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In Break the Norms, Chandresh illuminates the unconscious beliefs we carry about matters of sex, death, love, ego, God, and gurus--then offers penetrating questions and self-inquiry practices to help us separate our own truth from the products of the status quo.

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In Break the Norms, Chandresh illuminates the unconscious beliefs we carry about matters of sex, death, love, ego, God, and gurus then offers penetrating questions and self-inquiry practices to help us separate our own truth from the products of the status quo. Join him to explore:

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In *Break the Norms*, Chandresh illuminates the unconscious beliefs we carry about matters of sex, death, love, ego, God, and gurus—then offers penetrating questions and self-inquiry practices to help us separate our own truth from the products of the status quo. Here is the long-awaited first book from a compelling new teacher—and a clarion call to embrace our own spiritual authority.

Break the Norms: Questioning Everything You Think You Know ...

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Mortality and Morality-overcoming our fear of death and our resistance to creating heaven on earth There are no "right answers" in spirituality, but asking the right questions can help us discover who we are and what we are becoming.

"Authenticity is inherent each of our souls," writes Chandresh. "When we start to be authentic, we start to get back in touch with our divine source." Break the Norms is the first book from a compelling new teacher-and a clarion call to embrace our own spiritual ...

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Break the Norms (Paperback) Questioning Everything You Think You Know About God and Truth, Life and Death, Love and Sex. By Chandresh Bhardwaj, Dalai Lama (Foreword by) Sounds True, 9781622035410, 184pp. Publication Date: January 1, 2016

Break the Norms: Questioning Everything You Think You Know ...

In the tradition of Deepak Chopra and Oprah spirituality, Bhardwaj argues that you have the power and freedom to live your best life. The message in Break the Norms is that external conditioning—from society, religion, the media, and

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more—often blocks us from living authentic lives attuned with our unique and divine souls. The remedy for this, Bhardwaj suggests, is learning to see through the conditioning and discover your own truth through a deep relationship with yourself.

Book Review: Break the Norms | Spirituality & Health Magazine

Break the norms : questioning everything you think you know about God and truth, life and death, love and sex. [Chandresh Bhardwaj] -- "Have you ever felt like you're living out a script written for you by others?in your work, your relationships, or spirituality? "To break through the norms we've been conditioned to believe is an ...

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Have you ever felt like you ' re living out a script written
for you by others—in your work, your relationships, or
spirituality? “ To break through the norms we ' ve been
conditioned to believe is an act of rebellion, ” writes
Chandresh Bhardwaj. “ It is not about being stubborn or

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Have you ever felt like you 're living out a script written for you by others—in your work, your relationships, or spirituality? “ To break through the norms we 've been conditioned to believe is an act of rebellion, ” writes Chandresh Bhardwaj. “ It is not about being stubborn or ' bringing down the man. ' It ' s about following your soul ' s deepest longing. It ' s about making a decision to question what you ' ve been told is true. ” There are no “ right answers ” in spirituality, but asking the right questions can help us discover who we are and what we are

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becoming. In *Break the Norms*, Chandresh illuminates the unconscious beliefs we carry about matters of sex, death, love, ego, God, and gurus—then offers penetrating questions and self-inquiry practices to help us separate our own truth from the products of the status quo. Here is the long-awaited first book from a compelling new teacher—and a clarion call to embrace our own spiritual authority.

To get the best answer-in business, in life-you have to ask the best possible question. Innovation expert Warren Berger shows that ability is both an art and a science. It may be the most underappreciated tool at our disposal, one we learn to use well in infancy-and then abandon as we grow older. Critical to learning, innovation, success, even to happiness-

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yet often discouraged in our schools and workplaces-it can unlock new business opportunities and reinvent industries, spark creative insights at many levels, and provide a transformative new outlook on life. It is the ability to question-and to do so deeply, imaginatively, and “ beautifully. ” In this fascinating exploration of the surprising power of questioning, innovation expert Warren Berger reveals that powerhouse businesses like Google, Nike, and Netflix, as well as hot Silicon Valley startups like Pandora and Airbnb, are fueled by the ability to ask fundamental, game-changing questions. But Berger also shares human stories of people using questioning to solve everyday problems-from “ How can I adapt my career in a time of constant change? ” to “ How can I step back from

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the daily rush and figure out what really makes me happy?"
By showing how to approach questioning with an open, curious mind and a willingness to work through a series of " Why, " " What if, " and " How " queries, Berger offers an inspiring framework of how we can all arrive at better solutions, fresh possibilities, and greater success in business and life.

