

## Touching Snow

What is it about Alaska that can make a young journalist from the East Coast abandon his career and become a bush pilot? Bruder's fascinating first person account answers that question and lets the reader share his experiences as he becomes seasoned as a seaplane pilot flying the rugged terrain of Western Washington, British Columbia, and Southeast Alaska. The life of a bush pilot in southeast Alaska is filled with the exhilaration of having unique access to one of our last great spans of wilderness, balanced with physical discomfort, extremely long hours, and heart pounding danger. Gerry Bruder gave up a promising journalism career to pursue his passion for flying. This true life adventure provides readers with a fascinating firsthand account of the highs and lows of a modern bush pilot.

The Rubenfeld Synergy Method is an elegant, powerful system that integrates bodywork, intuition, and psychotherapy. Memories and emotions stored in our bodies can result in energy blocks and imbalances. Rubenfeld Synergy utilizes talk, movement, awareness, imagination, humor, and compassionate touch as gateways — contacting and melting frozen tensions and emotions, freeing the body from pain and the mind from suffering. The Listening Hand includes: • Body-mind exercises designed to awaken awareness, free breathing, and reveal the body metaphors that tell your life story • Guided steps that break through inner barriers and lead to concrete improvements in your daily life and relationships • Energy explorations for contacting the energy field in yourself and others — and how you can use it to heal • Experiments for couples that gently increase communication, intimacy, and sexual openness • Practices that enable helpers to avoid physical, emotional, and spiritual burnout • A complete 7-day Mind Your Muscles program for tension release, body alignment, and enhanced flexibility

Inuktitut words in roman orthography and syllabics.

Consisting of a series of case studies, this book is devoted to the concept and uses of salt in early modern science, which have played a crucial role in the evolution of matter theory from Aristotelian concepts of the elements to Newtonian chymistry. Even in normal times, cogitation about man's destiny—on the whence and whither, the how and why, of a given society—is now and then carried on by at least a few thinkers or scholars. In times of serious crisis these problems suddenly assume exceptional importance, theoretical as well as practical; for thinkers as well as for plain folk. An enormous part of the population finds itself uprooted, ruined, mutilated, and annihilated by the crisis. People's routine of life is entirely upset; their habitual adjustments are broken; and large groups of human beings are turned into a flotsam of displaced and disadjusted persons. Even the ordinary man in the street cannot help asking: How has all this come about? what does it all mean? who is responsible for it? what are its causes? is there any way out? where do we go from here? and what is going to happen to me and my family, my friends and my country? In a serious crisis these questions press still more intensely upon the thinkers, leaders, and scholars in a society. Many of them do not pay much attention to their sociocultural "shoes" until they begin to pinch. When, however, the "pinching" of the hardships of the crisis becomes unbearable, they are forced to begin to ponder on the how and why of the crisis and on all the

other problems of a painful transitional situation.

“Peter Makuck sees through the detritus of daily life to what matters. . . . It’s that essence that lives deep down in things, looked for in people, sea- and landscapes, and creatures, that lifts the quotidian toward the marvelous, and animates this selection of poems from four decades.”—Brendan Galvin From "Long Lens": Folding laundry, I can see our clothesline waving its patches of color like the flag of a foreign country where I had happily lived in a small clapboard house surrounded by pines. I can hear my mother in her strong accent saying she didn’t want a dryer even when we could finally afford one— Our sheets won’t smell of trees and sunlight anymore. Long Lens represents forty years of Peter Makuck’s work, including twenty-five new poems. With precise language, Makuck’s imagery evokes spiritual longing, love, loss, violence, and transcendence. His subjects include the aftermath of the 1970 killings at Kent State University; scuba diving on an offshore shipwreck; flying through a storm in a small plane; rescuing a boy caught in a riptide; and lucid observations of spinner sharks, a gray fox, a spider, and a pelican tangled in a fishing line. Peter Makuck taught at East Carolina University from 1976 to 2006, where he founded Tar River Poetry. He was 2008 Lee Smith Chair in Creative Writing at North Carolina State University. Winner of the Brockman Award and the Charity Randall Citation, he lives on Bogue Banks, one of North Carolina’s barrier islands.

M. Sindy Felin’s National Book Award finalist is in paperback for the first time. Karina has plenty to worry about on the last day of seventh grade: finding three Ds and a C on her report card again, getting laughed at by everyone again, being sent to the principal—again. But she’s too busy dodging the fists of her stepfather and looking out for her sisters to deal with school. This is the story of a young girl coming of age amidst the violent waters that run just beneath the surface of suburbia—a story that has the courage to ask: How far will you go to protect the ones you love?

