

## Cow Yoga 2018 Calendar

"Yoga teachers Donna Farhi and Leila Stuart have joined forces to produce a definitive guide to centering the body, sharing their gentle, yet incredibly effective, approach to balancing body structure for optimal pain-free movement. This book demystifies the catch phrase "core fitness" and teaches you how to center your pelvis and find optimal spinal alignment as the foundation for true core strength and stability."--Publisher description.

They may be short, fluffy, and smiley but these Corgis are here to work! From trailblazers to bellhops and co-pilots to sous-chefs, this versatile breed proves that they are perfectly happy mixing work with pleasure, as long as they're getting treats for tips. This book is 96 pages of full-color fun and makes the perfect gift for any Corgi lover.

The best-selling anatomy guide for yoga is now updated, expanded, and better than ever! With more asanas, vinyasas, full-color anatomical illustrations, and in-depth information, the second edition of YogaAnatomy provides you with a deeper understanding of the structures and principles underlying each movement and of yoga itself. From breathing to inversions to standing poses, see how specific muscles respond to the movements of the joints; how alterations of a pose can enhance or reduce effectiveness; and how the spine, breathing, and body position are all fundamentally linked. Whether you are just beginning your journey or have been practicing yoga for years, Yoga Anatomy will be an invaluable resource—one that allows you to see each movement in an entirely new light. With Yoga Anatomy, Second Edition, authors Leslie Kaminoff and Amy Matthews, both internationally recognized experts and teachers in anatomy, breathing, and bodywork, have created the ultimate reference for yoga practitioners, instructors, and enthusiasts alike.

**NEW YORK TIMES BESTSELLER** • Thought leader, visionary, philanthropist, mystic, and yogi Sadhguru presents Western readers with a time-tested path to achieving absolute well-being: the classical science of yoga. "A loving invitation to live our best lives and a profound reassurance of why and how we can."—Sir Ken Robinson, author of *The Element*, *Finding Your Element*, and *Out of Our Minds: Learning to Be Creative* **NAMED ONE OF THE TEN BEST BOOKS OF THE YEAR BY SPIRITUALITY & HEALTH** The practice of hatha yoga, as we commonly know it, is but one of eight branches of the body of knowledge that is yoga. In fact, yoga is a sophisticated system of self-empowerment that is capable of harnessing and activating inner energies in such a way that your body and mind function at their optimal capacity. It is a means to create inner situations exactly the way you want them, turning you into the architect of your own joy. A yogi lives life in this expansive state, and in this transformative book Sadhguru tells the story of his own awakening, from a boy with an unusual affinity for the natural world to a young daredevil who crossed the Indian continent on his motorcycle. He relates the moment of his enlightenment on a mountaintop in

southern India, where time stood still and he emerged radically changed. Today, as the founder of Isha, an organization devoted to humanitarian causes, he lights the path for millions. The term guru, he notes, means “dispeller of darkness, someone who opens the door for you. . . . As a guru, I have no doctrine to teach, no philosophy to impart, no belief to propagate. And that is because the only solution for all the ills that plague humanity is self-transformation. Self-transformation means that nothing of the old remains. It is a dimensional shift in the way you perceive and experience life.” The wisdom distilled in this accessible, profound, and engaging book offers readers time-tested tools that are fresh, alive, and radiantly new. Inner Engineering presents a revolutionary way of thinking about our agency and our humanity and the opportunity to achieve nothing less than a life of joy.

Ashtanga Vinyasa Yoga is a method of Yoga Asana practice, which includes hundreds of Yoga postures, which are connected by breath initiated movements. This book is an illustrated guide to over a 125 Yoga postures and contains the precise method, by which one can, over time, perform all of these Yoga Asanas. Bovine fascination with yoga is sweeping pastures throughout the world. Cows are turning to this ancient discipline in herds to reap the benefits of relaxation, improved flexibility, and increased milk production. Impossible? One might think so if this fascinating book didn't provide photographic proof of Guernseys, Holsteins and other contented cows demonstrating 45 classic yoga poses including: Downward Facing Bovine (Udder Moooca Svavasana) and Salutation (Hooven Skyhigh). Each amazing full-color photograph is accompanied by an inspiring quotation to motivate readers on their own path to self-fulfillment.

