
The Mind In The Cave

The Mind In The Cave

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The Mind in the Cave: Consciousness and the Origins of Art *Thames & Hudson*

The breathtakingly beautiful art created deep inside the caves of western Europe has the power to dazzle even the most jaded observers. Emerging from the narrow underground passages into the chambers of caves such as Lascaux, Chauvet, and Altamira, visitors are confronted with symbols, patterns, and depictions of bison, woolly mammoths, ibexes, and other animals. Since its discovery, cave art has provoked great curiosity about why it appeared when and where it did, how it was made, and what it meant to the communities that created it. David Lewis-Williams proposes that the explanation for this lies in the evolution of the human mind. Cro-Magnons, unlike the Neanderthals, possessed a more advanced neurological makeup that enabled them to experience shamanistic trances and vivid mental imagery. It became important for people to "fix," or paint, these images on cave walls, which they perceived as the membrane between their world and the spirit world from which the visions came. Over time, new social distinctions developed as individuals exploited their hallucinations for personal advancement, and the first truly modern society emerged. Illuminating glimpses into the ancient mind are skillfully interwoven here with the still-evolving story of modern-day cave discoveries and research. The Mind in the Cave is a superb piece of detective work, casting light on the darkest mysteries of our earliest ancestors while strengthening our wonder at their aesthetic achievements.

The Mind in the Cave

Consciousness and the Origins of Art *Thames & Hudson*

The art created in the caves of western Europe in the Ice Age provokes awe and wonder. What do these symbols on the walls of Lascaux and Altamira, tell us about the nature of ancestral minds? How did these images spring into the human story? This book, a masterful piece of detective work, puts forward the most plausible explanation yet.

The mind in the cave

consciousness and the origins of art : with 94 illustrations, 27 in colour

The breathtakingly beautiful art created deep inside the caves of western Europe has the power to dazzle even the most jaded observers.

Inside the Neolithic Mind: Consciousness, Cosmos, and the Realm of the Gods *Thames & Hudson*

An exploration of how brain structure and cultural content interacted in the Neolithic period 10,000 years ago to produce unique life patterns and belief systems. What do the headless figures found in the famous paintings at Catalhoyuk in Turkey have in common with the monumental tombs at Newgrange and Knowth in Ireland? How can the concepts of "birth," "death," and "wild" cast light on the archaeological enigma of the domestication of cattle? What generated the revolutionary social change that ended the Upper Palaeolithic? David Lewis-Williams's previous book, The Mind in the Cave, dealt with the remarkable Upper Palaeolithic paintings, carvings, and engravings of western Europe. Here Dr. Lewis-Williams and David Pearce examine the intricate web of belief, myth, and society in the succeeding Neolithic period, arguably the most significant turning point in all human history, when agriculture became a way of life and the fractious society that we know today was born. The authors focus on two contrasting times and places: the beginnings in the Near East, with its mud-brick and stone houses each piled on top of the ruins of another, and western Europe, with its massive stone monuments more ancient than the Egyptian pyramids. They argue that

neurological patterns hardwired into the brain help explain the art and society that Neolithic people produced. Drawing on the latest research, the authors skillfully link material on human consciousness, imagery, and religious concepts to propose provocative new theories about the causes of an ancient revolution in cosmology and the origins of social complexity. In doing so they create a fascinating neurological bridge to the mysterious thought-lives of the past and reveal the essence of a momentous period in human history. 100 illustrations, 20 in color.

Out of the Cave

A Natural Philosophy of Mind and Knowing *MIT Press*

From a philosopher and a neuropsychologist, a radical rethinking of certain traditional views about human cognition and behavior. Plato's Allegory of the Cave trapped us in the illusion that mind is separate from body and from the natural and physical world. Knowledge had to be eternal and absolute. Recent scientific advances, however, show that our bodies shape mind, thought, and language in a deep and pervasive way. In Out of the Cave, Mark Johnson and Don Tucker--a philosopher and a neuropsychologist--propose a radical rethinking of certain traditional views about human cognition and behavior. They argue for a theory of knowing as embodied, embedded, enactive, and emotionally based. Knowing is an ongoing process--shaped by our deepest biological and cultural values. Johnson and Tucker describe a natural philosophy of mind that is emerging through the convergence of biology, psychology, computer science, and philosophy, and they explain recent research showing that all of our higher-level cognitive activities are rooted in our bodies through processes of perception, motive control of action, and feeling. This developing natural philosophy of mind offers a psychological, philosophical, and neuroscientific account that is at once scientifically valid and subjectively meaningful--allowing us to know both ourselves and the world.

Cave Paintings and the Human Spirit

The Origin of Creativity and Belief

Describes the connection between shamanism and creativity, myth, and religion through an exploration of cave paintings found in France and Spain.

