

Present

Marjorie Oludhe Macgoye

The Present Spencer Johnson, M.D.,2007-12-18 Another Spencer Johnson #1 Bestseller #1 New York Times Business #1 Wall Street Journal #1 BusinessWeek From the Author of Who Moved My Cheese? Dr. Spencer Johnson's stories of timeless, simple truths have changed the work and lives of millions of readers around the world. Now comes an insightful new tale of inspiration and practical guidance for these turbulent times. Good Things Happen To Those Who Open The Present The Gift That Makes Your Work And Life Better Each Day! For over two decades, Spencer Johnson has been inspiring and entertaining millions with his simple yet insightful stories of work and life that speak directly to the heart and soul. The Present is an engaging story of a young man's journey to adulthood, and his search for The Present, a mysterious and elusive gift he first hears about from a great old man. This Present, according to the old man, is "the best present a person can receive." Later, when the young boy becomes a young man, disillusioned with his work and his life, he returns to ask the old man, once again, to help him find The Present. The old man responds, "Only you have the power to find The Present for yourself." So the young man embarks on a tireless search for this magical gift that holds the secret to his personal happiness and business success. It is only after the young man has searched high and low and given up his relentless pursuit that he relaxes and discovers The Present—and all of the promises it offers. The Present will help you focus on what will make you happier and more successful in your work and in your personal life, today! Like the young man, you may find that it is the best gift you can give yourself. www.ThePresent.com

What Does It Mean to Be Present? Rana DiOrio,2010-07-30 A Mom's Choice Gold Award Winner! Being present means... Noticing when someone needs help Waiting patiently for your turn Focusing on what's happening now Follow a group of friends at school, at home, and at the beach as they experience just what it means to be present. More Awards for What Does It Mean to Be Present? The Living Now: Books For Better Living Award The Nautilus Silver Award for Children's Picture Book The Moonbeam Gold Children's Book Award for Mind-Body-Spirit/Self-Esteem

Fully Present Susan L. Smalley,Diana Winston,2022-12-27 "Excellent. Fully Present offers one of the clearest introductions to mindfulness in the field." —Library Journal Mindfulness has attracted ever-growing interest and tens of thousands of practitioners, who have come to the discipline from both within and outside the Buddhist tradition. In Fully Present, leading mindfulness researchers and educators Dr. Sue Smalley and Diana Winston provide an all-in-one guide for anyone interested in bringing mindfulness to daily life as a means of enhancing well-being. This new edition, now with a new afterword, provides both a scientific explanation for how mindfulness positively and powerfully affects the brain and the body as well as practical guidance to develop both a practice and mindfulness in daily living, not only through meditation but also during daily experiences. Now, you can wait in line at the supermarket, exercise, or face difficult news with calm and mental fortitude. Ditch the absent-minded lifestyle and begin bringing your full self and your full mind everywhere. With research studies, personal accounts, and practical applications, Fully Present highlights how things like simply breathing, listening, and walking can change your perspective--and your life.

The Precious Present Spencer Johnson,1998-11 In your hands you are holding an incredible little story about the ultimate secret of human happiness. Author Dr Spencer Johnson's unique allegory tells the story of a young child who learns about the fabulous Precious Present and then spends a lifetime searching for the mysterious gift.

What Is the Present? Michael North,2018-06-12 A provocative new look at concepts of the present, their connection to ideas about time, and their effect on literature, art, and culture The problem of the present—what it is and what it means—is one that has vexed generations of thinkers and artists. Because modernity places so much value on the present, many critics argue that people today spend far too much time in the here and now—but how can we tell without first knowing what the here and now actually is? What Is the Present? takes a provocative new look at this moment in time that remains a mystery even though it is always with us. Michael North tackles puzzles that have preoccupied philosophy, neuroscience, psychology, history, and aesthetic theory and examines the complex role of the present in painting, fiction, and film. He engages with a range of thinkers, from Aristotle and Augustine to William James and Henri Bergson. He draws illuminating examples from artists such as Fra Angelico and Richard McGuire, filmmakers like D. W. Griffith and Christopher Nolan, and novelists such as Elizabeth Bowen and Willa Cather. North offers a critical analysis of previous models of the present, from the experiential present to the historical period we call the contemporary. He argues that the present is not a cosmological or experiential fact but a metaphor, a figurative relationship with the whole of time. Presenting an entirely new conception of the temporal mystery Georg Lukács called the unexplained instant, What Is the Present? explores how the arts have traditionally represented the present—and also how artists have offered radical alternatives to that tradition.