On February 5, 1954, an Air Force C-47 broke apart over the Susitna Valley of South Central Alaska and fell onto Kesugi Ridge. Six miraculously escaped, survived bone-chilling cold, and were rescued through the efforts of pilots Cliff Hudson and Don Sheldon. Unacquainted with one another before the accident, the Air Force men bonded in the hospital. Forty-two years later, the survivors and their families, the families of the victims, and rescuers came together for a reunion in Dayton, Ohio. It was a meeting that would change their lives. This is a true story, told by one of the survivors. Rupert Pratt's book celebrates life and friendship--themes set appropriately against the backdrop of Kesugi, "The Ancient One."

This book is enjoyable reading material for all ages. Short stories cover the experiences of a family with twin boys. Every minute has been fun! The not so fun minutes at the time have fueled incredible stories producing serious laughter today. The biography, published in 1906, of the leading Victorian literary figure and founding Editor of the Dictionary of National Biography.

Reproduction of the original: The Land of the Long Night by Paul Du Chaillu

A collection of thoughts, essays, stories, and profiles from nature provides a look at such different places as the central

Amazon, the South Pacific, and Cincinnati, detailing such adventures as kayaking on a Class V river in Chile and tracing the spread of the Ebola virus

Nothing is as elemental, as essential to human life, as the air we breathe. Yet around the world, in rich countries and poor ones, it is quietly poisoning us. Air pollution prematurely kills seven million people every year, including more than one hundred thousand Americans. It is strongly linked to strokes, heart attacks, many kinds of cancer, dementia, and premature birth, among other ailments. In *Choked*, Beth Gardiner travels the world to tell the story of this modern-day plague, taking readers from the halls of power in Washington and the diesel-fogged London streets she walks with her daughter to Poland's coal heartland and India's gasping capital. In a gripping narrative that's alive with powerful voices and personalities, she exposes the political decisions and economic forces that have kept so many of us breathing dirty air. This is a moving, up-close look at the human toll, where we meet the scientists who have transformed our understanding of pollution's effects on the body and the ordinary people fighting for a cleaner future. In the United States, air is far cleaner than it once was. But progress has failed to keep up with the science, which tells us that even today's lower pollution levels are doing real damage. And as the Trump administration rips up the regulations that have brought us where we are, decades of gains are now at risk. Elsewhere, the problem is far worse, and choking nations like China are scrambling to replicate the achievements of an American agency—the EPA—that until recently was the envy of the world. Clean air feels like a birthright. But it can disappear in a puff of smoke if the rules that protect it are unraveled. At home and around the world, it's never been more important to understand how progress happened and what dangers might still be in store. *Choked* shows us that we hold the power to build a cleaner, healthier future: one in which breathing, life's most basic function, no longer carries a hidden danger.

Released in paperback for the first time, this brilliant translation of Longchenpa's famous work presents the entire scope of the Buddhist view combined with pith instructions for pointing out the nature of one's mind. Longchen Rabjam's *Finding Rest in the Nature of the Mind* is a classic Buddhist manual for attaining true liberation through familiarizing ourselves with our most basic nature--our clear, pristine, and aware mind. Written in the fourteenth century, this text is the first part to Longchenpa's *Trilogy of Rest*, a work of the esoteric Tibetan Dzogchen tradition. This unique presentation of the Buddhist view and path combines the scholastic expository method of explanation with direct pith instructions designed for yogi practitioners. This text systematically presents the view in thirteen chapters, outlining all that a practitioner must know in order to embark on the complete Buddhist path. Here we find fundamental instructions on the need to turn away from materialism, how to find a qualified guide, how to develop boundless compassion for all beings, tantra and its associated practices, calm abiding (?amatha) and deep insight (vipa?yan?) meditation techniques, all culminating in the practice presented from the perspective of Dzogchen. This first volume of the *Trilogy of Rest* is a comprehensive teaching on the view from the Tibetan Buddhist tradition, setting the foundation for the following two volumes: *Finding Rest in Meditation*, which focuses on meditation practice, and *Finding Rest in Illusion*, which focuses on post-meditation yogic conduct. The Padmakara Translation Group has provided us with a clear and fluid new translation of *Finding Rest in the Nature of the Mind*, which will serve as a genuine aid to study and meditation.

Honeymoons are supposed to be magical, not make you lose magical control. Alaska is not as cold as Glacier, but it's the closest Topper can get to giving her new alien husband the perfect wedding gift. A sled dog ride through the falling snow was supposed to be both romantic and fun. And it was until she started exploding snow. Something very strange is happening to her magic and Topper doesn't know what. It better

not be the Fates again, or they'll be eating fast food for the rest of their unnaturally long lives because she won't be cooking for them. When an enemy from Stark's past hunts them down, she has no choice except to risk using her magic to save them both. Goddess help her. She can't lose the only male she's ever loved.

