

The Carlos Museum Bookshop presents

Coping with Crisis: Staying sane and safe in tumultuous times

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, and you will receive a call to process your order.

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Free curbside pickup options are now available three days a week by appointment. If you are unable to come by for pickup, we can sometimes deliver for free to local addresses within a four mile radius of the museum.

Click [HERE](#) for lists of great books about books, books of world folktales and mythology, and 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.

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NEW THIS WEEK

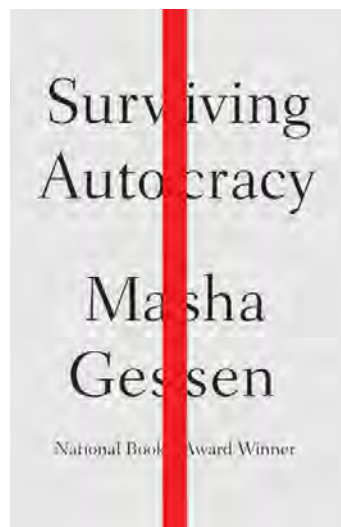
Humankind: A Hopeful History



Just published! The notion that human beings are by nature selfish and governed primarily by self-interest drives newspaper headlines and guides the laws that shape our lives. But what if it isn't true? What if the habit of thinking the worst of people brings out the worst in our politics and economics? This international bestseller provides new perspectives on the past 200,000 years of human history, setting out to prove that we are hardwired for kindness, geared toward cooperation rather than competition, and more inclined to trust rather than distrust one another. \$30.00, hardcover.

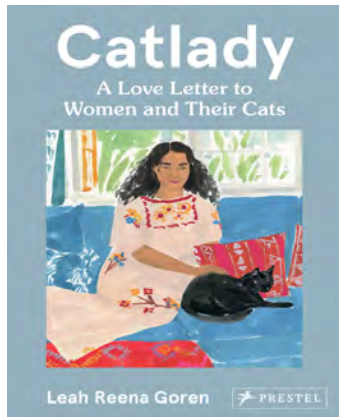
NEW THIS WEEK

Surviving Autocracy



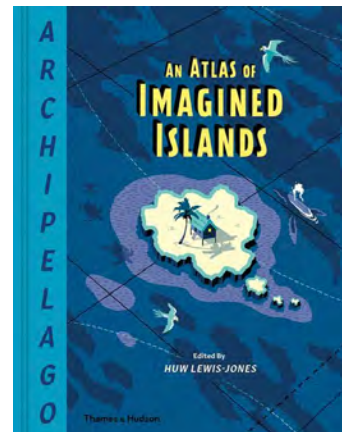
Thanks to the special perspective that comes from a Soviet childhood and two decades covering the resurgence of totalitarianism in Russia, bestselling journalist Masha Gessen has a sixth sense for signs of autocracy. This newly published book provides an indispensable overview of the past few years in US politics and governance. Gessen not only highlights the corrosion of the media, the judiciary, and the cultural norms we hoped would save us but also tells us the story of how a short few years have changed us, while also suggesting how we can endure and resist an ongoing assault. \$26.00, hardcover.

NEW THIS WEEK
Catlady: A Love Letter to Women and their Cats



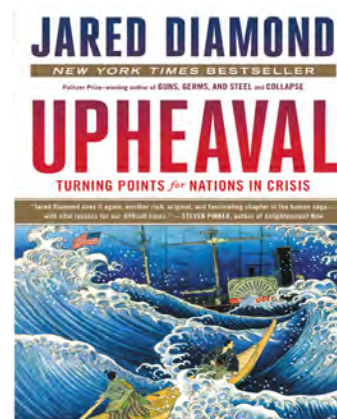
Designer Leah Goren brings together smart, funny essays by and interviews with women who have built their lives or careers around cats such as Lisa Kytösaho, the head of a cheetah rehabilitation and conservation organization in South Africa, and Hannah Shaw, a humane educator and rescuer of neonatal kittens. Throughout the beautifully illustrated book, Goren's appealing illustrations bring the joys of cat friendship to life, while her observations about the roles that cats have played in history, fashion, mythology, and art help us understand why the human-cat connection is so powerful. \$19.95, hardcover.