Present Shock Douglas Rushkoff,2014-02-25 People spent the twentieth century obsessed with the future. We created technologies that would help connect us faster, gather news, map the planet, and compile knowledge. We strove for an instantaneous network where time and space could be compressed. Well, the future's arrived. We live in a continuous now enabled by Twitter, email, and a so-called real-time technological shift. Yet this now is an elusive goal that we can never quite reach. And the dissonance between our digital selves and our analog bodies has thrown us into a new state of anxiety: present shock.

The Present Bob Gill,2010-09-29 The carefully wrapped present was perched half-hidden on his parents' closet shelf. Arthur, a little boy with a very large imagination, feverishly tried to guess what it might contain. A pet? A shiny trumpet? A new computer? The possibilities were almost endless. All for him and him alone—until the doorbell interrupted his reverie. What happened next is a remarkable and soul-satisfying reminder that the act of sharing is perhaps the greatest present of all. A simple and timeless tale of spontaneous generosity, told with understated humor, a great warmth and a brilliantly direct graphic style which go to the very heart of the human experience. With the gentle insight of A Cup of Christmas Tea and the resonant innocence of The Giving Tree, Bob Gill's book is destined to become a best-loved gift about gift-giving.

Being Present Jeanine W. Turner,Jeanine Turner,2022 Being Present offers a framework to navigate social presence at work and at home. By exploring four primary communication choices--budgeted, entitled, competitive, and invitational--author Jeanine W. Turner shows when and where to employ each strategy to most effectively communicate in modern life.

I Got You a Present! Mike Erskine-Kellie,Susan McLennan,2020-04-07 A quest for the perfect birthday gift makes for laugh-out-loud fun. "I wanted to get you the greatest present ever," our narrator says. But somehow, nothing quite worked out. First there were the hand-knitted birthday socks (have you ever tried knitting birthday socks?). Then, a ten-scoop ice cream cone (a disaster to carry), a magic kit (it disappeared, just like magic!), an apple juice-fueled jet pack (just a few kinks to work out). And still our narrator has nothing. Or, maybe there is something here to give after all ... Everyone knows it's the thought that counts, right? Especially when it's a gift that comes from the heart.

The Stormy Present Adam I. P. Smith,2017-10-06 In this engaging and nuanced political history of Northern communities in the Civil War era, Adam I. P. Smith offers a new interpretation of the familiar story of the path to war and ultimate victory. Smith looks beyond the political divisions between abolitionist Republicans and Copperhead Democrats to consider the everyday conservatism that characterized the majority of Northern voters. A sense of ongoing crisis in these Northern states created anxiety and instability, which manifested in a range of social and political tensions in individual communities. In the face of such realities, Smith argues that a conservative impulse was more than just a historical or nostalgic tendency; it was fundamental to charting a path to the future. At stake for Northerners was their conception of the Union as the vanguard in a global struggle between democracy and despotism, and their ability to navigate their freedoms through the stormy waters of modernity. As a result, the language of conservatism was peculiarly, and revealingly, prominent in Northern politics during these years. The story this book tells is of conservative people coming, in the end, to accept radical change.

Being Present David Kundtz,2015-11-01 This beginner's guide to meditation offers a year of daily reflections to help bring greater mindfulness into your life. Meditation and mindfulness may seem like daunting ideas but making room for these practices in your daily life is simpler than it looks. Longtime therapist and meditator David Kundtz gives you permission not to fret about whether you're getting it right or not. The whole purpose of meditation is to be as awake and aware as possible. Being Present offers daily quotes to ponder that will help you live in the moment once a day, every day. As you start to accumulate these mindful moments, your life will become more peaceful, more rewarding, and more awakened. With these daily reflections, Kundtz guides us through the seasons of a year—and the seasons of a life—by drawing inspiration from poets and scientists,

spiritual teachers and children, butterflies and big cities. With the help of this book, you will discover how to: · Become a more mindful person · Maintain the focus, awareness, and equanimity through stressful situations · Experience the peaceful moments of mindful living

