

## Paint Shop Pro Tutorials Livejournal

This New York Times bestselling book is filled with hundreds of fun, deceptively simple, budget-friendly ideas for sprucing up your home. With two home renovations under their (tool) belts and millions of hits per month on their blog YoungHouseLove.com, Sherry and John Petersik are home-improvement enthusiasts primed to pass on a slew of projects, tricks, and techniques to do-it-yourselfers of all levels. Packed with 243 tips and ideas—both classic and unexpected—and more than 400 photographs and illustrations, this is a book that readers will return to again and again for the creative projects and easy-to-follow instructions in the relatable voice the Petersiks are known for. Learn to trick out a thrift-store mirror, spice up plain old roller shades, "hack" your Ikea table to create three distinct looks, and so much more.

Reeve and McIntyre bring you another rip-roaring read! The Race to the Top of the World! It comes around once in a lifetime, and the prize? Your heart's desire. Shen and Sika can't resist the chance to win, but competition is fierce. The path to victory is littered with snow trolls, sea monsters, and a gang of particularly hungry yetis. But Shen and Sika have something the other contestants don't have. Actually, they have 66 other things; pugs to be exact. That's a 264 paw-powered sled! Bursting with stunning illustration throughout, this is a book not to be missed!

The Roaring Twenties were at hand, an era that engulfed entire nations in its wake. While the populace drowned in ecstasy, darker elements infiltrated the land; those who sought wealth and power at every turn. They had escaped the Great War, pathetically coined the War to End All Wars to find refuge on a continent untouched by the horrors of trench warfare. After all, how sick and depraved could the undead be? What about fallen gods and goddesses? Or for that matter immortals hell-bent on forging a society in the fires of chaos? No-man's-land the locals dubbed it, eerily familiar to the site of battlefields, scorched lands and ruined cities in Europe. Perhaps it was the high fences or the shadowy outlines of gargoyles that followed one's every move. Or was it how the Grand hung on the side of a cliff, casting its shadow into the souls of the locals? Perhaps there was substance to the rumours that these lands were cursed, seeing how the natives refused to set foot in the valley. Whatever the reason, people from the area knew to steer clear, especially at night. Despite dire warnings, the Grand had plenty to offer. Rooms and suites that showcased the decadence of an era and dining accommodations that catered to anyone's palette or blood type. Clip-joints, petting parties and live bands entertained guests day and night. After all, even things that go bump in the night need a place to unwind.

Best-selling, Apple-certified guide completely revised to cover the latest version of Apple's popular visual effects software, Motion 5 \* \*Focused, step-by-step lessons provide a strong foundation in all aspects of Apple's groundbreaking Motion 5 software. \*The only Apple-certified guide to Motion 5 and official curriculum of the Apple Pro training program. \*Author Mark Spencer is a best-selling author and Apple Certified master trainer. \*DVD-ROM is packed with lesson and media files. In this best-selling guide to Motion 5, readers will learn to create sophisticated projects using Motion's newest features. Master trainer Mark Spencer starts with the fundamentals of motion graphics and quickly moves into compositing, animation, motion graphics design, visual effects design, and the world of 3D. The book is fully revised to take advantage of the software's new features. Whether readers are just entering the field or are already an accomplished motion graphics pro, this book will have them designing in Motion in record time. Motion 5 is now being sold as a standalone product only through the Mac App Store and retails for \$49.99(US)

The Van Helsing Paradox

Storytelling Secrets of Comics, Manga and Graphic Novels

Transforming the Future (Open Access)

