

Tenerezza Incontro Con Chandra Livia Candiani

"[...] XXXIV. The Saint leaves her Monastery of the Incarnation for a time, at the command of her superior--Consoles an afflicted Widow XXXV. The Foundation of the House of St. Joseph--Observance of holy Poverty therein--How the Saint left Toledo XXXVI. The Foundation of the Monastery of St. Joseph--Persecution and Temptations--Great interior Trial of the Saint, and her Deliverance XXXVII. The Effects of the divine Graces in the Soul--The inestimable Greatness of one Degree of Glory XXXVIII. Certain heavenly Secrets, Visions, and Revelations--The Effects of them in her Soul [...]."

Notebook 6" x 9" Ruled 150 Lined Pages Softcover

Cees Nootboom wrote the poems that make up Monk's Eye on two islands: he began them on the Dutch island of Schiermonnikoog and finished them on the Spanish island of Minorca, where he has spent summers for decades. The poems--which can be read individually or, all together, as the record of a poet's life--are about the two islands. But they're also about islands as an archetype, about the serenity that we can find on beaches and amid dunes, the sea sweeping imperturbably around us. Accompanied by Sunandini Banerjee's collages, the poems in this volume are rich in allusion; they address the past, memories, illusions, dreams, and the heart of all poetry--which Nootboom locates in the opening line of Plato's Phaedrus, when Socrates, walking with his admirer, asks, "My dear Phaedrus, whence came you, and whither are you going?"

The debut graphic novel from Thai-Italian illustrator Elisa Macellari, Papaya Salad tells the story of her great-uncle Sompong who found himself in Europe on military scholarship on the eve of World War II. A gentle and resolute man in love with books and languages, in search of his place in the world, Sompong chronicles his life during the war and falling for his wife, finding humor and joy even as the world changes irrevocably around him This Winner of the 2019 Autori di Immagini Silver Medal in the Comics category tells the human story of the War, from a perspective not typically seen. "An historical and emotional journey through my family and my roots that are grown between Europe and Asia. A personal narrative that needs to be shared and hopefully arouses empathy in the reader." -- Elisa Macellari

In our bodily being are the keys to the intertwined concepts of sexuality and selfhood, and hence to a fulfilled life. Forging an original synthesis of modern depth-psychology with the bioenergetic tradition of Alexander Lowen and his mentor, Wilhelm Reich, Helfaer offers a compassionate, honest, and in depth study of the human condition and a meaningful guide to "living your sexuality."

This wonderfully unique collaboration brings together two masters of their fields, joining original words by spiritual teacher Eckhart Tolle with delightful illustrations by Patrick McDonnell, the creator of the acclaimed comic strip MUTTS. Every heartwarming page provokes thought, insight, and smiling reverence for all

beings and each moment. More than a collection of witty and charming drawings, the marriage of Patrick McDonnell's art and Eckhart Tolle's words conveys a profound love of nature, of animals, of humans, of all life-forms. *Guardians of Being* celebrates and reminds us of not only the oneness of all life but also the wonder and joy to be found in the present moment, amid the beauty we sometimes forget to notice all around us.

In his bestselling *The Soul's Code*, James Hillman restored passion and meaning to the concept of identity, arguing that each of us is born with an innate character, the "daimon" or "spirit" that calls us to what we are meant to be. Now, in *The Force of Character*, Hillman brings the idea of character full circle, offering a revolutionary new vision of life's most feared and misunderstood chapter: old age. "Aging is no accident," Hillman writes. "It is necessary to the human condition, intended by the soul." We become more characteristic of who we are simply by lasting into later years; the older we become, the more our true natures emerge. Thus the final years have a very important purpose: the fulfillment and confirmation of one's character. Contrary to the current genetic determinism that sees increased longevity as a wasted aberrance created by civilization, *The Force of Character* presents an explosive new thesis: The changes of old age, even the debilitating ones, have purposes and values organized by the psyche. Memory for recent events may falter, offering more place for long-term recollections. A heart condition in later life brings an opportunity to remove blockages from constricted relationships, while changes in sleep patterns allow the old to experience the profound elements of nighttime that we usually overlook. As Hillman says, "Aging makes metaphors of biology." In this empowering and original work, James Hillman resurrects the ancient, widespread, and socially effective idea of the old person as "ancestor," a model for the young, the bearer of a society's cultural memory and traditions. America disregards old people who aren't young-acting and young-looking. We don't realize that "oldness" is an archetypal state of being that can add value and luster to things we treasure, places we revere, and people's character. When we open our imaginations to the idea of the ancestor, aging can free us from convention and transform us into a force of nature, releasing our deepest beliefs for the benefit of society. For all who read it, *The Force of Character* will be a seminal, life-affirming experience.

