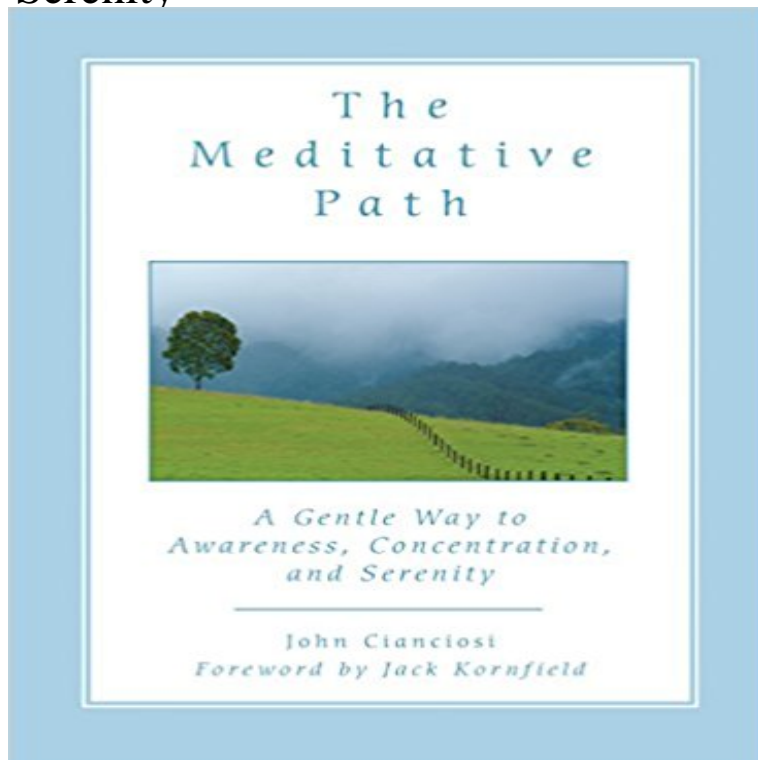


The Meditative Path: A Gentle Way to Awareness, Concentration, and Serenity



Once, the Mula Nasruden was searching the ground under a street lamp. Can I help? asked a friend. I lost my key in the house, said Nasruden. But then why look out here? Because the light is better in the street, came the reply. Nasruden is a great fool in Middle Eastern folklore. Only by turning on the light inside his house -- his inner psyche -- will he find the key. John Cianciosi shows us how to do just that. Directly from the heart, this practical, nonreligious book guides the reader of any faith to reduce stress, increase health, and achieve inner peace. It clearly explains the meditative process and offers very simple exercises to balance theory and practice. Each chapter includes Q&A sections based on the average readers experience and crafted from the authors twenty-four years of teaching, first as a Buddhist monk and now in lay life. Of all primers on meditation, this one excels in showing how to slow down life in the fast lane.

We've started our countdown to National Handbag Day on October 10, and that means we'll have special features for you every day, right up to the big event! Today, we're here to talk about the intersection of celebrity and accessories, and more specifically, how the two can become intertwined in public consciousness for years. The kinds of stars who carry a particular bag do a lot to shape the market's perception of it and the designer who created it, which is why so many brands give out free bags to stars now: they're hoping to create positive associations. In the cases you see below, though, things came along a little bit more naturally. You can't rush love, after all. Think of a bag-celeb duo we missed? Let us know in the comments!

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