

Every Step A Lotus Shoes For Bound Feet

KinslayerThe Haunting FetusLotusFootbinding As FashionThe Binding Chair; or, A Visit from the Foot Emancipation SocietyLotus Prayer Book21 Lessons for the 21st CenturyCinderella's SistersThe Red LotusThe Social Life of InkstonesFloret Farm's Cut Flower GardenLSD, My Problem ChildChina DollTies That Bind, Ties That BreakSome Places More Than OthersBoundThe Jew in the LotusIntroduction to ProbabilityThe Lotus and the LilyUnfolding the Lotus: Working the Fourth Step through the Chakra SystemFearThe Egypt GameTeachers of the Inner ChambersSpeakSilenceThe Three-Inch Golden LotusThe Percy Jackson and the Olympians, Book One: Lightning ThiefStepping into FreedomTashi and the Dancing ShoesThe Shi King, the Old "Poetry Classic" of the ChineseAching for BeautySplendid SlippersNo Mud, No LotusLife Lessons for Mastering the Law of AttractionInside Out & Back AgainThe Blooming of a LotusEvery Step a LotusEvery Step a LotusWomen and Confucian Cultures in Premodern China, Korea, and JapanSiddhartha

Kinslayer

Through a series of poems, a young girl chronicles the life-changing year of 1975, when she, her mother, and her brothers leave Vietnam and resettle in Alabama.

The Haunting Fetus

“Written in words so intimate, calm, kind, and immediate, this extraordinary book feels like a message from our very own heart....Thich Nhat Hanh is one of the most important voices of our time, and we have never needed to listen to him more than now.” —Sogyal Rinpoche Fear is destructive, a pervasive problem we all face. Vietnamese Buddhist Zen Master, poet, scholar, peace activist, and one of the foremost spiritual leaders in the world—a gifted teacher who was once nominated for the Nobel Peace Prize by Martin Luther King Jr.—Thich Nhat Hanh has written a powerful and practical strategic guide to overcoming our debilitating uncertainties and personal terrors. The New York Times said Hanh, “ranks second only to the Dalai Lama” as the Buddhist leader with the most influence in the West. In *Fear: Essential Wisdom for Getting through the Storm*, Hanh explores the origins of our fears, illuminating a path to finding peace and freedom from anxiety and offering powerful tools to help us eradicate it from our lives

Lotus

This pathbreaking work argues that literate gentry women in 17th-century Jiangnan, far from being oppressed or silenced, created a rich culture and meaningful existence within the constraints of the Confucian system. Momentous socioeconomic and intellectual changes in 17th-century Jiangnan provided the stimulus for the flowering of women's culture. The most salient of these changes included a flourishing of commercial publishing, the rise of a reading public, a new emphasis on emotions, the promotion of women's education, and, more generally, the emergence of new definitions of womanhood. The author reconstructs the social, emotional and intellectual worlds of 17th-century women, and in doing so provides a new way to conceptualize China's past, one offering a more realistic and complete understanding of the values of Chinese culture and the functioning of Chinese society.

Footbinding As Fashion

The *Haunting Fetus* focuses on the belief in modern Taiwan that an aborted fetus can return to haunt its family. Although the topic has been researched in Japan and commented on in the Taiwanese press, it has not been studied systematically in relation to Taiwan in either English or Chinese. This fascinating study looks at a range of topics pertaining to the belief in haunting fetuses, including abortion, sexuality, the changing nature of familial power structures, the economy, and traditional and modern views of the spirit world in Taiwan and in traditional Chinese thought. It addresses the mental, moral, and psychological aspects of abortion within the context of modernization processes and how these ramify through historical epistemologies and folk traditions. The author illustrates how images of fetus-ghosts are often used to manipulate women, either through fear or guilt, into paying exorbitant sums of money for appeasement. He argues at the same time, however, that although appeasement can be expensive, it provides important psychological comfort to women who have had abortions as well as a much-needed means to project personal and familial feelings of transgression onto a safely displaced object. In addition to bringing to the surface underlying tensions within a family, appeasing fetus-ghosts, like other dealings with supernatural beings in Chinese religions, allows for atonement through economic avenues. The paradox in which fetus-ghost appeasement simultaneously exploits and assists evinces the true complexity of the issue--and of religious and gender studies as a whole.