The Mind in the Cave

Consciousness and the Origins of Art

The Bear in the Cave *A&C Black*

A very happy bear hears the sounds of the city from his quiet home by the sea and decides to find out what city life is like. Buying the ticket and travelling on the train is all very exciting. And so is the city! But after a while the bear finds the city a little too noisy and a little too busy - and people are beginning to laugh at him. He feels very sad and alone, until four children find him and show him the way home, with much fun along the way. A perfect book for reading aloud, with just the right amount of excitement before a wonderfully calming ending - just right for reading before bedtime! Brilliantly read by Michael Rosen. Please note that audio is not supported by all devices, please consult your user manual for confirmation.

Out of the Cave

Stepping into the Light when Depression Darkens What You See *Thomas Nelson*

Do you feel guilt and shame about negative thoughts and emotions and your inability to overcome them? Bestselling author and pastor Chris Hodges helps those struggling with depression find liberating solutions by drawing from the life of the prophet Elijah. You might be asking, Should a Christian even be having these struggles? Depression is the number one health issue in the world today, yet those who suffer are still sometimes stigmatized--especially followers of Jesus. Many assume God's peace, power, and protection should prevent us from ever feeling anxious, depressed, and afraid. But the Bible teaches otherwise, particularly in its depiction of the life of the Old Testament prophet Elijah. In Out of the Cave, Chris Hodges uses Elijah's life to show us that everyone is susceptible to depression. Even when we're walking closely with God, we can still stumble and get lost in the wilderness of tangled emotions. But we don't have to stay there, because we serve a God who meets us in the darkness. Out of the Cave helps us remove the stigma of depression and realize we're not alone; understand the ways our temperament and view of God affect the way we handle depression; and learn a comprehensive approach to wellness--mind, body, and soul--from Elijah's journey. With his trademark blend of Bible-based wisdom, practical application, and vulnerability in sharing his personal struggles, Hodges explores the causes of depression we can't change, the contributors we can conquer, and offers transformative hope and spiritual power to help us win the battle.

The Allegory of the Cave *Strelbytskyy Multimedia Publishing*

The Allegory of the Cave, or Plato's Cave, was presented by the Greek philosopher Plato in his work Republic (514a-520a) to compare "the effect of education (παίδεια) and the lack of it on our nature". It is written as a dialogue between Plato's brother Glaucon and his mentor Socrates, narrated by the latter. The allegory is presented after the analogy of the sun (508b-509c) and the analogy of the divided line (509d-511e). All three are characterized in relation to dialectic at the end of Books VII and VIII (531d-534e). Plato has Socrates describe a group of people who have lived chained to the wall of a cave all of their lives, facing a blank wall. The people watch shadows projected on the wall from objects passing in front of a fire behind them, and give names to these shadows. The shadows are the prisoners' reality.

Cave Art *Thames & Hudson*

An archaeological exploration of the mysterious world of cave art through the ages Deep underground, some of humanity's earliest artistic endeavors have lain untouched for millennia. The dark interiors of caves, wherever they may be found, seem to have had a powerful draw for ancient peoples, who littered the cave floors with objects they had made. Later, they adorned cave walls with sacred symbols and secret knowledge, from the very first abstract symbols and handprints to complex and vivid arrangements of animals and people. Often undisturbed for many tens of thousands of years, these were among the first visual symbols that humans shared with each other, though they were made so long ago that we have entirely forgotten their meaning. However, as archaeologist Bruno David reveals, caves decorated more recently may help us to unlock their secrets. David tells the story of this mysterious world of decorated caves, from the oldest known painting tools to the magnificent murals of the European Ice Age. Showcasing the most astounding discoveries made in more than 150 years of archaeological exploration, Cave Art explores the creative achievements of our remotest ancestors and what they tell us about the human past.

The Crystal Cave

Book One of the Arthurian Saga Harper Collins

Born the bastard son of a Welsh princess, Myridden Emrys -- or as he would later be known, Merlin -- leads a perilous childhood, haunted by portents and visions. But destiny has great plans for this no-man's-son, taking him from prophesying before the High King Vortigern to the crowning of Uther Pendragon . . . and the conception of Arthur -- king for once and always.