Poetry. Bilingual Edition. Translated from the Italian by John Taylor. *THE LITTLE BOOK OF PASSAGE* is the story of the crossing of an inner fault line, a travel diary through the territories of the psyche: presences close to disappearing and dreamlike atmospheres act as a deforming mirror in regard to the gestures and happenstances of everyday life. Allusiveness and precision, density and evanescence, are juxtaposed and integrated in this continuous attempt to focus on and pronounce the world. As in a rite of passage, Franca Mancinelli, who lets herself be visited by shadows, recomposes the fragments of an open identity, which has never abandoned the origin.

Retraces the history of postmodern philosophy and proposes solutions to overcome its impasses. Philosophical realism has taken a number of different forms, each applied to different topics and set against different forms of idealism and subjectivism. Maurizio Ferraris's *Manifesto of New Realism* takes aim at postmodernism and hermeneutics, arguing against their emphasis on reality as constructed and interpreted. While acknowledging the value of these criticisms of traditional, dogmatic realism, Ferraris insists that the insights of postmodernism have reached a dead end. Calling for the discipline to turn its focus back to truth and the external world, Ferraris's manifesto—which sparked lively debate in Italy and beyond—offers a wiser realism with social and political relevance. “In the new atmosphere of Anglophone continental thought, realism is not just a viable option but is arguably home to the most promising innovations of our time. Ferraris will serve as a welcome new influence.” — from the Foreword by Graham Harman

In Search of Wisdom is a book born of the friendship of three gifted teachers, exploring the universal human journey and our quest for meaning and understanding. This translation of the French bestseller brings readers an intimate, insightful, and wide-ranging conversation between Buddhist monk and author Matthieu Ricard, philosopher Alexandre Jollien, and psychiatrist Christophe André. Join these three luminaries as they share their views on how we uncover our deepest aspirations in life, the nature of the ego, living with the full range of human emotion, the art of listening, the temple of the body, the origin of suffering, the joy of altruism, true freedom, and much more. “We don't pretend to be experts on the subject matter or models in accomplishing the work or overcoming the obstacles involved in it,” they write. “We are only travelers in search of wisdom, aware that the path is long and arduous, and that we have so much still to discover, to clarify, and to assimilate through practice . . . Our dearest wish is that when you cast your eyes on these pages, you will discover subjects for reflection to inspire you and brighten the light of your life.” *In Search of Wisdom Highlights* • Discovering our deepest aspirations • The ego: friend or impostor? • Learning to live with the full spectrum of our emotions • The art of listening • The body: burden or idol? • Suffering and its origins • The joy of altruism • The school of simplicity • Guilt and forgiveness • True freedom • Daily practice

"James Purdy is a marvel. His new collection of stories confirms the wacky elegance that has been Purdy's stock in the writing trade during a distinguished career that goes back to the middle '50s.... Splendid." – Chicago Tribune

He makes you laugh, though you can never be quite sure why. He's affable enough, of course, but it's not so much that. He is both a kind of halfwit and a genius, flippant and profound, chaotic and yet possessed of a Zen-like calm. He's easily distracted but tends to hound-dog every thought until he has it by the throat. His conversation is labyrinthine but he is capable of moments of blinding lucidity. The thing is, you can't help but love him. He is Vincenzo Malinconico, an underemployed lawyer whose wife has sort of left him (“he's the kind of man you marry not once but twice, and leave both times”), whose teenage children worry him to death, and whose profession mostly consists in appearing as if he has one. In this sequel to *I Hadn't Understood*, a Neapolitan mafia boss has been kidnapped by a mild-mannered computer engineer who holds the camorrista responsible for the accidental death of his son. The engineer plans to conduct an impromptu trial on live television during which he will list the various

crimes of the accused, sentencing him before a captivated national audience and executing him accordingly. The standoff between law enforcement officers and the kidnapper becomes a tragi-comic reality show. The only hope of a happy ending rests with Vincenzo Malinconico, Neapolitan lawyer, poster-child for the proverbial mid-life crisis, and inveterate flâneur. He hardly has a reputation for decisiveness, but now is called upon to play a decisive role in resolving this drama in course with, hopefully, no loss of life, his own included.

