

Intimacy And Solitude Stephanie

Winner of the 2014 Nautilus Award represents “Better Books for a Better World”—the Gold Award (Best Book of the Year) in the category of Religion/Spirituality: Other Traditions & Practices. Here is a prayer book that offers you the wisest, most comforting of prayers, while also guiding you on how to pray. Whatever your experience of prayer, you will find a new depth of inspiration and support in these pages. From the most ancient heartfelt prayers to those newly written by the author herself, this is a collection that meets us where we are—and takes us where we most want to go. As a writer and spiritual leader who has supported and guided many thousands of people to live more hopefully, Stephanie Dowrick has a rare understanding of what prayer is and how faithfully it can support you, whatever your faith background or journey. Some of the world’s most beautiful words are gathered here—as are many of the most uplifting and consoling. From prayers to be shared with family, friends or community, to prayers that take you within to your own soul’s depths, this is a collection to be used and cherished.

Kieran I’ve spent my life cultivating a certain perception. Evil incarnate. Homicidal hermit. Vicious. Fear equals power, and power equals safety. Keeps people at bay. Except one, who dives in without knowing the depths of my waters. She consumes me, an ocean of light I want to drown in. Now I’m not sure how to let her go. Juliet I’ve spent most of my life cultivating a certain persona. Town tart. Unligned party girl. Lonely. Sex equals power, and power equals safety. Keeps people from getting too close. Except one, whose darkness ebbs around me, seeks to steal my soul. He devours me, a monster I can’t seem to escape. Now I’m not sure I even want to. ??? Sweet Solitude is a dark, enemies-to-lovers, steamy small town romance with mafia elements and lots of angst. If you are not a reader of this genre, this book may not be suitable for you, as it is not recommended for those who might have certain triggers. Reader discretion advised. Book Two in the King’s Trace Anthoeros series and a complete standalone.

A companion volume to Stephanie Dowrick’s highly acclaimed international bestseller, Intimacy and Solitude, this is a genuinely practical “how-to” psychological workbook. Creative, thoughtful and inspiring, this workbook can be used by individuals or within group settings. It guides and supports readers to develop essential insights, inner strength and resources around the core psychological challenges of developing a stronger sense of self, finding greater security in time alone, and relating more confidently and rewardingly to other people. This is a book that offers readers a rare chance to enhance their emotional, psychological and spiritual confidence in ways that are accessible, genuinely satisfying and also safe and effective wherever the reader is on their psychological journey. INSTANT NATIONAL BESTSELLER Now a series on Starz “Brilliantly written. . . . Outstanding.”—The New York Times Book Review Newly arrived in New York City, twenty-two-year-old Tess lands a job working front of house at a celebrated downtown restaurant. What follows is her education: in champagne and cocaine, love and lust, dive bars and fine dining rooms, as she learns to navigate the chaotic, enchanting, punishing life she has chosen. The story of a young woman’s coming-of-age, set against the glitzy, grimy backdrop of New York’s most elite restaurants, in Sweetbitter Stephanie Danler deftly conjures the nonstop and high-adrenaline world of the food industry and evokes the infinite possibilities, the unbearable beauty, and the fragility and brutality of being young and adrift.

Four Seasons, Four Cities, and the Pleasures of Solitude

Selected Poems of Frederick Goddard Tuckerman

Alone Time

Finding new closeness and self-trust in a distanced world

Out of Solitude

Sweet Solitude

1000 Years of Joys and Sorrows

Intimacy and Solitude is the international bestseller that helps you enjoy closeness with others, while maintaining a firm sense of independence. Using stories from her psychotherapy practice and her own life, Stephanie Dowrick shows how intimacy begins in discovering and trusting your own self, and then bringing that personal strength into one s relationships with friends, family, and lovers."