"Just when you thought it couldn't get any better!" A new edition of the best-selling English File - the best way to get your students talking. A blend of completely new lessons, updated texts and activities, together with the refreshing and fine-tuning of some favourite lessons from New English File - English File third edition provides the right mix of language, motivation, and opportunity to get students talking. English File third edition offers more support for teachers and students. Teacher's Book provides over 100 photocopiables to save preparation time, plus extra tips and ideas. Classroom Presentation Tool brings your classroom to life with the Student's Book and Workbook, on-screen and interactive.

The wild and suspenseful story of one of the most crucial and least known campaigns of the Revolutionary War when America's scrappy navy took on the full might of Britain's sea power. "Few know of the valor and courage of Benedict Arnold... With such a dramatic main character, the story of the Battle of Valcour is finally seen as one of the most exciting and important of the American Revolution." —Tom Clavin author of Dodge City and co-author of Valley Forge During the summer of 1776, a British incursion from Canada loomed. In response, citizen soldiers of the newly independent nation mounted a heroic defense. Patriots constructed a small fleet of gunboats on Lake Champlain in

northern New York and confronted the Royal Navy in a desperate three-day battle near Valcour Island. Their effort surprised the arrogant British and forced the enemy to call off their invasion. Jack Kelly's Valcour is a story of people. The northern campaign of 1776 was led by the underrated general Philip Schuyler (Hamilton's father-in-law), the ambitious former British officer Horatio Gates, and the notorious Benedict Arnold. An experienced sea captain, Arnold devised a brilliant strategy that confounded his slow-witted opponents. America's independence hung in the balance during 1776. Patriots endured one defeat after another. But two events turned the tide: Washington's bold attack on Trenton and the equally audacious fight at Valcour Island. Together, they stunned the enemy and helped preserve the cause of liberty.

"At first glance, a wild animal's appearance may seem simple. But there is ... science behind every part of an animal's physique--from its nose to its toes ... Ward explores different kinds of fur, feathers, skin, and scales ... from porcupines and polar bears to octopuses and owls"--Amazon.com.

After hitting what she believes to be a deer with her car after a holiday party, creative writing professor Nan Lewis becomes the prime suspect in a hit-and-run with eerie similarities to the accident that killed her daughter years ago. Now Nan must find her daughter's killer if she hopes to clear her own name before her damaged reputation is shattered beyond repair.

Indian food is an internationally popular cuisine, yet, unfairly, it is often considered to be heavy, rich and indulgent. With more people than ever before turning to healthy home cooking there has never been a better time for a fresh and lighter take on Indian food - one that Mira is creating with her vibrant and healthy cooking style. Inspired by her mother and grandmothers' cooking, Mira Manek's style of food is a modern interpretation of the Indian classics, creating utterly delicious and naturally healthy dishes. Whether you want to cook a Summer Saffron Chia Pot, an Indian Summer Salad, a Thali, a Masala and Nut Milk or a Mango Yoghurt Cheesecake, Saffron Soul combines the best of the core elements of Indian cooking with original health-promoting twists. As well as offering the best and most naturally healthy Gujarati recipes, Mira also recreates some perennial favourites, replacing traditionally used grains and sugar with more nutritious ingredients such as millet, chia and jaggery, and cutting down on oils and fats, to make her dishes even healthier. Whether cooking a filling spicy curry, a soulful brunch, a nutritious light meal or a luscious dessert, Mira's dishes vibrantly burst with colour and a richness of flavour and spice, each fit for a feast.

Dachshunds have a knack for helping out any way they can. In their desire to please, they are ready, willing and able to perform a myriad of tasks useful to their owners. Whether you need a door stop, seat warmer, personal trainer, Miracle Grow, wash cloth or home security system, look no further than a dachshund! Illustrated with charming full-color photographs, 101 Uses for a Dachshund depicts doxies performing chores evoking why the breed is adored by owners worldwide.

Told from the frank and refreshing perspective of a practicing Hindu, this book analyses the importance of Hinduism as the secular, plural middle path in the battle between Islam and Christianity that is playing out across the globe. Being Hindu presents a faith of peace, liberation, and understanding in an increasingly violent world.