The Binding Chair; or, A Visit from the Foot Emancipation Society

The Zen master and one of the world's most beloved teachers returns with a concise, practical guide to understanding and developing our most powerful inner resource—silence—to help us find happiness, purpose, and peace. Many people embark on a seemingly futile search for happiness, running as if there is somewhere else to get to, when the world they live in is full of wonder. To be alive is a miracle. Beauty calls to us every day, yet we rarely are in the position to listen. To hear the call of beauty and respond to it, we need silence. Silence shows us how to find and maintain our equanimity amid the barrage of noise. Thich Nhat Hanh guides us on a path to cultivate calm even in the most chaotic places. This gift of silence doesn't require hours upon hours of silent meditation or an existing practice of any kind. Through careful breathing and mindfulness techniques he teaches us how to become truly present in the moment, to recognize the beauty surrounding us, and to find harmony. With mindfulness comes stillness—and the silence we need to come back to ourselves and discover who we are and what we truly want, the keys to happiness and well-being.

Lotus Prayer Book

#1 NEW YORK TIMES BESTSELLER • In *Sapiens*, he explored our past. In *Homo Deus*, he looked to our future. Now, one of the most innovative thinkers on the planet turns to the present to make sense of today's most pressing issues. "Fascinating . . . a crucial global conversation about how to take on the problems of the twenty-first century."—Bill Gates, *The New York Times* Book Review **NAMED ONE OF THE BEST BOOKS OF THE YEAR BY FINANCIAL TIMES AND PAMELA PAUL, KQED** How do computers and robots change the meaning of being human? How do we deal with the epidemic of fake news? Are nations and religions still relevant? What should we teach our children? Yuval Noah Harari's *21 Lessons for the 21st Century* is a probing and visionary investigation into today's most urgent issues as we move into the uncharted territory of the future. As technology advances faster than our understanding of it, hacking becomes a tactic of war, and the world feels more polarized than ever, Harari addresses the challenge of navigating life in the face of constant and disorienting

change and raises the important questions we need to ask ourselves in order to survive. In twenty-one accessible chapters that are both provocative and profound, Harari builds on the ideas explored in his previous books, untangling political, technological, social, and existential issues and offering advice on how to prepare for a very different future from the world we now live in: How can we retain freedom of choice when Big Data is watching us? What will the future workforce look like, and how should we ready ourselves for it? How should we deal with the threat of terrorism? Why is liberal democracy in crisis? Harari's unique ability to make sense of where we have come from and where we are going has captured the imaginations of millions of readers. Here he invites us to consider values, meaning, and personal engagement in a world full of noise and uncertainty. When we are deluged with irrelevant information, clarity is power. Presenting complex contemporary challenges clearly and accessibly, *21 Lessons for the 21st Century* is essential reading. "If there were such a thing as a required instruction manual for politicians and thought leaders, Israeli historian Yuval Noah Harari's *21 Lessons for the 21st Century* would deserve serious consideration. In this collection of provocative essays, Harari . . . tackles a daunting array of issues, endeavoring to answer a persistent question: 'What is happening in the world today, and what is the deep meaning of these events?'"—BookPage (top pick)

21 Lessons for the 21st Century

Cinderella's Sisters

Unfolding the Lotus offers those who are on the recovery path a new and comprehensive tool on the path. This book takes the reader deep into themselves. It was written for those who have done conventional fourth steps in the past and are looking for something different and a way to uncover issues that are not covered in other fourth steps. However, anyone can read this book and get a lot out of it, even if they are not in recovery. "This insightful book shows us how our own lotus can grow out of the mud of addictions and attachments and how to help it unfold into a life of joyful freedom. Thank you, Jeff, for sharing your story and exploring what it means for our stories." — David Loy, author of *Money, Sex, War, Karma; The World Is Made of Stories*; and *The Great Awakening* "This book is a gem. The foundation of *Opening the Lotus* is Jeff Emerson's own direct experience, and without a direct experience we cannot guide others on the path. He guides us in an open-hearted and honest way, interlinking the teachings with his own life story; this gives us hope—hope of recovery from any addiction." — Frans Stiene, co-founder of the International House of Reiki and author of *The Inner Heart of Reiki: Rediscovering Your True Self*

The Red Lotus

Percy Jackson is a good kid, but he can't seem to focus on his schoolwork or control his temper. And lately, being away at boarding school is only getting worse—Percy could have sworn his pre-algebra teacher turned into a monster and tried to kill him. When Percy's mom finds out, she knows it's time that he knew the truth about where he came from, and that he go to the one place he'll be safe. She sends Percy to Camp Half Blood, a summer camp for demigods (on Long Island), where he learns that the father he never knew is Poseidon, God of the Sea. Soon a mystery unfolds and together with his friends -- one a satyr and the other the demigod daughter of Athena -- Percy sets out on a quest across the United States to reach the gates of the Underworld (located in a recording studio in Hollywood) and prevent a

catastrophic war between the gods.

