

# 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.

## HOW TO ORDER

Please email your request and/or general questions with your shipping address and phone number to Bookshop Manager Mark Burell at [mburell@emory.edu](mailto:mburell@emory.edu), and you will receive a call to process your order.

Most orders for books in stock will be shipped within five business days. If a book is temporarily sold out, it may take longer to fulfill orders due to current shipping delays, but orders will be processed as quickly as possible.

Click [HERE](#) for lists of great books about books, as well as books for kids and adults.

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

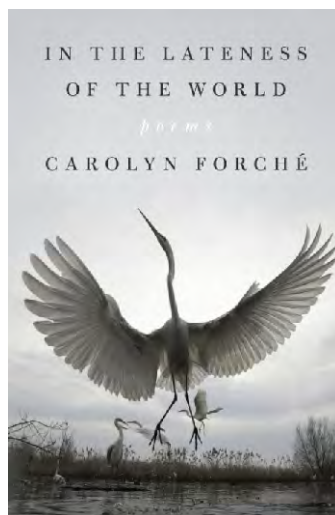
## Support the museum with the purchase of a Bookshop gift card

Let your friends know you're thinking of them with a gift card to one of Atlanta's most inventively curated bookstores, or purchase one for yourself in support of the Carlos Museum and in anticipation of leisurely browsing.

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

### NEW THIS WEEK

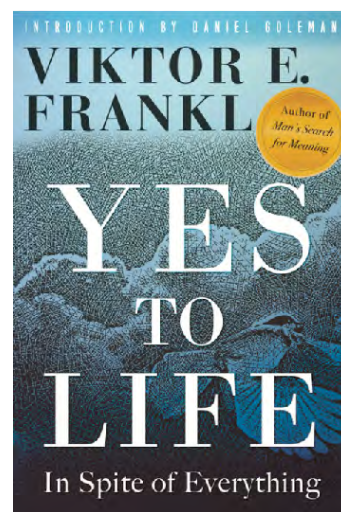
***In the Lateness of the World: Poems***



Carolyn Forché's first new collection in 17 years, this is a tenebrous book of crossings, of migrations across oceans and borders but also between the present and the past, life and death. The poems call to the reader from the aftermath of history, a place where "you could see everything at once ... every moment you have lived or place you have been." The world here seems to be steadily vanishing, but in the moments before the uncertain end, an illumination arrives and "there is nothing that cannot be seen." \$24.00, hardcover.

### NEW THIS WEEK

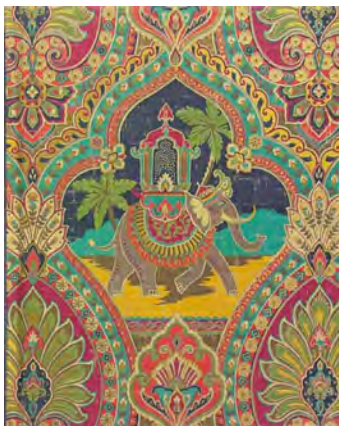
***Yes to Life: In Spite of Everything***



Find hope even in these dark times with this rediscovered masterpiece. Eleven months after he was liberated from the Nazi concentration camps, Viktor E. Frankl held a series of public lectures in Vienna. The psychiatrist, who would soon become world famous, explained his central thoughts on meaning, resilience, and the importance of embracing life even in the face of great adversity. Published here for the first time in English, Frankl's words resonate as strongly today—as the world faces a coronavirus pandemic, social isolation, and great

uncertainty—as they did in 1946. He offers an insightful exploration of the maxim “Live as if you were living for the second time,” and he unfolds his basic conviction that every crisis contains opportunity. ” \$19.95, hard-cover.

**NEW THIS WEEK**  
**Journal: Elephant Festival**



In these unique times, keeping a journal is not only a way to process and understand the world and yourself, but it can also be a form of mediation. The beautiful Eastern-inspired cover design features jewel-tone shades of gold, turquoise, ruby, emerald, and more. The 192 lined pages are acid-free archival paper, with an elegant gold ribbon to keep your place. \$15.99, bookbound journal measuring 9"x7".