Cave In The Snow Bloomsbury Publishing USA

This is the incredible story of Tenzin Palmo, a remarkable woman who spent 12 years alone in a cave 13,000 feet up in the Himalayas. At the age of 20, Diane Perry, looking to fill a void in her life, entered a monastery in India--the only woman amongst hundreds of monks---and began her battle against the prejudice that had excluded women from enlightenment for thousands of years. Thirteen years later, Diane Perry a.k.a. Tenzin Palmo secluded herself in a remote cave 13,000 feet up in the Himalayas, where she stayed for twelve years. In her mountain retreat, she face unimaginable cold, wild animals, floods, snow and rockfalls, grew her own food and slept in a traditional wooden meditation box, three feet square. She never lay down. Tenzin emerged from the cave with a determination to build a convent in northern India to revive the Togdenma lineage, a long-forgotten female spiritual elite. She has traveled around the world to find support for her cause, meeting with spiritual leaders from the Pope to Desmond Tutu. She agreed to tell her story only to Vicky Mackenzie and a portion of the royalties from this book will help towards the completion of her convent.

Who Lives in a Cave?

A Song about Where Animals Live Heinemann-Raintree Library

Who's that hanging around the cave? In this interactive song, you'll learn about animals that live in a cave and see them flying, digging and crawling around in colorful illustrations. Includes online music access.

Conceiving God

The Cognitive Origin and Evolution of Religion Thames & Hudson

At once polemical, insightful and thought-provoking, Conceiving God is essential reading for all those interested in the origins of religious thought, and the respective roles of science and religion in contemporary society. Building on the insights and discoveries of his two earlier books, The Mind in the Cave and Inside the Neolithic Mind, cognitive archaeologist David Lewis-Williams explores how science developed within the cocoon of religion and then shows how the natural functioning of the human brain creates experiences that can lead to belief in the supernatural realm.

The Cave Painters

Probing the Mysteries of the World's First Artists Anchor

The Cave Painters is a vivid introduction to the spectacular cave paintings of France and Spain—the individuals who rediscovered them, theories about their origins, their splendor and mystery. Gregory Curtis makes us see the astonishing sophistication and power of the paintings and tells us what is known about their creators, the Cro-Magnon people of some 40,000 years ago. He takes us through various theories—that the art was part of fertility or hunting rituals, or used for religious purposes, or was clan mythology—examining the ways interpretations have changed over time. Rich in detail, personalities, and history, The Cave Painters is above all permeated with awe for those distant humans who developed—perhaps for the first time—both the ability for abstract thought and a profound and beautiful way to express it.

Cave Art Phaidon Press

The discovery of pre-historic decorated caves in western Europe transformed the way we think about the development of art. The earliest known evidence of human artistic endeavor, the awe-inspiring paintings, dramatic engravings and small, delicate sculptures of animals and humans found in these caves still hold a unique power and fascination, more than a century after they were first discovered. In this book, internationally renowned expert on prehistoric art Jean Clottes explores the origins of art and creativity. He takes the reader on a guided tour of 85 caves and rock shelters, many of which are not open to the public, revealing the extraordinary beauty of the works of art within them. Cave Art features more than 300 works from the Paleolithic period, made between 35,000 and 11,000 years ago, presented in geographical and chronological order.This comprehensive, accessible introduction to prehistoric art includes such spectacular works as the famous horses of Lascaux, the buffalo in the Altamira cave in Spain and the ivory carving of a woman's face found at Brassempouy in the south of France, as well as examples from less well-known sites. A wonderful range of animals is presented, from cave bears to reindeer, as well as mysterious abstract signs and schematic representations of human beings. Examples of portable art and sculpture are also included. While most of the caves described in the book are European, Cave Art also includes examples of open-air rock art made after the last ice age at sites around the world. With an unparalleled selection of images, Cave Art offers a unique guided tour of the earliest expressions of human creativity. Each work in Cave Art is illustrated by a color photograph, and accompanied by a clear, vivid explanatory text. A concise introduction tells the story of the discovery of the caves, and gives a clear outline of current knowledge, research and debate on the subject of prehistoric art. The book also includes a chronology, maps of the main caves and sites, a glossary and a list of sites that can be visited.

The Book of the Cave of Treasures Cosimo, Inc.

And in the days of Nimrod, the mighty man (or giant), a fire appeared which ascended from the earth, and Nimrod went down, and looked at it, and worshipped it, and he established priests to minister there, and to cast incense from it. From that day the Persians began to worship fire...-from "The Fourth Thousand Years"One of the most prolific and respected Egyptologists of the Victorian era, Budge here offers his translation of the 4th-century A.D. Syrian text commonly known as "the Cave of Treasures," a history of the world from the Creation to the crucifixion of Christ and considered by some to be an apocryphal book of the Bible. Budge's extensive notes, linking the work to other ancient writings, as well as the numerous illustrations, make this unusual work, first published in 1927, an excellent resource for students of ancient civilizations and comparative mythology.SIR E. A. WALLIS BUDGE (1857-1934) was curator of Egyptian and Assyrian antiquities at the British Museum from 1894 to 1924. Among his many works of translation and studies of ancient Egyptian religion and ritual is his best-known project, The Egyptian Book of the Dead.

