional academic disciplines and applied fields. Regardless of major, all undergraduates need to consider their current and future responsibilities, determine the stories they will live by, and discover resources for addressing the tensions that will inevitably arise among their multiple callings. Vocation across the Academy will help to reframe current debates about the purpose of higher education. It underscores the important role that colleges and universities can play in encouraging students to reflect more deeply on life's most persistent questions and to consider how they might best contribute to the common good.

## Organic Foods

*Greenhaven Publishing LLC* The Organic Farming Research Foundation defines organic food as food that is grown through agricultural systems that do not use genetically modified seeds, synthetic pesticides, or fertilizers. Organic farming helps the environment by benefiting water quality, soil health, and biodiversity. The top selling organic products are apples, lettuce, and grapes. This relevant and timely edition discusses organic and natural foods, describing what they are, how they are grown, where they are sold, and their future production. Readers will be inspired to think critically about organic

food and how its production and demand impacts their peers and community.

## The Seven Deadly Sins of White Christian Nationalism

### A Call to Action

*Rowman & Littlefield* As right-wing conservatives dare to call themselves Christians while tearing down equality and justice and fanning the flames of fascism in America, Carter Heyward issues a call to action for true lovers of God. Only by condemning the destructive culture of white Christian nationalism can we fashion a world full of God's truth, love, and wisdom.

## Optimistic Environmentalist, The Progressing Towards a Greener Future

*ECW Press* A hopeful, inspiring, and honest take on the environment Yes, the world faces substantial environmental challenges — climate change, pollution, and extinction. But the surprisingly good news is that we have solutions to these problems. In the past 50 years, a remarkable number of environmental problems have been solved, while substantial progress is ongoing on others. The *Optimistic Environmentalist* chronicles these remarkable success stories. Endangered species — from bald eagles to gray whales — pulled back from the precipice of extinction. Thousands of new parks, protecting billions of hectares of land and water. The salvation of the ozone layer, vital to life on Earth. The exponential growth of renewable energy powered by wind, water, and sun. The race to be the greenest city in the world. Remarkable strides in cleaning up the air we breathe and the water we drink. The banning of dozens of the world's most toxic chemicals. A circular economy where waste is a thing of the past. Past successes pave the way for even greater achievements in the future. Providing a powerful antidote to environmental despair, this book inspires optimism, leading readers to take action and exemplifying how change can happen. A bright green future is not only possible, it's within our grasp.

## No Happy Cows

## Dispatches from the Frontlines of the Food Revolution

*Mango Media Inc.* The journalist and author of *The Food Revolution* offers a collection of essays on food politics, sustainability, and revolution. With words like food additives, GMOs, and Big Food buzzing around, it's getting harder to choose what to eat. Even the most well-informed eaters could learn a thing or two about real food and the food system. Gathering and updating articles from his Huffington Post column, celebrated food politics journalist John Robbins presents his most recent observations along with never before published material. With commentaries on what we should and shouldn't eat, Robbins brings us to the frontlines of today's food revolution. From his undercover investigations of feedlots and slaughterhouses, to the slave trade behind chocolate and coffee, he gives readers a look into the importance of working for a more compassionate and environmentally responsible world. In *No Happy Cows*, you'll learn about: · Greed and salmonella · Soy and Alzheimer's · Vitaminwater deception · And much more!

## How to be Content

## An inspired guide to happiness

*White Lion Publishing* From ancient civilisations to the modern day, philosophers, writers, artists, religious leaders, and health practitioners – to name a few – have debated the questions: 'What is happiness?' and 'How can we achieve it?' In this book, we take a meandering journey through the rich philosophical landscape of contentment, by way of Norse mythology, Persian symbolism, Scandinavian lifestyle, Buddhist teachings, and Aristotle's theories. By exploring the many different facets of research and thinking on happiness, not only will we better understand this elusive concept,

but we will also be armed with an array of practical ways to improve our personal wellbeing. In a world obsessed with happiness, How to be Content is a chance to take stock of this age-old question – we may just discover that we already have the answer!