**NEW THIS WEEK**  
**Journal: Tree of Life**



An all-time Carlos Museum Bookshop best-seller! Gustav Klimt's *Tree of Life* graces this beautiful journal with gold foil accents and 60 lined pages of acid-free archival paper. Also includes an elastic band place holder and inside back cover pocket. \$8.99, bookbound journal measuring 7"x5".

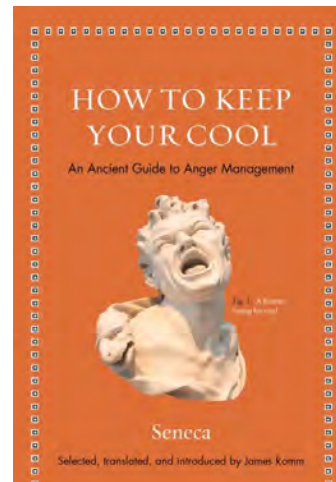
**NEW THIS WEEK**  
**Journal: Jellyfish**



One of our most unusual journals, with the cover featuring embossed art with iridescent highlights for

a mystical jellyfish vibe! The 160 lined pages are also acid-free archival paper, and the journal includes an elastic band place holder and inside back cover pocket. \$10.99, bookbound journal measuring 8"x6".

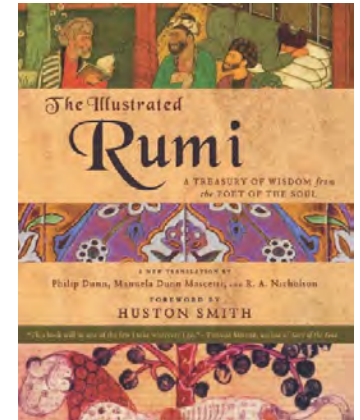
**How to Keep Your Cool: An Ancient Guide to Anger Management**



This splendid new translation of essential selections from “On Anger” offers readers a timeless guide to avoiding and managing anger. Seneca builds his case against anger with mounting intensity, like a fire-and-brimstone preacher, as he paints a grim picture of the moral perils to which anger exposes us, tracing nearly all the world’s evils to this one toxic source. But he then uplifts us with a beatific vision of the alternate

path, a path of forgiveness and compassion that resonates with Christian and Buddhist ethics. \$16.95, hard-cover.

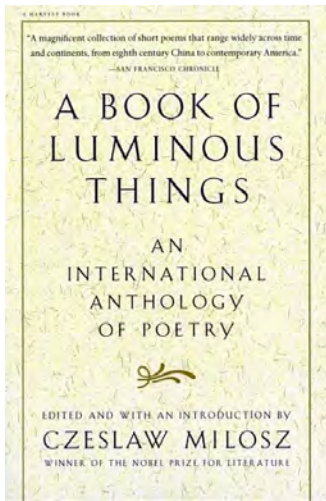
**The Illustrated Rumi: A Treasury of Wisdom from the Poet of the Soul**



A Carlos Museum Bookshop bestseller! The bestselling poet in America today, thirteenth-century Sufi mystic Jalalu'ddin Rumi has inspired and enlightened thousands with his playful, passionate work celebrating the sacred in everyday life. Now the spiritual wealth of Rumi's stories and poetry in translation are accompanied by rare and wonderful art in the Sufi tradition. This fresh rendering brings new life to these incomparable parables, which have transcended time, place, culture, and religion to speak directly to the hearts and souls of contemporary readers. With a foreword

by Huston Smith, these selections of the inimitable mystic's prose and poetry have been taken from all of the master's works. \$22.95, paperback.