For decades, poetry therapy has been formally recognized as a valuable form of treatment, and it has been proven effective worldwide with a diverse group of clients. The second edition of *Poetry Therapy*, written by a pioneer and leader in the field, updates the only integrated poetry therapy practice model with a host of contemporary issues, including the use of social media and slam/performance poetry. It's a truly invaluable resource for any serious practitioner, educator, or researcher interested in poetry therapy, bibliotherapy, writing, and healing, or the broader area of creative/expressive arts therapies.

A new theory about the origins of consciousness that finds learning to be the driving force in the evolutionary transition to basic consciousness. What marked the evolutionary transition from organisms that lacked consciousness to those with consciousness—to minimal subjective experiencing, or, as Aristotle described it, “the sensitive soul”? In this book, Simona Ginsburg and Eva Jablonka propose a new theory about the origin of consciousness that finds learning to be the driving force in the transition to basic consciousness. Using a methodology similar to that used by scientists when they identified the transition from non-life to life, Ginsburg and Jablonka suggest a set of criteria, identify a marker for the transition to minimal consciousness, and explore the far-reaching biological, psychological, and philosophical implications. After presenting the historical, neurobiological, and philosophical foundations of their analysis, Ginsburg and Jablonka propose that the evolutionary marker of basic or minimal consciousness is a complex form of associative learning, which they term unlimited associative learning (UAL). UAL enables an organism to ascribe motivational value to a novel, compound, non-reflex-inducing stimulus or action, and use it as the basis for future learning. Associative learning, Ginsburg and Jablonka argue, drove the Cambrian explosion and its massive diversification of organisms. Finally, Ginsburg and Jablonka propose symbolic language as a similar type of marker for the evolutionary transition to human rationality—to Aristotle's “rational soul.”

A cutting-edge research book that internationally examines cross-cultural research on gender as it is lexically and socially categorized in electronic media >

Existential and curiously hypnotic, Pablo d'Ors evokes the sharp stylized prose of Bolaño, Bernhard, and DeLillo in this strange tale of one man's repeated forays into the desert, and the ultimate silence it contains. “Thanks to the back cover of a book I knew that there lived in Brno a man who had dedicated a good portion of his life to traveling through many of the world's deserts.” So begins Pavel's story, as a series of mysterious circumstances lead him to change the course of his life. On his repeated trips to the Sahara, first as part of an enigmatic organization called Friends of the Desert and later on his own, Pavel explores the drifting sands, and, ultimately, something approaching infinity. Nothing is as it seems. As the unknowns increase, each encounter presents a new mirror for Pavel's own expanding consciousness. Innumerable artists, thinkers,

and mystics have paid their respects to the void. With refinement and care, Friend of the Desert inserts itself to that tradition. In the wake of Hesse's famous Siddhartha, Bolaño's By Night in Chile, and Don DeLillo's The Names, Pablo d'Ors approaches the depths and casually settles in. Friend of the Desert is a rare gift for seekers of the absolute.

In Dublin, Rose Holden's husband leaves her for another woman after 20 years of marriage and three children. The novel describes the way the couple arrived at this situation and Rose's efforts to create a life as a single mother.

Tenerezza. Incontro con Chandra Livia Candiani Amore, mindfulness e relazioni Qualità mindful per amare senza equivoci HOEPLI EDITORE

'Lucid, calm, informed, directly helpful in trying to think about where we are now... The literature of the time after begins here' Evening Standard 'Taking a breather from bewildering statistics and terrible tales of contagion to read Giordano's book was a jolt of brevity and simplicity... It takes concepts that have been dancing away in our minds, just out of reach, and lines them up neatly' The Times 'Potent and original' Sunday Times 'In one short hour, in the midst of this difficult moment, Giordano reinforced my sense of hope in humanity, in the one and the many' Philippe Sands, author of East West Street and The Rat Line The Covid-19 pandemic is the most significant health emergency of our time. Writing from Italy in lockdown, physicist and novelist Paolo Giordano explains how disease spreads in our interconnected world: why it matters how it impacts us how we must react Expanding his focus to include other forms of contagion - from the environmental crisis to fake news and xenophobia - Giordano shows us not just how the coronavirus crisis got so bad so quickly, but also how we can work together to create change. Paolo Giordano is a physicist and the author of four bestselling novels. His article 'The Mathematics of Contagion' - published in Italy at the beginning of the coronavirus emergency - was shared more than 4 million times and helped shift public opinion in the early stages of the epidemic.