"A highly anticipated debut novel from 5 Under 35 National Book Foundation honoree featuring a Korean War refugee who emigrates to Brazil to become a tailor's apprentice and confronts the wreckage of his past"--

In this text, Stephanie Dowrick explores not just our intimate relationships, but also the other key relationships of our life - with family, friends, children, ex-partners, colleagues and people in our everyday world. She invites us to discover the power we have to create relationships built on a rich, generous and inclusive idea of love.

Literary novel with a New York setting and a dash of speculative fiction, for fans of Colum McCann, Colm Toibin, and Dana Spiotta. Ghosts of New York is a novel in which the laws of time and space have been subtly suspended. It interweaves four strands: a photographer newly returned to the neighborhood where she grew up, after years spent living overseas; a founding raised on 14th Street; a graduate student, his romantic partner, and his best friend entangled in a set of relationships with far-reaching personal and political repercussions; and a shopkeeper suffering from first love late in life. Mixing prophecy, history, and a hint of speculative fiction, its stories are bound together even as they are streeted into stranger territory. And undergirding it all is a song, which appears, and then resurfaces. Ghosts of New York explores complex lives through indelible renderings of settings-a bar, a night market, a recording studio-that alternate between familiar and unsettling. The work of a celebrated novelist and veteran of the art, film, and music scenes in New York and Austin (described as "a rare talent" by the New York Times and "a powerful literary voice" by Jeffrey Eugenides), this novel will immediately absorb readers intrigued by creative people and the places that sustain and challenge them.

Questions for Couples

A Dark Enemies-to-Lovers Romance

Choosing Happiness

Rekindling

Your Relationship after Childbirth

Finding True Value in Your Life

Three Meditations on the Christian Life

We all know parenthood brings massive changes. But not every couple is prepared for the impact pregnancy and childbirth can have on their intimate relationship. Sure, we expect to put sex on hold for a while just before and after the birth, but most of us naively assume that things will eventually return more or less to normal. Unfortunately for many couples it doesn't work out like that. And although it's true, as Martien Snellen points out, that no one ever died from lack of sex... Well, sometimes it can make a relationship feel a little bit under the weather. Dr Martien Snellen is a psychiatrist with an extensive practice in relationship counselling. In this new edition of his immensely well received book (originally released as Sex & Intimacy after Childbirth) he explores the factors that can affect your sex life when you have a new baby. From changes in body image to serious health issues like Postnatal Depression; from divergent levels of interest to just not being able to find the time. And, most importantly, he offers practical suggestions to help get the spark back. For both of you. This book is a godsend for any new, or newish, parent who thinks their other relationship could do with a little attention too.

Hugh van Cuylenburg was a primary school teacher volunteering in northern India when he had a life-changing realisation: despite the underprivileged community the children were from, they were remarkably positive. By contrast, back in Australia Hugh knew that all too many children struggled with depression, social anxieties and mental illness. His own little sister had been ravaged by anorexia nervosa. How was it that young people he knew at home, who had food, shelter, friends and a loving family, struggled with their mental health, while these kids seemed so contented and resilient? He set about finding the answer and in time came to recognise the key traits and behaviours these children possessed were gratitude, empathy and mindfulness. In the ensuing years Hugh threw himself into studying and sharing this revelation with the world through The Resilience Project, with his playful and unorthodox presentations which both entertain and inform. Now, with the same blend of humour, pognancy and clear-eyed insight that The Resilience Project has become renowned for, Hugh explains how we can all get the tools we need to live a happier and more fulfilling life.

In this text, Stephanie Dowrick’s approach to self-actualisation relies not on formula answers, rather she inspires the reader to develop her strength and thereby relate rewardingly to others, and his or herself.

Social distancing under COVID has thrown us more deeply into our intimate relationships, and kept us achingly apart from family, friends and others. Stephanie Dowrick’s classic Intimacy and Solitude is the wise guide we need to help us find our personal ground, whatever challenges we face.