Embodied Resistance engages the rich and complex range of society's contemporary "body outlaws"--people from many social locations who violate norms about the private, the repellent, or the forbidden. This collection ventures beyond the conventional focus on the "disciplined body" and instead, examines conformity from the perspective of resisters. By

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balancing accessibly written original ethnographic research with personal narratives, Embodied Resistance provides a window into the everyday lives of those who defy or violate socially constructed body rules and conventions.

Could some "best practices" be...bad? Have you ever wondered why most newspapers are so large? Or why management consultants work such long hours? Or why hotels still insist on having check-in desks? Ask anyone in these industries, and their answer will be the same: "That 's the way we 've always done it." "Best practices" may be widespread, but that doesn't mean they're effective. In many instances the opposite is true: best practices can be outdated, harmful, and a hindrance to innovation. These bad practices

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are all too common in organizations, and managers and executives can be blind to their pernicious effects. Since they've worked in the past, or have been adopted with success by other firms, their purpose or effectiveness is rarely questioned. As a consequence, these practices spread and persist. In *Breaking Bad Habits*, Freek Vermeulen, a strategist with a keen eye for the absurd, offers the tools to identify these practices and rid them from your organization. And, most of all, he presents a compelling case for how eliminating popular but outworn ideas, processes, and strategies can create new opportunities for innovation and growth. Brimming with examples of norm-defying organizations in an eclectic range of industries--including IVF clinics, hotels, newspapers, and a famous London

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A celebrated social psychologist offers a radical new perspective on cultural differences that reveals why some countries, cultures, and individuals take rules more seriously and how following the rules influences the way we think and act. In *Rule Makers, Rule Breakers*, Michele Gelfand, “an engaging writer with intellectual range” (The New York Times Book Review), takes us on an epic journey through human cultures, offering a startling new view of the world and ourselves. With a mix of brilliantly conceived studies and

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surprising on-the-ground discoveries, she shows that much of the diversity in the way we think and act derives from a key difference—how tightly or loosely we adhere to social norms. Just as DNA affects everything from eye color to height, our tight-loose social coding influences much of what we do. Why are clocks in Germany so accurate while those in Brazil are frequently wrong? Why do New Zealand 's women have the highest number of sexual partners? Why are red and blue states really so divided? Why was the Daimler-Chrysler merger ill-fated from the start? Why is the driver of a Jaguar more likely to run a red light than the driver of a plumber 's van? Why does one spouse prize running a tight ship while the other refuses to sweat the small stuff? In search of a common answer, Gelfand spent

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two decades conducting research in more than fifty countries. Across all age groups, family variations, social classes, businesses, states, and nationalities, she has identified a primal pattern that can trigger cooperation or conflict. Her fascinating conclusion: behavior is highly influenced by the perception of threat. “ A useful and engaging take on human behavior ” (Kirkus Reviews) with an approach that is consistently riveting, *Rule Makers, Rule Breakers* thrusts many of the puzzling attitudes and actions we observe into sudden and surprising clarity.

NEW YORK TIMES BESTSELLER • “ Comprehensive, enlightening, and terrifyingly timely. ” —The New York Times Book Review (Editors' Choice) WINNER OF THE

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OF THE YEAR BY The Washington Post • Time • Foreign
Affairs • WBUR • Paste Donald Trump ' s presidency has
raised a question that many of us never thought we ' d be
asking: Is our democracy in danger? Harvard professors
Steven Levitsky and Daniel Ziblatt have spent more than
twenty years studying the breakdown of democracies in
Europe and Latin America, and they believe the answer is
yes. Democracy no longer ends with a bang—in a revolution
or military coup—but with a whimper: the slow, steady
weakening of critical institutions, such as the judiciary and
the press, and the gradual erosion of long-standing political
norms. The good news is that there are several exit ramps on