The Social Life of Inkstones

Footbinding is widely condemned as perverse & as symbolic of male domination over women. This study offers a more complex explanation of a thousand year practice, contending that the binding of women's feet in China was sustained by the interests of both women and men.

Floret Farm's Cut Flower Garden

Kinslayer is Book Two in Jay Kristoff's critically acclaimed Lotus War series that began with Stormdancer, featuring an unforgettable heroine and a stunningly original Japanese dystopian steampunk world A SHATTERED EMPIRE The mad Shogun Yoritomo has been assassinated by the Stormdancer Yukiko, and the threat of civil war looms over the Shima Imperium. The toxic blood lotus flower continues to ravage the land, the deadlands splitting wider by the day. The machine-worshippers of the Lotus Guild conspire to renew the nation's broken dynasty and crush the growing rebellion simultaneously - by endorsing a new Shogun who desires nothing more than to see Yukiko dead. A DARK LEGACY Yukiko and the mighty thunder tiger Buruu have been cast in the role of heroes by the Kag é rebellion. But Yukiko herself is blinded by rage over her father's death, and her ability to hear the thoughts of beasts is swelling beyond her power to control. Along with Buruu, Yukiko's anchor is Kin, the rebel Guildsman who helped her escape from Yoritomo's clutches. But Kin has his own secrets, and is haunted by visions of a future he'd rather die than see realized. A GATHERING STORM Kag é assassins lurk within the Shogun's palace, plotting to end the new dynasty before it begins. A waif from Kigen's gutters begins a friendship that could undo the entire empire. A new enemy gathers its strength, readying to push the fracturing Shima imperium into a war it cannot hope to survive. And across raging oceans, amongst islands of black glass, Yukiko and Buruu will face foes no katana or talon can defeat. The ghosts of a blood-stained past.

LSD, My Problem Child

This is the story of LSD told by a concerned yet hopeful father, organic chemist Albert Hofmann. He traces LSDs path from a promising psychiatric research medicine to a recreational drug sparking hysteria and prohibition. We follow Dr. Hofmanns trek across Mexico to discover sacred plants related to LSD, and listen in as he corresponds with other notable figures about his remarkable discovery. Underlying it all is Dr. Hofmanns powerful conclusion that mystical experience may be our planets best hope for survival. Whether induced by LSD, meditation, or arising spontaneously, such experiences help us to comprehend the wonder, the mystery of the divine in the microcosm of the atom, in the macrocosm of the spiral nebula, in the seeds of plants, in the body and soul of people. Now, more than sixty years after the birth of Albert Hofmanns problem child, his vision of its true potential is more relevant, and more needed, than ever.

China Doll

Life Lessons for Mastering the Law of Attraction teaches you what you need to know about living the Law of Attraction and how to create your own personal success through its concepts.

Ties That Bind, Ties That Break

Tells the story of Fragrant Lotus, whose feet were bound in the Grand Lotus style when she was six years old and now enable her to marry into a wealthy family

Some Places More Than Others

Porcelain Glass is the "Most Beautiful Girl in the World," and has been known as such all her life. Now, the king of the dreaded Superbus Imperium is forcing every eligible girl to compete in a series of pageants. Ultimately, twenty-one finalists will be considered for the official title-"The Most Beautiful Girl in the World." Not only is the winner of the China Doll pageant to receive the title, they are to marry the king and rule jointly with him over all eight Sanctions. Rumor has it, the China Doll pageant is just a cover for the king to win Porcelain's hand. Unwillingly, Porcelain leaves her home and journeys to the commanding force of all the Sanctions, Caput. Unknown to everyone, Porcelain has more secrets than anyone could ever know. Alone for the first time in a world filled with political turmoil and confusion, Porcelain is the only person who can decide her fate. Ultimately, she must choose between her family, her friends, and her heart. She must even decide if she wants to remain alive. But how can she make her choice, when she doesn't know what the right choice is? Contains PG-13 content.

Bound

Blooming of a Lotus is a Beacon Press publication.