**A Book of Luminous Things: An International Anthology of Poetry**



For this collection Nobel laureate poet Czeslaw Milosz has selected 300 of the world's greatest poems written throughout the ages, poems memorable for how they render the realities of the world palpable and immediate. They are organized under eleven headings, including "Epiphany," "Nature," "The Secret of a Thing," "Travel," "Places," and "The Moment." In addition to his introduction, Milosz contributes brief, penetrating commentary on each poet. Among the poets included are Elizabeth Bishop, William Blake,

Constantinos Cavafy, Emily Dickinson, Allen Ginsberg, Linda Gregg, Seamus Heaney, Jane Hirshfield, Robinson Jeffers, D. H. Lawrence, Li Po, Antonio Machado, Thomas Merton, Mary Oliver, Po Chu-I, Rainer Maria Rilke, Theodore Roethke, Gary Snyder, Wallace Stevens, Wang Wei, and many more. \$15.95, paperback.

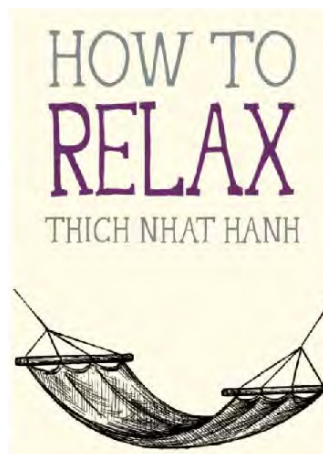
**Drinking French: The Iconic Cocktails, Apéritifs, and Café Traditions of France, with 160 Recipes**



We're not necessarily encouraging this behavior, but in uncertain times a solid cocktail at sundown can be a solace—in moderation—and this is the cocktail book of the year. Bestselling cookbook author, memoirist, and popular blogger David Lebovitz delves into the drinking culture of France in Drinking French. This beautifully photographed

collection features recipes for everything from coffee, hot chocolate, and tea to Kir and regional apéritifs, classic and modern cocktails from the most popular Paris bars, and creative infusions using fresh fruit and French liqueurs. And because the French can't imagine drinking without having something to eat alongside, Lebovitz includes crispy, salty snacks to serve with your concoctions. Each recipe is accompanied by Lebovitz's witty and informative stories about the ins and outs of life in France, as well as photographs taken on location in Paris and beyond. \$28.00, hardcover.

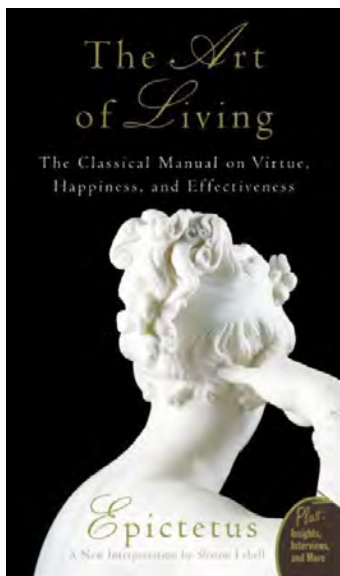
**How to Relax (Mindfulness Essentials)**



These pocket sized books by Zen Master Thich Nhat Hanh are a long-time bestseller in the bookshop. Here, he suggest that when

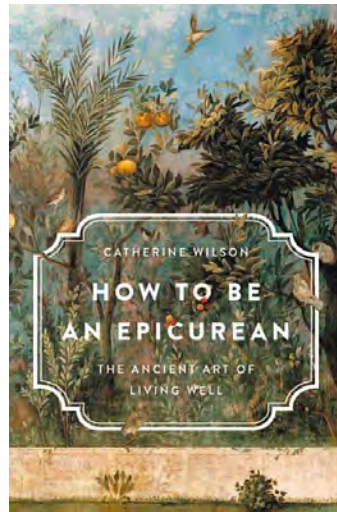
we relax, we "become calm water, and we will reflect reality as it is. If we're not calm, the image we reflect will be distorted. When the image is distorted by our minds, it's not the reality, and it causes lots of suffering." Relaxation is essential for accessing the tranquility and joy that lead to increased personal well-being. With sections on healing, relief from nonstop thinking, transforming unpleasant sounds, solitude, being peace, and more, *How to Relax* includes meditations you can do to help you achieve the benefits of relaxation no matter where you are. Also available: *How to Eat, How to Walk, How to See, How to Sit, How to Love*. \$9.95 paperback.