Daily Acts of Love

A practical guide to love

How Love Conquered Marriage

Snow Hunters

Timeless Prayers of Wisdom and Love

Finding New Closeness and Self-Trust in a Distanced World

3191 Miles Apart

“Engrossing... A remarkable story Sunday Times ‘Above all a story of inherited resilience, strength of character and self-determination’ Observer Chinese dissident. Ground-breaking artist. Global icon. Here, through the sweeping, extraordinary story of his own and his father’s lives, Ai Weiwei tells an epic tale of China over the last 100 years. He recounts a childhood in exile in a desolate place known as ‘Little Siberia’, his move to America as a young man and eventual return home, then his rise from unknown to art-world superstar and international human rights activist - and how his work has been shaped by living under a totalitarian regime. 1000 Years of Joys and Sorrows is a story of exceptional creativity and passionate political beliefs, and a timely reminder of the urgent need to protect freedom of expression.” A GUARDIAN AND OBSERVER BOOK OF THE YEAR 2021 “Intimate, unflinching ... an instant classic” Evan Osnes, author of Age of Ambition Just when the clamor over “traditional” marriage couldn’t get any louder, along comes this groundbreaking book to ask, “What tradition?” In Marriage, a History, historian and marriage expert Stephanie Coontz takes readers from the marital intrigues of ancient Babylon to the torments of Victorian lovers to demonstrate how recent the idea of marrying for love is—and how absurd it would have seemed to most of our ancestors. It was when marriage moved into the emotional sphere in the nineteenth century, she argues, that it suffered as an institution just as it began to thrive as a personal relationship. This enlightening and hugely entertaining book brings intelligence, perspective, and wit to today’s marital debate.

Unlike Whitman, Dickinson, or Wordsworth, Frederick Goddard Tuckerman (1821–1873) never wanted to start a revolution in poetry. Nor did he—like Longfellow or his friend Tenynson—capture or ever try to represent the spirit of his age. Yet he remains one of America’s most passionate, moving, and technically accomplished poets of the nineteenth century. A new Englander through and through poet of the outdoors, wandering fields and wooded hillsides by himself, driven to poetry and the solitude of nature by the loss of his beloved wife. This is the persona we encounter again and again in Tuckerman’s sonnets and stanzaic lyric poetry. Correcting numerous errors in previous editions, this is the first reliable reading edition of Tuckerman’s poetry. Ben Mazur has painstakingly re-edited poems in this selection from manuscripts at the Houghton Library. Included in this generous selection are several important poems omitted in The Complete Poems of Frederick Goddard Tuckerman. In his introduction to the volume, Stephen Burt celebrates an extraordinary poet of mourning and nature—an anti-Transcendental—who in many ways seems closer to writers of our own century than any other.

Love is the most natural thing in the world. Yet we make and break relationships routinely, often without understanding why. Unravelling the desire for rewarding relationships, we must start with ourselves.

Seeking the Sacred

Land of Zeus

Intimacy & Solitude

A Novel

The Intimacy & Solitude Self-therapy Book

Golden Rules for Successful Relationships

Self-therapy Book

Australia’s foremost self-help author gathers her wisdom into a comprehensive volume for today’s time-poor readers - a modern-day bible of personal and social development.

Connecting to your inner life through the transformative poetry of Rainer Maria Rilke. In the Company of Rilke is a rare book about a rare poet. Rainer Maria Rilke was a giant of twentieth-century writing who remains a visionary voice for our own time, captivating readers not only with his brilliance but also his fearlessness about the “deepest things.” Speaking through his own contradictions and ambivalences, he gives readers a profound understanding of the complex beauty of human existence. Here, questions matter more than answers. Here, a poet can speak directly to God while also doubting God. Astonishingly, this is the first major study of Rilke from a spiritual perspective, even though the greatest of Rilke’s gifts was to show how inevitably life centers upon a profound mystery-to which we can freely open ourselves. Drawing on her deep understanding of the gifts of Rilke’s writings, as well as her own personal spiritual seeking, Stephanie Dowrick offers an intimate and accessible appreciation of this most exceptional poet and his transcendent work.

