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MICHAEL C.
CARLOS
MUSEUM

The Carlos Museum Bookshop: Keeping It Together in Challenging Times

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

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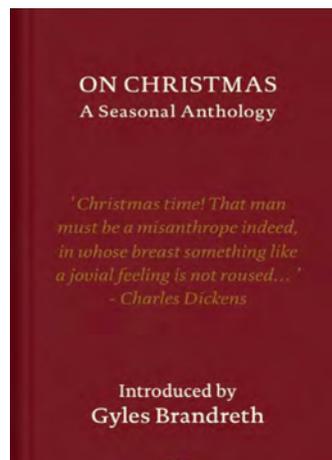
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NEW THIS WEEK

On Christmas: A Seasonal Anthology



This delightful British anthology—described in Gyles Brandreth's introduction as "a plum pudding stuffed with good things"—offers an array of writers old and new who have expressed their thoughts about Christmas with joy, nostalgia, grumpiness, and wit. Devour in one sitting, or savor at your leisure through the long winter nights, this book features the likes of Dickens (of course!), C.S. Lewis, Saint Bonaventure, Robert Benchley, Quentin Crisp, the Koran, Queen Victoria, Trollope, Pepys, Dostoevsky, Anton Chekhov, Sue Townsend, O. Henry, Ali Smith, de Maupassant, Will Self, and P.G. Wodehouse. A beautiful pocket cloth edition, perfect for gift giving. \$18.95, hardcover.

NEW THIS WEEK

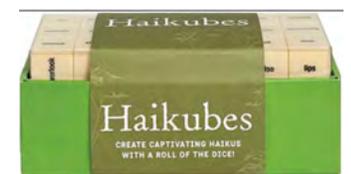
Senet, the Ancient Egyptian Board Game



Twenty-year Bookshop best seller! Ancient senet games were found in King Tutankhamon's tomb; over the centuries, the senet game evolved into backgammon, another game of chance and strategy. Wooden board with pullout drawer for storing game pieces, including four wooden "dice" sticks as well as contemporary dice. Measures 16" x 5" x 2". \$38.

NEW THIS WEEK

Haikubes



Perfect for individual inspiration or as an after-dinner game with friends or family. Using a set of 63 word cubes, simply roll the cubes and use the words that come up to create an expressive haiku. Includes two cubes with inspirational cues to help guide the haiku. \$24.95.

Artistic Cat Art Mug



This mug understands the temperamental artist: inspiration is elusive, hidden, unpredictable. It appears when you least expect it. Pounces, stirs things up. This transfixing mug features portraits of beautiful creatures by such artists as Bosch, Goya, Klee, Picasso, Chagall, and many more, with a pawprint on the inside bottom. 12 oz. generous cup, dishwasher/microwave safe. \$12.95, boxed.

A Brief History of Art Mug



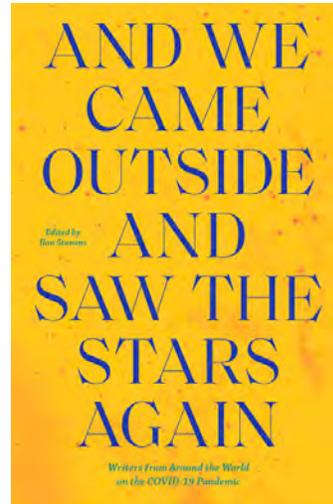
This Art History 101 on a mug spans the story of art from Pre-history to Post-Modern, from Lascaux to Picasso, in a few sips of coffee or tea. It contains 24 masterpieces with timeline on a curved surface. 12 oz. generous cup, dishwasher/microwave safe. \$12.95 boxed.