**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.

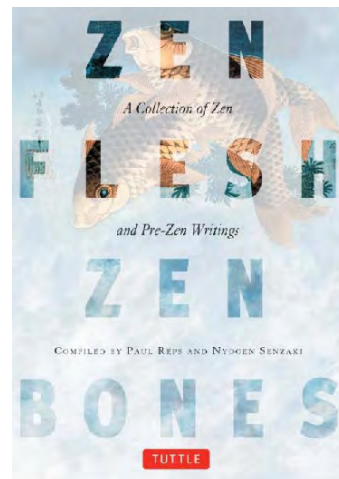
**How to Be an Epicurean: The Ancient Art of Living Well**



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.

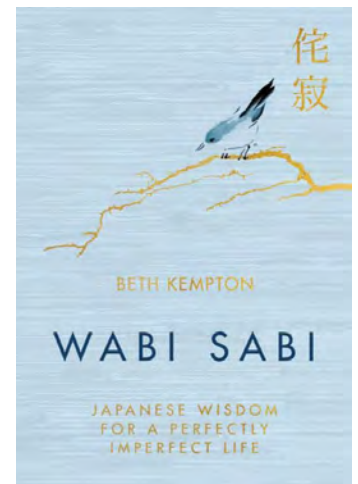
**Zen Flesh, Zen Bones: A Collection of Zen and Pre-Zen Writings**



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.

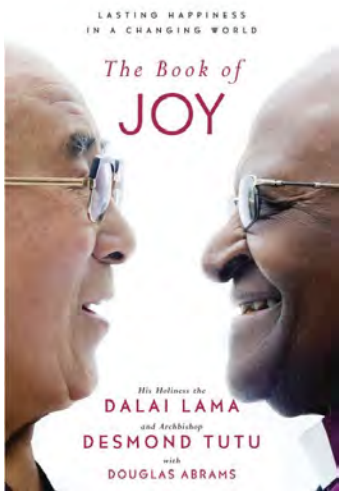
**Wabi Sabi: Japanese Wisdom for a Perfectly Imperfect Life**



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.

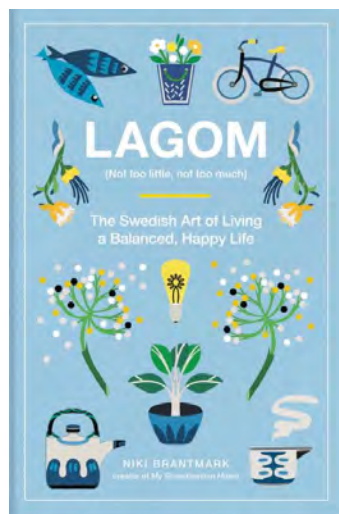
**The Book of Joy: Lasting Happiness in a Changing World**



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.

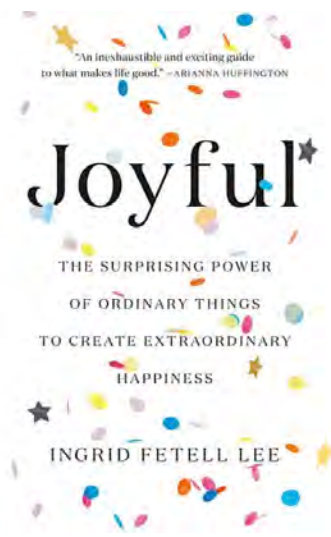
**The Book of Awesome**



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, includ-

ing: 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.

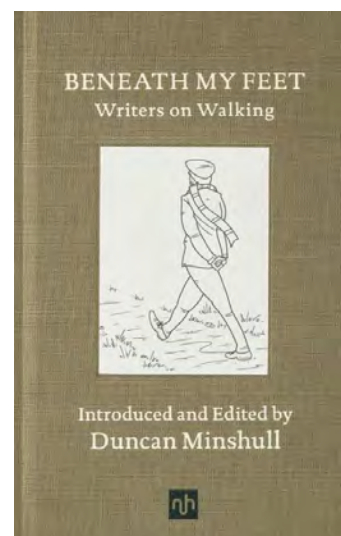
**Joyful: The Surprising Power of Ordinary Things to Create Extraordinary Happiness**



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.

