

## Power Free Webb Stiles Company

One of the greatest contributions of Ayurveda to true health is the understanding of individual constitution-what balances one person unbalances another. By marrying the sister sciences of yoga and Ayurveda, Mukunda steers away from an increasing tendency to 'medicalize' yoga therapy. Instead of offering prescriptive recommendations for specific medical diagnoses, he presents sequences of Vinyasa and pranayama suited to the various Ayurvedic body types. Yoga therapists and practitioners using this book can access a deeper level of preventative self-care, flowing in harmony with the seasons and attuning to the rhythm and balance of each individual. Enlivened by stories and wisdom teachings, "Ayurvedic Yoga Therapy" provides food for body, soul and spirit, guiding practitioners towards fulfillment of their highest potential well being. A guide to major U.S. businesses, organizations, agencies, institutions, and other information resources on the World Wide Web.

In this funny, fast-paced novel, 1940s Washington DC is the main character, not just the setting. As the adolescent world capital fills up with trainloads of hopefuls, you'll get to know a naive, adventure-seeking girl from small town Tennessee, an idealistic congressman from the Midwest, and a cop not quite right for the job. Vols. for 1970-71 includes manufacturers' catalogs.

An exceptional, deeply-moving memoir-a classic love story. In the late 1970s, a fragile

thread linked a woman living on Park Avenue in Manhattan and a man in a guarded house in West Africa. "I love you very much he whispered softly across 7,000 miles of ocean and up the East River." Plunge! is a love story, exquisitely told. Sally was a New York career woman when David showed up in her life. Their first dinner date was July 13, 1977, the night of the New York Blackout. Six weeks later he told her he had accepted a job in Nigeria. After a romantic weekend at the Pierre Hotel, David left the city. "The noise of the engines was muffled through the window, and as the plane taxied to the runway, the sound faded away, like a love song drawing to a melancholy close." As David struggled to clear a jungle to build a paper mill in West Africa, Sally worked at her fast-paced job, occasionally flew private planes, and led the tenants of her Park Avenue apartment building into battle against her notorious landlord. Over the next nine months, they corresponded-openly, often with humor-and had three brief reunions: in Nigeria, London and New York. "Perhaps the distance that separated us, the lack of instant interaction, helped us both to communicate more thoughtfully, more honestly and even more passionately than we might have otherwise." "An amazing, beautiful literary accomplishment." - Carol Shaben, author of Into the Abyss "I can't remember the last book that affected me like Plunge! It's very moving and strong and honest and beautifully written. I was drawn in from the start-a gifted writer." - Dalia Pagani, author of Mercy Road "So well written and so compelling." - Louise Crowley, Program Director, Vermont College of Fine Arts, MFA in Writing

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Includes annual: Directory/buyer's guide.

Old-House Journal is the original magazine devoted to restoring and preserving old houses. For more than 35 years, our mission has been to help old-house owners repair, restore, update, and decorate buildings of every age and architectural style. Each issue explores hands-on restoration techniques, practical architectural guidelines, historical overviews, and homeowner stories--all in a trusted, authoritative voice.

This basic source for identification of U.S. manufacturers is arranged by product in a large multi-volume set. Includes: Products & services, Company profiles and Catalog file.

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