Open Water

Pugs of the Frozen North

Manga Artists Copic Marker Coloring Techniques

Rise of the Prince

'A tender and touching love story, beautifully told' Observer 10 Best Debut Novelists of 2021 'A beautiful and powerful novel about the true and sometimes painful depths of love' Candice Carty-V... author of QUEENIE 'An unforgettable debut... it's Sally Rooney meets Michaela Coel meets Teju Cole' New York Times 'A love song to Black art and thought' Yaa Gyasi, bestselling author of HOMETOWN  
TRANSCENDENT KINGDOM Two young people meet at a pub in South East London. Both are Black British, both won scholarships to private schools where they struggled to belong, both are now a photographer, she a dancer - trying to make their mark in a city that by turns celebrates and rejects them. Tentatively, tenderly, they fall in love. But two people who seem destined to be together apart by fear and violence. At once an achingly beautiful love story and a potent insight into race and masculinity, Open Water asks what it means to be a person in a world that sees you only as vulnerable when you are only respected for strength, to find safety in love, only to lose it. With gorgeous, soulful intensity, Caleb Azumah Nelson has written the most essential British debut of our amazing debut novel. You should read this book. Let's hear it for Caleb Azumah Nelson, also known as the future' Benjamin Zephaniah 'A short, poetic and intellectual meditation on art and a relationship a young couple' Bernardine Evaristo, author of GIRL, WOMAN, OTHER 'A very touching and heartfelt book' Diana Evans, award-winning author of ORDINARY PEOPLE 'A lyrical modern love story, brilliant on music and art, race and London life, I enjoyed it hugely' David Nicholls, author of ONE DAY and SWEET SORROW 'Caleb is a star in the making' Nikesh Shukla, editor of THE GOOD IMMIGRANT and BROWN BABY 'A stunning piece of art' Bolu Babalola, bestselling author of LOVE IN COLOUR 'For those that are missing the tentative depiction of love in Normal People, Caleb Azumah Nelson's Open

set to become one of 2021's unmissable books. Utterly transporting, it'll leave you weeping and in awe.' Stylist 'An exhilarating new voice in British fiction' Vogue 'A poetic novel about Black identity the capital from one of Britain's most exciting young voices' Harper's Bazaar 'An intense, elegant debut' Guardian SHORTLISTED FOR WATERSTONES BOOK OF THE YEAR LONGLISTED FOR THE DESMOND ELLIOTT PRIZE AND THE GORDON BURN PRIZE 2021 A NATIONAL BOOK AWARD '5 UNDER 35' HONOREE

"User level: intermediate to advanced 2D artists, concept artists, illustrators and matte painters"--P. [4] of cover.

This is the guide for charities and nonprofits to help you learn all you need to know about digital fundraising. It covers everything from the very basics, right up to the tricky stuff, like maximising must-read for anyone wanting to develop their digital fundraising strategy.

Pugs of the Frozen NorthOxford University Press - Children

Ditch That Textbook

Rules for Focused Success in a Distracted World

Beginner's Guide to Digital Painting in Procreate

Photography with Tilt and Shift Lenses

The Art of Drawing and Painting

How to Create Art on an iPad

Everything You Need to Know to Get Started in Script Calligraphy

***People are using the future to search for better ways to achieve sustainability, inclusiveness, prosperity, well-being and peace. In addition, the way the future is understood and used is changing in almost all domains, from social science to daily life. This book presents the results of significant research undertaken by UNESCO with a number of partners to detect and define the theory and practice of anticipation around the world today. It uses the concept of 'Futures Literacy' as a tool to define the understanding of anticipatory systems and processes – also known as the Discipline of Anticipation.***

***This innovative title explores: •new topics such as Futures Literacy and the Discipline of Anticipation; •the evidence collected from over 30 Futures Literacy Laboratories and presented in 14 full case studies; •the need and opportunity for significant innovation in human decision-making systems. This book will be of great interest to scholars, researchers, policy-makers and students, as well as activists working on sustainability issues and innovation, future studies and anticipation studies. The Open Access version of this book, available at <https://www.taylorfrancis.com/books/e/9781351047999>, has been made available under a Attribution-NonCommercial-NoDerivs 3.0 IGO (CC-BY-NC-ND 3.0 IGO) license.***

***Tilt and shift lenses offer tremendous creative possibilities for users of digital SLR and mirrorless cameras. This practical book explains the techniques that will help you take better photos - photos that don't distort or lose focus. Assessing the benefits and pitfalls of a range of lenses, adapters, software and editing techniques, it guides you through the practicalities of working with these lenses and gives you the skills to use them to best effect. With stunning examples throughout, this book gives an overview of the different lenses available, and tips on how adapters can give tilt/shift options when using old medium-format lenses. It gives advice on how simple lens shift can change the entire look of your photos, and techniques for using lens tilt for focus control and close-up working. Stunning examples show the use of tilt and shift lenses across a range of available focal lengths, both tripod-mounted and handheld.***

***Explores the major themes of van Gogh's paintings and his life, as well as his ties to the Impressionist movements and Art Nouveau, devoting special attention to his painting "Starry Night."***

