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GRACE HURLEY

Kids' Travel Guide - London Ladybird Books

Jay Shetty, social media superstar and host of the #1 podcast On Purpose, distills the timeless wisdom he learned as a monk into practical steps anyone can take every day to live a less anxious, more meaningful life. When you think like a monk, you'll understand: -How to overcome negativity -How to stop overthinking -Why comparison kills love -How to use your fear - Why you can't find happiness by looking for it -How to learn from everyone you meet -Why you are not your thoughts -How to find your purpose -Why kindness is crucial to success -And much more... Shetty grew up in a family where you could become one of three things—a doctor, a lawyer, or a failure. His family was convinced he had chosen option three: instead of attending his college graduation ceremony, he headed to India to become a monk, to meditate every day for four to eight hours, and devote his life to helping others. After three years, one of his teachers told him that he would have more impact on the world if he left the monk's path to share his experience and wisdom with others. Heavily in debt, and with no recognizable skills on his résumé, he moved back home in north London with his parents. Shetty reconnected with old school friends—many working for some of the world's largest corporations—who were experiencing tremendous stress, pressure, and unhappiness, and they invited Shetty to coach them on well-being, purpose, and mindfulness. Since then, Shetty has become one of the world's most popular influencers. In 2017, he was named in the Forbes magazine 30-under-30 for being a game-changer in the world of media. In 2018, he had the #1 video on Facebook with over 360 million views. His social media following totals over 38 million, he has produced over 400 viral videos which have amassed more than 8 billion views, and his podcast, On Purpose, is consistently ranked the world's #1 Health and Wellness podcast. In this inspiring, empowering book, Shetty draws on his time as a monk to show us how we can clear the roadblocks to our potential and power.

Combining ancient wisdom and his own rich experiences in the ashram, Think Like a Monk reveals how to overcome negative thoughts and habits, and access the calm and purpose that lie within all of us. He transforms abstract lessons into advice and exercises we can all apply to reduce stress, improve relationships, and give the gifts we find in ourselves to the world. Shetty proves that everyone can—and should—think like a monk.

Christmas at Highclere Faber & Faber

Together with Leonardo, their own tour guide, your kids will have so much fun discovering London—its history and geography, famous landmarks and transit—and exploring the best London sites for children. Leonardo makes it interesting with "juicy information," challenging quizzes, special tasks, and colorful activities.

The Spire Routledge

Growing up in California, Dennis Severs fell in love with the England he saw in old black and white movies. At seventeen he came to London, looking for a home with a heart. In 1979 he found one, a run-down silk-weaver's house in Spitalfields, and over the next twenty years he transformed it into an enchanted time-capsule, transporting us back to the eighteenth century. From cellar to roof, he filled 18 Folgate Street with original objects and furniture, found in the local markets, lit by candles and chandeliers. More than that, he invented a family to live here, the Jervis family, Huguenot weavers who fled persecution in France in 1688, and bought the house in 1724. Sounds and scents bring their world to life, always just out of sight - floorboards creak, fires crackle, a kettle hisses on the hob. Visitors step through the frame of time, like entering an old master painting. As we move from room to room on a tour you will never forget, we follow the Jervis story from the days of the Georges and the Regency to harsher Victorian times - and even to the attic room of Scrooge himself.

Beatles Fab Four Cities the April 2021 Penguin

Samuel Pepys, blessed with both a gift for observation and a prominent position in society, has charmed readers for centuries with his musings and writings. To celebrate this tercentenary, HarperCollins are delighted to publish this anthology: the perfect