"Parker Pig Goes to Yoga" is an interactive children's Yoga book about a Pig who didn't think she could do Yoga. Join Parker Pig on her first Yoga class adventure in a barn and learn some new animal yoga poses with sounds to go along on her special journey! A few benefits of kids yoga include increasing strength, flexibility, focus, concentration, confidence and giving children the tools to help calm their bodies. Through breath and practicing the poses, the children are guided through an inspiring story about a Pig. Parker Pig is representative of anyone who thinks they can't do Yoga, or anyone who wants to learn how to do Yoga poses and this adorable story will leave children not only with a new knowledge of animal yoga poses and sounds, but with the confidence and strength to do them! If Parker Pig can do yoga, so can you! Namaste!

'You'd have to have a heart of stone not to be touched by Kate's enthusiasm for her new way of life' - Daily Mail In 2007, after 20 years of living in London, Kate Humble and her husband Ludo decided it was time to leave city life behind them. Three years later, now the owner of a Welsh smallholding, Kate hears that a nearby farm is to be broken up and sold off. Another farm lost; another opportunity for a young farmless farmer gone. Desperate to stop the sale, Kate contacts the council with an alternative plan - to keep the farm working and to run a rural skills and animal husbandry school alongside it. Against all odds, she succeeds. Here, in *Humble by Nature*, Kate shares with us a highly personal account of her journey from London town house to Welsh farm. Along the way we meet Bertie and Lawrence the donkeys, Myfanwy and Blackberry the pigs and goats Biscuit and Honey, not forgetting a dog called Badger and his unladylike sidekick Bella. And we are introduced to the tenant farmers Tim and Sarah, the locals who helped and some who didn't, and a whole host of newborn lambs. Full of the warmth and passion for the natural world that makes Kate such a sought after presenter, *Humble By Nature* is the story of two people prepared to follow their hearts and save a small part of Britain's farming heritage, whatever the consequences.

Yoga instructor, massage therapist, and anatomy teacher Kelly Solloway provides an entertaining journey through the human body, focusing on the bones, joints, and muscles used in yoga. Each anatomical feature is illustrated with a beautiful black-and-white drawing of a yoga posture, or asana, to color, making it easy to remember their location and function. Thirty-two flash cards enable readers to quiz themselves and study on the go.

This charming book hilariously illustrates that yoga isn't just for people anymore! A Sloth persuing total relaxation and mindfulness meditation demonstrate classic poses that would seem impossible to achieve, were it not for the photographic proof presented here. These sloth

yogis are in no rush to complete their yoga sequence, it often takes an entire month just to complete a single pose. Sloth Yoga takes this popular meditative practice to a new level of Zen. Yes, yes, and yes! Paired with inspiring Zen, yoga and meditation quotes, Sloth Yoga is posed to inform and delight all human practitioners of the ancient discipline. What a unique way to bring humor and relaxation into someones life by giving them this unique book as a gift. The ultimate guide to the yoga profession—at every stage of your teaching career Yoga has helped you, and now you want to share what you've learned. Maybe you've just graduated from yoga teacher training, and you're wondering how to take your next steps. Or perhaps you've been teaching for a while, but you feel unsure about how to get a studio job, develop a workshop, establish clear boundaries with your students, or level up in your career. Wherever you are, The Professional Yoga Teacher's Handbook will help you choose a wise path toward where you want to be. Sage Rountree mines her decades of experience as a yoga teacher, teacher trainer, and studio owner to offer guidance at every turn: Land your first job, and smartly manage your schedule, money, and energy Prepare outside the classroom to ensure that each class is a good one Keep pace with changing Yoga Alliance standards and the expanding world of online teaching React in real time to students' needs (and gently teach studio etiquette) Figure out whether you want to become a full-time teacher, own a studio, take private clients, lead yoga teacher trainings—or all of the above. Throughout, thoughtful prompts encourage you to articulate your principles, vision, and plans. Instead of telling you what to teach, this book will guide you to your own answers—first and foremost, by asking: How can my teaching be of greatest service to my students?