***A brief biography of the world's most famous playwright which includes a list of works and extensive bibliography.***

***Painting for Photographers***

***Talking Threads***

***Sketching from the Imagination: Sci-Fi***

***Steps and Art Lessons for Painting Photos in Corel Painter and Adobe Photoshop***

***Young House Love***

***Photoshop CS4: Essential Skills***

***A Dawn of Dragonfire***

The industry-standard manual for aspiring inkers and working professionals returns in a new expanded edition. Gain insights into the techniques, tools, and approaches of some of the finest ink artists in comics, including Terry Austin, Mark Farmer, Scott Williams, Alex Garner, and many more. This expanded edition features new art and text by author Gary Martin and a bonus chapter on digital inking by artist Leo Vitalis. Also included are eight full-sized blue-lined art boards featuring pencil art by top comics illustrators, present and past, to use for practice or as samples to show editors and publishers. Along with pen, brush, and stylus, no inking tool is more useful than The Art of Comic-Book Inking.

Painting isn't just for artists anymore. Photographers nowadays are interested in turning their digital photos into paintings in Corel Painter and Adobe Photoshop. And now Painting for Photographers, published by Artistry Books, shows both the art lessons and software steps for transforming photos into works of art. Written and illustrated by Karen Sperling, one of the world's foremost Painter authorities, having penned the first several Painter manuals and three previous Painter books, Painting for Photographers is the first art book for photographers. It starts with a look at the art concepts that photographers need to know to paint their photos and describes the materials needed to create art, in this case, the software program tools and features. Next, Painting for Photographers provides step-by-step instructions and four-color illustrations for creating paintings in Corel Painter and Adobe Photoshop from popular photo subjects, including portraits, landscapes, pets and wildlife, covering various styles of art, including oils, watercolors and pastels. There's also a chapter on creating abstract art, Karen Sperling's specialty, having exhibited abstracts in New York art galleries. Additionally, Painting for Photographers shows how to paint with traditional acrylics and oils on top of the digital artwork after it's printed to canvas and includes a chapter by world-renowned artist and photographer Laurence Gartel about how to market the results. Painting for Photographers appeals to both professional photographers who would like to sell paintings to their clients and to hobbyists who are interested in painting photos

of their kids and grandkids.

DIY Farmhouse Decor DIY Farmhouse Decor with Spring Printables I am absolutely in love with this DIY Farmhouse Decor with Spring Printables! I love making spring decor almost as much as I love making Christmas decor, and these farmhouse spring picture frames should show you why! If you're already a member of my Crafty Crew, you know that I have so much fun making my own printables, and that's where the designs for this DIY project came from. I put together a Spring Craft Mega Bundle and it is available now! With 18 pages of spring printable designs varying in sizes, there is a design for any project you have in mind! Go to the author page to see more books. (click on Follow to not miss book discounts and new books, we have promotions every day !) All my guides are Made at home and time-tested As always, my Ebook has photos and links to my page ( so. you can easily find what you need) Remember, buying a printed version ( all will be black and white ) also Kindle version will be free for you! I wish you Joy and enjoyment of inventions!

Now that you've bought that amazing Nikon D3200, you need a book that goes beyond a tour of the camera's features to show you exactly how to take great pictures. With Nikon D3200: From Snapshots to Great Shots, you get the perfect blend of photography instruction and camera reference that will take your images to the next level. Beautifully illustrated with large, vibrant photos, this book teaches you how to take control of your photography to get the image you want ever time you pick up the camera. Follow along with your friendly and knowledgeable guide, photographer Rob Sylvan, and you will: Set up fast and learn the top ten things about shooting with the D3200 Master the photographic basics of composition, focus, depth of field, and much more Learn all the best tricks and techniques for getting great action shots, landscapes, and portraits Find out how to get great shots in low light Use the HD (1080p) video capability for recording memorable live action Fully grasp all the concepts and techniques as you go, with assignments at the end of every chapter And once you've got the shot, show it off! Join the book's Flickr group, share your photos, and discuss your camera at flickr.com/groups/nikond3200\_fromsnapshotstogreatshots.