Do Present Mark Shayler,2020-07-07 Getting our voices heard can be a nerve-wracking and overwhelming task - particularly in a world where everyone seems to have something to say. The ability to present our ideas with confidence is now a coveted skill. Yet on stage, we become this other person: less funny, less engaging, less human. Mark Shayler draws on his own experience - from nervous speaker to charismatic compere - to guide you through the task of public speaking. He takes a deeper look at what's holding you back, and will help you to: Find your voice and the confidence to share it Learn how to tell stories, not just share data Stand and move around the stage comfortably Leave the audience informed, entertained and uplifted Giving a brilliant talk is not about following a method. It's not about rules. It's about understanding what you want the audience to think, feel and do afterwards. Ultimately, it's about being more you.

"Present" and "Afterward" ... Present,1857

Mr. Rabbit and the Lovely Present Charlotte Zolotow,1977-10-12 Mr. Rabbit helps a little girl find a lovely present for her mother, who is especially fond of red, yellow, green, and blue.

The Present Moment Marjorie Oludhe Macgoye,2014-08-30 This contemporary African classic tells the story of seven unforgettable Kenyan women as it traces more than sixty years of turbulent national history. Like their country, this group of old women is divided by ethnicity, language, class, and religion. But around the charcoal fire at the Refuge, the old-age home they share in Nairobi, they uncover the hidden personal histories that connect them as women: stories of their struggles for self-determination; of conflict, violence, and loss, but also of survival. Each woman has found her way to the Refuge because of a devastating life experience—the loss of family and security to revolution, emigration, or poverty. But as they reflect upon their tragedies, they also become aware of the community they have formed—a community of collective history, strength, humor, and affection. And they learn that they are more connected than they know, as the murder of a student in the neighborhood reveals how their lives have intersected across generations, how securely the past is tied to the present—and to the future—of their young nation.

Santa's Present Hunt Mieke Goethals,2020-11-17 Did Santa come to visit? Yes! How can you tell? Because the houses are filled with presents! Can you spot all the gifts on each wish list? And can you find all of the differences before and after Santa's visit? An colorful and engaging Christmas seek-and-find book. For young and old present-hunters ages 4 and up.

Don't Shake the Present! Bill Cotter,2019-10-01 Go on a festive and fun-filled adventure with Larry in the hilarious Christmas novelty edition of the USA Today bestselling series, Don't Push the Button! 'Tis the season for gift-giving and kids will adore this new addition to the creative and interactive series that has touched the lives of over half-a-million readers. Don't Shake the Present! is the perfect stocking stuffer, holiday gift for kids, and present for 1 year old girls and boys celebrating their first Christmas ever! Kids and parents alike will return to this wacky holiday book time and again. Larry the lovable monster has received a present, and he's desperate to know what's inside. He needs your help to figure it out. But whatever you do... DON'T SHAKE THE PRESENT! Hi, I'm Larry. This is my present. I REALLY want to open it, but I'm not allowed.

Remembrance of Things Present Nick Yablon,2019-06-12 Time capsules offer unexpected insights into how people view their own time, place, and culture, as well as their duties to future generations. Remembrance of Things Present traces the birth of this device to the Gilded Age, when growing urban volatility prompted doubts about how the period would be remembered—or if it would be remembered at all. Yablon details how diverse Americans - from presidents and mayors to advocates for the rights of women, blacks, and workers - constructed prospective memories of their present. They did so by contributing not just written testimony to time capsules but also sources that historians and archivists considered illegitimate, such as photographs, phonograph records, films, and everyday artifacts. By offering a direct line to posterity, time capsules stimulated various hopes for the future. Remembrance of Things Present delves into these treasure chests to unearth those forgotten futures.