The Jew in the Lotus

A How-To Guide to Accessing Your True Self and Living Abundantly A book based on the teachings of Jesus and Buddha. Learn how to create an abundant life by focusing your attention on your connection with the vibrant presence of the divine within. From the bestselling author of Writing Down Your Soul. Lotus and the Lily offers a new 30-day program for accessing your true creativity, breakthrough thinking, and divine guidance. Janet Conner continues her unique method of deep soul writing by showing readers how to exit their conscious minds, get in touch with their authentic selves, and activate the voice of wisdom within. For those seeking the riches that lie beyond the popular explanation of the Law of Attraction, Lotus and the Lily cracks the abundance code by linking the wisdom of the inner voice with the surprising parallel teachings of Jesus and Buddha. In a profound yet simple program, Conner sheds radical new light on how to: Awaken your inner shaman Discover the power of naming your past and your future Experience the generative power of your own voice Each day is reflective of you. Lotus and the Lily is a book with an array of prompts for reading, reflection, writing, exploring, and nourishing one's soul. Each week Janet Conner takes you through a program of rich exploration and redirects you from asking for things, to creating the receptive conditions that nourish a bountiful life. If you learned from books like The Gifts of Imperfection, The Untethered Soul, or The Power of Now, then you'll want to read Lotus and the Lily.

Introduction to Probability

An extraordinary exploration of footbinding that encompasses Chinese art and mythology, social and political history, and truly exotic eroticism. The author's vast collection of historical and contemporary photographs, plus 40 full-color "portraits" of her most prized slippers, creates a uniquely poignant and evocative panorama.

The Lotus and the Lily

Developed from celebrated Harvard statistics lectures, Introduction to Probability provides essential language and tools for understanding statistics, randomness, and uncertainty. The book explores a wide variety of applications and examples, ranging from coincidences and paradoxes to Google PageRank and Markov chain Monte Carlo (MCMC). Additional

Unfolding the Lotus: Working the Fourth Step through the Chakra System

The author collects everything that is known about footbinding in China, using color and black-and-white photography to chronicle the history of the practice.

Fear

While accompanying eight high – spirited Jewish delegates to Dharamsala, India, for a historic Buddhist – Jewish dialogue with the Dalai Lama, poet Rodger Kamenetz comes to understand the convergence of Buddhist and Jewish thought. Along the way he encounters Ram Dass and Richard Gere, and dialogues with leading rabbis and Jewish thinkers, including Zalman Schacter, Yitz and Blue Greenberg, and a host of religious and disaffected Jews and Jewish Buddhists. This amazing journey through Tibetan Buddhism and Judaism leads Kamenetz to a renewed appreciation of his living Jewish roots.

The Egypt Game

An inkstone, a piece of polished stone no bigger than an outstretched hand, is an instrument for grinding ink, an object of art, a token of exchange between friends or sovereign states, and a surface on which texts and images are carved. As such, the inkstone has been entangled with elite masculinity and the values of wen (culture, literature, civility) in China, Korea, and Japan for more than a millennium. However, for such a ubiquitous object in East Asia, it is virtually unknown in the Western world. Examining imperial workshops in the Forbidden City, the Duan quarries in Guangdong, the commercial workshops in Suzhou, and collectors' homes in Fujian, *The Social Life of Inkstones* traces inkstones between court and society and shows how collaboration between craftsmen and scholars created a new social order in which the traditional hierarchy of "head over hand" no longer predominated. Dorothy Ko also highlights the craftswoman Gu Erniang, through whose work the artistry of inkstone-making achieved unprecedented refinement between the 1680s and 1730s. *The Social Life of Inkstones* explores the hidden history and cultural significance of the inkstone and puts the stonecutters and artisans on center stage.

Teachers of the Inner Chambers

Third Sister in the Tao family, Ailin has watched her two older sisters go through the painful process of having their feet bound. In China in 1911, all the women of good families follow this ancient tradition. But Ailin loves to run away from her governess and play games with her male cousins. Knowing she will never run again once her feet are bound, Ailin rebels and refuses to follow this torturous tradition. As a result, however, the family of her intended husband breaks their marriage agreement. And as she enters adolescence, Ailin finds that her family is no longer willing to support her. Chinese society leaves few options for a single woman of good family, but with a bold conviction and an indomitable spirit, Ailin is determined to forge her own

destiny. Her story is a tribute to all those women whose courage created new options for the generations who came after them. From the Paperback edition.

