

The Carlos Museum Bookshop presents Coping with Quarantine: Staying sane and cozy

We're sharing some of our favorite books and gifts that are available for mail order while the Carlos Museum is closed to the public.

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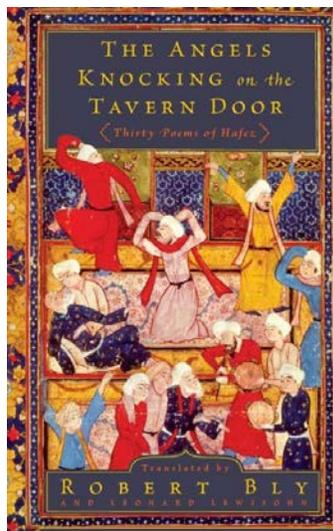
Remember, all purchases support the Carlos Museum, so stock up today!

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Available in denominations of \$25 and \$50.

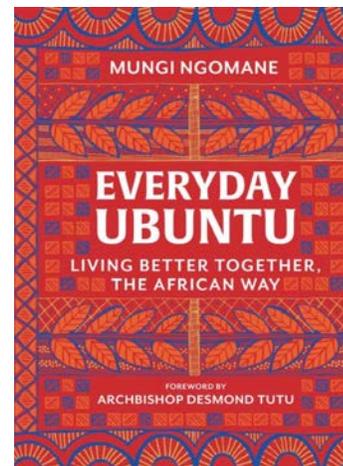
The Angels Knocking on the Tavern Door: Thirty Poems of Hafez



There is no poet in the Western tradition who carries the amount of admiration and devotion that the Persians have for Hafez. Children learn to sing Hafez poems in the third grade, and almost every family has a copy of the collected Hafez on the dining room table. Robert Bly and the great Islamic scholar Leonard Lewisohn have worked for 15 years on this book of Hafez, the first that carries into English his nimbleness, his outrageous humor, his defenses of the private life in the face of the fundamentalists, and the joy of his love

poems. He writes in the ghazal form, one of the greatest inventions in the history of poetry. This is Rumi's wild younger brother, now available in English in a way that makes his genius visible. \$15.99, paperback.

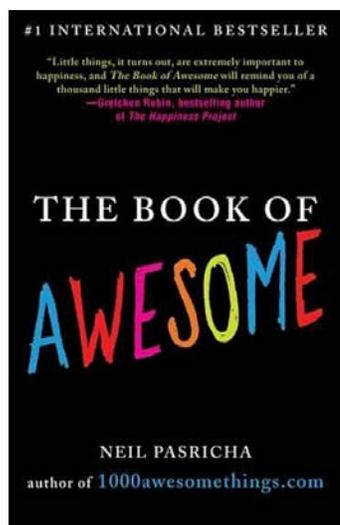
Everyday Ubuntu: Living Better Together, the African Way



Mungi Ngomane, granddaughter of Nobel Peace Prize-winner Archbishop Desmond Tutu, offers an introduction to *ubuntu*, the Southern African philosophy that celebrates the universal human bond in this beautiful definitive guide, illustrated with full-color photos and filled with lessons on how to live harmoniously with all people. *Ubuntu* is a

Xhosa word encapsulating all our aspirations about how to live life well together. It is the belief in a universal human bond: I am only because you are. These 14 lessons from the Rainbow Nation are an essential toolkit to helping us all live better together. \$19.99, hardcover.

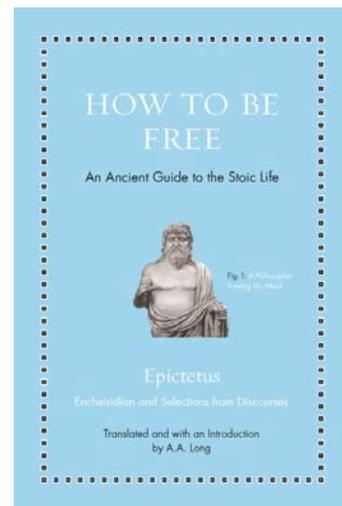
The Book of Awesome



Based on the award-winning 10-million-plus-hit blog 1000 Awesome Things, *The Book of Awesome* is an international best-selling high five for humanity and a big celebration of life's little moments. Sometimes it's easy to forget the simple things that make us smile, but awesome things are all around us, including: fixing electronics by smacking them, popping bubble wrap, wearing warm underwear just out of the dryer, finding money

you didn't even know you lost, the smell of crayons, and having bedhead all day long. *The Book of Awesome* reminds us that the best things in life are free (yes, your grandma was right). \$16.00, paperback.