Social distancing under COVID has thrown us more deeply into our intimate relationships, and kept us achingly apart from family, friends and others. Stephanie Dowrick’s classic Intimacy and Solitude is the wise guide we need to help us find our personal ground, whatever challenges we face. I love this book. It's full of exactly the kind of soulful wisdom the world is crying out for right now. - Maagda Szubanski 'Compassionate, honest, fearless. . . . Stephanie Dowrick’s writing amazes me.’ - The Hon Kristina Kenessly 'The quality of your personal relationships has never mattered more. It isn't enough to have lots of friends on social media. Or to give 'everything' to work hoping that will validate your existence. When familiar certainties are dissolving, we need to give and receive closeness and understanding to feel fully alive. But how do we open to others in a world that can seem harsh, indifferent - and unpredictable in the extreme? Intimacy and Solitude starts with the most fundamental relationship of all: how you understand and care for your own self - knowing this will inevitably be reflected in your most essential relationships. Using her exceptional gifts as a storyteller, as well as decades of work with people of all ages, orientations and cultures, Dr Stephanie Dowrick brings to life profound and persuasive insights to transform self-trust - and your life with others. This edition includes a new introduction to bring the book up to date. 'This is a book that can save your emotional life.' - Subhana Barzaghi, psychotherapist and Zen Roshi' So needed at any time, and especially today.' - David Lester, Women, Men & the Whole Damn Thing 'Since I was a teenager, Stephanie Dowrick’s work has been absolutely central to my understanding of the possibility of happiness.' - Clare Bowditch, musician and author

For readers of Thomas Moore, James Hillman, and Pema Chodron-a timely handbook that shows how to bring depth and meaning to our lives through cultivating our connection with something greater than ourselves. Can changing our view of ourselves and others affect the world? Bestselling author Stephanie Dowrick’s major new book is a compelling look at how we can transform the world by seeing the extraordinary everywhere we look, both without and within. Through her intimate, beautiful, and encouraging writing, Dowrick shows that it is only in altering our perception-seeing all of life as sacred-that we will challenge the usual stories about who we are and what we are capable of being. At a time when religion is increasing seen as a cause of prejudice and division, or as irrelevant to our most pressing concerns, the eternal truths of a genuinely inclusive spiritual wisdom have never been more urgently needed or sought. In Seeking the Sacred, Stephanie Dowrick invites us to go beyond cultural divisions and religious dogma and to discover what makes our lives sacred, satisfying, and meaningful. Weaving personal stories-including her own-with an inspired vision of life’s most healing possibilities, she reveals how the sacred can transform the way we understand and value life, changing forever how we interact with others and care for ourselves. Seeking the Sacred is a provocative and accessible read for those contemplating God, faith, spirituality, and the nature of belief in twenty-first-century life. This is a book for the spiritually curious as well as those already engaged in the deeper questions. Richly hopeful and uplifting, Seeking the Sacred unravels some of our most complex contemporary dilemmas and speaks to the heart of our deepest yearnings.

Ultimate Sex

A Novel

Transforming Our View of Ourselves and One Another

On Happiness, Emotional Intelligence, Relationships, Power and Spirit

The Moon Shines Out of the Dark

The Art and Heart of Reflection

Creative Journal Writing

Are you fed up with thinking about that guy every minute of every waking hour, when he doesn't even reply to your texts? Are you reeling from the pain of a break-up, unsure of where to turn? Are you single and looking to be happy with your choices in the face of society's constant questioning? In How to Get Over a Boy, bestselling author Chidera Eggerue will show you, once and for all, how to reframe the stale goal of finding a man. She will equip you with tangible and applicable solutions for every part of your dating life, helping you recognise that men hold as much power in our romantic lives as we grant them. In the past, dating books tend to lean more into the territory of 'how to make him find you hot!', 'how to make him jealous', 'how to get him to propose'. But these how-tos are placing men on a pedestal of being 'the prize'. Men are NEVER the prize. You are. Let The Stumflower show you why.