The Cave and the Light

Plato Versus Aristotle, and the Struggle for the Soul of Western Civilization Random House

The definitive sequel to New York Times bestseller How the Scots Invented the Modern World is a magisterial account of how the two greatest thinkers of the ancient world, Plato and Aristotle, laid the foundations of Western culture—and how their rivalry shaped the essential features of our culture down to the present day. Plato came from a wealthy, connected Athenian family and lived a comfortable upper-class lifestyle until he met an odd little man named Socrates, who showed him a new world of ideas and ideals. Socrates taught Plato that a man must use reason to attain wisdom, and that the life of a lover of wisdom, a philosopher, was the pinnacle of achievement. Plato dedicated himself to living that ideal and went on to create a school, his famed Academy, to teach others the path to enlightenment through contemplation. However, the same Academy that spread Plato's teachings also fostered his greatest rival. Born to a family of Greek physicians, Aristotle had learned early on the value of observation and hands-on experience. Rather than rely on pure contemplation, he insisted that the truest path to knowledge is through empirical discovery and exploration of the world around us. Aristotle, Plato's most brilliant pupil, thus settled on a philosophy very different from his instructor's and launched a rivalry with profound effects on Western culture. The two men disagreed on the fundamental purpose of the philosophy. For Plato, the image of the cave summed up man's destined path, emerging from the darkness of material existence to the light of a higher and more spiritual truth. Aristotle thought otherwise. Instead of rising above mundane reality, he insisted, the philosopher's job is to explain how the real world works, and how we can find our place in it. Aristotle set up a school in Athens to rival Plato's Academy: the Lyceum. The competition that ensued between the two schools, and between Plato and Aristotle, set the world on an intellectual adventure that lasted through the Middle Ages and Renaissance and that still continues today. From Martin Luther (who named Aristotle the third great enemy of true religion, after the devil and the Pope) to Karl Marx (whose utopian views rival Plato's), heroes and villains of history have been inspired and incensed by these two master philosophers—but never outside their influence. Accessible, riveting, and eloquently written, The Cave and the Light provides a stunning new perspective on the Western world, certain to open eyes and stir debate. Praise for The Cave and the Light “A sweeping intellectual history viewed through two ancient Greek lenses . . . breezy and enthusiastic but resting on a sturdy rock of research.”—Kirkus Reviews “Examining mathematics, politics, theology, and architecture, the book demonstrates the continuing relevance of the ancient world.”—Publishers Weekly “A fabulous way to understand over two millennia of history, all in one book.”—Library Journal “Entertaining and often illuminating.”—The Wall Street Journal

Caves and the Ancient Greek Mind

Descending Underground in the Search for Ultimate Truth OUP Oxford

Caves and the Ancient Greek Mind analyses techniques of searching for ultimate wisdom in ancient Greece. The Greeks perceived mental experiences of exceptional intensity as resulting from divine intervention. They believed that to share in the immortals' knowledge, one had to liberate the soul from the burden of the mortal body by attaining an altered state of consciousness, that is, by merging with a superhuman being or through possession by a deity. These states were often attained by inspired mediums, `impresarios of the gods' - prophets, poets, and sages - who descended into caves or underground chambers. Yulia Ustinova juxtaposes ancient testimonies with the results of modern neuropsychological research. This novel approach enables an examination of religious phenomena not only from the outside, but also from the inside: it penetrates the consciousness of people who were engaged in the vision quest, and demonstrates that the darkness of the caves provided conditions vital for their activities.

The Cave of Shadows

Explore Light and Use Science to Survive Franklin Watts

Science has never been more exciting with this attention-grabbing approach which delivers true scientific learning through an action-packed story and spectacular graphic illustrations. The science in the story is backed up through simple experiments that readers can try for themselves.

The Cave Girl Greenbooks editore

Blueblooded mama's boy Waldo Emerson Smith-Jones is swept overboard during a South Seas voyage for his lifelong ill health. He finds himself on a jungle island. His bookish education has not prepared him to cope with these surroundings, and he is a coward. He is terrified when he encounters primitive, violent men, ape-like throwbacks in mankind's evolutionary history.