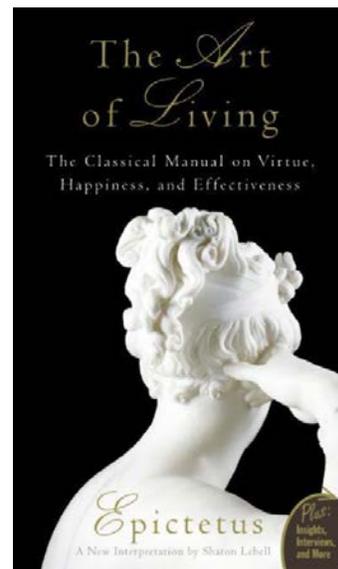
How to Be Free: An Ancient Guide to the Stoic Life



The Roman Stoic philosopher Epictetus (c. 55-135 AD) taught that mental freedom is supreme, since it can liberate one anywhere, even in a prison. In *How to Be Free*, one of the world's leading authorities on Stoicism provides a superb new edition of Epictetus's celebrated guide to the Stoic philosophy of life (the *Encheiridion*) along with a selection of related reflections in his *Discourses*, as well as an invaluable glossary of key words and concepts. Freedom, for Epictetus, is not a

human right or a political prerogative but a psychological and ethical achievement, a gift that we alone can bestow on ourselves. We can all be free, but only if we learn to assign paramount value to what we can control (our motivations and reactions), treat what we cannot control with equanimity, and view our circumstances as opportunities to do well and be well, no matter what happens to us through misfortune or the actions of other people. \$16.95, hardcover.

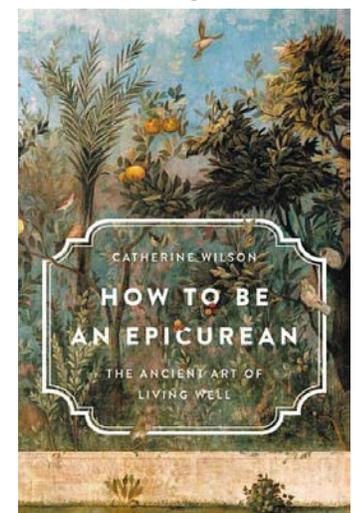
Art of Living: The Classical Manual on Virtue, Happiness, and Effectiveness



A longtime bestseller in our bookshop! This accessible survey of stoic philosophy as epitomized by Epictetus, who was born into slavery but later

established an influential school of Stoic philosophy stressing that human beings cannot control life, only their responses to it. By putting into practice the 93 witty, wise, and razor-sharp instructions that make up *The Art of Living*, readers learn to meet the challenges of everyday life successfully and to face life's inevitable losses and disappointments with grace. \$14.99, paperback.

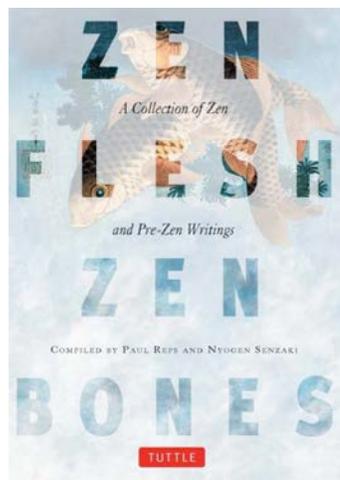
How to Be an Epicurean: The Ancient Art of Living Well