Permanent Present Tense Suzanne Corkin,2013-05-15 In Permanent Present Tense Suzanne Corkin tells the incredible story of the amnesiac Henry Gustave Molaison - known only as H.M. until his death in 2008 - and what he taught medical science, neuroscience and the world. In 1953, at the age of twenty-seven, Molaison underwent an experimental psychosurgical procedure intended to alleviate his debilitating epilepsy. The outcome was devastating - when Molaison awoke he was unable to form new memories and for the rest of his life would be trapped in the moment. But Molaison's tragedy would prove a gift to humanity, illuminating functions and structures of the brain and revolutionizing the neuroscience of memory. His amnesia became a touchstone for memory impairment in other patients. For nearly five decades, distinguished neuroscientist Suzanne Corkin studied Molaison and oversaw his care. Her account of his life and legacy in Permanent Present Tense reveals an intelligent man who, despite his profound amnesia, was altruistic, friendly, open, and humorous. She explores how his case transformed an entire field, helping to address eternal questions. How do we store and retrieve memories? How do we know that there are different kinds of memory, controlled by different brain circuits? Is our identity bound up with remembering? If you can recall people or events for only a few seconds and cannot learn from the past or plan the future, can you still live a meaningful life? Permanent Present explores the astonishing complexity of the human brain with great clarity, sensitivity, and grace, showing how one man's story challenged our very notions of who we are. Suzanne Corkin is Professor of Behavioral Neuroscience and head of the Corkin Lab at MIT. The author of nine books, Corkin lives in Charlestown, Massachusetts. 'A fascinating account of perhaps the most important case study in the history of neuroscience, rich with implications for our understanding of the brain, our experience, and what it means to be human' Steven Pinker, author of 'How the Mind Works' and 'The Stuff of Thought' 'The best way to understand memory is to witness the ways it can disassemble. In this remarkable book, Suzanne Corkin gifts us with a rare insider's view, revealing how a man who could not remember his immediate past so profoundly influenced science's future' David Eagleman, neuroscientist and New York Times-bestselling author of 'Incognito: The Secret Lives of the Brain' 'Suzanne Corkin has written an enjoyable and sensitive story of H.M.'s life and what it has taught us about memory. Millions of patients have been the source of advances in science but few are celebrated as individuals. We learn through H.M. that 'Our brains are like hotels with eclectic arrays of guests-homes to different kinds of memory, each of which occupies its own suite of rooms' Philip A. Sharp, Institute Professor, Massachusetts Institute of Technology, and winner of the Nobel Prize in Physiology or Medicine 'Drawing on her unique investigations over more than four decades, neuroscientist Suzanne Corkin relates the fascinating story of how one severely amnesic man transformed our understanding of mind, brain, and memory' Howard Gardner, author of 'Multiple Intelligences'

Dreaming the Present Irvin J. Hunt,2022-02-22 This is a story of art and movement building at the limits of imagination. In their darkest hours, W. E. B. Du Bois, Ella Baker, George Schuyler, and Fannie Lou Hamer gathered hundreds across the United States and beyond to build vast, but forgotten, networks of mutual aid: farms, shops, schools, banks, daycares, homes, health clinics, and burial grounds. They called these spaces cooperatives, local challenges to global capital, where people pooled all they had to meet their needs. By reading their activism as an artistic practice, Irvin Hunt argues that their primary need was to free their movement from the logic of progress. From a remarkably diverse archive, Hunt extrapolates three new ways to describe the time of a movement: a continual beginning, a deliberate falling apart, and a simultaneity, a kind of all-at-once-ness. These temporalities reflect how a people maneuvered the law, reappropriated property, built autonomous communities, and fundamentally reimaged what a movement can be. Their movement was not the dream of a brighter day; it was the making of today out of the stuff of dreams. Hunt offers both an original account of Black mutual aid and, in a world of diminishing futures, a moving meditation on the possibilities of the present.

Present: Bestsellers in 2023 The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous compelling novels enthralling the hearts of readers worldwide. Lets delve into the realm of top-selling books, exploring the captivating narratives that have charmed audiences this year. Present : Colleen Hoover's "It Ends with Us" This touching tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover skillfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit

can triumph. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This spellbinding historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids absorbing storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens "Where the Crawdads Sing" This mesmerizing coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens weaves a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These popular novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of engaging stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a masterful and gripping novel that will keep you speculating until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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