Speak

From the #1 New York Times bestselling author of *Midwives* and *The Flight Attendant* comes a twisting story of love and deceit: an American man vanishes on a rural road in Vietnam, and his girlfriend, an emergency room doctor trained to ask questions, follows a path that leads her home to the very hospital where they met. Alexis and Austin don't have a typical meet cute--the couple comes together for the first time when Alexis, an emergency room doctor, sutures a bullet wound in Austin's arm. Six months later, they're on a romantic getaway in Vietnam: a bike tour on which Austin can show Alexis his passion for cycling, and he can pay his respects to the place where his father and uncle fought in the war. But then Austin fails to return from a solo ride. Alexis's boyfriend has vanished, the only clue left behind a bright yellow energy gel dropped on the road. As Alexis grapples with this bewildering loss, she starts to uncover a series of strange lies that force her to wonder: Where did Austin go? Why did he really bring her to Vietnam? And how much danger has he left her in? Set amid the adrenaline-fueled world of the emergency room, *The Red Lotus* is a global thriller about those who dedicate their lives to saving people and those who peddle death to the highest bidder.

Silence

Tashi recounts two of his adventures, the first involving a pair of magic shoes that allow him to leap and fly, and the second about a fortune teller who says he must complete a certain task or he will not live past his tenth birthday.

The Three-Inch Golden Lotus

Collects information about footbinding in China, using color and black-and-white photography to chronicle the history of the practice.

The Percy Jackson and the Olympians, Book One: Lightning Thief

The Lotus Prayer Book is an inspiring collection of sacred prayers from various faiths and traditions, gathered together as a testimony to the central teaching of Sri Swami Satchidananda that Truth is One, Paths are Many.

Stepping into Freedom

The first ten lies they tell you in high school. "Speak up for yourself--we want to know what you have to say." From the first moment of her freshman year at Merryweather High, Melinda knows this is a big fat lie, part of the nonsense of high school. She is friendless, outcast, because she busted an end-of-summer party by calling the cops, so now nobody will talk to her, let alone listen to her. As time passes, she becomes increasingly isolated and practically stops talking altogether. Only her art class offers any solace, and it is through her work on an art project that she is finally able to face what really happened at that terrible party: she was raped by an upperclassman, a guy who still attends Merryweather and is still a threat to her. Her healing process has just begun when she has another violent encounter with him. But this time Melinda fights back, refuses to be silent, and thereby achieves a measure of vindication.

In Laurie Halse Anderson's powerful novel, an utterly believable heroine with a bitterly ironic voice delivers a blow to the hypocritical world of high school. She speaks for many a disenfranchised teenager while demonstrating the importance of speaking up for oneself. *Speak* was a 1999 National Book Award Finalist for Young People's Literature.

Tashi and the Dancing Shoes

A unique spiritual journey influenced by Hinduism and Buddhism Herman Hesse's *Siddhartha* tells the story of a young Brahmin's search for reality after a meeting with the Buddha. This strange and simple story has resonated with millions of readers looking for enlightenment and a blend of Eastern mysticism and Western psychology. This Xist Classics edition has been professionally formatted for e-readers with a linked table of contents. This eBook also contains a bonus book club leadership guide and discussion questions. We hope you'll share this book with your friends, neighbors and colleagues and can't wait to hear what you have to say about it.

The Shi King, the Old "Poetry Classic" of the Chinese

In poised and elegant prose, Kathryn Harrison weaves in *The Binding Chair*; or, *A Visit from the Foot Emancipation Society* a stunning story of women, travel, and flight; of love, revenge, and fear; of the search for home and the need to escape it. Set in alluring Shanghai at the turn of the century, *The Binding Chair* intertwines the destinies of a Chinese woman determined to forget her past and a Western girl focused on the promises of the future. Beautiful, charismatic, destructive, May escapes an arranged marriage in rural nineteenth-century China for life in a Shanghai brothel, where she meets Arthur, an Australian whose philanthropic pursuits lead him into one scrape after another. As a member of the Foot Emancipation Society, Arthur calls on May not for his pleasure but for her rehabilitation, only to find himself immediately and helplessly seduced by the sight of her bound feet. Reforming May is out of the question, so love-struck Arthur marries her instead and brings her home to live with him, his sister and brother-in-law, and their two girls, Alice and Cecily. In Alice, May sees the possibility of redemption: a surrogate for a child she has lost. And it is to May that Alice turns for the love her own mother withholds. But when the twelve-year-old is caught preparing her aunt's opium pipe, she is shipped off to a London boarding school, far from the dangerous influence of the woman who will come to reclaim her and to control the whole family. *The Binding Chair* unfolds among scenes of astonishing beauty and cruelty, in a lawless place where traditions and cultures clash, and where tragedy threatens a world built on the banks of unsettled waters--from the bustling Whangpoo River to the lake of blood in the Chinese afterworld. By turns shocking, exquisite, and hilarious, *The Binding Chair* is another spellbinding literary triumph by the writer whose work Michiko Kakutani of *The New York Times* has called "powerful and hypnotic."