NEW THIS WEEK Paper Flowers Cards and Envelopes: The Art of Mary Delany



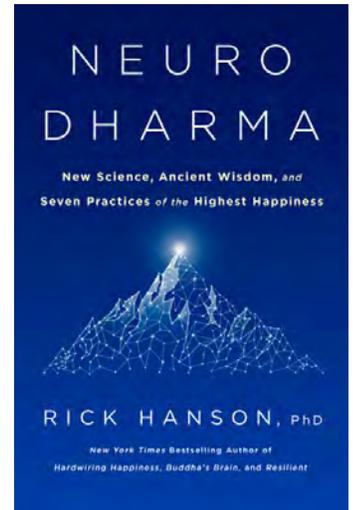
Each exquisite paper flower in this elegant collection blooms with extraordinary detail and color. Eighteenth-century British artist Mary Delany created each piece by cutting and layering tiny pieces of paper on black ink backgrounds. The fine shading and depth are as intricately detailed as a botanical illustration and scientifically accurate as well. Printed on thick, textured paper, the set features sunflowers, rhododendron, cornflower, water lilies, and more. These single sheet cards, like oversize art postcards that are mailed in envelopes, are perfect for any occasion that warrants beauty and sophistication. \$16.95, boxed notes.

And We Came Outside and Saw the Stars Again: Writers from Around the World on the Covid-19 Pandemic



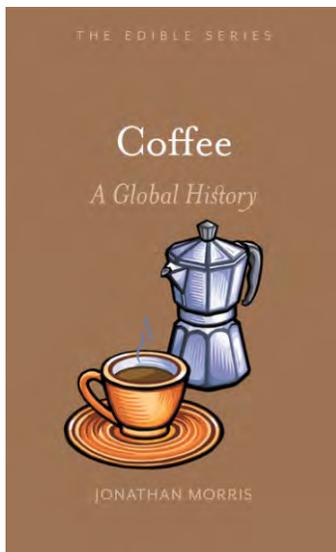
The title comes from the last line of Dante's *Inferno*, when the poet and his guide emerge from hell to once again behold the beauty of the heavens. In that spirit, the stories, essays, poems, and artwork in this collection—from authors including Jhumpa Lahiri, Mario Vargas Llosa, Eavan Boland, Jon Lee Anderson, Ariel Dorfman, and many more—detail the harrowing experiences of life in the pandemic, while pointing toward a less isolated future. Together, they both illuminate the defining moment of our time and send a clarion call for solidarity across borders. \$22, paperback.

Neuro Dharma: New Science, Ancient Wisdom, and Seven Practices of the Highest Happiness



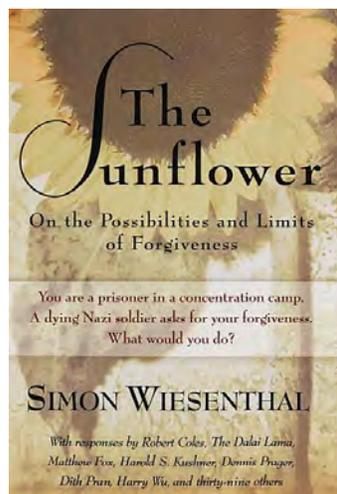
In this newly published work, a follow-up to his classic *Buddha's Brain*, psychologist Rick Hanson not only explores the new neuroscience of awakening but also offers a bold yet plausible plan for reverse-engineering peak experiences, a sense of oneness, and even enlightenment itself, sharing seven practices for strengthening the neural circuitry of profound contentment and inner peace. Step by step, this book explains how to apply these insights in order to cultivate unshakable presence of mind, a courageous heart, and serenity in a changing world. Sign us up! \$26.99, hardcover.

Coffee: A Global History



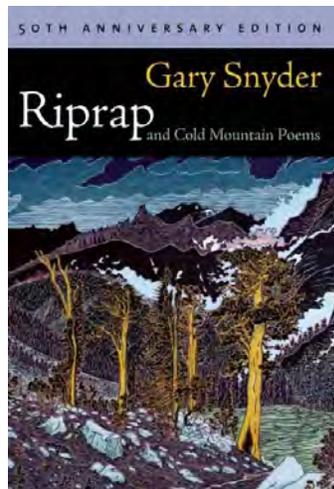
This concise history in the wide-ranging British *Edibles* series shows how the world acquired a taste for this humble bean, revealing a diverse cast of caffeinated characters who drank coffee, why and where they did so as well as how it was prepared and what it tasted like. Written in a style as invigorating as that first cup of java and featuring fantastic recipes, images, stories, and surprising facts, this book will fascinate foodies, food historians, baristas, and all of us who regard this ancient brew as a staple of modern life. \$19.95, hardcover.