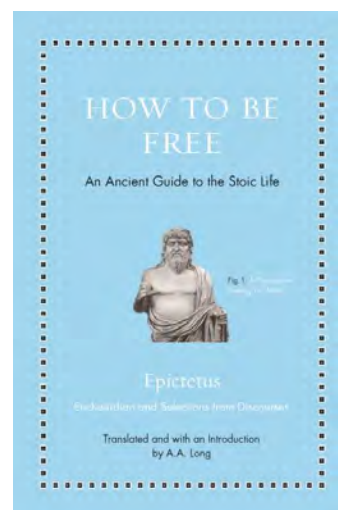
**Beneath My Feet: Writers on Walking**



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.

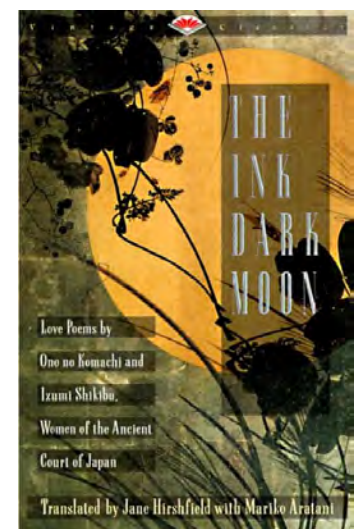
**How to Be Free: An Ancient Guide to the Stoic Life**



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.

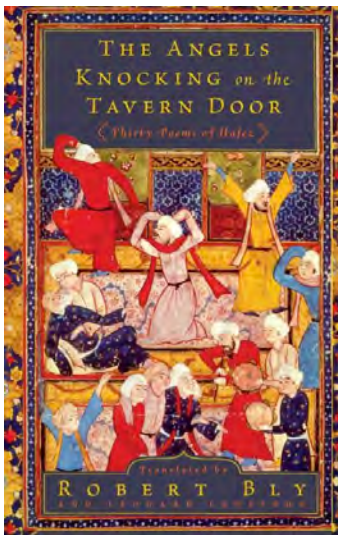
**The Ink Dark Moon: Love Poems by Ono no Komachi and Izumi Shikibu, Women of the Ancient Court of Japan**



An escape to another time and place, this beautiful and atmospheric collection of

poems, co-translated by the multi-award winning poet Jane Hirshfield, were written by two ladies of the Heian court of Japan between the ninth and eleventh centuries AD and speak intimately of their authors' sexual longing, fulfillment and disillusionment. \$17.00, paperback.

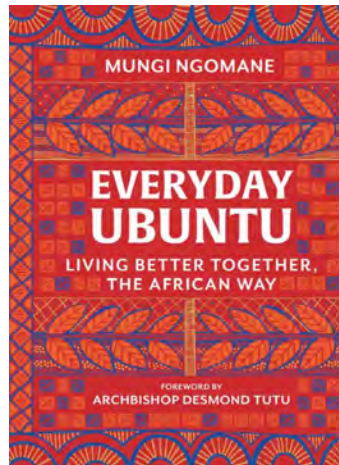
**The Angels Knocking on the Tavern Door: Thirty Poems of Hafez**



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.

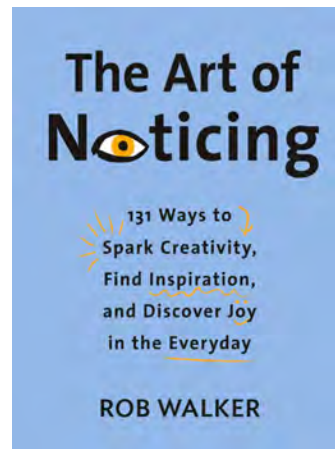
**Everyday Ubuntu: Living Better Together, the African Way**



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 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**



tional freedom needed to explore their unique gifts as they navigate an increasingly complex world. \$17.95, deck with booklet.

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 emo-