Art and Techniques

Waking Up

Anticipation in the 21st Century

The Digital Fundraising Book

The Bard of Avon

Modern Calligraphy

Digital Painting Techniques

*Costume design is storytelling. And to do it successfully, you need to understand the five functions of a costume: to connect to plot and theme, establish the structure of society, put in a specific time and place, indicate personality, and reveal a passage of time. It is an exciting and challenging craft that involves a thoughtful and thorough examination of these various elements in order to give a costume life. In animation, games, and illustration, in particular, the designer needs to be acutely aware of the unique characteristics and limitations of each medium--from solid research approaches and basic production pipelines to audience experience and ideal tools of the trade. Talking Threads: Costume Design for Entertainment Art, backed by decades of experience of five industry professionals, provides an in-depth exploration of these functions and format considerations to equip artists with the necessary knowledge and mindset to develop strong narrative-informed costume designs. Each chapter is packed with creative exercises, detailed tutorials, inspiring designs, and invaluable insights that will help artists of all levels confidently and efficiently tackle their next costume adventure.*

*"A gal has to look out for herself after all" Clara Grey's parents once said that the world was a dark and dangerous place. There was more truth than fiction to those words. There were things that lurked in the shadows which defied the laws of nature: perversions that fed on the dead, terrorised the living, or escaped the chill touch of the grave. Clara is a member of the Tower, a religious order of hunters who work outside the confines of the Church. As keepers of the arcane, her order takes an active role to counter these threats. The life of a hunter can be short, and many disappear before their training is completed. So, what does it take to succeed against all odds? Explore Clara's origin, a child born before the dawn of the twentieth century. Witness her rigorous training, how she faces adversity, and fights in the Great War to become the derringier wielding flapper she is. Throughout her tale, keep in mind that no matter the threat, a gal has to look out for herself after all.*

*Presents instructions for aspiring cartoonists on the art form's key techniques, sharing concise and accessible guidelines on such principles as capturing the human condition through words and images in a minimalist style.*

*Water-soluble colored pencils are portable, versatile and much more forgiving than traditional watercolors, yet many artists have only just begun to tap into this medium's creative potential. This book explores the amazing possibilities of watercolor pencils, providing artists with basic instruction for taking full advantage of them in their artwork. Beginning with an overview of necessary materials and basic techniques, artists will learn from simple mini demos how to mix colors, create washes, layer colors and more. Artists will then see how these painting techniques are employed to capture a variety of popular subjects, including landscapes, flowers, animals, water, people, skies, trees, bridges and buildings. the last chapter of the book demonstrates how to mix watercolor pencils with other mediums to create all kinds of new and interesting effects. Cathy Johnson is the author of five North Light books, including Creating Textures in Watercolor and Watercolor Tricks and Techniques. She has also authored Sierra Club Guide to Sketching Nature and Sierra Club Guide to Painting Nature. She lives in Excelsior Springs, Missouri.*

Bloom 2

Nikon D3200

*From Snapshots to Great Shots*

*A Guide to Spirituality Without Religion*

*Starry Night*

*DIY Farmhouse Decor*

*"Their wings thudded. Their flames roared. Thousands of dragons, warriors of Requiem, soared through wind and darkness. Their cries rose in the night: for war, for fire, and for glory." A Dawn of Dragonfire (Dragonlore, Book One): An epic fantasy for fans of A Game of Thrones and The Lord of the Rings*  
*The people of Requiem, an ancient kingdom, can grow wings and scales, breathe fire, and take flight as dragons. Their hearts are noble, their wisdom great, their kingdom a land of beauty and peace. This peace will soon burn. From the south, a fire rises. Birds of flame take flight. The phoenixes soar, beasts of heat and wrath, large as dragons and cruel as wildfire. Their purpose is one: destroy the land of dragons. Requiem's dragons have defeated countless enemies. Their claws are sharp and their flames bright. But how can they fight the phoenixes, creatures woven of sunfire itself?*

*\_\_\_\_\_ THE REQUIEM SERIES: Requiem: Dawn of Dragons Book 1: Requiem's Song Book 2: Requiem's Hope Book 3: Requiem's Prayer Requiem: Song of Dragons Book 1: Blood of Requiem Book 2: Tears of Requiem Book 3: Light of Requiem Requiem: Dragonlore Book 1: A Dawn of Dragonfire Book 2: A Day of Dragon Blood Book 3: A Night of Dragon Wings Requiem: The Dragon War Book 1: A Legacy of Light Book 2: A Birthright of Blood Book 3: A Memory of Fire Requiem: Requiem for Dragons Book 1: Dragons Lost Book 2: Dragons Reborn Book 3: Dragons Rising Requiem: Flame of Requiem Book 1: Forged in Dragonfire Book 2: Crown of Dragonfire Book 3: Pillars of Dragonfire Requiem: Dragonfire Rain Book 1: Blood of Dragons Book 2: Rage of Dragons Book 3: Flight of Dragons*