The Sunflower: On the Possibilities and Limits of Forgiveness



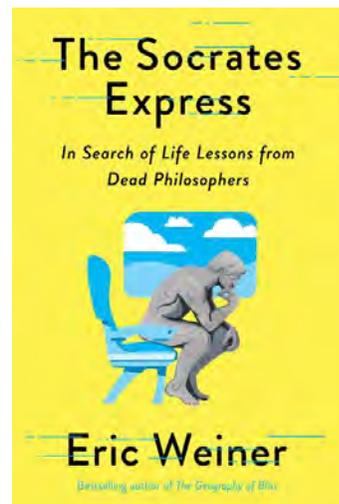
While imprisoned in a Nazi concentration camp, author Simon Wiesenthal was taken one day from his work detail to the bedside of a dying SS man. Haunted by the crimes in which he'd participated, the soldier wanted to confess to, and obtain absolution from, a Jew. Faced with the choice between compassion and justice, silence and truth, Wiesenthal said nothing. But even years after the war had ended, he wondered: Had he done the right thing? What would you have done in his place? In this important book, 53 distinguished men and women respond to Wiesenthal's questions. \$16.95, paperback.

Riprap and Cold Mountain Poems



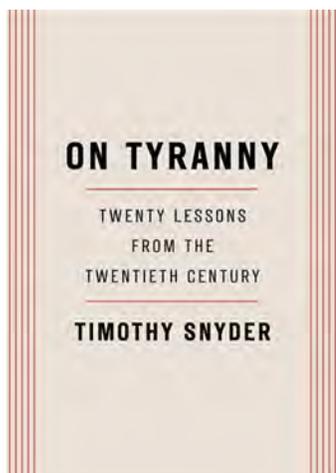
Gary Snyder is one of the greatest poets in America in the last century. From his first book of poems to his more recent collections of essays and poetry, his work and his example, standing between Tu Fu and Thoreau, have been influential all over the world. *Riprap* was his first book of poems, published in Japan in 1959; a later small press reprint of that book included Snyder's groundbreaking translations of Han Shan's *Cold Mountain Poems*, perhaps the finest translations of that remarkable poet ever made into English. \$15.95, paperback.

The Socrates Express: In Search of Life Lessons from Dead Philosophers



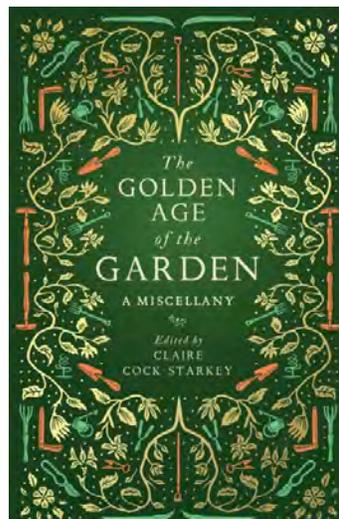
Just published! We turn to philosophy for the same reasons we travel: to see the world from a different perspective, to unearth hidden beauty, and to find new ways of being. We want to learn how to embrace wonder, face regrets, sustain hope. The author combines his twin passions for philosophy and global travel in a pilgrimage that uncovers surprising life lessons from great thinkers around the world, from Rousseau to Nietzsche, Confucius to Simone Weil. Weiner's chosen philosophers and places provide important signposts as we navigate chaotic times. \$28, hardcover.

On Tyranny: Twenty Lessons from the Twentieth Century



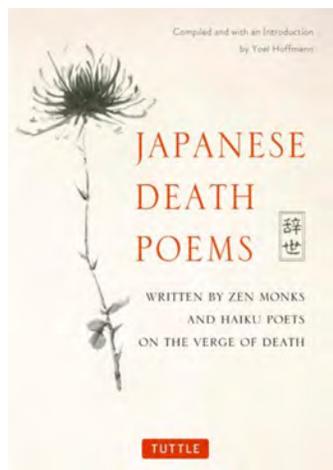
The Founding Fathers tried to protect us from the threat they knew, the tyranny that overcame ancient democracy. Today, our political order faces new threats, not unlike the totalitarianism of the 20th century. We are no wiser than the Europeans who saw democracy yield to fascism, Nazism, or communism. Our one advantage is that we might learn from their experience. With this slim volume, bestselling historian Timothy Snyder presents a call to arms and a guide to resistance with invaluable ideas for how we can preserve our freedoms in the uncertain years to come. \$9.99, paperback.