Thinking with Literature

Towards a Cognitive Criticism Oxford University Press

To speak of 'thinking with literature' is to make the assumption that literature (in the broadest sense) is neither a side-show nor a side-issue in human cultures: it belongs to the spectrum of imaginative modes that includes both philosophical and scientific thought. Whether one regards it as a practice or as an archive, literature is highly pervasive, robust, enduring, and pregnant with values. Thinking with Literature argues that what it affords above all is a way of thinking, whether for writer, reader, or critic. Literature constitutes one of the prime instruments of cultural improvisation; it is the embodiment of a powerful, inventive, and ever-changing cognitive agency. As such, it invites a cognitive mode of criticism, one which asserts the priority of the individual literary work as a unique product of human cognition. In this book, discussions of topics, arguments, and hypotheses from the cognitive sciences, philosophy, and the theory of communication are woven into the fabric of a critical analysis which insists on the value of close reading: a poem by Yeats, a scene from Shakespeare, novels by Mme de Lafayette, Conrad, Frantzen, stories from Winnie-the-Pooh, and many others appear here on their own terms, with their own cognitive energies. Written in an accessible style, Thinking with Literature speaks both to mainstream readers of literature and to specialists in cognitive studies.

The Sky Atlas

The Greatest Maps, Myths, and Discoveries of the Universe Chronicle Books

The Sky Atlas unveils some of the most beautiful maps and charts ever created during humankind's quest to map the skies above us. This richly illustrated treasury showcases the finest examples of celestial cartography—a glorious art often overlooked by modern map books—as well as medieval manuscripts, masterpiece paintings, ancient star catalogs, antique instruments, and other curiosities. This is the sky as it has never been presented before: the realm of stars and planets, but also of gods, devils, weather wizards, flying sailors, ancient aliens, mythological animals, and rampaging spirits. • Packed with celestial maps, illustrations, and stories of places, people, and creatures that different cultures throughout history have observed or imagined in the heavens • Readers are taken on a tour of star-obsessed cultures around the world, learning about Tibetan sky

burials, star-covered Inuit dancing coats, Mongolian astral prophets and Sir William Herschel's 1781 discovery of Uranus, the first planet to be found since antiquity. • A gorgeous book that delights stargazers and map lovers alike With thrilling stories and gorgeous artwork, this remarkable atlas explores our fascination with the sky across time and cultures to form an extraordinary chronicle of cosmic imagination and discovery. The Sky Atlas is a wonderful book for map lovers, history buffs, and stargazers, but also for those who are intrigued by the many wonderful and bizarre ways in which humans have sought to understand the cosmos and our place in it. • A unique map book that expands beyond the terrestrial and into the celestial • A wonderful book for map lovers, obscure-history fans, mythology buffs, and astrology and astronomy lovers • Great for those who enjoyed What We See in the Stars: An Illustrated Tour of the Night Sky by Kelsey Oseid, Maps by Aleksandra Mizielinska and Daniel Mizielinski, and Atlas of Remote Islands: Fifty Islands I Have Never Set Foot On and Never Will by Judith Schalansky

Cave and Cosmos

Shamanic Encounters with Another Reality North Atlantic Books

In 1980, Michael Harner blazed the trail for the worldwide revival of shamanism with his seminal classic The Way of the Shaman. In this long-awaited sequel, he provides new evidence of the reality of heavens. Drawing from a lifetime of personal shamanic experiences and more than 2,500 reports of Westerners’ experiences during shamanic ascension, Harner highlights the striking similarities between their discoveries, indicating that the heavens and spirits they’ve encountered do indeed exist. He also provides instructions on his innovative core-shamanism techniques, so that readers too can ascend to heavenly realms, seek spirit teachers, and return later at will for additional healing and advice. Written by the leading authority on shamanism, Cave and Cosmos is a must-read not only for those interested in shamanism, but also for those interested in spirituality, comparative religion, near-death experiences, healing, consciousness, anthropology, and the nature of reality. Praise for Michael Harner and The Way of the Shaman “What Yogananda did for Hinduism and D. T. Suzuki did for Zen, Michael Harner has done for shamanism—namely, bring the tradition and its richness to Western awareness.” —from Higher Wisdom, by Roger Walsh and Charles S. Grob “Wonderful, fascinating.... Harner really knows what he’s talking about.” —Carlos Castaneda, best-selling author of The Teachings of Don Juan and The Active Side of Infinity “An intimate and practical guide to the art of shamanic healing and the technology of the sacred. Michael Harner is not just an anthropologist who has studied shamanism; he is an authentic white shaman.” —Stanislav Grof, author of The Adventure of Self-Discovery “Harner has impeccable credentials, both as an academic and as a practicing shaman. Without doubt (since the recent death of Mircea Eliade) the world’s leading authority on shamanism.” —Nevill Drury, author of The Elements of Shamanism “Michael Harner is a great shaman. He also proves that a person can be both a scientist and a shaman.” —Bo Bair Rinchinov, Siberian Buryat shaman