"Ben Jelloun is arguably Morocco's greatest living author, whose impressive body of work combines intellect and imagination in magical fusion." —The Guardian In The Happy Marriage, the internationally acclaimed Moroccan author Tahar Ben Jelloun tells the story of one couple—first from the husband's point of view, then from the wife's—just as legal reforms are about to change women's rights forever. The husband, a painter in Casablanca, has been paralyzed by a stroke at the very height of his career and becomes convinced that his marriage is the sole reason for his decline. Walled up within his illness and desperate to break free of a deeply destructive relationship, he finds escape in writing a secret book about his hellish marriage. When his wife finds it, she responds point by point with her own version of the facts, offering her own striking and incisive reinterpretation of their story. Who is right and who is wrong? A thorny issue in a society where marriage remains a sacrosanct institution, but where there's also a growing awareness of women's rights. And in their absorbing struggle, both sides of this modern marriage find out they may not be so enlightened after all.

Journey through the countryside in this magical realist debut from an underground Chinese cartoonist In Night Bus, a young woman wearing round glasses finds herself on an adventurous late night bus ride that constantly makes detours through increasingly fantastical landscapes. Meanwhile a young cartoonist returns home after art school and tries his hand at becoming a working artist while watching over his aging grandmother whose memory is deteriorating. Nostalgic leaps take us to an elementary school gymnasium that slowly morphs into a swamp and is raided by a giant catfish. Beetles, salamanders, and bug-eyed fish intrude upon the bus ride of the round-glasses woman as the night stretches on. Night Bus blends autobiography, horror, and fantasy into a vibrantly detailed surreal world that shows a distinct talent surveying his past. Nature infringes upon the man-made world via gigantism and explosive abundance—the images in Night Bus are often unsettling, not aimed to horrify, but to

upset the balance of modern life. Zuo Ma is part of a burgeoning Chinese art comics scene that pushes emotion to the forefront of the story while playing with action and dreams. A beautifully moving tale of loss and reaching out to the ones we love, of one man's journey to discover what really matters in modern life. Our narrator's days are numbered. Estranged from his family, living alone with only his cat Cabbage for company, he was unprepared for the doctor's diagnosis that he has only months to live. But before he can set about tackling his bucket list, the Devil appears with a special offer: in exchange for making one thing in the world disappear, he can have one extra day of life. And so begins a very bizarre week . . . Because how do you decide what makes life worth living? How do you separate out what you can do without from what you hold dear? In dealing with the Devil our narrator will take himself – and his beloved cat – to the brink. Genki Kawamura's *If Cats Disappeared from the World* is a story of loss and reconciliation, of one man's journey to discover what really matters in modern life. This beautiful tale is translated from the Japanese by Eric Selland, who also translated *The Guest Cat* by Takashi Hiraide. Fans of *The Guest Cat* and *The Travelling Cat Chronicles* will also surely love *If Cats Disappeared from the World*.

Mario Pomilio, author of *The Fifth Gospel*, was a novelist, editor, and literary critic. *The Fifth Gospel* tells the story of a search for a message of hope and salvation. Umberto C. Mariani and Alice J. Mariani have translated it into English for the first time.

Explores the role of synchronicity in all aspects of life and shows how to analyze synchronistic experiences to help gain self-understanding

Innamorarsi è l'inizio di quello che potrebbe essere un bellissimo viaggio attorno al mondo degli affetti. Un viaggio in cui possiamo incontrare prove, dover superare difficoltà e imparare a stare insieme in tante situazioni diverse. In questo libro, arricchito da file audio per praticare la mindfulness, troverai suggerimenti e riflessioni che riguardano le tappe di questo viaggio. È un libro che potrai leggere scegliendo il capitolo che è utile per te in questo momento, visto che ogni sezione permette una lettura autonoma e indipendente. Troverai meditazioni, esercizi e spunti di riflessione perché l'amore si realizza in pratica più che in teoria. Senza dimenticare che l'amore è bello finché è amore e che, a volte, sapersi lasciare può diventare un atto d'amore. Ti faranno compagnia nella lettura le storie di relazioni tratte dall'esperienza clinica dell'autrice in cui potrai riconoscerti e rispecchiarti perché ogni amore è unico ma tutti abbiamo lo stesso desiderio: sentirsi amati e apprezzati così come siamo.