You don't have to go to the yoga studio to practice yoga. Grab your mat and discover the power of yoga for yourself. Perfect for beginners! With straightforward language and easy-to-follow steps, Yoga Fitness for Men will teach you how to execute the yoga postures you need for greater endurance, flexibility, balance, and strength. Prop the book in front of your mat and let the full-color, step-by-step photography guide you through everything you need to know for an effective yoga practice. Get your body moving, maximize athletic performance, restore your muscles from daily aches, reduce post-workout soreness, and help prevent injuries. Mobility is one of the most important, yet overlooked elements of your fitness, which is why professional athletes are making yoga a regular part of their fitness routines; and GQ, HuffPost, and Men's Health have all advocated yoga for men. Stretching and strengthening with yoga to improve mobility is proven to help you increase your gains in the gym, prevent and relieve aches, and help you beat your competition on the field. You'll find that incorporating yoga into your training will help you get stronger, play harder, and feel better. Here is what you'll find in this amazing beginner's guide: 25 yoga workouts, and over 50 key postures so yoga can make you stronger, fitter, and more mobile. Visual modifications show you how to tailor the pose for your body. A dashboard for every pose explains what you should and shouldn't be feeling in your body while doing the pose. Workouts and multi-week programs are tailored to your specific performance and health goals, such as increased core strength, restoration from hours of sitting, rotational power, or back pain relief.

Cow YogaWillow Creek Press

A young man flees from Iran in 1984 while his cousin helps him from her congressional office in Washington, D.C.

For decades, pit bulls have been demonized by society and portrayed as hellhounds. They've become the most feared, hated, and abused of all companion animals. Some cities and even entire countries ban them, while the media persist in associating them with viciousness. This unjust reputation has sealed the fate of millions of dogs, who face prejudice around the world and languish in shelters, where they are the most euthanized. In America alone, hundreds of thousands of pit bulls are put to sleep every year. Since 2014, French photographer Sophie Gamand has been composing portraits of adoptable pit bulls from more than thirty shelters and

rescues throughout the United States. Many had been waiting for years for a home. Adorning her models with handmade flower-crowns, Gamand tells each dog's story and celebrates their inherent personality, vulnerability, and individuality. Posted and shared widely on social media, the portraits--at once charming, candid, and deeply affecting--have not only led to hundreds of dogs finding loving, forever homes, but have also spurred efforts to destigmatize an animal whose reputation for violence says more about us than it does the character of the dogs themselves. Full of moving, honest, and inspiring stories of individual dogs and their lives (and deaths), Pit Bull Flower Power presents a vivid, beautifully composed cross-section of Gamand's extraordinary work. The book also serves as a testament to the caring people who work in animal rescue, the passion and dedication of those who provide homes for these animals, and the dignity, forbearance, and love of these dogs, who are at the mercy of humans.

Err, I think you mean Downward Cat How can you tell whether your cat is purrfecting its Sphinx pose or just being, well, a cat? You may think your cat is just a naturally bendy weirdo, but the truth is, they're probably one of the growing number of Zen Yogi Cats – and this book is here to expose what happens when yoga and cats collide. Whether they're paws-ing to enjoy their morning Sun Salutations, working on their flexibility, searching for the divine (laser) light or exhaling hairballs, these cats are getting their om-meow on in the world of Cat Yoga.

The human race is in crisis and very few of us – if any – are able to understand what is wrong with our lives and the world at large. How did this happen and how did humans become so 'disconnected' with humanity? Why are psychological disorders such as depression, anxiety, fear, and suicide on the increase, and why are conventional Western therapies unable to stem the tide? To approach this we must first look inside ourselves – to explore our own purpose in life and extend that principle to the rest of humanity. Despite the advances of modern Western psychology and the development of therapies that do help many, one area that is largely unexplored is that of the 'human spirit' and spirituality since it is more convenient to consider the human mind as 'machine' that responds to external stimuli. In this powerful exploration into the human mind and its relationship with the human spirit, Malik Badri invites the reader to open the door to self-discovery, purpose and spirituality through the practice of contemplation, reflection and meditation – understanding the true meaning and experience of spirituality as well as one's own place in Creation. Whilst central to worship in Islam, this will also be of great interest to, and help any reader wishing to explore the notion of spirituality whether as part of worship or simply as part of self development and inner healing.

Learn how to sit, stay, and roll over with this fully illustrated, "delightful" guide to yoga starring man's best friend (Shutterbug magazine). Inspired by a friend's mastiff who would imitate his master's morning yoga routine, photographer Dan Borris created Yoga Dogs, a full-color collection of forty-five different dogs and puppies doing human yoga poses. Don't worry: No animals were harmed during the making of these images; their extreme flexibility is the result of clever digital trickery. The curious, humorous, and distinctly original pictures are paired with useful information about the poses, as well as some funny canine meditations. "A fresh and highly entertaining visual treat," Yoga Dogs is perfect for any yogi of the two or four-legged variety (Shutterbug magazine).