Archipelago: An Atlas of Imagined Islands



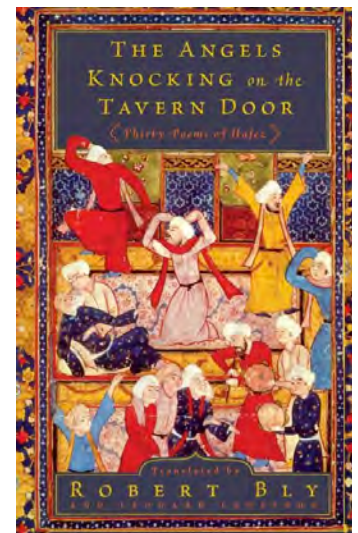
What is it about islands that is so alluring, and why do so many people find these self-contained worlds irresistible? To celebrate the tercentenary of the publication of *Robinson Crusoe*, this beautifully illustrated book presents a truly international range of leading illustrators who imagine they too have washed up on their own remote island. In specially created maps, they visualize what their island looks like and what can be found on its mythical shores, a curious and fabulous archipelago of islands of invention that will beguile illustrators, cartographers, and dreamers alike. \$35.00, hardcover.

Upheaval: Turning Points for Nations in Crisis



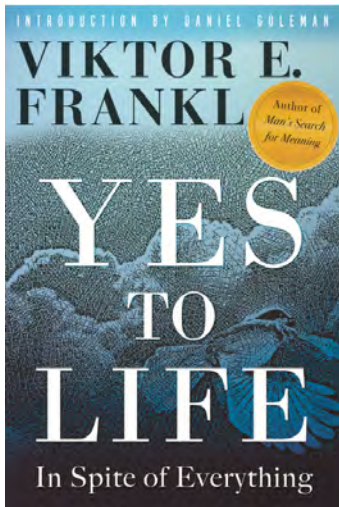
Now in paperback! In his previous bestselling books Jared Diamond transformed our understanding of what makes civilizations rise and fall. Here he reveals how successful nations recover from crises while adopting selective changes—a coping mechanism more commonly associated with individuals recovering from personal crises. He ranges from the forced opening of Japan by US gunboats to the Soviet Union's attack on Finland to coups, counter coups, and post war national rebuilding. \$22.99, paperback.

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



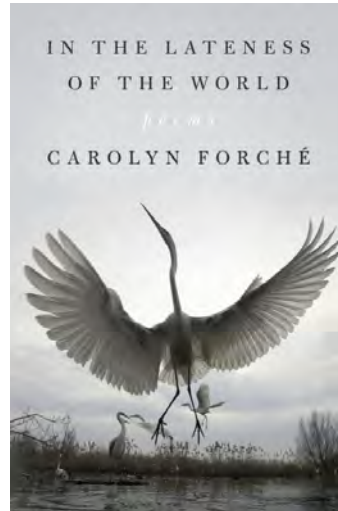
There is no poet in the Western tradition who carries the amount of admiration and devotion that the Persians have for Hafez. Almost every family has a copy of the collected Hafez on the dining room table. Robert Bly and the great Islamic scholar Leonard Lewisohn have worked for 15 years on this book 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.

Yes to Life: In Spite of Everything



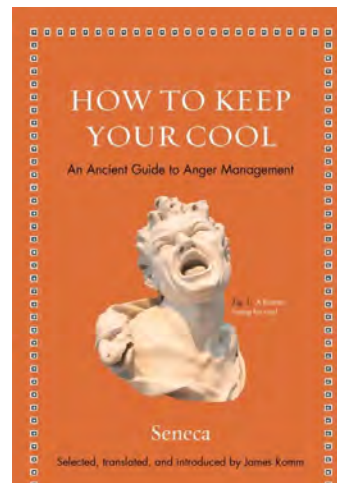
Eleven months after he was liberated from the Nazi concentration camps, Viktor E. Frankl held a series of public lectures in Vienna. The psychiatrist, who would soon become world famous, explained his central thoughts on meaning, resilience, and the importance of embracing life even in the face of great adversity. Published here for the first time in English, Frankl's words resonate as strongly today as 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, hardcover:

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.

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, hardcover.