In this classic tale, Richard E. Kim paints seven vivid scenes from a boyhood and early adolescence in Korea at the height of the Japanese occupation, 1932 to 1945. Taking its title from the grim fact that the occupiers forced the Koreans to renounce their own names and adopt Japanese names instead, the book follows one Korean family through the Japanese occupation to the surrender of the Japanese empire. *Lost Names* is at once a loving memory of family and a vivid portrayal of life in a time of anguish.

? Is it the Father, the Son, and the Holy Ghost? No! It's the Marty Mann, the Liberal Jesus, and the Holy Smokin' Hot Nellie! Ooh, It's a Trilogy! Here's what people have said about the books in this hilarious, irreverent, series: ? Praise for *Time Is Irreverent* "Highly recommend. It's fun, clever, cool, witty, surprising, political, sexy, everything a sci-fi book should be. And as someone who's also written a sci-fi-time-travel-humor novel, I love that Marty Essen doesn't break the time rules he sets up from the start—so many sci-fi authors do, and as far as I'm concerned, that's just lazy writing. Not the case here! Yes, his characters learn and adapt and grow, but the foundation of his rules remain intact always. To repeat: fun, witty, surprising, sexy. Highly recommend." —Jeff Abugov, writer, producer, director "Time Is Irreverent is a delightful romp that scores solid satirical points about religion, human nature, sex, the Trump administration, and a great deal more."—Tom Flynn, editor, *Free Inquiry* magazine "Ironic, original, hysterically funny, deftly crafted, and an impressively entertaining read from first page to last, *Time Is Irreverent* by Marty Essen is an especially and unreservedly recommended for community library Science Fiction & Fantasy collections. It should be noted for the personal reading lists of dedicated science fiction fans that *Time Is Irreverent* is also available in a digital book format."—Midwest Book Review "Time Is Irreverent is a well-written, well-paced novel peopled with solid, likeable characters. Marty Essen is a talented author who has managed to wrap several complex threads into a light, enjoyable narrative. I hope he will continue writing in the sci-fi genre and I look forward eagerly to his future works."—Charles Remington, *Readers' Favorite Book Reviews* ? Praise for *Time Is Irreverent 2: Jesus Christ, Not Again!* "Time Is Irreverent 2 is a madcap blasphemous comedy of the most delightful sort. Recommended for those whose tastes incline that way; if you loved *Time Is Irreverent*, run, don't walk, to consume this perfect sequel."—Tom Flynn, editor, *Free Inquiry* magazine "An excellent follow-up to the original, and this from someone who typically hates sequels! All the same great characters and more, plus Jesus—although not your mama's Jesus. The funny is funnier, the crazy crazier, and the politics even more in your face (in the good way!). If you loved the first, you've got to read the second. Well done, Marty!"—Jeff Abugov, writer, producer, director "For those aficionados of entertaining, optimistic sci-fi, who have been avidly waiting for another *Time Is Irreverent* adventure—your wait is over. Marty Essen has produced a fine follow-up to his first time traveling escapade and I hope that the likeable characters he has created will get many future outings. A great addition to a currently gloomy, pessimistic genre. I do not hesitate to recommend it."—Charles Remington, *Readers' Favorite Book Reviews* Publisher's Warning: This book is intended for a liberal audience and features satirical content that may not be

appropriate for Donald Trump supporters or those who are offended by views that challenge traditional religious beliefs. Common side effects include wide smiles, sudden laughter, and occasional snorts. Reader discretion is advised.

This book is a practical, portable guide to all of the Arctic's natural history—sky, atmosphere, terrain, ice, the sea, plants, birds, mammals, fish, and insects—for those who will experience the Arctic firsthand and for armchair travelers who would just as soon read about its splendors and surprises. It is packed with answers to naturalists' questions and with questions—some of them answered—that naturalists may not even have thought of.

Kate Evans, an adventurous young pilot with a pioneering spirit, makes a new start in the 1930s Alaska Territory, where her quest for adventure could keep her from finding true love. Original.

His cheeks are as tender as raw meat on a butcher's block. And those are just the cheeks of his face. As he slumps in the saddle, watching the road disappear into the distance, he aches in parts of his body that he's only just discovering he has... When Mark travels to Ecuador to go hiking and climbing, he discovers a land of dramatic volcanoes rising through the clouds and wide-open horizons rich in history. But when his partner Edita suggests a return visit, she has a very different adventure in mind: to cycle across the Andes and complete a unique sea-to-summit challenge by climbing the highest mountain starting from sea level. It will be an intrepid world first (or so they think). But there's just one problem – Mark can barely cycle over a road bridge without getting off to push. With a month to train, they rent some bikes and head to Scotland to cycle the North Coast 500. Will this be enough to prepare them for an epic adventure to climb a mountain that in one respect is the highest in the world?

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