Learn Kid-Friendly Yoga Poses with a Meditative, Mindful Frog Frog loves to practice yoga. And he will inspire kids to enjoy doing yoga, too. Follow Frog's yoga flow, from warming up to cooling down. Start with the mountain and chair poses, then work into giraffe, cat-cow, downward-facing dog, butterfly, and

bridge. End with the quieting happy baby and savasana poses to help your muscles relax before going to bed or starting your day. For fans of Yoga Bunny and I Am Yoga, Yoga Frog's simple, meditative text is complemented by playful yet instructive illustrations by Mark Chambers to teach youngsters how to start their very own yoga practice--and to have fun while doing so, too.

"Scribble, the book's main character, never thought he was different until he met his first drawing. Then, after being left out because he didn't look like everyone else, Scribble teaches the drawings how to accept each other for who they are. Which enables them to create amazing art together!"--

"Most self-help books are trite. They don't tell you anything you don't already know, and if you could follow their advice, you wouldn't need to read the book in the first place. This book, however, is radically different. It assumes that you are a normal happy person and want to experience the misery that so many others complain about. It gives some great advice on how to bring yourself to hell on earth, -- and bring all of your family, friends, and co-workers right along with you! Best of all, you can do all this while rolling on the floor with laughter. Give this book to anyone whose cheerful mood annoys you when you are down in the dumps. I totally recommend this book for anyone even slightly Unhappy or those who love them !!" "I totally recommend this book for anyone even slightly Unhappy or those who love them !! It's fabulous. We had a great time, saw ourselves and others in the pages and since, unfortunately, this whole family is part of the 20% of happy people in a miserable world, the laughs were frequent and heartfelt." "I've read through bunches of self-help books. Of all of them, I think "Born to Win" and this book are the only two that will persist on my shelves." "The book is a delightful take hon the American way. Written with insight and humor, the author takes you into misery as a way of life and offers clever ways of maintaining your miserable status. I read it in one evening and thoroughly enjoyed the wacky humor and uncanny knowledge of how we make ourselves sick with unnecessary worry and self doubt. Read it with a sense of humor and you can't help but love it the way I did." "This is a great book to have on your living room coffee table or bedside, so that you can pick it up often, open to any page, and laugh at how ludicrous we can be on a regular basis. I have taught social dance classes for over 20 years, and my goal is to provide an arena in which people have the freedom to laugh at themselves while learning about something new. Gil's book provides me and others with that freedom. I highly recommend it!" "This is a good book when one feels down and needs an uplift. It allows one to realize not to take life so seriously. Very enjoyable reading."

Adventures in Doing Good shares illustrated good news from around the world, meant to inspire readers to contribute in their own way

Since 1960, more than 1 million people have used this classic guide to tap the incredible power of yoga. The attractive new edition, in a new size, will appeal to a wide audience of contemporary yoga students.

FROM THE VIRAL YOGA STAR - 43 MILLION VIEWS IN JUST FIVE DAYS

Yoga as it's never been seen before! 'Yoga can feel elitist but the book does not alienate. Partly because of its gentle humour, and partly because the language does not assume any knowledge of terms or sequences. It's straightforward and to the point. And the scenery beats a sterile yoga studio.' - Evening Standard 'Apparently there is something about the recipe of beards, kilts, butts and the Scottish highlands that just works.' - Finlay Wilson 'Yoga and kilts in a Perthshire forest has proved to be just what the world was waiting for.' - BBC Get ready to lose yourself in the wilds of Scotland and reconnect with the natural world in this gorgeous little book that will make you look at yoga in a whole new way - kilt optional! After recovering from an accident, Finlay Wilson found yoga was the best way to rebuild his strength. Now a qualified yoga instructor himself, he's decided to bring a modern take to this ancient practice. Feast your eyes on his yoga moves and discover why his Kilted Yoga video became an instant global sensation. This beautiful book is both dramatic and inspirational, but also tongue in cheek, quirky and funny. Finlay introduces you to the fundamentals of yoga through four progressive sequences to help you develop your practice.

Combining stunning photography of the Scottish highlands with practical advice, Kilted Yoga is the inspiration you've been waiting for - join the movement here.