introduction to the Diaries, with extracts arranged by subject. In this short anthology, published to coincide with the 300th Anniversary of the great diarist's death, selected from Samuel Pepys's famous Diary, passages are collected together by subject, providing a fresh look at some of the themes that run through the massive complete work. Robert and Linnet Latham's lively and skilful presentation allows the reader to become absorbed in a single topic without interruption, often providing new insight into Pepys's private and public life. We see Pepys the man of fashion, the book-lover, the musician, the theatre-goer, Pepys the husband and Pepys the public servant, at work and at leisure. From festivals such as Christmas and Twelfth Night, enjoyed with family and friends, to the great events such as the Fire and the Plague described so vividly in the Diary, Pepys's life and times are revealed in all their richness and variety. And for the first time, we can read as continuous narrative some of the stories interwoven with daily events the long entangled saga of his affair with Deb Willet and the tale of the Dancing Master. For anyone unfamiliar with Pepys, this anthology will serve as a delightful introduction, while lovers of the Diary will take pleasure in rediscovering favourite passages.

Rick Steves Italy McNidder & Grace

Life is full of fun and games on the African plains for Simba, a young lion cub. But when Simba's father is killed, and his uncle, Scar takes over, he makes Simba leave the Pride. With the help of his comical friends, Pumbaa the warthog and Timon the meerkat, Simba can finally claim his throne. But first he must stand up to his villainous uncle, Scar.

Look Up London Yale University Press

(Applause Books). Shakespeare, Coward, Christie, Lloyd Webber and so many more ... you'll encounter them all using this wonderful tour guide on walks through theatrical history in present-day London. Applause is pleased to present a substantially revised, new edition of one of our most popular titles, London Theatre Walks . Jim De Young is out to entertain and educate as he guides his readers through the streets of London with authority, humor and relish. It's like having a personal tour guide escorting you from the magnificently restored

Globe Theatre to the newly remodeled Lyceum Theatre, from Shakespeare to Les Misérables. London Theatre Walks reveals the original inspirations for some of the most famous plays in the English language. It visits the trysting spots of London's greatest actors and actresses, and the homes of England's greatest playwrights. All the tours begin and end at a well-known London landmark, making them easy and safe for even a first-time visitor. Every expedition is filled with enough detail to satisfy the most curious scholar, and enough juicy gossip and colorful legend to entertain every theatre fan. And the tour guides don't believe in walking with parched throats; they point out dozens of theatrical watering holes along the way. Detailed maps accompany the 13 easy-to-follow tours, which have been updated with the most contemporary information.

Ghost Signs Greenfinch

More than half-a-million business leaders have discovered the power of the StoryBrand Framework, created by New York Times best-selling author and marketing expert Donald Miller. And they are making millions. If you use the wrong words to talk about your product, nobody will buy it. Marketers and business owners struggle to effectively connect with their customers, costing them and their companies millions in lost revenue. In a world filled with constant, on-demand distractions, it has become near-impossible for business owners to effectively cut through the noise to reach their customers, something Donald Miller knows first-hand. In this book, he shares the proven system he has created to help you engage and truly influence customers. The StoryBrand process is a proven solution to the struggle business leaders face when talking about their companies. Without a clear, distinct message, customers will not understand what you can do for them and are unwilling to engage, causing you to lose potential sales, opportunities for customer engagement, and much more. In Building a StoryBrand, Donald Miller teaches marketers and business owners to use the seven universal elements of powerful stories to dramatically improve how they connect with customers and grow their businesses. His proven process has helped thousands of companies engage with their existing customers, giving them the ultimate competitive advantage. Building a StoryBrand does this by teaching you: The seven universal story points all humans respond to; The real reason customers make purchases; How to simplify a brand message so people

understand it; and How to create the most effective messaging for websites, brochures, and social media. Whether you are the marketing director of a multibillion-dollar company, the owner of a small business, a politician running for office, or the lead singer of a rock band, Building a StoryBrand will forever transform the way you talk about who you are, what you do, and the unique value you bring to your customers.

Hidden London Penguin

A guide to the great collections of The British Library. Illustrated throughout in colour, it is an introduction to some of the world's most magnificent books and manuscripts, from The Lindisfarne Gospels to Magna Carta, The Diamond Sutra and The Gutenberg Bible.