The Challenge of Things: Thinking Through Trouble Times



A. C. Grayling's lucid and stimulating books, based on the idea that philosophy should engage with the world and make itself useful, are immensely popular. This is a new collection of Grayling's recent writings on the world in a time of war and conflict. In describing and exposing the dark side of things, he also explores ways out of the habits and prejudices of mind that would otherwise trap us forever in deadly impasses. Whether he is writing about the First World War and its legacy, free speech, the advantages of an atheist prime minister, or the role of science in the arts, his essays are always enlightening, enlivening and hopeful. Orig. \$26.00 hardcover, **sale priced at \$6.98.**

**Blank 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".

**Blank Journal:
The Tree of Life**



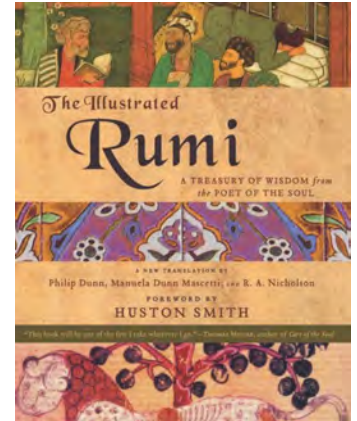
An all-time Carlos Museum Bookshop best-seller! Gustav Klimt's *Tree of Life* graces this beautiful journal with gold foil accents and 60 lined pages of acid-free archival paper. Also includes an elastic band place holder and inside back cover pocket. \$8.99, bookbound journal measuring 7"x5".

**Blank Journal:
Jellyfish**



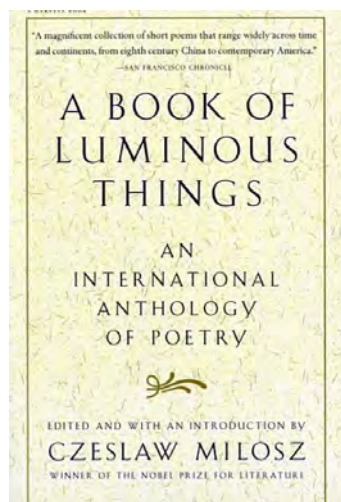
One of our most unusual journals, featuring embossed art with iridescent highlights for a mystical jellyfish vibe! The 160 lined pages are also acid-free archival paper, and the journal includes an elastic band place holder and inside back cover pocket. \$10.99, bookbound journal measuring 8"x6".

**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. \$22.95, paperback.

A Book of Luminous Things: An International Anthology of Poetry



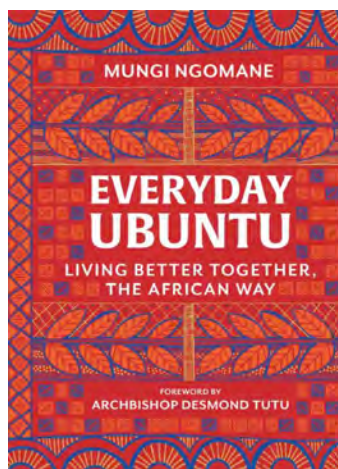
For this collection Nobel laureate poet Czeslaw Milosz has selected 300 of the world's greatest poems written throughout the ages, poems memorable for how they render the realities of the world palpable and immediate. They are organized under eleven headings, including "Epiphany," "Nature," "The Secret of a Thing," "Travel," "Places," and "The Moment." In addition to his introduction, Milosz contributes brief, penetrating commentary on each poet. Featuring Elizabeth Bishop, Constantinos Cavafy, Emily Dickinson, Allen Ginsberg, Seamus Heaney, Jane Hirshfield, Robinson Jeffers, D. H. Lawrence, Li Po, Thomas Merton, Mary Oliver, and many more. \$15.95, paperback.

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



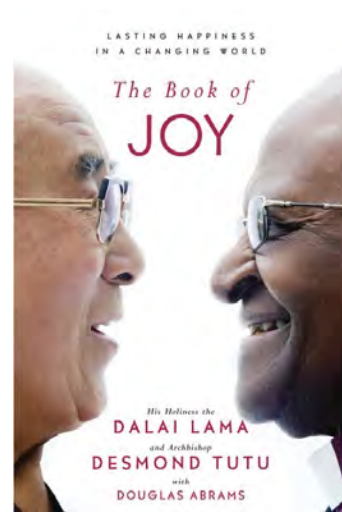
We're not necessarily encouraging this behavior, but in uncertain times a solid cocktail at sundown can be a solace—in moderation—and this is the cocktail book of the year. Bestselling cookbook author, memoirist, and popular blogger David Lebovitz delves into the drinking culture of France in *Drinking 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. Also includes crispy, salty snacks to serve with your concoctions. \$28.00, hardcover.