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the road to authoritarianism. The bad news is that, by
electing Trump, we have already passed the first one.
Drawing on decades of research and a wide range of
historical and global examples, from 1930s Europe to
contemporary Hungary, Turkey, and Venezuela, to the
American South during Jim Crow, Levitsky and Ziblatt show
how democracies die—and how ours can be saved. Praise for
How Democracies Die “ What we desperately need is a
sober, dispassionate look at the current state of affairs.
Steven Levitsky and Daniel Ziblatt, two of the most respected
scholars in the field of democracy studies, offer just
that. ” —The Washington Post “ Where Levitsky and Ziblatt
make their mark is in weaving together political science and
historical analysis of both domestic and international

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democratic crises; in doing so, they expand the conversation beyond Trump and before him, to other countries and to the deep structure of American democracy and politics. ” —Ezra Klein, Vox “ If you only read one book for the rest of the year, read How Democracies Die. . . .This is not a book for just Democrats or Republicans. It is a book for all Americans. It is nonpartisan. It is fact based. It is deeply rooted in history. . . . The best commentary on our politics, no contest. ” —Michael Morrell, former Acting Director of the Central Intelligence Agency (via Twitter) “ A smart and deeply informed book about the ways in which democracy is being undermined in dozens of countries around the world, and in ways that are perfectly legal. ” —Fareed Zakaria, CNN

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#1 NEW YORK TIMES BESTSELLING PHENOMENON More than 6 million copies sold A Reese Witherspoon x Hello Sunshine Book Club Pick A Business Insider Defining Book of the Decade "I can't even express how much I love this book! I didn't want this story to end!"--Reese Witherspoon "Painfully beautiful."--The New York Times Book Review For years, rumors of the "Marsh Girl" have haunted Barkley Cove, a quiet town on the North Carolina coast. So in late 1969, when handsome Chase Andrews is found dead, the locals immediately suspect Kya Clark, the so-called Marsh Girl. But Kya is not what they say. Sensitive and intelligent, she has survived for years alone in the marsh that she calls home, finding friends in the gulls and lessons in the sand. Then the time comes when she yearns to be touched and loved. When

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two young men from town become intrigued by her wild beauty, Kya opens herself to a new life--until the unthinkable happens. Where the *Crawdads Sing* is at once an exquisite ode to the natural world, a heartbreaking coming-of-age story, and a surprising tale of possible murder. Owens reminds us that we are forever shaped by the children we once were, and that we are all subject to the beautiful and violent secrets that nature keeps.

This book, by two editors of *Data Wise: A Step-by-Step Guide to Using Assessment Results to Improve Teaching and Learning*, attempts to bring about a fundamental shift in how educators think about the meetings we attend. They make the case that these gatherings are potentially the most

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important venue where adult and organizational learning can take place in schools, and that making more effective use of this time is the key to increasing student achievement. In Meeting Wise, the authors show why meeting planning is a high-leverage strategy for changing how people work together in the service of school improvement. To this end, they have created a meeting-planning “ checklist ” to develop a common language for discussing and improving the quality of meetings. In addition, they provide guidelines for readers on “ wise facilitating ” and “ wise participating, ” and also include “ top tips ” and common dilemmas. Simple, succinct, and practical, Meeting Wise is designed to be read and applied at every level of the educational enterprise: district leadership meetings with

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central office staff, charter-school management summits, principals ' meetings with teachers, professional development sessions, teacher-team meetings, and even teachers ' meetings with parents and students.

When sixteen-year-old Rashad is mistakenly accused of stealing, classmate Quinn witnesses his brutal beating at the hands of a police officer who happens to be the older brother of his best friend. Told through Rashad and Quinn's alternating viewpoints.

Living in a "perfect" world without social ills, a boy approaches the time when he will receive a life assignment from the Elders, but his selection leads him to a mysterious

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man known as the Giver, who reveals the dark secrets behind
the utopian facade.

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