



We Review the
Best of the Latest
Books

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Biographies & Memoirs / History

[Winged Bull](#): **The Extraordinary Life of Henry Layard, the Adventurer Who Discovered the Lost City of Nineveh** by Jeff Pearce (Prometheus Books)

In the summer of 1839, Henry Layard – just twenty-two years old – left England for eastern Europe and distant lands of the Ottoman Empire. He had never set foot in these regions before and wasn't fluent in their languages. But he would experience one dramatic adventure after another, narrowly escaping death, combating murderous thieves, riding with Bakhtiari warriors in Persia, and going on secret missions for the British embassy in Turkey.

As told in [Winged Bull](#), Layard (1817-1894) made some of the most important archaeology discoveries ever, uncovering the ruins of Nineveh in 1845, as well as the lost Assyrian capital of Ashur. It's thanks to his secret efforts that scores of Yezidi refugees were saved from persecution. When he returned to England, his personal account of his finds at Nineveh became a bestseller. He went on to witness the famous Charge of the Light Brigade, investigated the Indian Mutiny, and as Britain's diplomat, he played a key role in saving Istanbul from destruction and looting during a war.

Real-life Indiana Jones meets Lawrence of Arabia in [Winged Bull](#), the first biography in half a century to tell the story of Layard and his daring adventures. While readers may not know his name, they likely have seen his work. The winged bulls, lions and priceless treasures of art and jewelry that he found make up permanent collections in institutions such as the British Museum, Britain's National Gallery and New York's Metropolitan Museum of Art.

Layard may have also been the first 'archaeologist with a conscience.' While better known figures either stole their discoveries or bribed their way into ruins, Layard sought formal permission from local authorities. His books and letters draw a picture of a man who deeply respected the lands and cultures he explored.

Using Layard's own letters as well as archival materials and never-before-published documents, author Jeff Pearce in [Winged Bull](#) captures the life of a man who was never at rest, whether galloping off with tribal rulers or standing up for the poor and downtrodden as a British MP. Pearce has traveled far to get his unusual and compelling stories. He's interviewed a Kurdish army commander on the Iraqi front near Mosul, and he's taught journalism in Myanmar. He has written novels, books on history and current affairs, and stage plays.

*As a teenager I read an absorbing account of the discovery of the Lost City of Nineveh by Henry Layard. I wanted to read more about Layard and his adventures, but there was precious little. Imagine my delight on discovering [Winged Bull](#) by Jeff Pearce. Layard was equal parts adventurer, archaeologist, author, spy, politician, art historian, and diplomat. He is all that and more, and Pearce's treatment of this intrepid soul assists us in understanding, appreciating, and admiring him. [Winged Bull](#), an edge-of-the-seat series of dangers and intrigue, captivates and enthralls. – W. C. Jameson, author of *The Lost Canyon of Gold**

Archeology buffs will be engrossed. – Publishers Weekly

An exciting biography of celebrated nineteenth-century adventurer Henry Layard. – Foreword Reviews

Readers discover the life of Henry Layard in [Winged Bull](#), a gripping tale of astonishing discoveries, swashbuckling exploits, and political intrigue. <>

Biographies & Memoirs / Musicals

In the Heights: Finding Home by Lin-Manuel Miranda, Quiara Alegría Hudes & Jeremy McCarter (Random House)

In 2008, *In the Heights*, a new musical from up-and-coming young artists, electrified Broadway. The show's vibrant mix of Latin music and hip-hop captured life in Washington Heights, the Latino neighborhood in upper Manhattan. It won four Tony Awards and became an international hit, delighting audiences around the world. For the film version, director Jon M. Chu (*Crazy Rich Asians*) brought the story home, filming its spectacular dance numbers on location in Washington Heights. That's where Usnavi, Nina, and their neighbors chase their dreams and ask a universal question: Where do I belong?

In the Heights has three authors. Lin-Manuel Miranda is a Pulitzer Prize, Grammy, Emmy, and Tony Award-winning songwriter, actor and director, as well as a *New York Times* bestselling author. Quiara Alegría Hudes is the Pulitzer Prize-winning playwright of *Water by the Spoonful* and the author of a memoir, *My Broken Language*. Jeremy McCarter, the author of *Young Radicals*, is the founder and executive producer of Make-Believe Association, a Chicago-based production company.

In the Heights: Finding Home reunites Miranda with McCarter, co-author of *Hamilton: The Revolution*, and Hudes, the Pulitzer Prize-winning librettist of the Broadway musical and screenwriter of the film. They do more than trace the making of an unlikely Broadway smash and a major motion picture: They give readers an intimate look at the decades-long creative life of *In the Heights*.

Like *Hamilton: The Revolution*, **In the Heights** offers untold stories, perceptive essays, and the lyrics to Miranda's songs – complete with his funny, heartfelt annotations. It also features newly commissioned portraits and never-before-seen photos from backstage, the movie set, and productions around the world.

As **In the Heights** traces the unlikely journey of *In the Heights* from Lin's undergraduate brain to Broadway to Hollywood, it considers some of the ways that this musical has made people feel differently about themselves and the folks around them – how the depiction of a community can give rise to a community.

Like the *Hamilton* book, the story proceeds along parallel tracks. The chapters trace episodes in the development of *In the Heights*: first the stage version, then the film. (Though as readers will see, the development of the stage version is a huge part of the development of the film. In order for Leslie Grace to sing "Breathe" onscreen, Mandy Gonzalez had to sing it onstage – and that could only happen after Miranda had composed and rejected countless other songs that might have introduced Nina Rosario, a character that he and Quiara spent years fashioning out of their lives, dreams, and writerly imaginations. Miranda's annotations to his lyrics reveal where his

songs came from and what they mean to him. In many cases he is reflecting on work he did many years ago. So are his collaborators, when they're quoted in the chapters. That long reach back through time is one of the reasons they say they wrote the book. It's a chance to hear artists at the highest ranks of their professions contemplate what they did, and who they were, when they were still learning to fly.

One big difference between [In the Heights](#) and the *Hamilton* book reflects a difference between the shows. *Hamilton* is sung through, so the song lyrics capture virtually every word of the script. But *Heights* has dialogue scenes, which Quiara wrote for the stage version, then rewrote significantly for the movie. Since it wasn't possible to include two full scripts in the book, she wrote essays about a handful of key moments in the story. Each one traces her creative process from inspiration to stage version to screen. One last feature of [In the Heights](#) takes its inspiration from the show. In "Everything I Know," Nina, the neighborhood's wayward Stanford student, looks through a scrapbook created by Abuela Claudia, the community matriarch. By revisiting images from her past, Nina gains a new understanding of who she is and what she ought to do. Scattered throughout the book, readers will find *recuerdos*, reproductions of images and objects preserved by artists involved in *Heights*. The word 'recuerdo' captures their character more fully than any word in English. It means 'memento,' but it also means 'I remember.' It implies not just recollection, but tribute. The *recuerdos* weren't chosen on the basis of intrinsic historical significance. They're in the book because they meant something special to a member of the Heights community. In the text that accompanies the images, the artists share that meaning in their own words.