The Golden Age of the Garden: A Miscellany



Imported from the UK! The relationship between England and its gardens might be described as a love affair; gardening is a national passion, rooted in history. This survey brings the voices of the past alive in newspaper reports, letters, diaries, books, essays and travelogues, offering contemporary gardening advice, principles of design, reflections on nature, landscape and plants, and a unique perspective on the origins of the English fascination with gardens. Exploring the different styles, techniques, and innovations, and the creation of many of the stunning spaces that visitors still flock to see today, this is an evocative and rewarding collection for all gardeners and garden-lovers seeking insight, ideas, and surprises. \$18.95 hardcover.

Japanese Death Poems: Written by Zen Monks and Haiku Poets on the Verge of Death



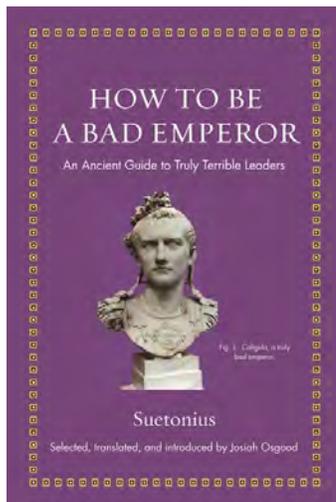
Best seller! Although the consciousness of death is, in most cultures, very much a part of life, this is perhaps nowhere more true than in Japan, where the approach of death has given rise to a centuries-old tradition of writing jisei, or the "death poem." Such a poem is often written in the very last moments of the poet's life, sometimes expressing a dreamlike whimsy. Hundreds of Japanese death poems, many with a commentary describing the circumstances of the poet's death, have been translated into English here, exploring the attitudes and customs surrounding death in historical and present-day Japan. \$14.99, paperback.

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, hardcover.

How to Be a Bad Emperor: An Ancient Guide to Truly Terrible Leaders



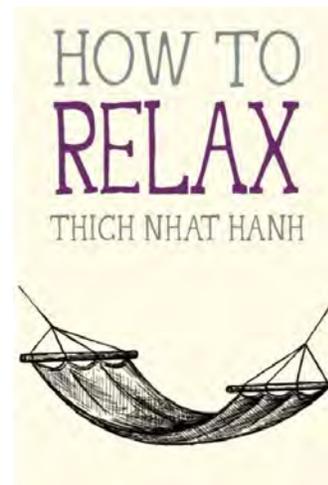
Just published! This is a crisp new translation of Suetonius's briskly paced, darkly comic biographies of problematic Roman emperors. The stories of these ancient anti-role models show how power inflames leaders' worst tendencies, causing almost incalculable damage. Complete with the original Latin on facing pages, this is a perceptive account of leadership gone monstrously awry: Caesar using his aunt's funeral to brag about his descent from gods and kings and hiding his bald head with a comb-over and a laurel crown; Tiberius neglecting public affairs in favor of wine, tortures, and executions; and Caligula flaunting his skill at cruel put-downs. \$16.95, hard-cover.

How To Connect



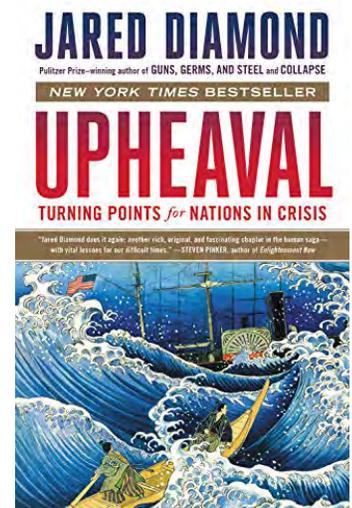
Just published in the *Mindful Essentials* series. With our world experiencing the deep effects of loneliness, environmental detachment, and digital overload, this pocket-sized book reminds us of our crucial need to connect to ourselves, our ancestors, and our planet. Written with characteristic simplicity and kindness, these wise meditations teach us how to remember, at any time, our fundamental gift of belonging. As Vietnamese Zen teacher Thich Nhat Hanh reminds us: "We are here to awaken from the illusion of our separateness." \$9.95, paperback.

