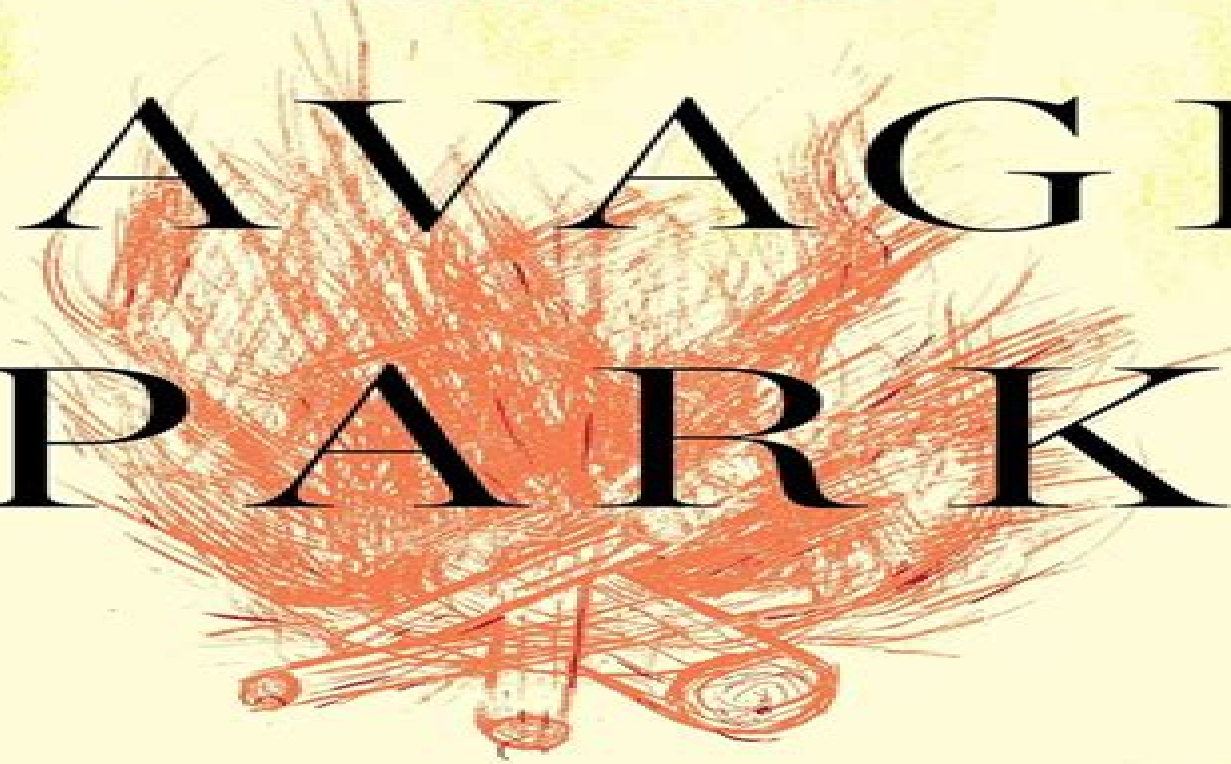


"A fascinating and daresay essential meditation on childhood, parenthood, and the importance of wild spaces for those wild creatures known as kids." — DAVE EGGERS

A MEDITATION
ON PLAY, SPACE, *and* RISK for
AMERICANS WHO ARE
NERVOUS, DISTRACTED, *and*
AFRAID TO DIE

SAVAGE PARK

A red ink-style illustration of a campfire with logs and a fire. The illustration is centered behind the title 'SAVAGE PARK'. It shows several logs stacked in a fire pit, with bright orange and red flames rising from them. The style is sketchy and expressive, resembling a child's drawing or a quick ink sketch.

