



ZOO BURBIA

Meditations on the Wild Animals Among Us

TAI MOSES

Zooburbia Meditations On The Wild Animals Among Us Tai Moses

Kathleen Armour



Zooburbia Meditations On The Wild Animals Among Us Tai Moses:

Zooburbia Tai Moses,2010-04-20 Part memoir part natural history part mindfulness guide this charming love letter to the natural world explores the many ways animals can enrich our lives To be alienated from animals is to live a life that is not quite whole contends nature writer Tai Moses Urban and suburban residents share their environment with many types of wildlife squirrels birds spiders and increasingly lizards deer and coyote Many of us crave more contact with wild creatures and recognize the small and large ways animals enrich our lives yet don't notice the animals already around us Zooburbia reveals the reverence that can be felt in the presence of animals and shows how that reverence connects us to a deeper better part of ourselves A lively blend of memoir natural history and mindfulness practices Zooburbia makes the case for being mindful and compassionate stewards and students of the wildlife with whom we coexist With lessons on industriousness perseverance presence exuberance gratitude aging how to let go and much more Tai's vignettes share the happy fact that none of us is alone and separate and that our teachers are right in front of us We need only go outdoors with our eyes and ears open to find a rapport with the animal kingdom Zooburbia is a magnifying lens turned to our everyday environment reminding us that we as individuals and as a species are not alone Illustrated by Dave Buchen with original black and white wildlife linocuts

Purrs of Wisdom Ingrid King,2016-06-01 Ingrid King explores our relationships with cats by combining her professional expertise with compassionate insights into how cats can inspire soothe and even help heal us In Purrs of Wisdom King artfully delivers pearls of wisdom celebrating all our relationships feline human or otherwise You'll want to savor each chapter and purr haps revisit those that strike a personal chord

Step Into Nature Patrice Vecchione,2015-03-31 The natural world has inspired artists seekers and thinkers for millennia but in recent times as the pace of life has sped up its demands have moved us indoors Yet nature's capacity to lead us to important truths to invigorate and restore our imagination and equilibrium is infinite Step Into Nature is a guide to make nature personal again to stimulate awareness and increase our understanding of the environment while inspiring readers to develop and strengthen their imaginations But being in nature doesn't mean flying off to remote faraway places Nature is as close as opening your front door the sky above the miniature gardens that insist their way up between the sidewalk cracks the river just down the road Patrice Vecchione shows readers how nature can support and enhance their own creative output invigorate their curiosity and restore their sense of connection to the earth Plus included in each chapter is The Cabinet of Curiosities exercises and suggestions for practical and unexpected ways that readers can stimulate their imaginations deepen their relationships with nature and experience the harmony between creativity and the natural world

The Joyful Vegan Colleen Patrick-Goudreau,2019-11-12 Finding plant based recipes Easy Dealing with the social cultural and emotional aspects of being vegan in a non vegan world That's the hard part The Joyful Vegan is here to help Many people choose veganism as a logical and sensible response to their concerns about animals the environment and or their health But despite their positive

intentions and the personal benefits they experience they are often met with resistance from friends family members and society at large These external factors can make veganism socially difficult and emotionally exhausting to sustain This leads to an unfortunate reality the majority of vegans and vegetarians revert back to consuming meat dairy or eggs breaching their own values and sabotaging their own goals in the process Colleen Patrick Goudreau known as The Joyful Vegan has guided countless individuals through the process of becoming vegan Now in her seventh book The Joyful Vegan she shares her insights into why some people stay vegan and others stop It's not because there's nothing to eat It's not because there isn't enough protein in plants And it's not because people lack willpower or moral fortitude Rather people stay vegan or not depending on how well they navigate the social cultural and emotional aspects of being vegan constantly being asked to defend your eating choices living with the awareness of animal suffering feeling the pressure often self-inflicted to be perfect and experiencing guilt remorse and anger In these pages Colleen shares her wisdom for managing these challenges and arms readers both vegan and plant based with solutions and strategies for coming out vegan to family friends and colleagues cultivating healthy relationships with vegans and non vegans communicating effectively sharing enthusiasm without proselytizing finding like minded community and experiencing peace of mind as a vegan in a non vegan world By implementing the tools provided in this book readers will find they can live ethically eat healthfully engage socially and remain a joyful vegan

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