[An] exuberant, unique, and invaluable record of dynamic, brilliant, and soulful creativity. – Booklist (starred review)

The eagerly awaited follow-up to the #1 *New York Times* bestseller *Hamilton: The Revolution*, Miranda's [In the Heights](#) gives readers an extraordinary inside look at *In the Heights*, his breakout Broadway debut. <>

Business & Economics / Law

[Essential Guide to Family & Medical Leave](#), 6th edition by Lisa Guerin J.D. & Deborah C. England Attorney (Nolo)

The federal Family and Medical Leave Act (FMLA) helps employees balance the demands of work and family. The FMLA is a complex law, leaving most managers with more than a few questions about how to determine eligibility, track and apply leave, request documentation, and deal with benefits and reinstatement. Without a careful understanding of the law, even the most well-intentioned employers can find themselves facing a lawsuit over an FMLA violation.

[Essential Guide to Family & Medical Leave, 6th edition](#), has the answers to every employer's tough questions about the FMLA.

Authors are Lisa Guerin and Deborah C. England. Guerin has practiced employment law in government, public interest, and private practice where she represented clients at all levels of state and federal courts and in agency proceedings. England is a litigator with more than 20 years of employment law experience.

[Essential Guide to Family & Medical Leave](#) provides detailed information, sample forms, and tools that will help readers and their managers figure out:

- Who is eligible for leave.
- What types of leave are covered.
- How much leave employees may take.
- How to comply with notice and other paperwork requirements.

It explains these issues in plain English and covers some of the most common issues that managers are likely to face when receiving FMLA requests.

The **6th edition** of [Essential Guide to Family & Medical Leave](#) covers all of the latest changes to the FMLA, including those related to the COVID-19 pandemic, as well as changes to state family and medical leave laws. The book includes downloadable forms, including FMLA policy, notice forms, certification forms, and checklists.

An easy-to-read-and-apply guide for all your FMLA questions – Caron Pearce, Human Resource Director, Excelligence Learning Corporation

Useful to everyone trying to comprehend the issues and follow the rules. – Booklist

Specialists in employment law, Guerin and England offer advice to employers and personnel officers on abiding by the US Family and Medical Leave Act (FMLA). Their topics include an overview of family and medical leave, determining whether an employee is covered, leave for serious health condition, leave for a new child, how much time an employee can take, giving notice and designating leave, certification, managing an employee's leave, reinstatement, how other laws affect FMLA leave, and record-keeping requirements. – Eithne O'Leyne, Editor Ringgold, Inc. ProtoView

[Essential Guide to Family & Medical Leave](#) contains what readers need to know about the FMLA, whether their workers are on-site or remote. <>

Cooking, Food & Wine / Cocktails

[The Cocktail Seminars](#) by Brian D. Hoefling (Abbeville Press)

[The Cocktail Seminars](#) is a spirited and humorous education in mixology, drink by drink, that grew out of an informal course that Brian D. Hoefling taught as a student at Yale.

Hoefling is the founder of the Herzog Cocktail School, which has been educating the public on cocktail history and preparation since 2012. He is the author of *Distilled Knowledge: The Science Behind Drinking's Greatest Myths, Legends, and Unanswered Questions*.

As a senior at Yale, Hoefling realized that his classmates were about to enter the real world with an imperfect knowledge of how to prepare and enjoy cocktails. To remedy this dangerous deficiency, he devised and taught *The Cocktail Seminars*.

In his career as a cocktail teacher and writer, Hoefling has developed and refined *The Cocktail Seminars* into [The Cocktail Seminars](#). Each of the five seminars (from beginner to advanced) covers thirty different drinks, which are arranged so as to progressively introduce the ingredients and techniques of mixology, as well as its eventful history. In each seminar, an exercise and examination challenges readers to apply what they've learned to the creation of new and variant drinks.

Hoefling's seminars are founded on the principle that all cocktails consist of a base spirit modified in certain fundamental ways, such as sweetening, souring, bittering, aromatizing, aerating, lengthening, and thickening. Each cocktail is illustrated by a color-coded wheel that shows how the base spirit is modified by the other ingredients. Those who are less serious about their cocktail education may also consult [The Cocktail Seminars](#) for drink recipes as needed, or display this handsome volume, bound in faux leather, on their bar cart – but they are only robbing themselves of a brighter future through the gift of education.

[The Cocktail Seminars](#) is the culmination of years of education, effort, and contemplation, all with the goal of elevating the popular consciousness about cocktails and bringing the fruits of the Cocktail Renaissance beyond the realm of bartenders and hard-core enthusiasts to the wider world of curious drinkers.

[The Cocktail Seminars](#) is geared specifically to nonprofessionals. Readers learn how to outfit and use a home bar. They get 150 recipes for major and valuable minor classics. And they gain a theoretical understanding that enables them to make far more drinks than that on their own time.

[The Cocktail Seminars](#) is divided into five seminars, each a self-contained course covering thirty cocktails. Hoefling proceeds from the assumption that readers know nothing about cocktails at the outset and charts a course from there to becoming a

respectable generalist; more advanced readers are welcome to skip ahead to the later seminars if they wish.

Each seminar introduces readers to new techniques as well as new ingredients to explore; each will be used at least twice – visually more – to prevent the accumulation of dead weight in the home bar. Of the thirty drinks in each seminar, twenty-seven draw exclusively on that set of ingredients and ones introduced in previous chapters. The remaining three function as tests of readers' understanding: two exercises ask readers to apply lessons from previous recipes in novel situations, using at least one ingredient that doesn't occur elsewhere in that chapter. Each course concludes with an examination, which takes a similar approach but presents more difficult problems. In later seminars, examinations will look more like final projects, requiring the preparation of homemade ingredients before the cocktails can be attempted. While it's possible to use [The Cocktail Seminars](#) as a recipe reference text, readers will get the most out of it if they treat it as a curriculum, making and drinking each cocktail as they read about it in succession – and using the assessments to make sure the lessons are sinking in.

Each seminar is also gathered around a theme, representing an aspect of the Cocktail Renaissance that began in the late 1980s and concluded in the mid-2010s. The first seminar focuses on the drinks that survived the Cocktail Dark Ages of the mid-twentieth century and formed the foundation for the later revival. The second highlights ingredients that remained available during that period but were seldom used, and those recipes which have brought them back into circulation. The third, encounters ingredients that had ceased to be imported or made, and the cocktails for which a generation of newly educated drinkers yearned until their proper components could be had again. The fourth covers the history and ingredients of

Tiki cocktails, which could not be revived seriously until hospitality had reestablished itself as a legitimate art form and a respectable profession. Finally, the fifth contemplates the new inventions of the Renaissance era itself and the ingredients they incorporate. Completion of all five seminars gives the cocktail novice some sense of the grand sweep of that Renaissance, although it is worth noting that these themes overlapped considerably in practice.

Completion of all five seminars provides an extensive understanding of a wide variety of ingredients, preparation techniques, and ways of thinking about cocktails.