How to Relax (Mindfulness Essentials)



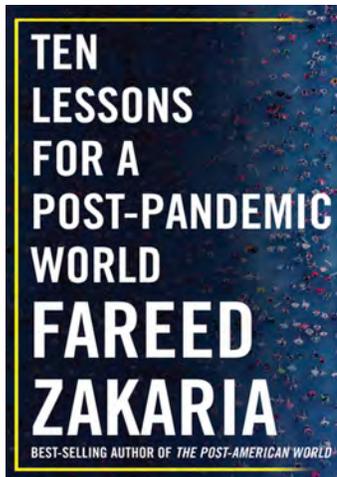
These pocket sized books by Zen Master Thich Nhat Hanh are a long-time bestseller in the bookshop. Here, he suggest that when we relax, we "become calm water, and we will reflect reality as it is. If we're not calm, the image we reflect will be distorted. When the image is distorted by our minds, it's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

Upheaval: Turning Points for Nations in Crisis



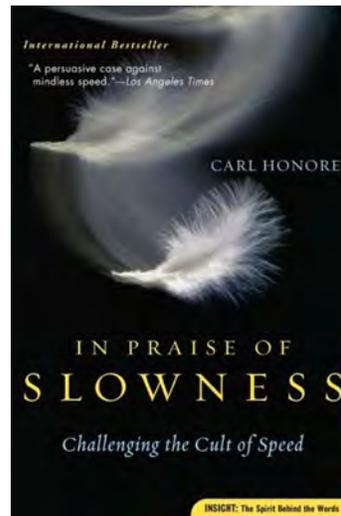
Now in paperback! In his previous bestselling books, Jared Diamond transformed our understanding of what makes civilizations rise and fall. Here he reveals how successful nations recover from crises while adopting selective changes—a coping mechanism more commonly associated with individuals recovering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

Ten Lessons for a Post-Pandemic World



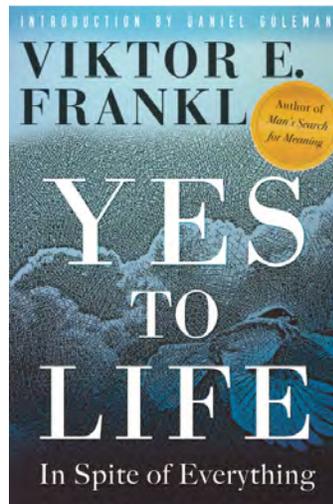
Lenin once said, “There are decades when nothing happens and weeks when decades happen.” This is one of those times when history has sped up. CNN host and best-selling author Fareed Zakaria helps readers to understand the nature of a post-pandemic world: the political, social, technological, and economic consequences that may take years to unfold. Covering topics from natural and biological risks to the rise of “digital life” and an emerging bipolar world order, he helps readers to begin thinking beyond the immediate effects of COVID-19. \$26.95, hardcover.

In Praise of Slowness: Challenging the Cult of Speed



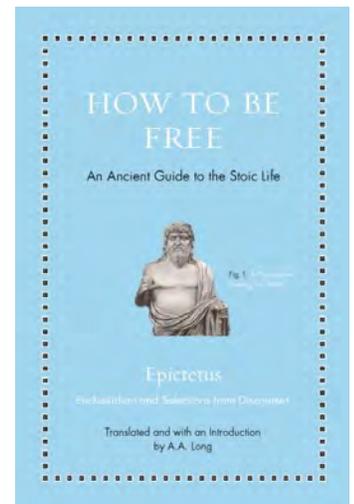
Honoré details our perennial love affair with efficiency and speed in a perfect blend of anecdotal reportage, history, and intellectual inquiry. *In Praise of Slowness* is the first comprehensive look at the worldwide Slow movements making their way into the mainstream—in offices, factories, neighborhoods, kitchens, hospitals, concert halls, bedrooms, gyms, and schools. Defining a movement that is here to stay, this spirited manifesto will make you completely rethink your relationship with time. \$15.99, paperback.