Rick Steves Rome Avalon Travel Pub

In 1888 the dreaded figure of Jack the Ripper stalked London's East End murdering prostitutes. His crimes set in motion a huge police operation and have held a dark fascination over the public's imagination for over a century, yet his identity has never been proved. Now, for the first time, two leading Ripper experts have joined forces to treat the case like a police investigation. Drawing on their unparalleled knowledge of the Jack the Ripper murders and their professional experience as police officers, they uncover clues that have remained undetected for over a hundred years. There are five 'canonical' Ripper victims, yet Scotland Yard's 'Whitechapel Murders' files include another six suspected victims. Drawing the reader into the world of police investigation in Victorian London, Evans and Rumbelow reveal the conflict between the City and Metropolitan forces and the ridicule heaped on the police by the press. Investigating each murder, they conclude that only four of the eleven victims were actually killed by the Ripper. Perhaps most tellingly, they question the motives behind the destruction of evidence – particularly the message 'The Jews are the men that will not be blamed for nothing', which was chalked on the wall near one murder site and rubbed out on order of the Chief Commissioner – and ask whether the enigmatic Dr Robert Anderson, officer in charge of the investigation, knew the Ripper's true identity. Jack the Ripper: Scotland Yard Investigates strips away much of the nonsense that has accumulated since 1888 and reopens files on a case that will perhaps never be fully solved but will always fascinate.

Think Like a Monk St. Martin's Press

Japan: Courts and Culture tells the story of three centuries of British royal contact with Japan, from 1603 to c.1937, when the exchange of exquisite works of art was central to both diplomatic relations and cultural communication. With discussions of courtly rituals, trade relationships, treaties, and other matters of concern between the two nations, this book provides important historical and political context in addition to granting a new look at the works of art in question. Featuring new research on previously unpublished works, including porcelain, lacquer, armor, embroidery, metalwork, and works on paper, this book showcases the unparalleled craftsmanship of these objects, and the local materials, techniques, and traditions behind them. Japan: Courts and Culture is published to accompany a spectacular exhibition of the same name, which opens at The Queen's Gallery, Buckingham Palace, in June 2020. The book's stunning photography, contextual essays, and historical insights offer a highly visual record of a royal narrative and history that has not yet been widely documented.

Abandoned London Random House

'A must have for Dylan enthusiasts, lovers of London, and anyone with even a passing interest in the history of music. I devoured it in two sittings - and I loved it!' Conor McPherson, playwright, *Girl from the North Country* This is both a guide and history on the impact of London on Dylan, and the lasting legacy of Bob Dylan on the London music scene. Bob Dylan in London celebrates this journey, and allows readers to experience his London and follow in his footsteps to places such as the King and Queen pub (the first venue that Dylan performed at in London), the Savoy hotel and Camden Town. This book explores the key London places and times that helped to create one of the greatest of all popular musicians, Bob Dylan.

Building a StoryBrand Rick Steves

Where did the real Jack the Ripper live? Which pub in London has been used more than any other by serial killers picking up their victims? Where was the capital's Gladiators' Arena? Where in London did Anders Breivik, the Norwegian mass murderer, live as a child? Jack The Ripper (and 15 other London serial killers!), the Krays, Aleister Crowley, Ruth Ellis, Doctor John Dee, Sach and Walters the baby farmers – all these characters and more are covered in *Bloody London*, a unique and terrifying walk through the dark, gore-drenched streets of the capital. A must-have for

fans of crime, horror, the supernatural and the simply bizarre, Bloody London will also show you: • Sites of executions and unsolved murders • London's creepiest cemeteries • Where famous horror authors lived and worked • Where the Plague originated • A haunted church and many other locations... London's dark and shocking secrets are laid bare in this compendium of true stories. We dare you to look inside...