[The Cocktail Seminars](#) is a valuable resource that breaks down cocktails into classifications as to why they work as opposed to merely a collection of recipes left for the reader to interpret. Brian is constantly drawing references to previous drinks in the book to compare, contrast, and build on the concepts. The interconnection between drinks crosses styles such that a 19th century classic, for example, will explain why a Tiki drink works

so well. Moreover, as an advanced cocktailian, this book had me rethinking and fine-tuning my thoughts on drinks, so this is not just a beginner's course. Bravo! – Frederic Yarm, author of *Drink & Tell: A Boston Cocktail Book* and *Boston Cocktails: Drunk & Told*, and the Cocktail Virgin blog

Hoefling's latest book is the culmination of a years-long pursuit ignited by his college classmates' plea to help them navigate the world of classic drinks. Navigate he does. His unique philosophy departs from the template approach to mixology, using simple diagrams to illustrate how the components and techniques of a particular cocktail transform the canvas of a base spirit into a painting. And Hoefling deftly weaves the vital history of the cocktail into each chapter. – Lauren Clark, author of *Crafty Bastards: Beer in New England from the Mayflower to Modern Day*

A well-mixed cocktail is not simply a drink; it is a story in a glass. Which is why Brian D. Hoefling's 'textbook' is a such pleasure to peruse. Hoefling has created a lively mixology history seminar as well as an instructional course; he stirs together legends, facts, and personal observations along with the techniques for making classic and overlooked cocktails – the Mint Julep, Ramos Gin Fizz, Sidecar, just to name a few. This is a master class in shake, stir, and spin for the home bartender. – Stephanie Schorow, author of *Drinking Boston: A History of the City and its Spirits*

[The Cocktail Seminars](#) offers a complete education in mixology and also serves as a go-to cocktail reference. Written with humor and full of interesting facts, it is perfect both for novices and for experts returning to the fundamentals of their craft. [The Cocktail Seminars](#) will make an excellent gift for all but teetotalers. <>

Culture / Latin America / Literary Studies / Politics /
Cosmopolitanism

[Belonging Beyond Borders: Cosmopolitan Affiliations in Contemporary Spanish American Literature](#) by Annik Bilodeau (University of Calgary Press)

[Belonging Beyond Borders](#) maps the evolution of cosmopolitanism in Spanish American narrative literature through a generational lens. Drawing on a new theoretical framework that blends intellectual studies and literary history with integrated approaches to Spanish American narrative, this book traces the evolution from

aesthetic cosmopolitanism through anti-colonial nationalism to modern political cosmopolitanism.

Author Annik Bilodeau earned her PhD in Spanish at the University of Ottawa. Her fields of research include cosmopolitanism studies and the relationship between visual culture and social movements.

Cosmopolitanism in Latin America has historically been associated with colonialism. In the mid-twentieth-century, authors who presented cosmopolitan narratives were harshly criticized by their nationalist peers. However, with the intensification of cultural globalization, Spanish American authors have redefined cosmopolitanism, rejecting a worldview that relies on the creation of an other for the definition of the self. Instead, this new generation has both embraced and challenged global citizenship, redefining concepts to address human rights, identity, migration, and belonging.

Taking the work of Elena Poniatowka, Mario Vargas Llosa, and Jorge Volpi as examples, [Belonging Beyond Borders](#) presents innovative scholarship across literary traditions. It shows how Spanish-American authors offer nuanced understandings of national and global affiliations, and identities and untangles the strings of cosmopolitan thought and activism from those of nationalist criticism.

Bilodeau in the introduction to [Belonging Beyond Borders](#) says that engaging with cosmopolitanism leads writers to develop new narrative recourses to represent cosmopolitanism in changing cultural, literary, and historical circumstances. Her reading is set against national and nationalist literary traditions so as to establish how Spanish American novels explicitly or implicitly represent and create a critical dialogue with various literary genres, and especially with those that have traditionally served to project notions of national identity and history. She shows that Poniatowska reworks the codes of the autobiographical novel, Vargas Llosa those of the historical novel, and Jorge Volpi the global novel in order to reflect their vision of a cosmopolitanism grounded in socio-historical circumstances and to critically articulate a global consciousness.

This articulation of a global consciousness is explicit in all three authors' works. Her reading of their narratives is predicated on the notion that the representation of traveling and residence across nations always involves the employment of cosmopolitanism. For each protagonist, travel or dislocation – either chosen or imposed – is the starting point of his or her identity quest. The characters' dislocation from their primary setting allows them to evolve, and in some cases, to become cosmopolitan. The five texts propose worlds that combine spaces, times, and experiences, and in which cultural and historical specificities are plotted and made to interact. Bilodeau follows three major lines of inquiry that aim to reveal the political in literary representations of cosmopolitanism: she examines how the employment of

cosmopolitanism differs in authors from three literary generations; she compares how the conceptions of cosmopolitanism at work in their novels differ, and the impact this has on how the authors inscribe themselves in Spanish American intellectual and literary history; and she assesses the rewriting and reframing of literary genres to show how the politics of cosmopolitanism inform aesthetic transformations.

Chapter 1 of [Belonging Beyond Borders](#) explores the displacement of cosmopolitanism in favor of transculturation in Elena Poniatowska's 1988 novel *La 'Flor de Lis,'* an autobiographical novel that explores cultural identity in 1950s Mexico through the figure of Mariana, a young, French-born cosmopolitan woman recently arrived in Mexico. In late twentieth-century Spanish American literature, the first-person narrative, be it testimonial (*testimonio*, autobiography) or fictional (autofiction, autobiographical novel) was the genre of predilection for the representation of memories of trauma and/or the development of an individual's identity. Poniatowska uses it to discuss both the protagonist's evolution and concrete politics of identity, which is rare for this genre. Bilodeau reads the main character's trajectory toward the adoption of a transcultural Mexican identity as marked by tensions between two extremes, the Eurocentric cosmopolitanism of her French family and the exacerbated nationalism of mid-century Mexico. The character's evolution mirrors the adoption of transculturation in the cultural and political discourse of twentieth-century Mexico.

Chapter 2 in [Belonging Beyond Borders](#) considers the importance of liberalism in Mario Vargas Llosa's *El Paraíso en la otra esquina* and *El sueño del celta*, two historical novels that depict the cosmopolitan and nationalist trajectories of major artists and political figures of the nineteenth and early twentieth centuries. Both explore the dangers of socialist internationalism and nationalism, while ultimately celebrating cosmopolitan patriotism. Her reading of *El Paraíso en la otra esquina* shows that the parallel cosmopolitan trajectories of Flora Tristan and Paul Gauguin end tragically due to their ideological shortcomings. Her analysis of *El sueño del celta* demonstrates that the novel's protagonist, Roger Casement, who has a similar cosmopolitan trajectory, is redeemed by the narrative voice despite his turn to nationalism because he eventually acknowledges the error of his ways. However, Casement differs from Tristan and Gauguin in that he is represented as a tragic hero who is not blinded by extreme ideologies. He is, rather, a patriot who makes a mistake in trying to reconcile his cosmopolitan philosophy and the plight of his motherland. Whereas the twentieth-century historical novel's main purpose was to question, reassess, or fill the void in official versions of history, debate major political ideas and ideologies, and concentrated on the author's setting, Mario Vargas Llosa rewrites the Latin American historical novel by deterritorializing it through the introduction of figures and histories that transcend the continent, and he uses it to promote his own liberal positions.

Chapter 3 of [Belonging Beyond Borders](#) looks at Jorge Volpi's *El fin de la locura* and *No sera la tierra*, two global novels about major intellectual and historical events of the twentieth century. Both are set during the period of radical transformation caused by neoliberal globalization. While *El fin de la locura* begins in Paris in May 1968 and concludes as the Berlin Wall is about to fall in 1989, *No sera la tierra* starts with the Chernobyl disaster of 1986 and uses the fall of the USSR as its backdrop. She argues that these narratives articulate Latin America in a global context by erasing major indicators of identity that are conventions of the Spanish American novel. Indeed, Volpi's narrators, characters, events, and settings are removed from or only partially intertwined with the continent. In *El fin de la locura*, a novel about twentieth-century intellectual history, Volpi represents intellectuals as a global category whose members need to develop an international conscience to fulfill their roles in society. *No sera la tierra* is a novel about the emergence of the so-called New World Order and the 'end of history' discourse first elaborated by political scientist Francis Fukuyama in the nineties. Bilodeau's analysis highlights how the cosmopolitan aspirations of characters of different nationalities represent modes of universal engagement. The two works also posit rooted cosmopolitanism as a desirable mode of community membership in the global era. Volpi's novels articulate globality, and in so doing reconceptualize the relationship between Spanish America and the world.