How to enjoy and enhance sexual performance, with expert advice and inspirational techniques, sensitively written by an experienced therapist. This book does contain some explicit visual content.

Love is the most 'natural' thing in the world. Yet we make and break relationships routinely, often without really understanding why. Bestselling author Stephanie Dowrick reveals how in order to meet that desire for rewarding relationships, we must first start with ourselves.

Harry's mom always tells him when it is time to do things, but now that his mom hasn't been around for a long time, Harry begins to wonder what will happen and when.

Resilience Project, The

The Greek Myths Retold by Geographical Place of Origin

How To Get Over A Boy

Free Thinking

Sweetbitter

Heaven on Earth

Marriage, a History

“Hear the ink liquify of her laughter rippling behind her sentences” in this magnetic memoir as it explores a journalist’s obsession with pop culture and the difficulty of navigating relationships as a Black woman through fanfiction, feminism, and Southern mores (Saeed Jones). Pop culture is the Pandora’s Box of our lives. Racism, wealth, poverty, beauty, inclusion, exclusion, and hope -- all of these intractable and unavoidable features course through the media we consume. Examining pop culture’s impact on her life, Nichole Perkins takes readers on a rollicking trip through the last twenty years of music, media and the internet from the perspective of one southern Black woman. She explores her experience with mental illness and how the TV series Frasier served as a crutch, how her role as mistress led her to certain internet message boards that prepared her for current day social media, and what it means to figure out desire and sexuality and Prince in a world where marriage is the only acceptable goal for women. Combining her sharp wit, stellar pop culture sensibility, and trademark spirited storytelling, Nichole boldly tackles the damage done to women, especially Black women, by society’s failure to confront the myths and misogyny at its heart, and her efforts to stop the various cycles that limit confidence within herself. By using her own life and loves as a unique vantage point, Nichole humorously and powerfully illuminates how to take the best pop culture has to offer and discard the harmful bits, offering a mirror into our own lives.

A Year of Mornings collects 236 images--always taken before 10 am without discussion between the two women--from this uniquely 21st century artistic collaboration. The intimacy of these photographs--discarded clothing, a view of a snowy day from the window, a tablecloth--combined with their striking similarities in color and composition defies the reality of their long-distance collaboration. While clearly kindred spirits, the two women have met in person only once. Their friendship is maintained solely online, sustained by a shared love for moments of serenity, solitude, and peacefulness. The annotated photographs in A Year of Mornings radiate an aura of sweetness and light--the promise of a new day.

The definitive guide to keeping a journal as spiritual practice and for personal growth.

Drawing on three moments in the life of Jesus, Henri Nouwen invites us to reflect on the tension between our desire for solitude and the demands of contemporary life. He reminds us that it was in solitude that Jesus found the courage to follow God’s will. And he shows us that fruitful love and service must spring from a living relationship with God. Beautifully written, elegantly simple, Out of Solitude is as fresh today as it was thirty years ago.

Intimacy and Solitude

Forgiveness & Other Acts of Love

Balancing Closeness and Independence

The Universal Heart

Everyday Kindness

Sometimes I Trip On How Happy We Could Be

469 Thought-Provoking Conversation Starters for Connecting, Building Trust, and Rekindling Intimacy

Stephanie Dowrick’s greatest gift is that she reminds us that life really matters. Her territory takes her from the profound to the everyday, but always with attention to the biggest question of all: ‘How should we live?’ Stephanie’s bestsellers, Intimacy + Solitude, The Universal Heart and Forgiveness + Other Acts of Love, are all books with a genuine power to change lives for the better. Here we meet her in a more personal and confidential frame of mind. In chapters short enough to enjoy in a single reading, she offers her views on subjects as various as how to worry less and praise more; what happiness is - and how to achieve it; ageing appreciatively; why and how to meditate; when and whether to marry; why doubt can be useful and how burnout can be avoided. She also speaks up persuasively for honesty, tolerance and peace in a world where those vital qualities can seem in short supply. Free Thinking gives the reader the nearest thing to a series of brief, intense conversations with a woman who has thought deeply, writes beautifully and, even when she is confessing to her all-too-human faults, never fails to uplift and inspire.