Yes to Life: In Spite of Everything



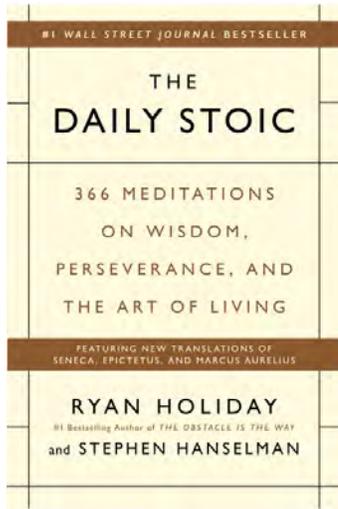
Eleven months after he was liberated from the Nazi concentration camps, Viktor E. Frankl held a series of public lectures in Vienna. The psychiatrist, who would soon become world famous, explained his central thoughts on meaning, resilience, and the importance of embracing life even in the face of great 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:

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



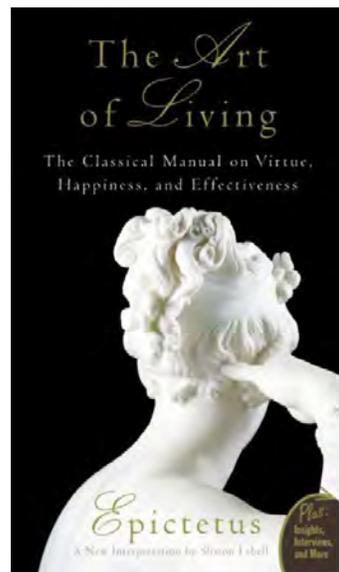
The Roman Stoic philosopher Epictetus (c. 55-135 AD) taught that mental freedom is supreme, since it can liberate one anywhere, even in a prison. One of the world’s leading authorities on Stoicism provides a superb new edition of Epictetus’s celebrated guide to the Stoic philosophy of life (the *Encheiridion*)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

The Daily Stoic: 366 Meditations on Wisdom, Perseverance, and the Art of Living



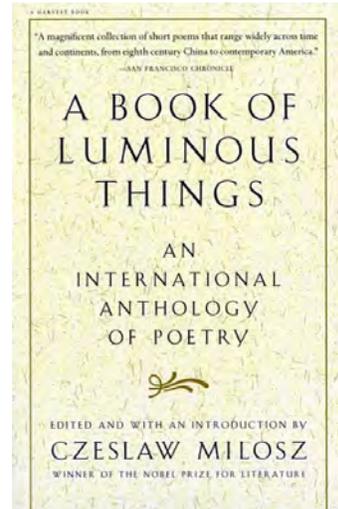
This daily resource of Stoic inspiration combines new translations of Seneca, Epictetus, and Zeno with calls to further reflection and action. Arranged topically following the three basic movements of perception, action, and will, this guide features 12 principles for overcoming obstacles and achieving greater satisfaction. This book is intended to open up a new daily ritual and a new orientation that will bring balanced action, insight, effectiveness, and serenity. \$25, hardcover.

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



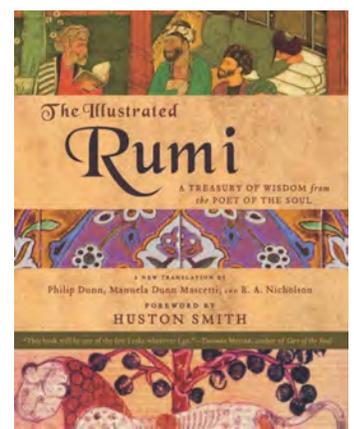
A longtime best seller in our bookshop! This accessible survey of stoic philosophy as epitomized by Epictetus, who was born into slavery but later established an influential school of Stoic philosophy, stressing that human beings cannot control life, only their responses to it. By putting into practice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