[Belonging Beyond Borders](#) makes a significant contribution to the study of cosmopolitanism and global engagements in Latin American 20th century literatures, pushing beyond the boundaries of previous critical analysis and publications on the topic. Annik Bilodeau's book serves as a useful compass to navigate the dialectic tensions between the sense of local belonging and a desire to dialogue with the world in contemporary narratives of the continent. Beautifully written, well researched, and carefully organized, I expect this book to be influential in the field of Spanish and Latin American literary studies as well as in the larger area of World Literature. – Marco Ramírez Rojas, Lehman College, City University of New York

[Belonging Beyond Borders](#) is an innovative and beautifully written study invoking a new theoretical framework to map the growth of cosmopolitanism in Spanish American literature. <>

[The Book of Yoga Self-Practice](#): 20 Tools to Help you Create and Sustain a Fulfilling Independent Yoga Practice by Rebecca Anderton-Davies (Yellow Kite, Mobius)

[The Book of Yoga Self-Practice](#) is the ultimate guide for every aspiring yogi or dedicated student who wants to find the magic of an independent yoga self-practice – one that's simple, practical, captivating and attainable.

No need to travel to a class, or struggle to find the exact type of teaching one needs in any given moment. No need to follow a video or come up with the pre-planned sequence. No need to keep spending money on classes or subscriptions that never quite fit the bill. This step-by-step guide shows readers how to overcome the challenges of starting, continuing and progressing in a yoga self-practice. It combines heartfelt writing with clear design to provide 20 usable and helpful tools that readers can implement in their yoga practice today. Readers learn to practice anywhere at anytime, not just do poses. Fast, slow, short, long – flow can start with **[The Book of Yoga Self-Practice](#)**.

Author Rebecca Anderton-Davies is a highly qualified yoga teacher, but she is also a Managing Director at Goldman Sachs – the youngest female MD at the company ever, across the world. She found yoga after getting hit by a truck cycling to work – using it as a route to heal her injuries.

In **[The Book of Yoga Self-Practice](#)** Anderton-Davies equips readers with 20 helpful tools to start, develop and maintain a free-flowing, independent yoga self-practice – one that is fulfilling, creative and empowering. Whether readers have just a few minutes, or an hour to spend on the mat, they can reap the incredible rewards of regular practice for their body and mind, in a way that fits into their daily life – anywhere, at any time.

Anderton-Davies' priority is getting readers the tools they can use in and around their practice. This comes over and above teaching specific yoga poses or precise flows. Because the power of yoga as a system – of movement, of mindfulness, and of spirituality – lies in its diversity and flexibility. And nothing is more diverse or flexible or ultimately bespoke to the reader and their body and their life than a self-practice.

Readers can read about how that journey began for Anderton-Davies at the end of **[The Book of Yoga Self-Practice](#)**, and there are more resources to help readers on the website.

It takes willpower, decision making, and commitment both to the practice and to oneself to do that. These qualities – willpower, decision making and commitment – strengthen and grow as readers built their yoga self-practice and will be what sustains it.

Most people think of the physical practice of the postures when they talk about 'yoga', and the physical benefits will often be what brings people to the mat, at least initially. But they are most likely at the mat because they also want the mental, emotional and perhaps even spiritual benefits that come with a regular and consistent practice.

[The Book of Yoga Self-Practice](#) is the essential guide for every aspiring yogi or dedicated student who wants to discover the magic of an independent yoga practice. It contains all the tools readers need to start, develop and improve their yoga self-practice. <>

Health & Medicine / Research

[Contemporary Health Studies: An Introduction, 2nd edition](#) by Louise Warwick-Booth, Ruth Cross & Diane Lowcock (Polity Press)

[Contemporary Health Studies, 2nd edition](#), provides an accessible introduction to current issues and key debates in understanding and promoting health. Its up-to-date, global focus places a strong emphasis on the social, political and environmental dimensions of health.

Part One sets the scene by looking closely at the definition of 'health' and outlining the aims and purpose of health studies. Part Two explores the different disciplines that underpin health studies, such as sociology, psychology, anthropology and health psychology, incorporating new theoretical frameworks to help readers understand health. Part Three applies this knowledge to address the determinants of health, including chapters on individual factors, the role of public health, the latest policy influences on health and the growing importance of the global context. Each chapter contains contemporary statistics and evidence alongside carefully developed learning features designed to highlight the fundamentals of each topic, to apply these to in-depth case studies – from global antibiotic resistance to the challenge and promise of digital data – and to pose questions for reflection and debate.

[Contemporary Health Studies](#) is a guide for undergraduate health students written by three authors who have a wealth of teaching experience in this subject area, all of whom are at Leeds Beckett University. Louise Warwick-Booth is Reader in Health Promotion and an Associate Director of the Centre for Health Promotion Research. Ruth Cross is Course Director in the School of Health and Community Studies. Diane Lowcock is a retired former Senior Lecturer in Health Promotion.

As Sylvia Tilford says in the preface, health studies is a distinct discipline, which integrates concepts and theories from contributory ones. There are debates about

what these disciplines should be and the relative weight to be given to each. In [Contemporary Health Studies](#), the authors focus on four key ones and give readers the tools to draw on each of these in analyzing health matters. The later chapter on social policy provides a further important disciplinary perspective. The book makes readers aware from the outset that they will be on a journey in which they will reflect on and critique the meanings of health and the influences on it, as well as examining conceptual models of health and its determinants. Although a social model informs [Contemporary Health Studies](#), readers are enabled to think critically about all models and, specifically, to compare and contrast the social and medical ones. The encouragement to readers to think about health in salutogenic terms and not simply as absence of disease – and to consider lay as well as professional perspectives – is important.

The use of the Dahlgren and Whitehead model in the third section, and modifications to include a stronger global emphasis, is a particular strength of [Contemporary Health Studies](#). In analyzing health issues this model facilitates the consideration of multi-level influences and their interactions.

Given the scope of health studies, ensuring that depth is not sacrificed to breadth is a challenge. The authors successfully meet this challenge. Their own extensive teaching experience in health studies and health promotion is evident in the clarity of their explanations of complex ideas, while encouraging readers to reflect on these ideas and read further. Relevant theory is drawn upon throughout the book and critiques offered. The inclusion of learning tasks and case studies, particularly the integrative ones in the last chapter, all serve to keep readers actively engaged.

Overall, [Contemporary Health Studies](#) offers an excellent amalgam of content, theory, critique and practical examples. While offering an essential text for health-studies courses, it can be strongly recommended to related ones. – Sylvia Tilford, from the preface

An extremely timely contribution to the study of public health for both students and health practitioners, this multi-disciplinary handbook provides research tools and rich empirical evidence to advance our understanding of individual and communities' health behaviours and to respond to the critical challenges humans and the planet face today. –

Gabriella Alberti, University of Leeds

The 2nd edition of [Contemporary Health Studies](#) provides a comprehensive introduction to the field of 'Health Studies'. It is up-to-date, accessible and informative, drawing on a wide range of examples and emerging trends in health. It will be a key resource for those studying

on a variety of health-related courses. – Dr Liam Foster, University of Sheffield

Essential and accessible, [Contemporary Health Studies](#), 2nd edition inspires readers to consider the human experience of health within contemporary global society as it is mediated by individual, societal and global contexts. Especially welcome is the global focus of the book, which is informed by the professional experience of the authors. The updated case studies provide excellent models for analyzing existing and newly emergent health issues, such as COVID-19. <>

Health & Medicine / History

[Ravenous](#): Otto Warburg, the Nazis, and the Search for the Cancer-Diet Connection by Sam Apple (Liveright Publishing Corp.)