Everyday Ubuntu: Living Better Together, the African Way



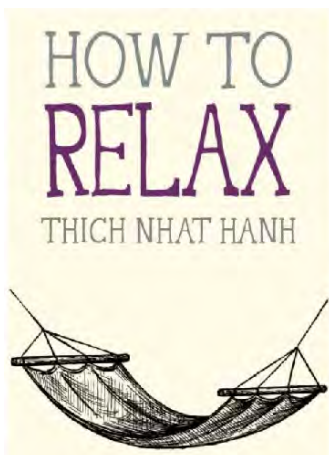
Mungi Ngomane, granddaughter of Nobel Peace Prize-winner Archbishop Desmond Tutu, offers an introduction to *ubuntu*, the Southern African philosophy that celebrates the universal human bond in this beautiful definitive guide, illustrated with full-color photos and filled with lessons on how to live 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 Joy: Lasting Happiness in a Changing World



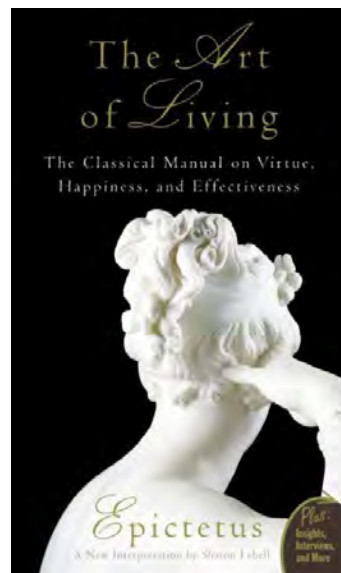
His Holiness the Dalai Lama and Archbishop Desmond Tutu have survived more than 50 years of exile and the soul-crushing violence of oppression. Despite their hardships—or, as they would say, because of them—they are two of the most joyful people on the planet. In April 2015, Archbishop Tutu traveled to the Dalai Lama's home in Dharamsala, India, and together 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? \$26.00, hardcover.

How to Relax (Mindfulness Essentials)



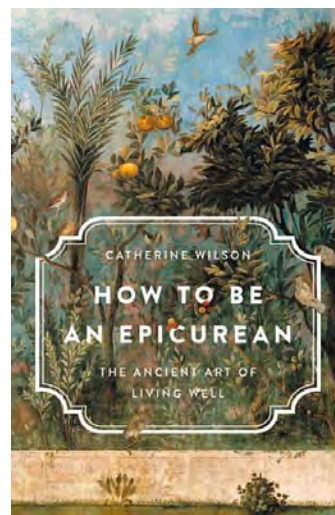
These pocket sized books by Zen Master Thich Nhat Hanh are a long-time bestseller in the bookshop. Here, he suggest that when we relax, we “become calm water, and we will reflect reality as it is. If we’re not calm, the image we reflect will be distorted. When the image is distorted by our minds, it’s 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. \$9.95 paperback.

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



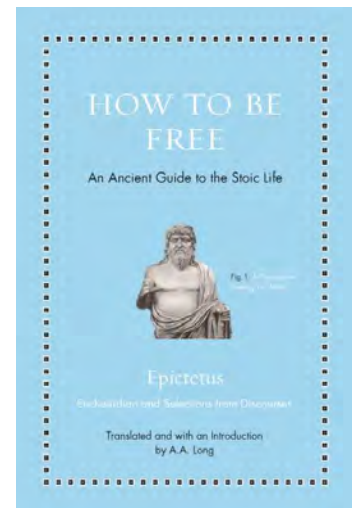
A longtime bestseller in our bookshop! This accessible survey of stoic philosophy as epitomized by Epictetus, who was born into slavery but later established an influential school of Stoic philosophy stressing that human beings cannot control life, only their responses to it. By putting into practice 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



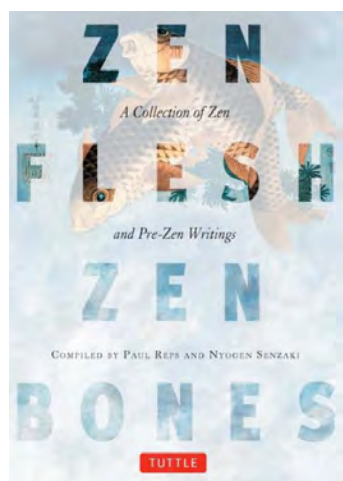
Epicureanism has a reputation problem, bringing to mind gluttons with gout or an admonition to eat, drink, and be merry. Philosopher Catherine Wilson shows that Epicureanism isn’t an excuse for having a good time: it’s a means to live a good life. Although modern conveniences and scientific progress 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. \$30.00, hardcover.