Bob Dylan in London Penguin UK

Airport development is critical to economic growth and poverty reduction. This book will help decision-makers assess whether Public Private Partnerships (PPP) might be a viable option to meet their airport development requirements. It walks the reader through the airport PPP process, from early preparation to bringing the project to market and managing the project during implementation. The book will help eradicate misconceptions about the role of the private sector in airport infrastructure. A Decision-Makers Guide to Public Private Partnerships in Airports provides an essential guide for those in a position to make decisions linked to airport development, to their advisers, their staff and also to students wishing to understand airport PPP.

The Great Fire of London Flyingkids

Travel under the streets of London with this lavishly illustrated exploration of abandoned, modified, and reused Underground tunnels, stations, and architecture.

Guide to the Tower of London Random House

Rick spends four months each year exploring Europe, and his candid, humorous advice will steer you to the very best sights and museums that London has to offer. You'll beat the lines at the major monuments. You'll find hotels and restaurants that make the most of your vacation budget. You'll navigate the city like a local, using Rick's walking tours as your guide.

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Dickens' London New Holland Australia(AU)

A beautifully illustrated introduction to mudlarking which tells the incredible, forgotten history of London through objects found on the foreshore of the River Thames. Often seen combing the shoreline of the River Thames at low tide, groups of archaeology enthusiasts known as 'mudlarks' continue a tradition that dates back to the eighteenth century. Over the years they have found a vast array of historical artefacts providing glimpses into the city's past. Objects lost or discarded centuries ago - from ancient river offerings such as the Battersea Shield and Waterloo Helmet, to seventeenth-century trade tokens and even medals for bravery - have been discovered in the river. This book explores a fascinating assortment of finds from prehistoric to modern times, which collectively tell the rich and illustrious story of London and its inhabitants - illustrated with an array of photographs taken of the items in situ in the mud and gravel of the Thames estuary, at the same time both gritty and glimmering.

The Lion King Crimson

The crimes of Jack the Ripper have haunted the imagination of the world since his murderous reign drew to a close late in 1888. This Casebook is an invaluable survey of the killer, his times and the web of complex and contradictory theories that have sprung up in his wake.

Classical Caledonia HarperCollins (UK)

A collection of guided tours throughout London Black History Walks invites the reader to see their surroundings with new eyes.

Haunted London HarperCollins UK

A refreshing guide to discovering the hidden details of London with 10 fully guided walking routes from London's leading tour guide Look Up London. Have you ever noticed London's tiniest

public sculpture? Or wondered why there are strange cone-shaped structures on the fanciest historic homes? Did you know that the Tower of London used to be a zoo, or about the now defunct London railway that transported over 200,000 people to their final resting place? These are just some of the fascinating details that Blue Badge Tourist guide Katie Wignall reveals in this absorbing guide to the secrets of London hidden in plain sight. Take a journey through London's rich past with these 10 fully guided walking routes and discover a whole world of incredible history hiding above your eye-line, just waiting to be spotted. From the saucy scandals of Covent Garden to stories of power and intrigue from the City, atmospheric pubs to hidden Roman remains, London is a city bursting with captivating stories which are etched into its very architecture. So, Look Up and discover a London you have never seen before.

London's Dead Hachette UK

This book focuses on early modern attitudes towards Scotland's ancient past and looks in particular at the ways in which this past was not only misunderstood, but also manipulated in attempts to create a patriotic history for the nation. Adding a new perspective on the formation of Scotland's national identity, the book documents a century-long, often heated debate regarding the extent of Roman influence north of Hadrian's Wall. By exploring the lives and writings of antiquarians, poets and Enlightenment thinkers, it aims to uncover the political, patriotic and intellectual influences which fuelled this debate. Classical Caledonia casts a light on a rarely discussed aspect of Scotland's historiography, one which played a vital role in establishing early modern notions of 'Scottishness' at a time when Scotland was coming to terms with radical and traumatic changes to its position within Britain and the wider world.