The Nobel laureate Otto Warburg (1883-1970) – a cousin of the famous finance Warburgs – was widely regarded in his day as one of the most important biochemists of the twentieth century, a man whose research was integral to humanity's understanding of cancer. He was also among the most despised figures in Nazi Germany. As a Jewish homosexual living openly with his male partner, Warburg represented all that the Third Reich abhorred. Yet Hitler and his top advisors dreaded cancer, and protected Warburg in the hope that he could cure it.

In [Ravenous](#), author Sam Apple reclaims Warburg as a forgotten, morally compromised genius who pursued cancer single-mindedly even as Europe disintegrated around him.

Apple is on the faculty of the MA in Science Writing and MA in Writing programs at Johns Hopkins. Prior to his arrival at Johns Hopkins, Apple taught creative writing and journalism at the University of Pennsylvania for ten years.

While the vast majority of Jewish scientists fled Germany in the anxious years leading up to World War II, Warburg remained in Berlin, working under the watchful eye of the dictatorship. With the Nazis goose-stepping their way across Europe, systematically rounding up and murdering millions of Jews, Warburg awoke each morning in an elegant, antiques-filled home and rode horses with his partner, Jacob Heiss, before delving into his research at the Kaiser Wilhelm Society.

Hitler and other Nazi leaders, [Ravenous](#) shows, were deeply troubled by skyrocketing cancer rates across the Western world, viewing cancer as an existential threat akin to Judaism or homosexuality. Setting Warburg's work against an absorbing history of cancer science, Apple follows him as he arrives at his central belief that cancer is a problem of metabolism. Though Warburg's metabolic approach to cancer was

considered groundbreaking, his work was soon eclipsed in the early postwar era, after the discovery of the structure of DNA set off a search for the genetic origins of cancer.

Remarkably, Warburg's theory has undergone a resurgence in our own time, as scientists have begun to investigate the dangers of sugar and the link between obesity and cancer, finding that the way people eat can influence how cancer cells take up nutrients and grow. Rooting his revelations in extensive archival research as well as dozens of interviews with today's leading cancer authorities, in [Ravenous](#) Apple demonstrates how Warburg's mid-century work may well hold the secret to why cancer became so common in the modern world and how we can reverse the trend.

The research that Warburg is best known for today, and the work that forms the backbone of [Ravenous](#), is his discovery that cancer cells behave differently from healthy cells in two very specific ways: They consume massive amounts of glucose – Apple compares them to ravenous shipwrecked sailors – and they eschew aerobic respiration in favor of fermentation... Apple covers everything from Hitler's obsessive preoccupation with cancer to how the German Empire's transformation into an industrial powerhouse led to a Romanticism-fueled movement that emphasized both environmental and racial purity. The fact that Apple can make these stories ... feel so immediate is a testament to his canny knack for choosing apposite details. – New York Times Book Review

[Ravenous](#) is a page-turner, and much of its success is due to Apple's fluid, approachable writing.... A joy to read and an utterly fascinating tale. – Juli Berwald, Jewish Book Council

A fascinating account of Warburg. – Sylvia R. Karasu M.D., Psychology Today

Apple... delivers a gripping account of biochemist Otto Warburg (1883–1970) and the origins of modern cancer science in his excellent latest... As he draws fascinating insights from the interplay between science and ideology... Apple keeps the scientific explanations easy to understand, while interviews with a slew of characters add color. This is a bona fide page-turner. – Publishers Weekly, starred review

A long-overdue biography of German biologist Otto Warburg (1883-1970), who won the Nobel Prize for his work on cell respiration and metabolism, especially as related to cancer.... A welcome addition to the library on the disease and one of its most successful enemies. – Kirkus Reviews

Sam Apple is a spellbinding storyteller and explainer of science. [Ravenous](#) will change the way you think about cancer and how to prevent it. – Jason Fung, MD, author of The Cancer Code

Otto Warburg's decades-old science is central to a revolution in thinking about cancer as a metabolic disease. Sam Apple's riveting book, [Ravenous](#), reveals Warburg in all his brilliant, bizarre complexity and is a must-read for anyone interested in the science behind low-carbohydrate/high-fat and ketogenic eating. – Gary Taubes, science journalist, author of *The Case Against Sugar*

A remarkable book that just might make you rethink your diet. It's well known – or should be – that poor nutrition can disrupt metabolism and lead to obesity, diabetes, and heart disease. In [Ravenous](#), Sam Apple reveals that many of the most deadly cancers are connected to this very same diet-driven disease process. – Mark Hyman, MD, author of *The Vegan Diet* and Head of Strategy and Innovation at the Cleveland Clinic Center for Functional Medicine

A gripping and smart page-turner, Sam Apple's [Ravenous](#) tells two fascinating interwoven stories: that of the pioneer of cancer metabolism research Otto Warburg, who in the twenty-first century finally has been proven right, and that of Hitler's fear of cancer, both as the disease that had killed his mother and as a political metaphor. – Thomas Weber, professor of history and international affairs at the University of Aberdeen and author of *Becoming Hitler*

[Ravenous](#) is the extraordinary story of the Nazi-era scientific genius who discovered how cancer cells eat – and what it means for how people should. A tale of scientific discovery, personal peril, and the race to end a disastrous disease, the book would be the stuff of the most inventive fiction were it not, in fact, true. <>

History / Military / Biographies & Memoirs

[General Albert C. Wedemeyer: America's Unsung Strategist in World War II](#) by John McLaughlin (Leadership in Action Series: Casemate**)**

... an engaging book about a little known general who was in the thick of strategizing on both the European and Asian fronts. – *The Sunday Star Ledger*

Like many heroes of the Second World War, General Albert C. Wedemeyer's career has been largely overshadowed by such well-known figures as Marshall, Patton, Montgomery, and Bradley. Wedemeyer's legacy as the main planner of the D-Day invasion is almost completely forgotten today, eclipsed by politics and the

capriciousness of human nature.

As John McLaughlin relates in [General Albert C. Wedemeyer](#), during America's preparation for the war, Wedemeyer (1896-1989) was the primary author of the 'Victory Program' that mobilized US resources and directed them at crucial points in order to secure victory over the Axis.

McLaughlin is a retired attorney who returned to school and received his doctorate in History at Drew University in 2008. His dissertation was on General Albert C. Wedemeyer which he has expanded into this book length biography.

In the late 1930s Wedemeyer had the unique experience of being an exchange student at the German Kriegsakademie, the Nazis' equivalent of Fort Leavenworth's Command and General Staff School. As the only American to attend, he was thus the only ranking officer in the US who recognized the revolutionary tactics of Blitzkrieg once they were unleashed, and he knew how to respond.