Do you find it difficult coming up with thought-provoking conversation starters or topics to discuss with your partner? Do you want to discover insightful questions that can lead to having deeper, exciting, and more meaningful conversations as a couple? Don't have much to talk about except the day-to-day life activities? If you answered yes to any of these questions, you're not alone. We all want to have better, more substantial, and engaging conversations everyday with our significant other. However, knowing where to start or the right questions to ask can be a challenge when things become routine. That's why we wrote Questions for Couples. We have used these open-ended questions to get to know each other more deeply, have better conversations, and improve our relationship. We believe these questions will do the same for your relationship too. In Questions for Couples, you will discover: 1. 469 Thought-provoking conversation starters for connecting, building trust, and rekindling intimacy in your relationship. 2. Fun, engaging, and open-ended questions that will lead to some of the best conversations you have had in a while with your partner, bring you closer, and really get you learning about each other. 3. Creative conversation starters for communicating and expressing your feelings, needs, and desires. 4. Refreshing questions you can discuss with each other on a daily or weekly basis to help you grow your relationship, as well as personal development. Simply select 365 questions that you love, and use them for a 365 Days of Questions Challenge with your partner. 5. Thought-provoking questions that will help you talk about things you might never think of on your own, which is especially helpful if you are looking for something new to talk about. 6. Inspiring conversation starters for setting yearly goals as a couple, so you can grow together while achieving them. 7. Exciting sex questions that will get you talking and sharing your sexual desires, so you can have better and more satisfying sex. And much more. You can have great conversations when you know what questions to ask. You just need the right questions. Open-ended questions that will spark deeper conversations, so you can discover and learn more about yourself, and your partner. Whether you are dating, in a committed relationship, engaged, married, or in a long-distance relationship, this book is for you. Questions for Couples will get you talking for hours, even if you have very little to talk about. Plus because it's pocket-sized, it's easy to take everywhere; for road trips, coffee dates, to date nights dinner or events, the beach, vacation trips, etc. Now, get your copy of this questions book for couples today. ----- Related keywords to this Questions for Couples book:

Relationships for couples, marriage questions, relationship questions, questions for dating couples, dating questions, questions for couples book, relationship questions, relationship questions book, questions couples, questions for couples game, questions for couples therapy, questions for married couples, questions for married couples fun, questions for couples to ask each other, book of questions for couples, what if questions for couples, 365 questions for couples, questions for engaged couples, relationship questions to ask, relationship questions game, relationship questions for couples, fun relationship questions, dating icebreaker questions, marriage counseling questions, conversation starters for couples, conversation starters.

Around Cordelia and Laurie circulate noisy and opinionated family and friends. Both women have known and lost love but meet the challenges of their lives and develop their own identities as they get older.

Stephanie Dowrick’s most loved best-seller reexamines the six great humane virtues - courage, fidelity, restraint, generosity, tolerance and forgiveness virtues - that can literally transform the way we see ourselves and other.

