Kokology More Of The Game Self Discovery Tadahiko Nagao

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A collection of more than fifty psychology games that ask readers to imagine particular situations and answer questions about them, offering interpretations of the answers that explain how the reader feels about such aspects of life as love, sex, family, and work.

Editors and agents offer an overview of the publishing process, including how to get an agent to work for you, how to prepare and submit a manuscript, and trends in the world of publishing.

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Spread the word...but keep the secret! The Cube is an imagination game--and more--that holds a secret you are dared not to reveal. Last seen making the rounds in the coffeehouses of Eastern Europe, the Cube is rumored to be of ancient Sufi origin, but no one really knows for certain. This mystery game just seems to reappear when and where it is needed. Now it is here! Inside these pages, the game is revealed along with intriguing stories of others who have played the Cube--including such celebrities as Gloria Steinem, Willem Dafoe, Erica Jong, and Judy Collins. So don't be square...Get Cubed!

Created by a famous Japanese psychologist, Kokology is the study of kokoro ("mind" or "spirit", in Japanese). Based on sound principles of psychology and psycho-analytic imagery, Kokology asks you to use creative visualization to answer questions about seemingly innocuous topics -- like the color of an imaginary bird that has flown in your window -- and

then reveals what your answers say about you. A series of questions about climbing a mountain might uncover your true feelings about your father. A quiz about an amusement park could provide shocking insight into your sex life. A perfect introduction to this unique approach to self-awareness, Kokology features fifty-five quizzes that can be taken alone, by couples, or in groups. Like The Book of Questions and the If... books, it is great for both college study breaks and adult dinner parties. In fact, if the Japanese response to Kokology is any indication -- a popular TV show there features nothing more than celebrities taking Kokology quizzes -- the book could spawn an American craze of Pokemon proportions.
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and Dr. Allen Lim offer over 100 all-new recipes to bring friends and family to the table in a way that nourishes life and sport. Feed Zone Table will inspire your family-style dinners with a delicious line up of drinks, starters, main courses, side dishes, fresh sauces, and desserts. Biju rolls out easy techniques for making flavorful food that's fun to prepare and share. Enjoying dinnertime and eating well will nourish you, your family and friends--and your sports performance. Science shows it's not just what we eat that matters; eating together matters, too. Dr. Lim saw these benefits first-hand while working with professional athletes and shares new research on how social meals benefit everyone. Lim reveals why it matters--what science has to say about food, camaraderie, performance, and the pivotal role that the dinner table can play in an athlete's preparation. Sports are often an escape from life, but Feed Zone Table is a warm invitation back to the table. We perform best when we nourish our bodies and feed our souls. Bring great food and people together with Feed Zone Table and you'll feel the difference. Feed Zone Table brings over 100 new recipes to the popular Feed Zone series which includes The Feed Zone Cookbook and Feed Zone Portables. Included in the new Feed Zone Table: The Science Behind Social Meals 30+ Drinks, Starters, Sides, Salads, and Soups 35+ Poultry, Seafood, Pork, Beef, Lamb, and Bison Dishes 6 Meatless Dishes 40+ Sweets, Oils & Dressings, Sauces & Spices 15+ New Cooking Techniques Quick & Recipes, Nutrition Facts, Index

Traditional Chinese edition of Listful Thinking: Using Lists to Be More Productive, Successful and Less Stressed. The author, Paula Rizzo, is an Emmy Award winner and the senior health producer for FoxNews.com.

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