Epicureanism has a reputation problem, bringing to mind gluttons with gout or an admonition to eat, drink, and be merry. In *How to Be an Epicurean*, philosopher Catherine Wilson shows that Epicureanism isn't an excuse for having a good time: it's a means to live a good life. Although modern conveniences and

scientific progress have significantly improved our quality of life, many of the problems faced by ancient Greeks—love, money, family, politics—remain with us in new forms. To overcome these obstacles, the Epicureans adopted a philosophy that promoted reason, respect for the natural world, and reverence for their fellow humans. By applying this ancient wisdom to a range of modern problems from self-care routines and romantic entanglements to issues of public policy and social justice, Wilson shows us how we can all fill our lives with purpose and pleasure. \$30.00, hardcover.

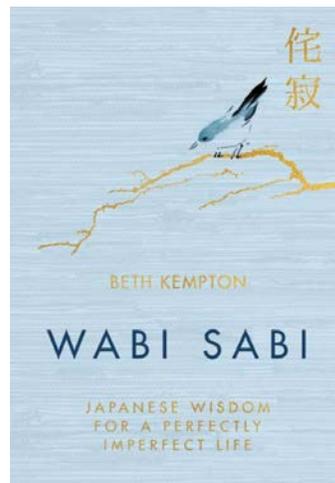
Zen Flesh, Zen Bones: A Collection of Zen and Pre-Zen Writings



When *Zen Flesh, Zen Bones* was published in 1957 it became an instant sensation with an entire generation of readers who were just

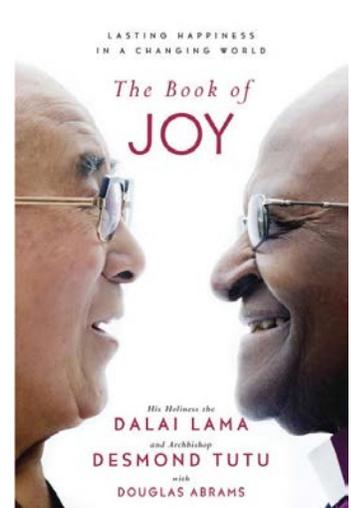
beginning to experiment with Zen. Over the years it has inspired leading American Zen teachers, students, and practitioners with a superior collection of accessible, primary Zen sources so that readers can struggle over the meaning of Zen for themselves. It includes *101 Zen Stories*, a collection of tales that recount actual experiences of Chinese and Japanese Zen teachers over a period of more than five centuries; *The Gateless Gate*, the famous thirteenth-century collection of Zen koans; *Ten Bulls*, a twelfth-century commentary on the stages of awareness leading to enlightenment; and *Centering*, a 4,000-year-old teaching from India that some consider to be the roots of Zen. \$14.95 paperback.

Wabi Sabi: Japanese Wisdom for a Perfectly Imperfect Life



In this transformative handbook, Beth Kempton introduces you to *wabi sabi* (wah-bee sah-bee), a captivating concept from Japanese aesthetics that offers a whole new way of looking at the world. With roots in Zen and the Way of Tea, *wabi sabi* teaches you to see beauty in imperfection, appreciate simplicity, and accept the transient nature of all things. It inspires you to simplify everything and concentrate on what truly matters. Filled with simple yet profound wisdom, *Wabi Sabi* will help you slow down, reconnect with nature, and be gentler on yourself. \$19.99, hardcover.

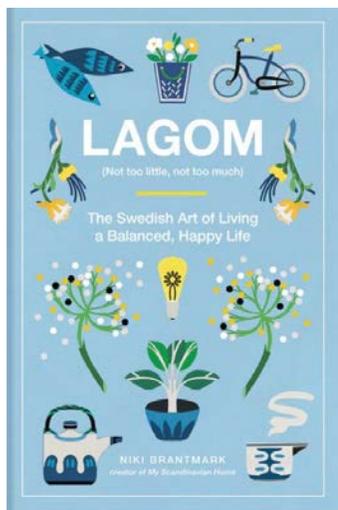
The Book of Joy: Lasting Happiness in a Changing World