## Jane Goodall: 50 Years at Gombe

### A Tribute to the Five Decades of Wildlife Research, Education, and Conservation

Abrams A great deal has happened since the publication of Jane Goodall: 40 Years at Gombe in 1999. Most recently, endeavors at the Gombe field site have included landmark research related to AIDS progression; establishing programs to improve sanitation, health care, and education in neighboring Tanzanian communities; and partnering with local people to pursue reforestation initiatives. The accomplishments of the past 10 years alone have given the Jane Goodall Institute a great deal to celebrate. In honor of the field site's 50th anniversary, STC is proud to release Jane Goodall: 50 Years at Gombe, a compelling pictorial tribute to Dr. Goodall's life, her studies of chimpanzee behavior, and her unflagging efforts to motivate people to make this world a better place. With a new format, a modern design, more than a dozen new photographs, and updated text throughout, this revised edition retraces five decades of compassion and discovery.

## Journey to the Empty Tomb

Fortress Press Journey to the Empty Tomb focuses on the events leading up to the first Easter, from the triumphal entry into Jerusalem to the empty tomb. Devotional reflections on the biblical narratives make this ideal for personal study, with questions for group discussion that will be welcome aids for study groups. Paula Gooder uses her extensive knowledge of the world of the New Testament, its language and culture, to reveal fresh and startling insights and to open up hidden depths in these familiar stories.

## The Magdalene Deception

Empraxis LLC Discovery of long-hidden documents in the Vatican Secret Archives reveals the Resurrection to be a myth.

## All's Well That Ends Well

## From Dust to Resurrection: 40 days with Shakespeare

Canterbury Press Few writers have a deeper understanding of the foibles of human nature and life's absurdities and tragedies than William Shakespeare. This makes him a fascinating companion for the season of Lent, a traditional time for a spot of self-examination. This engaging, wise and often amusing Lent book sets quotations from Shakespeare's characters and poems alongside biblical passages and reflects on the resonance between them – one reflection for each day of the season. It starts with dust on Ash Wednesday ('Golden lads and girls all must, As chimney-sweepers, come to dust', from Cymbeline) and ends with resurrection as Easter Sunday approaches ('It is required you do awake your faith', from The Winter's Tale). In between, it considers many rich spiritual themes: mercy, love, loyalty, trust, good vs evil, guilt, forgiveness, ageing, grief, death, hope and more. Each day's reflection opens with a quotation from Shakespeare and explores its ideas in conversation with the Bible and Christian thought.

## Through a Window

## My Thirty Years with the Chimpanzees of Gombe

*HMH* The renowned British primatologist continues the “engrossing account” of her time among the chimpanzees of Gombe, Tanzania (Publishers Weekly). In her classic, *In the Shadow of Man*, Jane Goodall wrote of her first ten years at Gombe. In *Through a Window* she continues the story, painting a more complete and vivid portrait of our closest relatives. On the shores of Lake Tanganyika, Gombe is a community where the principal residents are chimpanzees. Through Goodall’s eyes we watch young Figan’s relentless rise to power and old Mike’s crushing defeat. We learn how one mother rears her children to succeed and another dooms hers to failure. We witness horrifying murders, touching moments of affection, joyous births, and wrenching deaths. As Goodall compellingly tells the story of this intimately intertwined community, we are shown human emotions stripped to their essence. In the mirror of chimpanzee life, we see ourselves reflected. “A humbling and exalting book . . . Ranks with the great scientific achievements of the twentieth century.” —The Washington Post “[An] absolutely smashing account . . . Thrilling, affectionate, intelligent—a classic.” —Kirkus Reviews, starred review

## The Climate Diet

### How You Can Cut Carbon, Cut Costs, and Save the Planet

*Routledge* The atmosphere is getting fat on our carbon and other greenhouse gas emissions and it needs our help. We live in a world of excess, consuming too much of everything—food, clothes, cars, toys, shoes, bricks, and mortar. Our bingeing is often so extreme that it threatens our own health and wellbeing. And we are not the only ones who are getting sick. The Earth, which provides the food, air, water, and land that sustains us, is also under severe pressure. We either take steps to put our personal and planetary systems back into balance or we suffer the consequences. So, what does any unhealthy overweight person do when the doctor tells him or her that they are eating themselves into an early grave? Go on a diet! This is the must-have guide to the most important diet ever, explaining climate change concepts, problems, and solutions in ways that anyone can easily understand. Following a six-step climate diet plan, families will be able to count their carbon calories and learn how to reduce them, leaving us with a slim healthy planet now and for the future.