A Book of Luminous Things: An International Anthology of Poetry



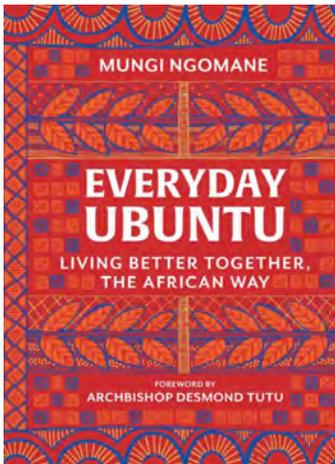
For this collection Nobel laureate poet Czeslaw Milosz has selected 300 of the world's greatest poems written throughout the ages, poems memorable for how they render the realities of the world palpable and immediate. They are organized under eleven headings, including "Epiphany," "Nature," "The Secret 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.

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



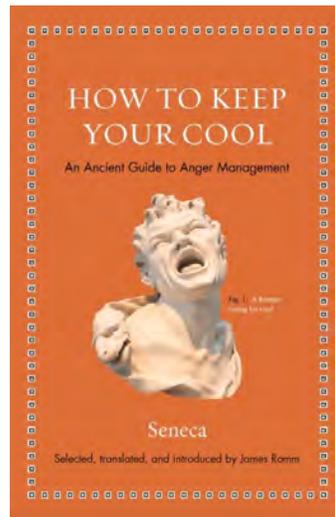
A Carlos Museum Bookshop best seller! The bestselling poet in America today, 13th-century Sufi mystic Jalalu'ddin Rumi has inspired and enlightened thousands with his playful, passionate work celebrating the sacred in everyday life. Now the spiritual wealth of Rumi's stories and poetry in translation 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.

Everyday Ubuntu: Living Better Together, the African Way



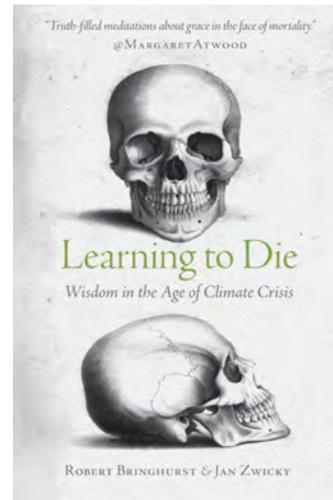
Mungi Ngomane, granddaughter of Nobel Peace Prize-winner Archbishop Desmond Tutu, offers an introduction to *ubuntu*, the Southern African philosophy that celebrates the universal human bond in this beautiful definitive guide, illustrated with full-color photos and filled with lessons on how to live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

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



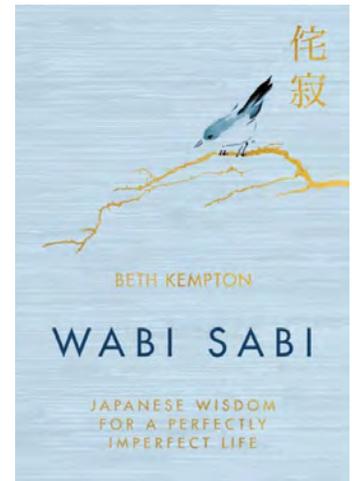
This splendid new translation of essential selections from *On Anger* offers readers a timeless guide to avoiding and managing anger. Seneca builds his case against anger with mounting intensity, like a fire-and-brimstone preacher, as he paints a grim picture of the moral perils to which anger exposes 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.

Learning to Die: Wisdom in the Age of Climate Crisis



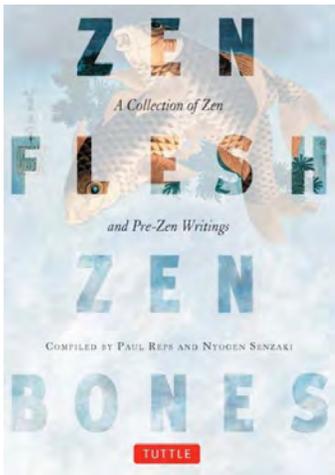
In this powerful little book, two leading intellectuals illuminate the truth about where our environmental crisis is taking us. Writing from an island on Canada's northwest coast, the authors weigh in on the death of the planet versus the death of the individual. For Zwicky, awareness and humility are the foundation of the equanimity with which Socrates faced his death: he makes a good model when facing the death of the planet as well as facing our own mortality. Bringhurst urges readers to tune their minds to the wild. The wild has healed the world before, and it is the only thing that stands any chance of healing the world now, though it is unlikely to save *Homo Sapiens* in the process. \$14.95, paperback.