Provides a day-by-day, act-by-act account of the landmark music festival, with details on the pre-festival organization and preparation, interviews and quotes from participants, and discussion of media coverage and the festival's legacy.

Shamanism is commonly understood through reference to spirits and souls.

However, these terms were introduced by Christian missionaries as part of the colonial effort of conversion. So, rather than trying to comprehend shamanism through medieval European concepts, this book examines it through ideas that started developing in the West after encountering Amerindian shamans.

Microbes and Other Shamanic Beings develops three major arguments: First, since their earliest accounts Amerindian shamanic notions have had more in common with current microbial ecology than with Christian religious beliefs.

Second, the human senses allow the unaided perception of the microbial world; for example, entoptic vision allows one to see microscopic objects flowing

through the retina and shamans employ techniques that enhance precisely these kinds of perception. Lastly, the theory that some diseases are produced by living agents acquired through contagion was proposed right after Contact in relation to syphilis, an important subject of pre-Contact Amerindian medicine and mythology, which was treasured and translated by European physicians. Despite these early translations, the West took four centuries to rediscover germs and bring microbiology into mainstream science. Giraldo Herrera reclaims this knowledge and lays the fundamentals for an ethnomicrobiology. It will appeal to anyone curious about shamanism and willing to take it seriously and to those enquiring about the microbiome, our relations with microbes and the long history behind them.

An “intriguing and accessible” (Publishers Weekly) interpretation of the life of Galileo Galilei, one of history’s greatest and most fascinating scientists, that sheds new light on his discoveries and how he was challenged by science deniers. “We really need this story now, because we’re living through the next chapter of science denial” (Bill McKibben). Galileo’s story may be more relevant today than ever before. At present, we face enormous crises—such as minimizing the dangers of climate change—because the science behind these threats is erroneously questioned or ignored. Galileo encountered this problem 400 years ago. His discoveries, based on careful observations and ingenious experiments, contradicted conventional wisdom and the teachings of the church at the time. Consequently, in a blatant assault on freedom of thought, his books were forbidden by church authorities. Astrophysicist and bestselling author Mario Livio draws on his own scientific expertise and uses his “gifts as a great storyteller” (The Washington Post) to provide a “refreshing perspective” (Booklist) into how Galileo reached his bold new conclusions about the cosmos and the laws of nature. A freethinker who followed the evidence wherever it led him, Galileo was one of the most significant figures behind the scientific revolution. He believed that every educated person should know science as well as literature, and insisted on reaching the widest audience possible, publishing his books in Italian rather than Latin. Galileo was put on trial with his life in the balance for refusing to renounce his scientific convictions. He remains a hero and inspiration to scientists and all of those who respect science—which, as Livio reminds us in this “admirably clear and concise” (The Times, London) book, remains threatened everyday.

From the author-illustrator of *The Book of Mistakes* comes a gorgeous picture book about caring for your own heart and living with kindness and empathy. My heart is a window. My heart is a slide. My heart can be closed...or opened up wide. Some days your heart is a puddle or a fence to keep the world out. But some days it is wide open to the love that surrounds you. With lyrical text and breathtaking art, *My Heart* empowers all readers to listen to the guide within in this ode to love and self-acceptance.

Collects stories that explore the tenuous bonds of family as they are tested by the

sometimes brutal power of love and where characters are chased by troubles of their own making.

9 fantastic stories, sometimes farcical, sometimes tragically ironic. For contents, see Author Catalog.