*Textbooks are symbols of centuries-old education. They're often outdated as soon as they hit students' desks. Acting "by the textbook" implies compliance and a lack of creativity. It's time to ditch those textbooks--and those textbook assumptions about learning In Ditch That Textbook, teacher and blogger Matt Miller encourages educators to throw out meaningless, pedestrian teaching and learning practices. He empowers them to evolve and improve on old, standard, teaching methods. Ditch That Textbook is a support system, toolbox, and manifesto to help educators free their teaching and revolutionize their classrooms.*

*Are you interested in using Copic markers to take you art to the next level? Learn all about Copic marker coloring techniques from professional manga artists who know all the tricks of the trade! Considered the cream of the crop when it comes to markers, Copic are beloved by artists around the world for their smooth and vibrant colors. If you're new to the markers, there's no need to be intimidated when you have this informative guide with you every step of the way! You'll start off by learning basic techniques, including blending, mixing, and layering color. Next, you'll discover how to use Copic markers to create texture when coloring skin, hair, clothing, and scenery. Dozens of illustrations from talented manga artists are broken down into step-by-step instructions, allowing you to implement the same coloring techniques in your own work. Along the way, you'll find countless tips and tricks for getting the most out of your markers--you'll even learn how to fix mistakes!*

*First Published in 2009. Routledge is an imprint of Taylor & Francis, an informa company.*

*William Shakespeare*

*Costume Design for Animation, Games, and Illustration*

*The Art of Loish*

*Free Your Teaching and Revolutionize Your Classroom*

*Pearseus*

*History's Strangest Cures*

*Lightning Protection Guide*

*One of the most valuable skills in our economy is becoming increasingly rare. If you master this skill, you'll achieve extraordinary results. Deep Work is an indispensable guide to anyone seeking focused success in a distracted world. 'Cal Newport is exceptional in the realm of self-help authors' New York Times 'Deep work' is the ability to focus without distraction on a cognitively demanding task. Coined by author and professor Cal Newport on his popular blog Study Hacks, deep work will make you better at what you do, let you achieve more in less time and provide the sense of true fulfilment that comes from the mastery of a skill. In short, deep work is like a superpower in our increasingly competitive economy. And yet most people, whether knowledge workers in noisy open-plan offices or creatives struggling to sharpen their vision, have lost the ability to go deep - spending their days instead in a frantic blur of email and social media, not even realising there's a better way. A mix of cultural criticism and actionable advice, DEEP WORK takes the reader on a journey through memorable stories -- from Carl Jung building a stone tower in the woods to focus his mind, to a social media pioneer buying a round-trip business class ticket to Tokyo to write a book free from distraction in the air -- and surprising suggestions, such as the claim that most serious professionals should quit social media and that you should practice being bored. Put simply: developing and cultivating a deep work practice is one of the best decisions you can make in an increasingly distracted world and this book will point the way.*

*An inspiring collection of drawings and articles exploring the sketchbooks and artistic practices of 50 talented sci-fi concept artists.*

*BLOOM is a collection of beautiful paint sketches created by the artist RossDraws.*

*Provides instruction on drawing objects and environments from the imagination, constructing accurate perspective grids, and experimenting with various mediums.*

*Shortlisted for the Costa First Novel Award 2021*

*Making Comics*

*Dynamic Figure Drawing*

*Watercolor Pencil Magic*

*243 Ways to Paint, Craft, Update & Show Your Home Some Love*

*Art Tips Collection*

*Focus on the Fundamentals*

***Starting with an overview of the supplies - from paper to ink to pens - you will learn how to form letters, words, and then phrases by following Molly's clear step-by-step instructions, and by practicing with the provided templates. After mastering letter forms using a pointed pen and ink you can take it to the next level by learning how to use watercolor and gouache, or how to digitize your calligraphy***  
***"A vision from the past becomes a writer's deadly obsession."The Portrait is a Gothic fantasy about Victoria Frost, an author who develops an unhealthy obsession for her character. As events unfold, her obsessions begin to turn on her, and force Victoria to question her sanity. Is she simply slipping deeper into madness or are there other factors at play?The Portrait features a mixture of contemporary and historical scenes brought forward as Victoria explores the world of her muse. Using both prose and art, every scene yields a new piece of the puzzle which provides insights on the origins of her character's portrait, and the model within.Discover how a vision from the past becomes a writer's deadly obsession.***

