

## Estasi Istruzioni Per Luso Ovvero Larte Di Perdere Il Controllo

The stunning debut novel from Fionnuala Kearney - already a Top Ten Irish Times bestseller

Six Maladies of the Contemporary Spirit undertakes an analysis of history, culture and the individual in terms of what Noica describes as the fundamental precariousness of Being. From the level of inanimate matter to that of the human spirit, Being does not reside inertly in the logical categories of universal/general/particular/individual and determinations we employ to define it, but is continually transforming the nexus of relations between them.

Autour de la figure de Guillaume d'Auvergne, évêque de Paris de 1228 à 1249, les auteurs analysent les crises intellectuelles et institutionnelles qui ont secoué l'université à cette époque. Proche de la cour de Saint Louis et des ordres mendiants, détracteur du Talmud, l'évêque a laissé une oeuvre importante mais peu étudiée.

La pornografia continua a impattare sulla società occidentale con forza inusitata. È dalla fine degli anni '60, quando è diventata di massa, che tocca, influenza e persino modifica i comportamenti sessuali, le relazioni di genere, l'immaginario erotico nel suo complesso. Per questi motivi se ne sono interessati miriadi di studiosi, producendo una bibliografia immensa. Pietro Adamo, uno dei veterani italiani dei "Porn Studies", polemizza con lo stile di tali saggi, del tutto ignari delle pratiche sociali e culturali che fanno della pornografia un genere popolare di grande consumo. Leggendo l'hard core all'incrocio tra l'istanza di emancipazione sessuale dalla morale tradizionale che lo ha ispirato, sin dai suoi esordi a inizio '500, e la sua inerente sessuopolitica, tarata sull'occhio maschile e orientata alla subordinazione femminile, Adamo scende negli inferi del porno "vero", discutendo tendenze e scuole, assetti produttivi e autori, presenza e assenza della donna, passando dai primi filmati in Super8 ai successi sul grande schermo, dall'avvento della videocassetta all'affermazione dell'hard in rete, scavando nelle sue motivazioni, nelle sue ragioni d'essere, nelle sue oscillazioni culturali e politiche.

Five Weeks in a Balloon, or, A Journey of Discovery by Three Englishmen in Africa (French: Cinq semaines en ballon) is an adventure novel by Jules Verne, published in 1863. It is the first novel in which he perfected the "ingredients" of his later work, skillfully mixing a story line full of adventure and plot twists that keep the reader's interest through passages of technical, geographic, and historic description. The book gives readers a glimpse of the exploration of Africa, which was still not completely known to Europeans of the time, with explorers traveling all over the continent in search of its secrets.

wide criticism both from Western and Eastern scholars.

Humans have always sought ecstatic experiences - moments where they go beyond their ordinary self and feel connected to something greater than them. Such moments are fundamental to human flourishing, but they can also be dangerous. Beginning around the Enlightenment, western intellectual culture has written off ecstasy as ignorance or delusion. But philosopher Jules Evans argues that this diminishes our reality and denies us the healing, connection and meaning that ecstasy can bring. He sets out to discover how people find ecstasy in a post-religious culture, how it can be good for us, and also harmful. Along the way, he explores the growing science of ecstasy, to help the reader - and himself - learn the art of losing control. Jules' exploration of ecstasy is an intellectual and emotional odyssey balancing personal experience, interviews and readings from ancient and modern philosophers that will change the way you think about how you feel. From Aristotle and Plato, via the Bishop of London and Sister Bliss, radical jihadis and Silicon Valley transhumanists, The Art of Losing Control is a funny and life-enhancing journey through under-explored terrain.

Spiritual emergencies are moments of messy awakening, crises of ego dissolution and rebirth that are often misunderstood and unskillfully managed by materialist psychiatry. As more Westerners meditate and are drawn to psychedelics to foster their psycho-spiritual growth, mystical experiences are becoming more common - yet some of them will be disturbing and difficult. There is an urgent need for our culture to upgrade its understanding of what these experiences are like and what helps people through the turbulence. Breaking Open is the first book in which people discuss their own spiritual emergencies and share what helped them through. The contributors are the experts of their own experience, and they share their wild journeys with courage, insight, and poetry. There are fascinating parallels in their experiences, suggesting minds in extremis go to similar places. These are beautiful postcards from the edge of human consciousness, testaments to the soul's natural resilience. These people have returned from their descent with valuable insights for our culture, as we go through a collective spiritual emergency, with old myths and structures breaking down, and new possibilities breaking open. What is there beyond our present egocentric model of reality? What tools can help us navigate the emergence?