Check out the video that went viral:

[www.facebook.com/BBCScotland/videos/1085403278236761](http://www.facebook.com/BBCScotland/videos/1085403278236761)

Andrew Marttila has been a professional animal photographer for the past five years and most of that time has been dedicated to photographing cats exclusively. With his set-up he's able to capture wonderful split-second images of cat's most abandoned expressions as they enjoy every cat's favourite treat, catnip. Andrew rescues and raises orphan kittens with his partner Hannah Shaw (the internet's famous Kitten Lady), and many of the models were hand-raised by Andrew and Hannah from newborns. Catnip, or *Nepeta cataria*, grows wild in many parts of the world and is extremely easy to grow at home in most climates. It's part of the mint family and contained within the bulbs, stems, and leaves is an oil called nepetalactone. Once eaten, rolled on, or crushed, the oil binds to the cat's nasal receptors and stimulates a response that affects a number of areas in the brain, including the hypothalamus and amygdala, two regions that are key in regulating emotional and behavioral responses to stimuli. This produces a mild euphoric effect and typically lasts about ten to twenty minutes. Catnip is non-addictive and harmless and provides a temporary respite from your cat's gruelling workload of napping all day.

The touching story of one couple's decision to start a vineyard in France, where they fear nothing more than the destruction of a sudden cold snap Frost can be fatal to a fledgling wine business. . . it's a gorgeous glitter with a high price tag. On a winter's day it is beautiful, but on a spring day after bud burst it spells devastation. For Sean and Caro Feely, a couple whose love affair with wine and France has taken them through financial and physical struggle to create their organic vineyard, it could spell the end. Until they receive an unexpected call that

could save their skins. . . This book is about life, love, and taking risks, while transforming a piece of land into a flourishing vineyard and making a new life in France.

Welcome to Everlasting, Maine, where there's no such thing as normal. Charlotte Fenchurch knows that, which is why she's not that surprised when a very special book of magic falls into her hands at the library where she works. As a fledgling witch, owning her own grimoire is a dream come true. But there's something...mysterious about the book she just can't figure out. Leopard shifter Walker Black knows what's odd about the book. It's full of black magic and so dangerous that it could destroy the world. Good thing the Fraternal Order of Light has sent him to Everlasting to recover it and put it into safe storage. If he has to, he'll even take the witch who owns it into custody. That is until he meets Charlotte and realizes she's not out to watch the world burn. She's sweet and kind and wonderful. Suddenly protecting her is all he wants to do. Well, that and kiss her some more. But dark forces seem determined to get their hands on the book, making Charlotte their target, and Walker worries that he won't be able to protect her from them - or the organization he works for. Can Walker and Charlotte survive the onslaught of danger? Or is that just witchful thinking?

Summary Of 21 Lessons for the 21st Century By Yuval Noah Harari - Book Summary - OneHour Reads We think we have seen the worst of this world: the violation of human rights, terrorism and killings here and there. Sadly, it is going to get worse because the future is not "bright". We also think we (humans) rule the world and nothing can ever change that but if we do nothing, the environment and technology would unseat us. Also, we are so engrossed in other seemingly important things except the things that can save us. In the book, "21 lessons for the 21st century, Yuval Noah Harari raises challenging questions about concepts that have become so enshrined in the global society and the author shows how these concepts have failed us, particularly now that we need them the most. This book rattles the foundation of everything we have believed over the years and how they are now the very things that have stopped us from coming together to fight and win the battle of the future. This book contains a comprehensive, well detailed summary and key takeaways of the original book by Yuval Noah Harari . It summarizes the book in detail, to help people effectively understand, articulate and imbibe the original work by Harari. This book is not meant to replace the original book but to serve as a companion to it Contained is an Executive Summary of the original book Key Points of each chapter and Brief chapter-by-chapter summaries To get this book, Scroll Up Now and Click on the "Buy now with 1-Click" Button to Download your Copy Right Away! Disclaimer: This is a summary, review of the book "21 Lessons for the 21st Century" and not the original book.

The best country-by-country assessment of human rights. The human rights records of more than ninety countries and territories are put into perspective in Human Rights Watch's signature yearly report. Reflecting extensive investigative

work undertaken by Human Rights Watch staff, in close partnership with domestic human rights activists, the annual World Report is an invaluable resource for journalists, diplomats, and citizens, and is a must-read for anyone interested in the fight to protect human rights in every corner of the globe.

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