Reality+: Virtual Worlds and the Problems of Philosophy W. W. Norton & Company

A leading philosopher takes a mind-bending journey through virtual worlds, illuminating the nature of reality and our place within it. Virtual reality is genuine reality; that’s the central thesis of Reality+. In a highly original work of “technophilosophy,” David J. Chalmers gives a compelling analysis of our technological future. He argues that virtual worlds are not second-class worlds, and that we can live a meaningful life in virtual reality. We may even be in a virtual world already. Along the way, Chalmers conducts a grand tour of big ideas in philosophy and science. He uses virtual reality technology to offer a new perspective on long-established philosophical questions. How do we know that there’s an external world? Is there a god? What is the nature of reality? What’s the relation between mind and body? How can we lead a good life? All of these questions are illuminated or transformed by Chalmers’ mind-bending analysis. Studded with illustrations that bring philosophical issues to life, Reality+ is a major statement that will shape discussion of philosophy, science, and technology for years to come.

Immortality

The Quest to Live Forever and How It Drives Civilization Crown

If you could live forever, would you want to? Both a fascinating look at the history of our strive for immortality and an investigation into whether living forever is really all it’s cracked up to be. A fascinating work of popular philosophy and history that both enlightens and entertains, Stephen Cave investigates whether it just might be possible to live forever and whether we should want to. He also makes a powerful argument that it’s our very preoccupation with defying mortality that drives civilization. Central to this book is the metaphor of a mountaintop where one can find the Immortals. Since the dawn of humanity, everyone – whether they know it or not—has been trying to climb that mountain. But there are only four paths up its treacherous slope, and there have only ever been four paths. Throughout history, people have wagered everything on their choice of the correct path, and fought wars against those who’ve chosen differently. In drawing back the curtain on what compels humans to “keep on keeping on,” Cave engages the reader in a number of mind-bending thought experiments. He teases out the implications of each immortality gambit, asking, for example, how long a person would live if they did manage to acquire a perfectly disease-free body. Or what would happen if a super-being tried to round up the atomic constituents of all who’ve died in order to resurrect them. Or what our loved ones would really be doing in heaven if it does exist. We’re confronted with a series of brain-rattling questions: What would happen if tomorrow humanity discovered that there is no life but this one? Would people continue to please their boss, vie for the title of Year’s Best Salesman? Would three-hundred-year projects still get started? If the four paths up the Mount of the Immortals lead nowhere—if there is no getting up to the summit—is there still reason to live? And can civilization survive? Immortality is a deeply satisfying book, as optimistic about the human condition as it is insightful about the true arc of history.

The Happiness Trap

Stop Struggling, Start Living Exisle Publishing

A guide to ACT: the revolutionary mindfulness-based program for reducing stress, overcoming fear, and finding fulfilment – now updated. International bestseller, 'The Happiness Trap', has been published in over thirty countries and twenty-two languages. NOW UPDATED. Popular ideas about happiness are misleading, inaccurate, and are directly contributing to our current epidemic of stress, anxiety and depression. And unfortunately, popular psychological approaches are making it even worse! In this easy-to-read, practical and empowering self-help book, Dr Russ Harries, reveals how millions of people are unwittingly caught in the 'The Happiness Trap', where the more they strive for happiness the more they suffer in the long term. He then provides an effective means to escape through the insights and techniques of ACT (Acceptance and Commitment Therapy), a groundbreaking new approach based on mindfulness skills. By clarifying your values and developing mindfulness (a technique for living fully in the present moment), ACT helps you escape the

happiness trap and find true satisfaction in life. Mindfulness skills are easy to learn and will rapidly and effectively help you to reduce stress, enhance performance, manage emotions, improve health, increase vitality, and generally change your life for the better. The book provides scientifically proven techniques to: reduce stress and worry; rise above fear, doubt and insecurity; handle painful thoughts and feelings far more effectively; break self-defeating habits; improve performance and find fulfilment in your work; build more satisfying relationships; and, create a rich, full and meaningful life.

What Is Paleolithic Art?

Cave Paintings and the Dawn of Human Creativity University of Chicago Press

The noted archaeologist explores the varieties of prehistoric cave art across the world and offers surprising insights into its purpose and meaning. What drew our Stone Age ancestors into caves to paint in charcoal and red hematite, to watch the likenesses of lions, bison, horses, and aurochs as they flickered by firelight? Was it a creative impulse, a spiritual dawn, a shamanistic conception of the world? In this book, Jean Clottes, one of the most renowned figures in the study of cave paintings, pursues an answer to the “why” of Paleolithic art. Discussing sites and surveys across the world, Clottes offers personal reflections on how we have viewed these paintings in the past, what we learn from looking at them across geographies, and what these paintings may have meant—and what function they may have served—for their artists. Steeped in Clottes’s shamanistic theories of cave painting, What Is Paleolithic Art? travels from well-known Ice Age sites like Chauvet, Altamira, and Lascaux to visits with contemporary aboriginal artists, evoking a continuum between the cave paintings of our prehistoric past and the living rock art of today. Clottes’s work lifts us from the darkness of our Paleolithic origins to reveal surprising insights into how we think, why we create, why we believe, and who we are