Aching for Beauty

From Newbery Honor- and Coretta Scott King Author Award-winning, *New York Times* bestselling author Renée Watson comes a heartwarming and inspiring middle-grade novel about finding deep roots and exploring the past, the present, and the places that make us who we are. All Amara wants for her birthday is to visit her father's family in New York City--Harlem, to be exact. She can't wait to finally meet her Grandpa Earl and cousins in person, and to stay in the brownstone where her father grew up. Maybe this will help her understand her

family--and herself--in new way. But New York City is not exactly what Amara thought it would be. It's crowded, with confusing subways, suffocating sidewalks, and her father is too busy with work to spend time with her and too angry to spend time with Grandpa Earl. As she explores, asks questions, and learns more and more about Harlem and about her father and his family history, she realizes how, in some ways more than others, she connects with him, her home, and her family. Acclaim for *Piecing Me Together* Newbery Honor Book Coretta Scott King Author Award Los Angeles Times Book Prize, Young Adult Finalist A New York Public Library Best Book for Teens A Chicago Public Library Best Book, Teen Fiction An ALA Top Ten Best Fiction for Young Adults An NPR Best Book A Kirkus Reviews' Best Teen Book A Refinery29 Best Book

Splendid Slippers

The first time Melanie Ross meets April Hall, she's not sure they have anything in common. But she soon discovers that they both love anything to do with ancient Egypt. When they stumble upon a deserted storage yard, Melanie and April decide it's the perfect spot for the Egypt Game. Before long there are six Egyptians, and they all meet to wear costumes, hold ceremonies, and work on their secret code. Everyone thinks it's just a game until strange things start happening. Has the Egypt Game gone too far?

No Mud, No Lotus

An exploration of the history and cultural practice of footbinding in China reveals the traditions that contributed to and surrounded its thousand-year enforcement, as well as its related literature, music, contests, and rewards.

Life Lessons for Mastering the Law of Attraction

This book rewrites the history of East Asia by rethinking the contentious relationship between "Confucianisms" and "women."

Inside Out & Back Again

Provides guidelines, encouraging words, reminders, and poems for novice monks and nuns in the Buddhist tradition

The Blooming of a Lotus

YOUNG XING XING IS BOUND. Bound to her father's second wife and daughter after Xing Xing's father has passed away. Bound to a life of servitude as a young girl in ancient China, where the life of a woman is valued less than that of livestock. Bound to be alone and unmarried, with no parents to arrange for a suitable husband. Dubbed "Lazy One" by her stepmother, Xing Xing spends her days taking care of her half sister, Wei Ping, who cannot walk because of her foot bindings, the painful but compulsory tradition for girls who are fit to be married. Even so, Xing Xing is content, for now, to practice her gift for poetry and calligraphy, to tend to the mysterious but beautiful carp in her garden, and to dream of a life unbound by the laws of family and society. But all of this is about to change as the time for the village's annual festival draws near, and Stepmother, who has spent nearly all of the family's money, grows desperate to find a husband for Wei Ping. Xing Xing soon realizes that this greed and

desperation may threaten not only her memories of the past, but also her dreams for the future. In this searing story, Donna Jo Napoli, acclaimed author of *Beast and Breath*, delves into the roots of the Cinderella myth and unearths a tale as powerful as it is familiar.