According to [General Albert C. Wedemeyer](#), as US involvement in the European conflagration approached, Wedemeyer was taken under the wing of George C. Marshall in Washington. Wedemeyer conceived the plans for US mobilization, which was in greater gear than realized at the time of Pearl Harbor. The Victory Program, completed in the summer of 1941, contained actual battle plans and called for the concentration of forces in England in preparation for an early cross-channel invasion into France. However, to Wedemeyer's great disappointment (reflecting Marshall's), he was not appointed to field command in the ETO once the invasion commenced; further, he had run afoul of Winston Churchill due to the latter's insistence on emphasizing the Mediterranean theater in 1943.

Perhaps because of Churchill's animosity, Wedemeyer was transferred to the Burma-China theater, where a year later he would replace General Stilwell. Ultimately, Wedemeyer's service in the Asian theater became far more significant, though less known. Had the US political establishment listened to Wedemeyer's advice on China during the years 1943-48, it is possible China would not have been lost to the Communists and would have been a functioning US ally from the start, thus eliminating the likelihood of both the Korean and Vietnam Wars.

According to [General Albert C. Wedemeyer](#) despite Wedemeyer's key position at the crux of modern history, his contributions have been overlooked in most accounts of World War II and the Cold War beyond.

How did Wedemeyer become World War II's forgotten prophet? The answer to that question is a tale of the perils of coalition warfare combined with ideological bias, treachery, and treason. McLaughlin tells the story in calm matter-of fact prose, which makes it even more astonishing....Is Wedemeyer still a significant thinker? McLaughlin thinks his definition of strategy remains meaningful: The art and science of

developing and employing all the political, economic and military resources of a nation together with its armed forces in the ongoing struggle to insure the security and well being of the people. How to persuade the politicians to listen to its soldiers' hard-earned wisdom remains a problem that can only be answered by each generation. This book is a cautionary tale for those who undertake that large task. – History News Network

... an engaging book about a little known general who was in the thick of strategizing on both the European and Asian fronts. – The Sunday Star Ledger

The generals who ponder these crucial questions have always been less heralded than those who led through smoke and fire. This makes John J. McLaughlin's study of one of the U.S. Army's key planners all the more welcome... The overriding argument of this biography is that an American visionary was sacrificed on the altar of Allied harmony. Historians such as the late John Keegan have praised Wedemeyer as 'one of the most farsighted and intellectual military minds America has ever produced.' ... John J McLaughlin is to be applauded for shining a light on one of the least known U.S. commanders of the war. – The Wall Street Journal
McLaughlin has produced an important study of a lesser known yet important general and the different perspectives on well known historical figures. It will also cause readers to think about the doctrines Wedemeyer advocated and how they apply to current US foreign policy. This book is recommended to anyone who has an interest in geopolitical strategy. – On Point: The Journal of Army History

... an excellent biography of little known general of World War II, Albert Wedemeyer. His biography is more relevant now, as we increasingly expect our general officers to make military recommendations that enhance national security policy.... – DC Military.com

... researched with the skill of a scholar and told in a straight forward way that is very engaging... did a great job of giving us the facts, telling the story, and leaving a tribute to General Albert C. Wedemeyer who was America's unsung strategist in World War II. The book is very good. It has lessons for military leaders, politicians, and strategic strategists. – Kepler's Military History

... fresh interpretation of Wedemeyer's achievements provide a perspective of one of this country's foremost military and diplomatic strategists. – ARMY

In [General Albert C. Wedemeyer](#) readers gain an intimate look at a visionary thinker who helped guide the Allies to victory in their greatest challenge, but whose vision of the post-war world was unfortunately not heeded. <>

Literature & Fiction / Science Fiction / Thrillers

When the Sparrow Falls by Neil Sharpson (Tor Books)

In the vein of Philip K. Dick and John LaCarre's comes a darkly-funny and frightening meditation about the truth of our condition at the cusp of erasure...

When the Sparrow Falls illuminates authoritarianism, complicity, and identity in the digital age, in this page-turning and touching story.

Reminiscent of the fictional regimes built by Richard Morgan's *Altered Carbon* and the epic detective brilliance of BBC's *Luther*, the diffusion of consciousness in a post-apocalyptic world that breeds authoritarian control finds its next host in Neil Sharpson's debut cyber-thriller novel; **When the Sparrow Falls**. Sharpson's novel captures the essence of human compliance to technology and what happens to humans in an effort to salvage the remains of existence in the digital age.

Living in Dublin, Sharpson has written for theatre since his teens and transitioned to writing novels in 2017, adapting his own play *The Caspian Sea* into **When the Sparrow Falls**. A huge fan of animation, Sharpson writes *Unshaved Mouse*, a comedic review blog mostly focusing on animated film and comic book movies.

In a nation like the Caspian Republic – the last bastion of humanity in a world given over to artificial intelligence – it is expected to preserve one's body. To betray the State means to stray from all that makes one human. The penalty? A brutally inhumane death. When the leaders of the Caspian Republic discover their most loyal supporter unexpectedly dead, was in fact a 'machine,' State Security Agent Nikolai South is given a new assignment: to chaperone the widow, Lily, who is the only 'machine' visitor ever invited from the outside world, to determine what happened to her husband. Perhaps what's stranger is Lily's eerie resemblance to Nikolai's late wife. As he safeguards the State's most unwanted guest, he stumbles into a plot larger than them all. And it may just bring down the republic for good.

Well written and suitably grim, this picture of one dystopian holdout in a utopian world should please many sf readers interested in visions of a post-AI future. – Booklist

Sharpson pushes the narrative beyond South's present and into an increasingly messy future, he showcases the untenable nature of the Caspian Republic and its corrupt framework. The result is a thoughtful sci-fi thriller that skillfully blends a retro spy aesthetic with future technology. – Publishers Weekly

*A gripping and intriguing debut. – Amelia Mellor, author of *The Grandest Bookshop in the World**

The world of the Caspian Republic is drawn with precision worthy of Philip K. Dick and the plot, with its gripping twists and turns, is worthy of comparison with Le Carré at his best. Rarely does such an exciting and innovative new voice emerge, both refreshing the genre and reminding the reader of what made them fall in love with it in the first place.

– Jessica Traynor, essayist and poet

A strong debut novel that readers of Philip K. Dick, George Orwell, and John LeCarre will find right up their dark alley. Highly Recommended. – Amazing Stories

An absolute home run of a book that succeeds on every possible metric... Its poetic writing and sharp observations will make you think, while its thrilling nature and great characters will keep you engrossed. – The Quill to Live

When the Sparrow Falls is darkly humorous, touching on broad themes of technology, surveillance, and humanity. Sharpson has created a virtual world utopia with an atmosphere so tense and a plot so gripping, readers will be unable to put it down until its final page. This novel is proof that Sharpson is a master of his craft. <>

Religion & Spirituality

The Heritage of Anglican Theology by J. I. Packer (Crossway)

Anglican theology is a jungle of lush growths of all sorts with a number of tangled cross-purposes, like ivy strands encircling a massive tree trunk. The only way to study it is by trying painstakingly to extract and relate those strands, taking apart the component elements and energies that make them up. That is what we are going to do in this book. – J. I. Packer

The Heritage of Anglican Theology provides historical and theological reflections on the Anglican Church from J. I. Packer.

Packer (1926–2020) served as the Board of Governors' Professor of Theology at Regent College. He authored numerous books, including the classic best seller *Knowing God*. Packer also served as general editor for the *English Standard Version Bible* and as theological editor for the *ESV Study Bible*.

