

Meditations On Violence A Comparison Of Martial Arts Training And Real World Violence

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Meditations On Violence A Comparison

The presence of anxiety is normal, but to live as a prisoner with your anxiety is optional." Chare'A Smith sat down for her first meditation session as an eight year old in elementary school. But she ...

My Anxiety Symptoms Once Took Control of My Life. Meditation Set Me Free.

Despite the widespread trends of secularization in the 20th century, religion has played an important role in several outbreaks of genocide since the First ...

In God's Name: Genocide and Religion in the Twentieth Century

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Jeff VanderMeer's latest work of bleak eco-fiction is an apocalyptic page-turner

But what is psychological immunity? It is the ability of the mind to resist disease, ward off emotional toxins, and endure the pendulum swing of gain and loss, joy and sorrow, attraction and repulsion ...

Psychological Immunity: An Essential Part of Wellness Today

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Black-led Community Spotlight: Felicia Savage Friedman of YogaRoots On Location

How do we speak to a generation that, at least on the surface, seems less and less prepared for the difficulties it will face?

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FICTION: COMPELLINGLY ENJOYABLE

One hundred years after his death, Tolstoy still inspires controversy with his notoriously complex narrative strategies. This original book explores how and ...

Leo Tolstoy and the Alibi of Narrative

After a full year of being at home—with some hope in between of Covid cases dwindling—we are back in the thick of a surge and more lockdowns, night curfews and work from home. This means more time ...

It's a family affair

Adolescence isn't easy on anyone. The physical, psychological, social and emotional changes are difficult for young people since many do not have the tools to deal with the whirlwind of ...

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