His Holiness the Dalai Lama and Archbishop Desmond Tutu have survived more than 50 years of exile and the soul-crushing violence of oppression. Despite their hardships—or, as they would say, because of them—they are two of the most joyful people on the planet. In April 2015, Archbishop Tutu traveled to the Dalai Lama’s home in Dharamsala, India, to celebrate His Holiness’s eightieth birthday and to create what they hoped would be a gift for others. They looked back on their long lives to answer a single burning question: How do we find joy in the face of life’s inevitable suffering? We get to listen as they explore the Nature of True Joy and confront each of the Obstacles of Joy

such as fear, stress, and anger to grief, illness, and death. They then offer us the Eight Pillars of Joy, which provide the foundation for lasting happiness. Throughout, they include stories, wisdom, and science. \$26.00, hardcover.

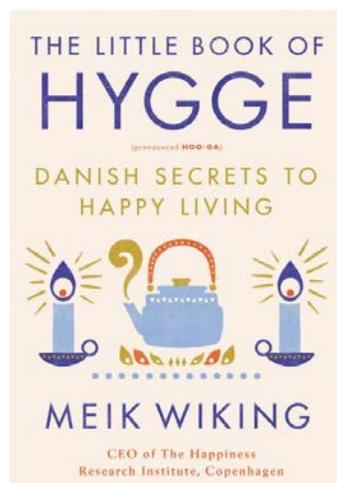
Lagom: Not Too Little, Not Too Much: The Swedish Art of Living a Balanced, Happy Life



Sweden is ranked in the top three of the world's happiest places to live, and *lagom*, which means “not too much and not too little—just right,” is the Swedish philosophy for enjoying balance in every aspect of life from work and leisure to family and food and everything in between. Experienced bakers know by touch when the dough they are kneading is *lagom*—not too moist and not too dry. At the office,

professionals who work hard—but not to the detriment of other parts of their lives—are following the *lagom* ideal. *Lagom* is moderation, balance, and equality. \$19.99, hardcover.

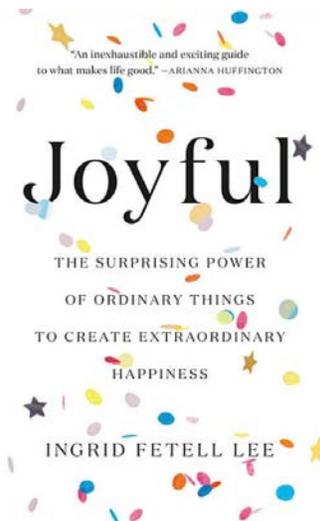
The Little Book of Hygge: Danish Secrets to Happy Living



Loosely translated, *hygge*—pronounced hoo-ga—is a sense of comfort, togetherness, and well-being. *Hygge* is the sensation you get when you're cuddled up on a sofa in cozy socks under a soft throw during a storm. It's that feeling when you're sharing comfort food and easy conversation with loved ones at a candlelit table. It is the warmth of morning light shining just right on a crisp blue-sky day. *The Little Book of Hygge* introduces you to this cornerstone of Danish life and offers advice and ideas on incorporating it into your

own life, including get comfy, take a break, be here now by turning off your phone, bring out the candles, and eat cake (cake is definitely *hygge*). \$19.99, hardcover.

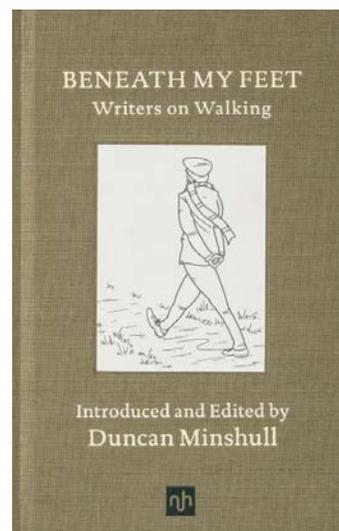
Joyful: The Surprising Power of Ordinary Things to Create Extraordinary Happiness



Designer and TED star Ingrid Fetell Lee presents groundbreaking research to explain how making small changes to your surroundings can create extraordinary happiness in your life. Have you ever wondered why we stop to watch the orange glow that arrives before sunset, or why we flock to see cherry blossoms bloom in spring? We are often made to feel that the physical world has little or no impact on our inner joy. Increasingly, experts urge us to find balance and calm by looking inward—

through mindfulness or meditation—and muting the outside world. But what if the natural vibrancy of our surroundings is actually our most renewable and easily accessible source of joy? \$28.00, hardcover.