An influential Anglican theologian, Packer makes the case that 'authentic Anglicanism' is biblical, liturgical, evangelical, pastoral, episcopal (ordaining bishops), national (engaging with the culture), and ecumenical (eager to learn from other Christians). As he surveys the history and tensions within the Anglican Church, Packer casts a vision for the future that is grounded in the Scriptures, fueled by missions, guided by historical creeds and practices, and resolved to enrich its people.

According to Donald M. Lewis in the foreword, the origins of [The Heritage of Anglican Theology](#) are to be found in a course on Anglican history and theology that Packer taught at Regent College in Vancouver over a number of years. These lectures were meant as a basic introduction for students who often had little knowledge of Anglicanism (and even less of British history). The lectures were supplemented with wide reading in assigned texts that dealt with the background in depth. These lectures thus provide a personal introduction to a field in which Packer was very knowledgeable, having directed innumerable graduate theses at the master's and doctoral levels for many decades.

The language of [The Heritage of Anglican Theology](#) may seem quaint to some and remind them of English as it was spoken half a century ago, but for those who know and love Packer's writings, this is part of the charm of the work. Some will be disappointed that this book does not deal with theological developments in the latter part of the twentieth century, but the aim is to discuss the heritage of the tradition and not its contemporary expressions and challenges; nor is its purpose to explore Anglicanism's shift to the Global South, where it is most active and influential today.

Lewis feels the book is most helpful when Packer discusses the theological significance of the history he surveys and offers his personal theological insights and assessments. In [The Heritage of Anglican Theology](#) Packer packs in a good deal of material and offers guidance on how Anglicans (and would-be Anglicans) might helpfully reflect on the Anglican tradition.

So if one imagines listening in on an informal conversation or a 'fireside chat' with a wise and thoughtful theologian as he reflects on a tradition that has long nurtured him, one will benefit from Packer's vast knowledge and be sharpened by his advocacy of a broad, inclusive, and irenic approach to the Anglican heritage.

J. I. Packer has done it again! He has brought together in a systematic way the core of Anglican belief about God within the various historical movements of Anglicanism. His summary of Anglican thought is a gift not only to modern Anglicans but to the whole Christian church. – Foley Beach, Archbishop and Primate, Anglican Church in North America

Anglicanism long ago became global. No history of Anglicanism can ignore the towering figure of J. I. Packer, who has had a significant influence on Anglicans in both the Global North and the Global South. This giant's presentation of Anglican theology will help us all understand how large numbers of this growing church think about the triune God and his ways with his people and his world. It will also inspire and edify. – Gerald R. McDermott, Former Anglican Chair of Divinity, Beeson Divinity School

The subject matter of this book is vast, and only someone with particular gifts of theology, Christian commitment, and skillful communication could attempt to cover it. Packer succeeds with consummate mastery, lucidly guiding the reader through what he refers to as 'a jungle of lush growth of all sorts.' The result is a compelling, informative, and instructive read that should have its place in the lives of all Anglicans, theologians and laity alike. I recommend it most highly. – Benjamin Kwashi, Archbishop, Diocese of Jos, Nigeria; General Secretary, Global Anglican Future Conference (GAFCON)

All who found wisdom in the writings of J. I. Packer, especially those of us who knew and loved him, will delight in this masterful overview of Anglican theology. At once Puritan and catholic, both evangelical and ecumenical, here is one of the church's greatest teachers at his best. – Timothy George, Distinguished Professor of Divinity, Beeson Divinity School, Samford University

This book is in a sense J. I. Packer's last will and testament to the church he served for so many years. Reflecting on both the history and the theology of Anglicanism, he offers Anglicans and others a vision of the historic riches of the Anglican tradition and a vision for how the past can be used to address the present and the future. Distinctively Protestant yet catholic in spirit and tone, these pages reflect the thought, churchmanship, and piety of the man. I will always regard Packer as the great Presbyterian theologian we never had. But our loss was Anglicanism's gain, as this book so admirably demonstrates. – Carl R. Trueman, Professor of Biblical and Religious Studies, Grove City College

The Heritage of Anglican Theology is not a cutting-edge work of theological exploration or a comprehensive history but rather helps readers explore a tradition and history that might remain unfamiliar and confusing were it not for the unique perspective, reflections, and guidance of this senior Anglican theologian, churchman, and enthusiast. <>

Religion & Spirituality / Biblical Commentaries

1 Peter: A Commentary by Craig S. Keener (Baker Academic)

Leading New Testament scholar Craig Keener, one of the most trusted exegetes working today, is widely respected for his thorough research, sound judgments, and knowledge of ancient sources. His four-volume magnum opus on Acts has received

high praise from all quarters. [1 Peter: A Commentary](#) features Keener's meticulous and comprehensive research and offers a wealth of fresh insights.

Keener is F. M. and Ada Thompson Professor of Biblical Studies at Asbury Theological Seminary.

Keener has done us all a great service by his careful evaluation of 1 Peter, taking us systematically through all aspects of the letter, not least its disputed authorship. This is a book which will assist anyone seriously interested in coming to grips with this particular epistle. – Justin Welby, Archbishop of Canterbury

Keener employs the massive encyclopedia of ancient Greek and Roman literature, philosophy, and religion from his work on Acts to provide a broader cultural context for words, images, and possible overtones in each phrase. – PHEME PERKINS, Boston College

This commentary provides more than just an interpretation of 1 Peter: it is a thorough immersion in its discourse, rhetoric, history, imagery, theology, and meaning potential. I commend this work to any serious student of 1 Peter and beyond. – Shively T. J. Smith, Boston University

Keener presents a wealth of primary sources relevant to the historical, cultural, and lexical background of 1 Peter. Written with clarity from the mind of a scholar and the heart of a pastor, every interpreter of 1 Peter will want this commentary on their shelf. – Karen H. Jobes, Wheaton College (emerita)

Keener's commentary provides wonderful access to both Jewish and Greco-Roman primary sources. An important new resource for students of 1 Peter. – Ruth Anne Reese, Asbury Theological Seminary

Keener's genius is on full display in providing the church and the academy a commentary that is very accessible while engaging with primary and secondary literature and seminal works on Petrine scholarship. This commentary is a must-read for anyone who studies, preaches, teaches, and does research on 1 Peter. – Abson Joseph, Wesley Seminary

This commentary on 1 Peter features meticulous and comprehensive research and offers a wealth of fresh insights. Every interpreter of 1 Peter will want [1 Peter](#) on their shelf. It will benefit students, pastors, and church leaders alike. <>

Entering the Way of the Great Vehicle: Dzogchen as the Culmination of the Mahayana by Rongzom Chökyi Zangpo, translated by Dominic Sur (Snow Lion)

The first English translation of a classic treatise on how the Tibetan practice of Dzogchen, or Great Perfection, is in fact the culmination of the path of Mahayana Buddhism.

Rongzom Chökyi Zangpo (11th century) wrote **Entering the Way of the Great Vehicle** in the eleventh century during the renaissance of Buddhism in Tibet that was spurred by the influx of new translations of Indian Buddhist texts, tantras, and esoteric transmissions from India. For political and religious reasons, adherents of the 'new schools' of Tibetan Buddhism fostered by these new translations cast the older tradition of lineages and transmissions as impure and decadent. Rongzompa composed this work in order to clearly and definitively articulate how Dzogchen was very much in line with the wide variety of sutric and tantric teachings espoused by all the Tibetan schools. Using the kinds of philosophic and linguistic analyses favored by the new schools, he demonstrates that the Great Perfection is indeed the culmination and maturation of the Mahāyāna, the Great Vehicle.

