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New Age Study of Humanity’s Purpose. Powerful invocations and prayers for healing self, others and the earth. Includes 3 CDs which are wonderful replacements to listening to the news these days in your car.


Includes a 27 page guidebook, 2 CDs (Sharon Salzberg guides meditation practice) and 32 contemplation cards. A wonderful way to introduce clients and friends to mindfulness meditation and loving kindness practice, to begin or support your own practice or to jump start a stalled practice. More and more research points to the many benefits of these practices.

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The greatest fantasy novel of them all


A brilliant, ironic, horrifying and very funny young-adult novel about consumerism, set in the near future when internet ‘feeds’ are installed into babies’ brains at birth.

... David Loy

Pelevin, V. (2009). *t*. Moscow: EKSMO. [In Russian]

Sorokin V. (2010). *Metel’ (Snowstorm)*. Moscow: Astrel’, AST. [In Russian]

... Tõnu Soidla


... Charles Tart


A culturally diverse, psychologically astute, richly illustrated exploration with a non-doctrinaire Jungian flavor.

... Miles Vich
Readers of print books absorb and remember more of the plot than readers of e-books do, according to a study that was presented in Italy in 2014. In an earlier study, print readers also scored higher in other areas, such as empathy, immersion in the book, and understanding of the narrative. Scientists believe this effect is related to the tactile sensation of holding a book in your hands. This article contains affiliate links to products selected by our editors. Mental Floss may receive a commission for purchases made through these links. In honor of this most bookish of occasions, we’ve pulled together a list of HuffPost writers and editors’ favorite reads of the year, including one rec that once boasted a 1,700-person waitlist at the New York Public Library. For anyone whose to-read list isn’t already booked up, below are some of the best books our editors have thumbed through so far this year. Take a look, and sign up for HuffPost’s sales and deals newsletter for more editor-sourced recs and reviews. Take a look: 1. “Normal People” by Sally Rooney. Amazon. ‘Normal People’ by Sally Rooney was one of