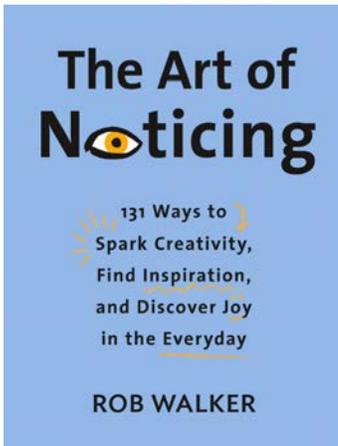
Beneath My Feet: Writers on Walking



Walking and writing have always gone together, and the best insights, the deepest and most joyous examinations of this simple activity are to be found in nonfiction—in essays, travelogues, and memoirs. This beautiful little book rounds up the most memorable walker-writers from the 1700s to the modern day from country hikers to urban strollers, from the rationalists to the truly outlandish. Follow in the footsteps of William Hazlitt, George Sand, Rebecca Solnit, Will Self, and dozens of

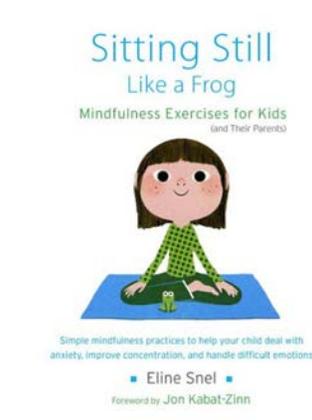
others. \$18.95, hardcover.

**The Art of Noticing:
131 Ways to Spark
Creativity, Find
Inspiration, and
Discover Joy in the
Everyday**



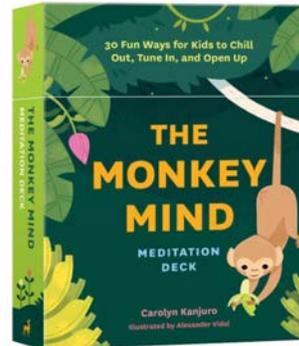
Through a series of simple and playful exercises—131 of them—Rob Walker maps ways for you to become a clearer thinker, a better listener, a more creative workplace colleague and finally, to rediscover your sense of passion and to notice what really matters to you. \$22.95, hardcover.

**Sitting Still Like a
Frog: Mindfulness
Exercises for Kids
(and Their Parents)**



This introduction to mindfulness meditation for children and their parents describes what mindfulness is and how mindfulness-based practices can help children calm down, become more focused, fall asleep more easily, alleviate worry, manage anger, and generally become more patient and aware. The book contains 11 practices that focus on just these scenarios, along with short examples and anecdotes throughout. Additionally, the book comes with an audio CD featuring guided meditations voiced by Myla Kabat-Zinn, who along with her husband, Jon Kabat-Zinn, popularized mindfulness-based stress reduction (MBSR) as a therapeutic approach. \$17.95 softcover with CD.

**The Monkey Mind
Meditation Deck: 30
Fun Ways for Kids to
Chill Out, Tune In, and
Open Up**



This card deck explores the playful and powerful qualities of animals and nature to inspire your child to discover the same qualities in themselves and others. Vibrant images are paired with key phrases and short meditations or activities to help children learn about themselves without judgment. By getting to know the impulses that give rise to their actions, children can become empowered to make choices that truly serve them best. The deck includes a short booklet explaining the various ways to use the cards and additional notes to tailor the meditations and activities to meet the needs of your child. The cards will help your child cultivate a safe inner space to handle life's ups and downs, release

tension and anxiety, and maintain the emotional freedom needed to explore their unique gifts as they navigate an increasingly complex world. \$17.95, deck with booklet.