***It wasn't too long ago that people tried all sorts of things to help sick people feel better. They tried wild things like drinking a glass full of millipedes or putting some mustard on one's head. Some of the cures worked, and some of them...well, let's just say that millipedes, living or dead, are not meant to be ingested. Carlyn Beccia takes readers on a colorful and funny medical mystery tour to discover that while times may have changed, many of today's most reliable cure-alls have their roots in some very peculiar practices, and so relevant connections can be drawn from what they did then to what we do now.***

***Discover the world of digital artist Lois van Baarle, a.k.a. Loish, in this high-quality collection of her most beautiful work.***

***Motion 5***

***Deep Work***

***New Approach To Drawing The Moving Figure In***

***The Portrait***

***Drawing and Sketching Objects and Environments from Your Imagination***

***Rare and Astonishing Photographs***

***The Art of Comic Book Inking (Third Edition)***

Justice without compassion is but tyranny The series that has reached #1 on Amazon! In the second book of the Pearseus series, the handful of humans that crash-landed on Pearseus three hundred years ago have by now colonized a large part of the planet, rebuilding their civilization from scratch. In the process, they have created a dystopia for themselves, splitting into three competing factions: the Capital, the Loyalists and the Democracies, all embroiled in endless intrigue and constant warfare. An uneasy truce between the three parties still holds - barely. While man turns against man, the First, Pearseus' indigenous people, wage their own war against a shadowy enemy; an ancient conflict that threatens to engulf and destroy all of humanity. Following an unspeakable crime, the men and women of Pearseus struggle to live and love as their world crumbles all around them. But can love be found in the ruins of humanity's civilization?

Are you bewildered by the advanced editing options available in Photoshop Elements? Do you want to get the most out of your image without going bleary-eyed in front of a computer screen? This handy guide will explain the ins and outs of using Photoshop Elements, without having to spend hours staring at the screen. Using a fabulous combination of easy-to-follow advice and step-by-step instructions, Focus On Photoshop Elements gives great advice on setting up, storing and sharing your image library and teaches you the basics of RAW image processing and color correction, plus shows you how to edit and retouch your images for

stunning results. These simple tweaks and adjustments will take your images from so-so to amazing - and fast! Packed with inspiring photographs, this guide focuses on your needs as a photographer and nothing else.

An exquisite photo collection showcasing awe-inducing moments from around the world, including the aurora borealis, cities made of neon lights, a great wildebeest migration, a contortionist on display--and more. In life, there are certain sights that are as beautiful as they are unforgettable--from a majestic supercell to the secrets of a deep blue ice cave to the world's largest library. These fascinating spectacles shock us in their diversity, their complexity, and their epic scale, bringing us the miraculous beauty of our planet. Featuring more than 200 color images, including acclaimed photography from the National Geographic Image Collection, this volume presents a dazzling array of natural and manmade wonders, unusual phenomena, and amusing curiosities. Each page will enlighten and inspire, presenting our world at its best.

Delve into the world of digital painting on an iPad with step-by-step tutorials, hints, and tips from professional artists.

Requiem: Dragonlore Book 1

Spectacle

DIY Farmhouse Decor with Spring Printables

Focus On Photoshop Elements

A Look Behind the Scenes

How to Draw

The Grand

For the millions of Americans who want spirituality without religion, Sam Harris ' s latest New York Times bestseller is a guide to meditation as a rational practice informed by neuroscience and psychology. From Sam Harris, neuroscientist and author of numerous New York Times bestselling books, Waking Up is for the twenty percent of Americans who follow no religion but who suspect that important truths can be found in the experiences of such figures as Jesus, the Buddha, Lao Tzu, Rumi, and the other saints and sages of history. Throughout this book, Harris argues that there is more to understanding reality than science and secular culture generally allow, and that how we pay attention to the present moment largely determines the quality of our lives. Waking Up is part memoir and part exploration of the scientific underpinnings of spirituality. No other book marries contemplative wisdom and modern science in this way, and no author other than Sam Harris—a scientist, philosopher, and famous skeptic—could write it.

I Feel Better with a Frog in My Throat

Van Gogh