The central topic of **Entering the Way of the Great Vehicle** is the notion of illusory appearance, for when one realizes deeply that all appearances are illusory, one realizes also that all appearances are in that respect equal. The realization of the equality of all phenomena is said to be the Great Perfection approach to the path, which frees one from both grasping at, and rejecting, appearances. However, for those unable to remain effortlessly within the natural state, in the final chapter Rongzompa also describes how paths with effort are included in the Great Perfection approach.

Dominic Sur presents an outstanding study and translation of a renowned treatise by one of the greatest luminaries of Tibetan literature, the great Rongzompa. Starting with the Mahāyāna corpus, this volume illuminates how all the vehicles relate with, and culminate in, the Great Perfection. It is an invaluable addition to Buddhist literature in the West. – Tulku

Thondup, author of The Heart of Unconditional Love

*In this book, Dominic Sur has rendered into clear and elegant English Rongzom Chökyi Zangpo's **Entering the Way of the Great Vehicle**, one of the great classics of Tibetan thought, and one of the earliest treatises composed by a self-avowed follower of the Nyingma or 'Ancient' tradition. Studied to this day in Nyingma monastic colleges, Sur's translation of this important thousand-year-old work is a must read for anyone interested in Tibetan intellectual history, and especially the early*

philosophical elaboration of the Great Perfection. – José Ignacio Cabezón, Dalai Lama Professor of Tibetan Buddhism and Cultural Studies, University of California, Santa Barbara

The nature of suffering; the distinction (or lack thereof) between illusion and reality; the value of reason for the spiritual path: all of these essential Buddhist topics are treated with creativity and freshness in this key early work of Tibetan Buddhist philosophy. Sur's incisive English prose renders this rich philosophical work accessible while still retaining the precision and complexity of the original. – Kurtis Schaeffer, University of Virginia

Rongzom Chökyi Zangpo was an important Tibetan Buddhist translator, fully adept in Sanskrit and, along with Longchenpa and Ju Mipham, is considered to be one of the three great systematizers of the Nyingma tradition. His works, whether translations from Sanskrit, commentaries on canonical texts, or original compositions such as [Entering the Way of the Great Vehicle](#), demonstrate a comprehensive understanding of, and direct experience with, a wide variety of teachings that were coming into Tibet from India. Translator Dominic Sur first studied with Tibetan masters in India, Nepal, and Tibet for several years before returning to the United States, where he was fortunate enough to study with several outstanding scholars of Buddhism at Sarah Lawrence College, Harvard Divinity School, and the University of Virginia. <>

Religion & Spirituality / Occult / Botany

[Occult Botany](#): Sédir's Concise Guide to Magical Plants by Paul Sédir, translated by R. Bailey (Inner Traditions)

[Occult Botany](#) is a classic text on esoteric traditional herbalism from one of the most influential herbalists of the Paris occult revival.

Merging the scientific discipline of botany with ancient, medieval, and Renaissance traditions of occult herbalism, [Occult Botany](#) was first published in French in 1902 as a textbook for students of Papus's École hermétique and sparked a revival in the study of magical herbalism in early twentieth-century France.

[Occult Botany](#) was written by Paul Sédir, a pivotal figure of the fin-de-siècle French occult revival. He was a professor at the École hermétique and Faculté des sciences hermétiques in Paris under the directorship of Papus, his first spiritual mentor. He practiced magic with the alchemist Albert Poisson and was initiated into almost all of the secret societies that occult Paris had to offer. Under the name Tau Paul, he was consecrated bishop of Concorezzo in the Église gnostique de France. He wrote widely on traditions of magic, mysticism, and esotericism, publishing more than twenty books in French.

Sédir, pseudonym of Yvon Le Loup (1871-1926), in [Occult Botany](#) explains the occult secrets of phytogenesis (the esoteric origin and evolutionary development of the plant kingdom), plant physiology (the occult anatomy of plants), and plant physiognomy (classification of plants according to the doctrine of signatures). Unveiling the mysteries behind planetary and zodiacal attributions, he provides readers with the keys to make their own informed determinations of the astral properties of plants. Moving from theory into practice, Sédir explores various methods of phytotherapy and plant magic, including the Paracelsian 'transplantation of diseases,' the secret ingredients of witches' ointments, and the composition of magical philters.

In the third section of [Occult Botany](#), Sédir offers a dictionary of magical plants that covers nearly 300 plant species. Compiled from an array of rare sources and esoterica, this classic text includes a wealth of additional materials and supplemental charts and diagrams drawn from Sédir's occult colleagues, all of whom adopted and expanded upon Sédir's pioneering system of plant correspondences.

*Reading [Occult Botany](#) was a deeply enjoyable experience that satisfied many diverse urges for botanical knowledge, from within one compendium. This strange and intriguing miscellany leads one through portals and fields, gardens and celestial realms. The plant entries are helpful for quickly finding zodiac and planetary correspondences; they also include a peppering of rare pieces of occult lore alongside many medicinal applications of old. The footnotes are very helpful and detailed, as are the charts, tables, and appendices within the book. It is a must-have for students and seekers who wish to blend the magical with the medicinal, the earth with the stars. – Corinne Boyer, folk herbalist, teacher, and author of *Under the Witching Tree**

A refreshing look at the treatises of occult herbalism. A fascinating, in-depth deep dive and understandable approach to the esoteric arts as they pertain to plant, animal, and mineral medicines with an emphasis on occult botany and the Hermetic arts, including lab alchemy. A one-of-a-kind, expansive dictionary of magical plants with special care given to the translation and annotations in the footnotes to further illustrate the understanding of these plants then and now. A must-have for any seeker of esoteric herbalism. – Catamara Rosarium, master herbalist, owner of Rosarium Blends LLC

*[Occult Botany](#) gives us a needed look at esoteric herbalism from 1902, when philosophical arts had not yet veered dangerously into the pseudoscience of the new age that we have today. We can see whole philosophies at work within these pages that should help modern readers navigate their way out of the philosophical cul-de-sacs that modern herbalism has been circling for too long. – Marcus McCoy, blacksmith, herbalist, editor of *Verdant Gnosis**

[Occult Botany](#) is a seminal guide to esoteric herbalism with detailed charts and tables and footnotes, a window into a bygone day. <>

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Bibliography

Biographies & Memoirs / History

[Winged Bull: The Extraordinary Life of Henry Layard, the Adventurer Who Discovered the Lost City of Nineveh](#) by Jeff Pearce (Prometheus Books)

Biographies & Memoirs / Musicals

[In the Heights: Finding Home](#) by Lin-Manuel Miranda, Quiara Alegría Hudes & Jeremy McCarter (Random House)

Business & Economics / Law

[Essential Guide to Family & Medical Leave, 6th edition](#) by Lisa Guerin J.D. & Deborah C. England Attorney (Nolo)

Cooking, Food & Wine / Cocktails

[The Cocktail Seminars](#) by Brian D. Hoefling (Abbeville Press)

Culture / Latin America / Literary Studies / Politics / Cosmopolitanism

[Belonging Beyond Borders: Cosmopolitan Affiliations in Contemporary Spanish American Literature](#) by Annik Bilodeau (University of Calgary Press)

Exercise & Fitness / Self-Help

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Occult Botany: Sédir's Concise Guide to Magical Plants by Paul Sédir, translated by R. Bailey (Inner Traditions)