Every Step a Lotus

The secret to happiness is to acknowledge and transform suffering, not to run away from it. In *No Mud, No Lotus*, Thich Nhat Hanh offers practices and inspiration transforming suffering and finding true joy. Thich Nhat Hanh acknowledges that because suffering can feel so bad, we try to run away from it or cover it up by consuming. We find something to eat or turn on the television. But unless we're able to face our suffering, we can't be present and available to life, and happiness will continue to elude us. Nhat Hanh shares how the practices of stopping, mindful breathing, and deep concentration can generate the energy of mindfulness within our daily lives. With that energy, we can embrace pain and calm it down, instantly bringing a measure of freedom and a clearer mind. *No Mud, No Lotus* introduces ways to be in touch with suffering without being overwhelmed by it. "When we know how to suffer," Nhat Hanh says, "we suffer much, much less." With his signature clarity and sense of joy, Thich Nhat Hanh helps us recognize the wonders inside us and around us that we tend to take for granted and teaches us the art of happiness.

Every Step a Lotus

Newlywed Lotus Price has everything that she should have ever wanted: a great husband and a dream job as an executive of a prominent Chicago philanthropic foundation. Her life is going exactly as she planned—until she discovers she is pregnant and then unexpectedly encounters her first love. Despite his offer to be friends, Lotus wants to keep the past where it belongs. As the pregnancy begins to interrupt the dream that Lotus envisioned for her marriage, she is forced to rethink everything she thought she knew about her path to this point, including the single day that led her to her husband and away from the man she saw herself spending forever with. Now, as long-buried scars resurface, only time will tell what direction Lotus will take in the future—and who will be willing to give up what they have in order to get what they have always desired? (Key words: college romance, pregnant heroine romance, unrequited love romance, affairs romance, scarred heroine romance, marriage on rocks)

Women and Confucian Cultures in Premodern China, Korea, and Japan

#1 Amazon Best Seller — Welcome to the farm! *The Cut Flower Garden*: Erin Benzakein is a florist-farmer, leader in the locaflor farm-to-centerpiece movement, and owner of internationally renowned Floret Flower Farm in Washington's lush Skagit Valley. A stunning flower book: This beautiful guide to growing, harvesting, and arranging gorgeous blooms year-round provides readers with vital tools to nurture a stunning flower garden and use their blossoms to create show-stopping arrangements. Floret Farm's *Cut Flower Garden*: *Cut Flower Garden* is equal parts instruction and inspiration—a book overflowing with lush photography of magnificent flowers and breathtaking arrangements organized by season. Find inspiration in this lush flower book: Irresistible photos of Erin's flower farm that showcase exquisite blooms Tips for growing in a variety of spaces and climates Step-by-step instructions for lavish garlands, airy centerpieces, and romantic floral d é cor for every season If you liked *Paris in Bloom*, you'll love Floret Farm's *Cut Flower Garden*.

Siddhartha

Previous studies of the practice of footbinding in imperial China have theorized that it expressed ethnic identity or that it served an economic function. By analyzing the popularity of footbinding in different places and times, *Footbinding as Fashion* investigates the claim that early Qing (1644-1911) attempts by Manchu rulers to ban footbinding made it a symbol of anti-Manchu sentiment and Han identity and led to the spread of the practice throughout all levels of society. Detailed case studies of Taiwan, Hebei, and Liaoning provinces exploit rich bodies of previously neglected ethnographic reports, economic surveys, and rare censuses of footbinding to challenge the significance of sedentary female labor and ethnic rivalries as factors leading to the hegemony of the footbinding fashion. The study concludes that, independently of identity politics and economic factors, variations in local status hierarchies and elite culture coupled with status competition and fear of ridicule for not binding girls' feet best explain how a culturally arbitrary fashion such as footbinding could attain hegemonic status.

[Read More About Every Step A Lotus Shoes For Bound Feet](#)

[Arts & Photography](#)

[Biographies & Memoirs](#)

[Business & Money](#)

[Children's Books](#)

[Christian Books & Bibles](#)

[Comics & Graphic Novels](#)

[Computers & Technology](#)

[Cookbooks, Food & Wine](#)

[Crafts, Hobbies & Home](#)

[Education & Teaching](#)

[Engineering & Transportation](#)

[Health, Fitness & Dieting](#)

[History](#)

[Humor & Entertainment](#)

[Law](#)

[LGBTQ+ Books](#)

[Literature & Fiction](#)

[Medical Books](#)

[Mystery, Thriller & Suspense](#)

[Parenting & Relationships](#)

[Politics & Social Sciences](#)

[Reference](#)

[Religion & Spirituality](#)

[Romance](#)

[Science & Math](#)

[Science Fiction & Fantasy](#)

[Self-Help](#)

[Sports & Outdoors](#)

[Teen & Young Adult](#)

[Test Preparation](#)

[Travel](#)