Sex play. More fun than you can imagine

Why a 20th-Century Visionary Poet Speaks So Eloquently to 21st-Century Readers

Changing Your Life

Everything You Need to Know about Sex and Sensuality

The story of two lives, one nation, and a century of art under tyranny

Shortcuts to a Happier and More Confident Life

A Year of Mornings

The internationally renowned author of Choosing Happiness shows how a little bit of everyday kindness can help us tackle the pressures of the modern world—providing the insights, reassurance, and the means to worry far less and enjoy life more. Change your life with Everyday Kindness. Virtually every moment of our greatest well-being reflects the giving and receiving of kindness. At home, work, and in the wider world, there are countless opportunities when a moment of consideration or kindness—given or received—will transform your day. Whether it is a hard time to be endured or a wonderful time to be shared and celebrated, it’s our willingness to think well of ourselves and act kindly toward others that makes all the difference. In this intimate, deeply encouraging book, author Stephanie Dowrick takes kindness as her inspiration and theme and shows us how to bring the practice of kindness into our daily lives. This simple act, Dowrick illustrates, is vital in helping us grow in self-confidence and appreciation, make the best choices to support our physical and emotional well-being, find pleasure in our work and in our relationships, and experience more authentic love. Everyday Kindness provides the reader with the spiritual and psychological tools to make a calmer, happier, and more rewarding life immediately possible.

Love is the most 'natural' thing in the world. Yet we make and break relationships routinely, often without really understanding why. Bestselling author Stephanie Dowrick reveals how in order to meet that desire for rewarding relationships, we must first start with ourselves. Love is the currency that transcends all others. Love connects us most deeply to our best selves, as well as to other people. The presence or absence of love makes the greatest difference to our happiness, our health and wellbeing. Yet seeking love and sustaining it continues to disappoint many people. In this powerful and practical book, Dr Stephanie Dowrick affirms our highest ideals and intentions. Better still, she shows us how possible it is to live them out. With the compassion and psychological depth that is the hallmark of her writing, she also explores the common pitfalls to love. Then, with persuasive wisdom, she helps us to transform them. Perhaps what also makes this book exceptional is that Stephanie Dowrick shows us how to live more appreciatively across all our relationships, including with our own selves. Through her powers of storytelling, she demonstrates that anything worth discovering about love improves not one but every one of our connections. In a world where fears of not being or having enough dominate, she proves that love is ours to discover, to give and to receive. 'Deeply attentive and acutely perceptive ... infinitely compassionate and accepting.' Josephine Brouard, Women's Health 'Stephanie Dowrick is a godsend. Her gift is the ability to write in a manner that genuinely enriches and changes lives.' Nigel Marsh, writer and global CEO 'Her wisdom is contagious. If anyone can cause a happiness revolution, she can.' Paul Wilson, author of the Calmbooks

"In Paris (or anywhere else, really) a table for one can be a most delightful place." --Alone Time, as seen in The New York Times A lone, passionate account of the pleasures of traveling solo In our increasingly frantic daily lives, many people are genuinely fearful of the prospect of solitude, but time alone can be both rich and restorative, especially when travelling. Through on-the-ground reporting and recounting the experiences of artists, writers, and innovators who cherished solitude, Stephanie Rosenbloom considers how being alone as a traveller--and even in one's own city--is conducive to becoming acutely aware of the sensual details of the world--parties, textures, colors, tastes, sounds--in ways that are difficult to do in the company of others. Alone Time is divided into four parts, each set in a different city, in a different season, in a single year. The destinations--Paris, Istanbul, Florence, New York--are all pedestrian-friendly, allowing travelers to slow down and appreciate casual pleasures instead of hurtling through museums and posting photos to Instagram. Each section spotlights a different theme associated with the joys and benefits of time alone and how it can enable people to enrich their lives--facilitating creativity, learning, self-reliance, as well as the ability to experiment and change. Rosenbloom incorporates insights from psychologists and sociologists who have studied solitude and happiness, and explores such topics as dining alone, learning to savor, discovering interests and passions, and finding or creating silent spaces. Her engaging and elegant prose makes Alone Time as warmly intimate an account as the details of a trip shared by a beloved friend--and will have its many readers eager to set off on their own solo adventures.

You want surprises, thrills and dares? You'll try anything - within reason? Grab your lover and get playing - and be prepared to have the time of your life... * Over 60 outrageous ways to tease and please. * Fun, interactive and unpredictable sex games. * Handy play-anywhere format!

Ghosts of New York

Tasting Salt

In the Company of Rilke

100 Inspirational Cards

How to Give Love and Receive It

Life & Soul Essentials