The Cave and the Cathedral

How a Real-Life Indiana Jones and a Renegade Scholar Decoded the Ancient Art of Man Wiley

What Are The Ancients Trying To Tell Us? "Why would the Cro-Magnon hunter-gatherers of Europe expend so much time and effort to penetrate into deep, dark, and dangerous caverns, where they might encounter cave bears and lions or get lost and die, aided only by the dim glow of animal fat-burning stone candles, often crawling on all fours for distances of up to a mile or more underground . . . to paint amazing, haunting images of animals?" —From The Cave and the Cathedral Join researcher and scientist Amir D. Aczel on a time-traveling journey through the past and discover what the ancient caves of France and Spain may reveal about the origin of language, art, and human thought as he illuminates one of the greatest mysteries in anthropology. "A well-researched and highly readable exploration of one of the most spectacular manifestations of the unique human creative spirit—and one of its most intriguing mysteries." —Ian Tattersall, Curator, Division of Anthropology, American Museum of Natural History, and author of The Fossil Trail: How We Know What We Think We Know about Human Evolution

THE REPUBLIC BEYOND BOOKS HUB

THE REPUBLIC Plato's Republic is widely acknowledged as one of the most influential works in the history of philosophy. Presented in the form of a dialogue between Socrates and three different interlocutors, it is an inquiry into the notion of a perfect community and the ideal individual within it. During the conversation, other questions are raised: what is goodness; what is reality; what is knowledge; what is the purpose of education? With remarkable lucidity and deft use of allegory, Plato arrives at a depiction of a state bound by harmony and ruled by 'philosopher kings'. THE REPUBLIC The Republic is a philosophical dialogue about the nature of justice and the order and character of the just city-state and the just individual. The dialogues, among Socrates and various Athenians and foreigners, discuss the meaning of justice and examine whether or not the just man is happier than the unjust man, by proposing a society ruled by philosopher-kings and the guardians. THE REPUBLIC In this intellectually and historically influential work of philosophy and political theory, Plato discusses the theory of forms, the immortality of the soul, and the roles of the philosopher and of poetry in society. THE REPUBLIC

The Cave of the Ancients

Behind the great Himalayan range, there lies all-seeing, all-knowing power and enlightenment. It is a way of life that may now be destroyed for all time, a spiritual culture with roots in the ancient world, the remote lamaseries of Tibet. It is here that T. Lobsang Rampa journeyed on the road to self-awareness, to these age-old repositories of wisdom -- where the Lamas learn the meaning of life and death, where the mysterious relationship between the mind and the brain is uncovered, where the secrets of hypnotism, telepathy, clairvoyance, and reincarnation are a part of daily life. Here too Rampa learned power -- but not for abuse or misuse. For the power of supreme enlightenment and universal knowledge is only offered to a chosen few, to those introduced to the strange and exciting world of . . . THE CAVE OF THE ANCIENTS

The Anatomy of Melancholy

The Cave Dwellers Simon and Schuster

This “delicious take on the one percent in our nation’s capital” (Town & Country) and clever combination of The Bonfire of the Vanities and The Nest explores what Washington, DC’s high society members do behind the closed doors of their stately homes. They are the families considered worthy of a listing in the exclusive Green Book—a discriminative diary created by the niece of Edith Roosevelt’s social secretary. Their aristocratic bloodlines are woven into the very fabric of Washington—generation after generation. Their old money and manner lurk through the cobblestone streets of Georgetown, Kalorama, and Capitol Hill. They only socialize within their inner circle, turning a blind eye to those who come and go on the political merry-go-round. These parents and their children live in gilded existences of power and privilege. But what they have failed to understand is that the world is changing. And when the family of one of their own is held hostage and brutally murdered, everything about their legacy is called into question in this unputdownable novel that “combines social satire with moral outrage to offer a masterfully crafted, absorbing read that can simply entertain on one level and provoke reasoned discourse on another” (Booklist, starred review).

Mrs. Murakami's Garden Deep Vellum Publishing

From the groundbreaking author of Beauty Salon, The Large Glass, Jacob the Mutant, Mario Bellatin delivers a rousing, allegorical novel following the widowed keeper of a mysterious garden. When art student Izu’s teacher asks her to visit the famous collection of Mr. Murakami, she publishes a firm rebuttal to his curation. Instead of responding with fury, the rich man pursues her hand in marriage.