## Women Who Changed the World: Their Lives, Challenges, and Accomplishments through History [4 volumes]

*ABC-CLIO* *Women Who Changed the World: Their Lives, Challenges, and Accomplishments through History* features 200 biographies of notable women and offers readers an opportunity to explore the global past from a gendered perspective. The women featured in this four-volume set cover the full sweep of history, from our ancestral forbearer "Lucy" to today's tennis phenoms Venus and Serena Williams. Every walk of life is represented in these pages, from powerful monarchs and politicians to talented artists and writers, from inquisitive scientists to outspoken activists. Each biography follows a standardized format, recounting the woman's life and accomplishments, discussing the challenges she faced within her particular time and place in history, and exploring the lasting legacy she left. A chronological listing of biographies makes it easy for readers to zero in on particular time periods, while a further reading list at the end of each essay serves as a gateway to further exploration and study. High-interest sidebars accompany many of the biographies, offering more nuanced glimpses into the lives of these fascinating women.

## Listening to Cougar

*University Press of Colorado* This spellbinding tribute to Puma concolor honors the big cat's presence on the land and in our psyches. In some essays, the puma appears front and center: a lion leaps over Rick Bass's feet, hurtles off a cliff in front of J. Frank Dobie, gazes at Julia Corbett when she opens her eyes after an outdoor meditation, emerges from the fog close enough for poet Gary Gildner to touch. Marc Bekoff opens his car door for a dog that turns out to be a lion. Other works evoke lions indirectly. Biologists describe aspects of cougar ecology, such as its rugged habitat and how males struggle to claim territory. Conservationists relate the political history of America's greatest cat. Short stories and essays consider lions' significance to people, reflecting on accidental encounters, dreams, Navajo beliefs, guided hunts, and how vital mountain lions are to people as symbols of power and wildness. Contributors include: Rick Bass, Marc Bekoff, Janay Brun, Julia B. Corbett, Deanna Dawn, J. Frank Dobie, Suzanne Duarte, Steve Edwards, Joan Fox, Gary Gildner, Wendy Keefover-Ring, Ted Kerasote, Christina Kohlruss, Barry Lopez, BK Loren, Cara Blessley Lowe, Steve Pavlik, David Stoner, and Linda Swenor. Marc Bekoff has published twenty books, including *The Emotional Lives of Animals*, and is a professor emeritus of ecology and evolutionary biology at the University of Colorado at Boulder. Writer and

photographer Cara Blessley Lowe is author of *Spirit of the Rockies* and co-founder of The Cougar Fund. BK Loren, in *Listening to Cougar*: "If the lion, in all its dark, nocturnal otherness, in all its light, internal sameness, does not exist for future generations, if we destroy its habitat, or call open season on it, what could we possibly find to replace it? It is precisely because we fear large predators that we need them. They hold within them so many things that we have lost, or are on the verge of losing, personally and collectively, permanently and forever. If we sacrifice the fear, we also sacrifice the strength, the wildness, the beauty, the awe." Foreword by Jane Goodall

## Where the Blind Horse Sings

### Love and Healing at an Animal Sanctuary

*Skyhorse* This story of a dedicated woman and the extraordinary animal sanctuary she created "will touch all readers"—Includes photos! (Booklist) What do a toothless pony, an aging steer, a tattletale sheep, a bed-sharing rooster, and a blind horse have in common? The Catskills Animal Sanctuary, founded by Kathy Stevens in 2001. Leaving behind eleven years as an educator, and drawing on her childhood on a horse farm, Stevens took a broken-down farm cluttered with junk and created a refuge for abused and displaced livestock of all kinds. With limited funds but an army of enthusiastic volunteers motivated by compassion, the neglected acres of land soon featured a newly built home, a repaired barn, and the fences and shelters to house the more than thousand creatures that eventually find their way to the rescue. *Where the Blind Horse Sings* is an "affecting and thought-provoking" story of inspiration, dedication, and above all, love (Publishers Weekly).