Wabi Sabi: Japanese Wisdom for a Perfectly Imperfect Life



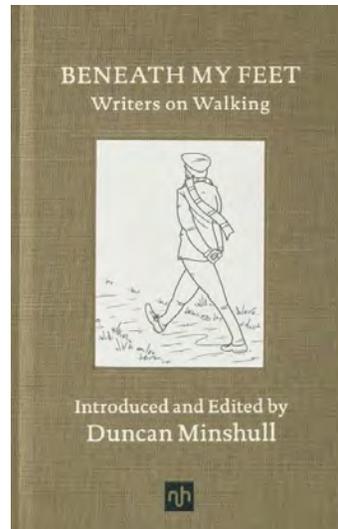
In this transformative handbook, Beth Kempton introduces you to *wabi sabi* (wah-bee sah-bee), a captivating concept from Japanese aesthetics that offers a whole new way of looking at the world. With roots in Zen and the Way of Tea, *wabi sabi* teaches you to see beauty in imperfection, appreciate simplicity, 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.

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



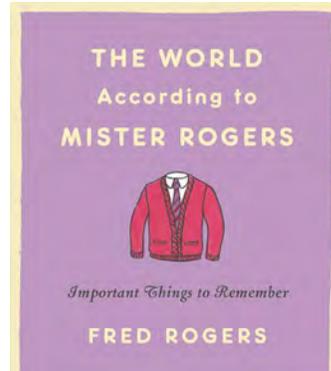
When *Zen Flesh, Zen Bones* was published in 1957 it became an instant sensation with an entire generation of readers who were just beginning to experiment with Zen. It includes *101 Zen Stories*, a collection of tales that recount actual experiences of Chinese and Japanese Zen teachers over a period of more than five centuries; *The Gateless Gate*, the famous 13th-century collection of Zen koans; *Ten Bulls*, a 12th-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.

Beneath My Feet: Writers on Walking



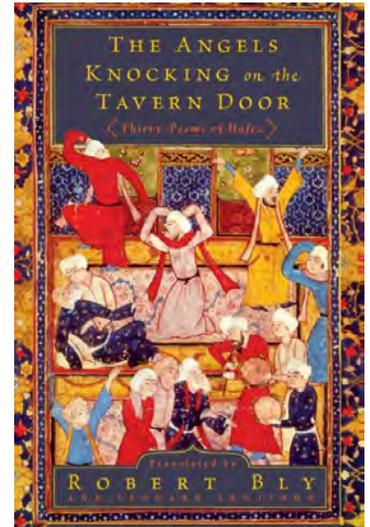
Walking and writing have always gone together, and the best insights, the deepest and most joyous examinations of this simple activity are to be found in nonfiction—in essays, travelogues, and memoirs. This beautiful little book rounds up the most memorable walker-writers from the 1700s to the modern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



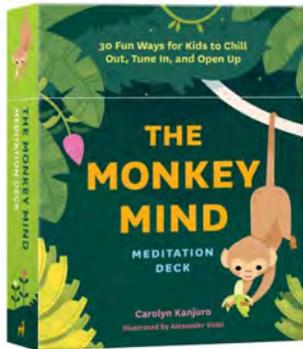
An inspiring collection of stories, anecdotes, and insights with sections devoted to love, friendship, respect, individuality, and honesty, *The World According to Mister Rogers* reminds us that there is much more in life that unites us than divides us. This is a new edition of the 2003 anthology, culled from Fred Rogers's speeches, program transcripts, books, letters, and interviews with some of his never-before-published writings. \$17, hardcover.

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



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