When we meet her in the opening pages, Mrs. Murakami is watching the demolition of her now-dead husband's most prized part of the estate: his garden. The novel that follows takes place in a strange, not-quite-real Japan of the author's imagination. But who, in fact, holds the role of author? As Mr. Murakami's garden is demolished, so too is the narrative's authenticity, leaving the reader to wonder: did this book's creator exist at all? Mario Bellatin has revolutionized the state of Latin American literature with his experimental, shocking novels. With this brand-new, highly anticipated edition of Mrs. Murakami's Garden from lauded translator Heather Cleary, readers have access to a playful modern classic that transcends reality.

Into the Wild *Anchor*

Krakauer's page-turning bestseller explores a famed missing person mystery while unraveling the larger riddles it holds: the profound pull of the American wilderness on our imagination; the allure of high-risk activities to young men of a certain cast of mind; the complex, charged bond between fathers and sons. "Terrifying... Eloquent... A heart-rending drama of human yearning." —New York Times In April 1992 a young man from a well-to-do family hitchhiked to Alaska and walked alone into the wilderness north of Mt. McKinley. He had given \$25,000 in savings to charity, abandoned his car and most of his possessions, burned all the cash in his wallet, and invented a new life for himself. Four months later, his decomposed body was found by a moose hunter. How Christopher Johnson McCandless came to die is the unforgettable story of Into the Wild. Immediately after graduating from college in 1991, McCandless had roamed through the West and Southwest on a vision quest like those made by his heroes Jack London and John Muir. In the Mojave Desert he abandoned his car, stripped it of its license plates, and burned all of his cash. He would give himself a new name, Alexander Supertramp, and, unencumbered by money and belongings, he would be free to wallow in the raw, unfiltered experiences that nature presented. Craving a blank spot on the map, McCandless simply threw the maps away. Leaving behind his desperate parents and sister, he vanished into the wild. Jon Krakauer constructs a clarifying prism through which he reassembles the disquieting facts of McCandless's short life. Admitting an interst that borders on obsession, he searches for the clues to the drives and desires that propelled McCandless. When McCandless's innocent mistakes turn out to be irreversible and fatal, he becomes the stuff of tabloid headlines and is dismissed for his naiveté, pretensions, and hubris. He is said to have had a death wish but wanting to die is a very different thing from being compelled to look over the edge. Krakauer brings McCandless's uncompromising pilgrimage out of the shadows, and the peril, adversity, and renunciation sought by this enigmatic young man are illuminated with a rare understanding--and not an ounce of sentimentality. Mesmerizing, heartbreaking, Into the Wild is a tour de force. The power and

luminosity of Jon Krakauer's stoytelling blaze through every page.

The Confessions of Saint Augustine *Lulu.com*

This is a humbling and profound look on Augustine as he goes from infancy, to the sins of his youth and finally to accepting Christ as his Lord. Throughout this work you will find just how much the greatness of God fills all things and the profoundness of it being able to inhabit the very being of a mere man such as Augustine.

A Wrinkle in Time *GENERAL PRESS*

A Wrinkle in Time is the winner of the 1963 Newbery Medal. It was a dark and stormy night—Meg Murry, her small brother Charles Wallace, and her mother had come down to the kitchen for a midnight snack when they were upset by the arrival of a most disturbing stranger. "Wild nights are my glory," the unearthly stranger told them. "I just got caught in a downdraft and blown off course. Let me sit down for a moment, and then I'll be on my way. Speaking of ways, by the way, there is such a thing as a tesseract." A tesseract (in case the reader doesn't know) is a wrinkle in time. To tell more would rob the reader of the enjoyment of Miss L'Engle's unusual book. A Wrinkle in Time, winner of the Newbery Medal in 1963, is the story of the adventures in space and time of Meg, Charles Wallace, and Calvin O'Keefe (athlete, student, and one of the most popular boys in high school). They are in search of Meg's father, a scientist who disappeared while engaged in secret work for the government on the tesseract problem.

Deadly Disclosures *New Leaf Publishing Group*

Thomas Whitfield, proud Secretary of the Smithsonian and its extensive scientific influence, has disappeared from his office with foul play suspected. Dinah Harris, an FBI agent struggling with alcohol and depression, is seeking answers amidst the fallout of her own personal issues. Whitfield's body is eventually found, and other people connected to him begin dying as well, ultimately exposing a broader conspiracy connected to Whitfield's recent conversion to Christ and promotion of a biblical worldview in an academic world of financial gain hostile to this concept. Will Dinah be able to experience the redemptive power of Christ before it's too late? or will the ominous danger stalking her investigation claim another victim?

Images of Power

Understanding Bushman Rock Art