Poetry. Bilingual Edition. Translated from the Italian by Anthony Molino and Chrstinia Viti. Mariangela Gualtieri is one of Italy's admired lyrical poets. BEAST OF JOY, with selections from her six collections of verse, is her first book in English. "Gualtieri has put on the clothes, or if you prefer, assumed the role of a female St. Francis, with a dedication that leaves no doubt regarding the urgency and depth of her poetry. The result is one of the most impassioned odes to the universe and to creation that one could hope to find in these days."--Professor Nicola Gardini, Oxford University "Mariangela Gualtieri is widely admired in Italy for her inspired and dynamic performances of her own poems and of those many masterpieces of the tradition that she carries by heart within her. With BEAST OF JOY, Anthony Molino and Cristinia Viti introduce English-language readers to a generous selection of her meditations on the many seasons of her life: here she celebrates with fear, wonder and an ever-present sense of jubilation, the gravity of age, the lightness of the clouds."--Susan Stewart "BEAST OF JOY is a book that celebrates permanence: that which, in the throes of dissolution, echoes across time and demands of us the words whereby duration is made possible. In so doing, Gualtieri takes us into the very heart of nature and reveals its archetypes, supporting structures and foundations, all scripted in the vibrant palpitations of the lyrical force of her language."--Milo de Angelis "Mariangela Gualtieri is a poet of great incandescence who writes with searing honesty and compassion. A veteran of the theater, Gualtieri possesses a voice that can be thunderous and oracular, but also painfully intimate. BEAST OF JOY is a beautifully translated introduction to one of Italy's finest contemporary poets."--Olivia E. Sears, founder of The Center for the Art of Translation This work has been selected by scholars as being culturally important and is part of the knowledge base of civilization as we know it. This work is in the public domain in the United States of America, and possibly other nations. Within the United States, you may freely copy and distribute this work, as no entity (individual or corporate) has a copyright on the body of the work. Scholars believe, and we concur, that this work is important enough to be preserved, reproduced, and made generally available to the public. To ensure a quality reading experience, this work has been proofread and republished using a format that seamlessly blends the original graphical elements with text in an easy-to-read typeface. We appreciate your support of the preservation process, and thank you for being an important part of keeping this knowledge alive and relevant.

Research on the multifaceted aspects of modeling, analysis, and synthesis of - man gesture is receiving growing interest from both the academic and industrial communities. On one hand, recent scienti?c developments on cognition, on - fect/emotion, on multimodal interfaces, and on multimedia have opened new perspectives on the integration of more sophisticated models of gesture in c-

puter systems. On the other hand, the consolidation of new technologies enabling “disappearing” computers and (multimodal) interfaces to be integrated into the natural environments of users are making it realistic to consider tackling the complex meaning and subtleties of human gesture in multimedia systems, - abling a deeper, user-centered, enhanced physical participation and experience in the human-machine interaction process. The research programs supported by the European Commission and several national institutions and governments individuated in recent years strategic fields strictly concerned with gesture research. For example, the DG Information Society of the European Commission (www.cordis.lu/ist) supports several initiatives, such as the “Disappearing Computer” and “Presence” EU-IST FET (Future and Emerging Technologies), the IST program “Interfaces & Enhanced Audio-Visual Services” (see for example the project MEGA, Multisensory - pressive Gesture Applications, www.megaproject.org), and the IST strategic - jective “Multimodal Interfaces.” Several EC projects and other funded research are represented in the chapters of this book. A wider range of applications can benefit from advances in research on gesture, from consolidated areas such as surveillance to new or emerging fields such as therapy and rehabilitation, home consumer goods, entertainment, and audio-visual, cultural and artistic applications, just to mention only a few of them.

No country, no culture, no person today is untouched by what happens in the rest of the world, and globalization presents many challenges. The Dalai Lama understands that the essential task of humanity in the twenty-first century must be to cultivate peaceful coexistence. In this book the Dalai Lama shows how in our globalized world, nations, cultures and individuals can find opportunities to connect through their shared human nature. All faiths turn to compassion as a guiding principle for living a good life. It is the responsibility of all people with an aspiration to spiritual perfection to help develop a deep recognition of the value of other faiths, and it is on that basis alone that we can cultivate genuine respect and cooperation. Towards the True Kinship of Faiths is a hopeful yet realistic look at how humanity can embrace a harmonious future.

Jeff Bridges is one of the world's most popular actors and his unforgettable performance as The Dude in Coen Brothers film, *The Big Lebowski*, made him a cult hero. His remarkable career as an actor, performer and songwriter has brought him an Oscar, a Golden Globe and a Critics Choice award. Away from the spotlight, Bridges is a dedicated practitioner of Zen Buddhism and for more than a decade has been close friends with Zen leader Bernie Glassman. It is Glassman who has helped guide Bridges' lessons on the path to enlightenment and the two have spent many hours discussing life, love, the movies, creativity, happiness and death. With wit, charm and profound insight, Bridges and Glassman discover the Zen in iconic scenes and lines from *The Big Lebowski*. With honesty and humour, Bridges explores how his Zen practice and his life experience inform one another as he discusses his loving relationship with his parents, his marriage, his highly successful career and his warm connection with his fans.

Ecstatic Confessions orchestrates these reports from the edge of human experience into a revealing look at the nature of the ecstatic experience itself and the tension arising from the mystic's compelling need to give witness to an event that can never truly be verbalized.

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