"Set in Reformation Europe, Q begins with Luther's nailing of his 95 theses on the door of the cathedral church in Wittenberg. Q traces the adventures and conflicts of two central characters: an Anabaptist, a member of the most radical of the Protestant sects and the anarchists of the Reformation, and a Catholic spy and informer, on their thrilling journey across Germany, Italy and the Netherlands."--

Programma di Guida alla Meditazione Come Diventare Padrone della Tua Mente Purificandola dai Pensieri e dalle Emozioni Negative COME MEDITARE MIGLIORA LA QUALITA' DELLA VITA Come riequilibrare la nostra struttura psico-fisica. Come ri-unirsi con la parte più profonda di se stessi. La meditazione trascendentale: cos'è e come praticarla. COME COMINCIARE A MEDITARE Come individuare il luogo più idoneo in cui praticare. I momenti più o meno adatti alla meditazione: quali e quanti sono. Come e quanto meditare nel corso della giornata: tempistiche e posture. COME MEDITARE CON COLORI E SUONI Come tenere la mente agganciata all'oggetto da noi prescelto. Come ci influenzano i colori sulla base delle loro specifiche qualità. Come riportare i chakra e la loro energia in uno stato di equilibrio. COME MEDITARE NELLA VITA DI TUTTI I GIORNI Come aumentare la presenza del nostro IO nella vita di tutti i giorni. Come rendere la meditazione un'abitudine quotidiana. Come trasferire la consapevolezza acquisita in ogni nostra azione. COME GESTIRE LE NOSTRE EMOZIONI Come affrontare le emozioni che non ci piacciono. Come accogliere le emozioni negative per poterle dissolvere. Come attraversare le emozioni per non esserne travolti.

Sometimes it just feels good being bad... A tale of intrigue, revenge and excess, perfect for fans of Tasmina Perry.

In his engaging book, Jules Evans explains how ancient philosophy saved his life, and how we can all use it to become happier, wiser and more resilient. Jules imagines a dream school, which includes 12 of the greatest and most colourful thinkers the world has ever known. Each of these ancient philosophers teaches a technique we can use to transform ourselves and live better lives. These practical techniques are illustrated by the extraordinary stories of real people who are using them today - from marines to magicians, from astronauts to anarchists and from CBT psychologists to soldiers. Jules also explores how ancient philosophy is inspiring modern communities - Socratic cafes, Stoic armies, Platonic sects, Sceptic summer camps - and even whole nations in their quest for the good life.

Since its first publication twenty years ago, *The Biggest Game in Town* has become a sought-after cult classic. Acclaimed writer and critic Al Alvarez delves into the murky and compelling world of high-stakes Vegas poker, where 'the next best thing to playing and winning is playing and losing'. Uncovering an exotic underground rich in ambiance and eccentricity, *The Biggest Game in Town* is a real one of a kind, deftly capturing the skewed psyches and peculiar rites of professional poker players who descend every year for the World Series of Poker. It's a world that seems almost too surprising and bizarre to be true. 'A cool, precise, sharply witty, vivid evocation of a place and people, their appearances, behaviour and speech..Mr Alvarez is a shrewd analyst of the psychology of gamblers and a cleverly selective recorder of their bizarre talk with which, directly and indirectly, they reveal their secure grasp of unreality and their insane courage'

Sunday Telegraph 'It will have most readers sitting on the edge of their seats' Sunday Times 'A new classic on gambling...it's quite brilliant' Time Out 'This is a magnificent book. Beyond the straights and full houses, Alvarez has written about people who are extremely good at what they do, and about America' San Francisco Chronicle

As the Crusades take hold, one man's legacy is yet to be determined... Journey with Paul Doherty to 1095 and experience the founding of the Templar Order in all its epic and brutal detail in his gripping novel, *The Templar*. Perfect for fans of Michael Jecks and Robin Hobb. 1095, and crusading fervour has swept Europe. Christ's fief of Jerusalem has been seized by the Infidels. The Frankish Knights of the West are to march east to liberate the Holy City. Hugh de Payens and Godefroi of St Omer, the soon-to-be founders of the Templar Order, and Hugh's younger sister, Eleanor, leave the security of their homes in Burgundy, France, with a plan to join Count Raymond of Toulouse's army, and march across the known world to Jerusalem. Follow the crusaders as they march through Europe into the glories of Byzantium and onto Syria. Witness the hardships, bloodshed and trickery on their treacherous travels to the Holy Land and know that though the crusaders' journey, and this novel, will end with their entry into the Holy City, the Crusades have yet to begin in earnest. What readers are saying about the Templar series: 'A masterful work of history-based fiction' 'A fun book and a good bit of light escapism' 'A page turner'

Siamo nella seconda metà degli anni Sessanta: il mondo musicale si ferma a osservare un giovane che si muove sul palco come un Dio e canta come un dannato. Si chiama James Douglas Morrison. Qualcuno lo definisce "sciamano", per le sue danze sfrenate e i viaggi che evoca al pubblico con la voce e le maracas. Diventa presto un trasciatore carismatico. Per spiegare ciò cui ha dato vita Jim Morrison, questo nuovo saggio si avvale dell'antropologia e della storia per analizzare le sfaccettature di una personalità che racchiude in sé i miti indiani, atavici, e le leggende spirituali del mondo "altro". Nelle notti di Los Angeles nasce un mito che diventa emblema di una generazione, portavoce di un mondo che cambia a ritmo di beat e rock'n'roll. Come un documentario fotografico degli anni Sessanta, il libro descrive un quadro storico e culturale che ha aperto le menti a nuove visioni, con la Beat Generation, la New Age e il Festival di Woodstock. Attraverso un approccio velatamente tecnico cerca di far luce sulla figura dello sciamano, al fine di poter comprendere meglio i punti in comune con Jim Morrison. Quando Jim sceglie di fare musica con i Doors regala alla storia del rock le sue migliori performance "sciamaniche", quelle che ancora oggi, a mezzo secolo dalla scomparsa, ipnotizzano milioni di fan.

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