Amy Fusselman

Online Savage Park Meditation Americans Distracted

Roman Wölfel



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Savage Park Amy Fusselman, 2015 Part memoir part manifesto this exploration of the underside of America's obsession with safety is prompted by the author's visit to a thrillingly alarming adventure playground in Tokyo How fully can the world be explored asks Amy Fusselman if you are also trying not to die On a visit to Tokyo with her family Fusselman stumbles on Hanegi playpark where children are sawing wood hammering nails stringing hammocks to trees building open fires When she returns to New York her conceptions of space risk and fear are completely changed Fusselman invites us along on her tightrope walking expeditions with Philippe Petit and late night adventures with the Tokyo park workers showing that when we deprive ourselves and our children of the experience of taking risks in space we make them less safe not more so *Savage Park* is a fresh poetic reconsideration of behaviors in our culture that in the guise of protecting us make us numb and encourage us to sleepwalk through our lives We babyproof our homes plug our ears to our devices while walking through the city What would happen if we exposed ourselves if like the children at Hanegi park we put ourselves in situations that require true vigilance Readers of Rebecca Solnit and Cheryl Strayed will delight in the revelations in *Savage Park*

Women in Clothes Sheila Heti, Heidi Julavits, Leanne Shapton, 2014-09-04 THE NEW YORK TIMES BESTSELLER *Women in Clothes* is a book unlike any other It is essentially a conversation among hundreds of women of all nationalities famous anonymous religious secular married single young old on the subject of clothing and how the garments we put on every day define and shape our lives It began with a survey The editors composed a list of more than fifty questions designed to prompt women to think more deeply about their personal style Writers activists and artists including Cindy Sherman Kim Gordon Kalpona Akter Sarah Nicole Prickett Tavi Gevinson Miranda July Roxane Gay Lena Dunham and Molly Ringwald answered these questions with photographs interviews personal testimonies and illustrations Even our most basic clothing choices can give us confidence show the connection between our appearance and our habits of mind express our values and our politics bond us with our friends or function as armor or disguise They are the tools we use to reinvent ourselves and to transform how others see us *Women in Clothes* embraces the complexity of women's style decisions revealing the sometimes funny sometimes strange always thoughtful impulses that influence our daily ritual of getting dressed

Best Life, 2007-11 *Best Life* magazine empowers men to continually improve their physical emotional and financial well being to better enjoy the most rewarding years of their life

Beyond Distraction Shaila Catherine, 2022-05-03 Learn how to overcome distraction in meditation practice and develop clarity in your relationships work and activities with this new guide from a beloved meditation teacher The mind can be a potent tool used to guide extraordinary achievements inspire good works and incline your spiritual path toward peace and awakening But the mind can also produce thoughts that lead to suffering For many people thoughts run rampant and seem to oppress or control their lives Even the Buddha tells us that before his enlightenment he sometimes found his mind preoccupied by thoughts connected with sensual desire ill will and harm But he

figured out how to respond to thoughts skillfully and developed a step by step approach to calm the restless mind Now Insight Meditation teacher Shaila Catherine offers an accessible approach to training the mind that is guided by the Buddha's pragmatic instructions on removing distracting thoughts Drawing on two scriptures in the Middle Length Discourses of the Buddha Shaila shows you how to overcome habitual modes of thinking develop deeper concentration and discover the insights into emptiness that are vital for a liberating spiritual path Following the Buddha's pragmatic approach Shaila guides you through five steps for overcoming distraction and focusing the mind

- 1 Replace unwholesome thoughts with wholesome thoughts For example if you find yourself thinking thoughts of ill will toward a person try thinking instead of their good qualities as an antidote
- 2 Examine the dangers of distracting thoughts Weigh the costs of allowing thoughts of ill will lust greed and so forth to obsess your mind The costs of dwelling on distracting thoughts nearly always outweigh any supposed benefits
- 3 Avoid it ignore it forget it Develop the skill to turn your attention away from habitual distractions Remove the fuel and let the fires of distraction die out
- 4 Investigate the causes of distraction By understanding the conditions that perpetuate habitual thoughts you can learn to free yourself from those patterns
- 5 Apply determination and resolve Supported by wisdom you can make a firm decision to stop dwelling on patterns of thought that are not supporting your deepest values and goals in life

Each chapter includes exercises and reflections to help you cultivate the five steps to deeper concentration You'll learn about your mind and develop your ability to direct your attention more skillfully in meditation and daily activities And ultimately you'll discover for yourself how these five steps boil down to one key realization In the moment you recognize that a thought is just a thought you will find yourself on the path to a life of remarkable freedom

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