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



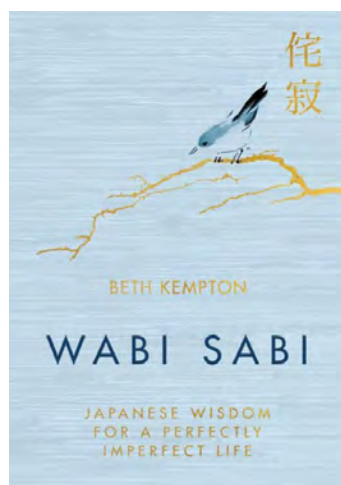
The Roman Stoic philosopher Epictetus (c. 55-135 AD) taught that mental freedom is supreme, since it can liberate one anywhere, even in a prison. One of the world’s leading authorities on Stoicism provides a superb new edition of Epictetus’s celebrated guide to the Stoic philosophy of life (the *Encheiridion*) 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. \$16.95, hardcover.

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



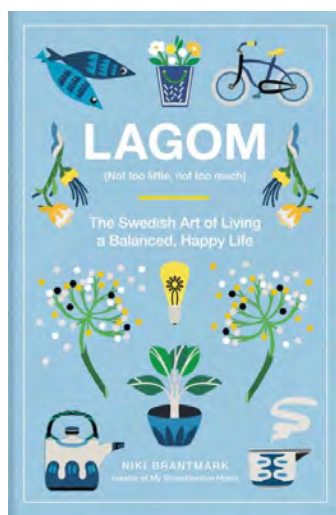
When *Zen Flesh, Zen Bones* was published in 1957 it became an instant sensation with an entire generation of readers who were just beginning to experiment with Zen. It includes *101 Zen Stories*, a collection of tales that recount actual experiences of Chinese and Japanese Zen teachers over a period 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.

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



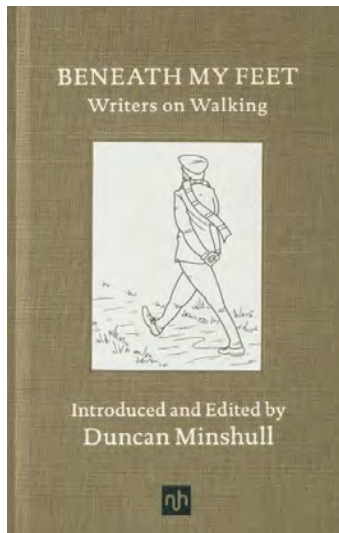
Sweden is ranked in the top three of the world's happiest places to live, and *lagom*, which means "not too much and not too little—just right," is the Swedish philosophy for enjoying balance in every aspect of life from work and leisure to family and food and everything in between. Experienced bakers 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



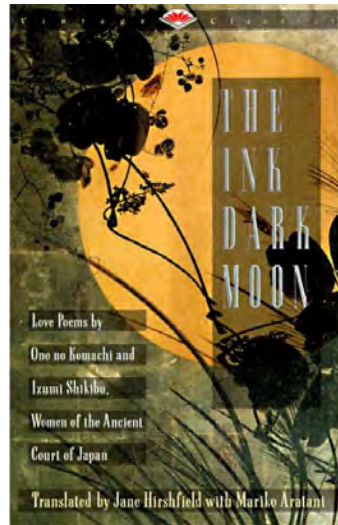
Loosely translated, *hygge*—pronounced hoo-ga—is a sense of comfort, togetherness, and well-being. *Hygge* is the sensation you get when you're cuddled up on a sofa in cozy socks under a soft throw during a storm. It's that feeling when you're sharing comfort food and easy conversation with loved ones 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.

***Beneath My Feet:
Writers on Walking***



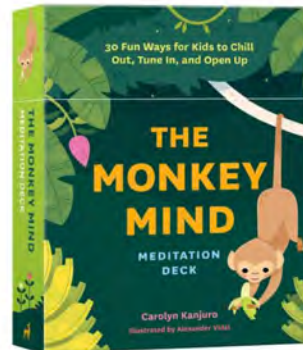
Walking and writing have always gone together, and the best insights, the deepest and most joyous examinations of this simple activity are to be found in nonfiction—in essays, travelogues, and memoirs. This beautiful little book rounds up the most memorable walker-writers from the 1700s to the modern 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, hard-cover.

***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 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 better choices. 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, to cultivate a safe inner space to handle life's ups and downs, release tension and anxiety, and maintain emotional freedom. \$17.95, deck with booklet.