

1. Record Nr.	UNINA9910150466603321
Autore	Pimsleur
Titolo	Pimsleur Arabic (Eastern) Level 2 Lessons 1-5 : Learn to Speak and Understand Eastern Arabic with Pimsleur Language Programs
Pubbl/distr/stampa	: Pimsleur (Simon & Schuster)
ISBN	1-4423-0657-2
Lingua di pubblicazione	Inglese
Formato	Musica
Livello bibliografico	Monografia
Sommario/riassunto	<p>The Pimsleur® Method: the easiest, fastest way to learn a new language. Completely portable, easily downloadable, and lots of fun. You'll be speaking and understanding in no time flat! Eastern Arabic Phase 2, Units 15 build on material taught in prior units. Each lesson provides 30 minutes of spoken language practice, with an introductory conversation, and new vocabulary and structures. Detailed instructions enable you to understand and participate in the conversation. Each lesson contains practice for vocabulary introduced in previous lessons. The emphasis is on pronunciation and comprehension, and on learning to speak Eastern Arabic.</p>

2. Record Nr.	UNINA9910150615803321
Autore	Pimsleur
Titolo	Pimsleur Ukrainian Level 1 Lessons 26-30 MP3 : Learn to Speak and Understand Ukrainian with Pimsleur Language Programs
Pubbl/distr/stampa	: Pimsleur (Simon & Schuster)
ISBN	1-4423-2450-3
Lingua di pubblicazione	Inglese
Formato	Musica
Livello bibliografico	Monografia
Sommario/riassunto	<p>The Pimsleur® Method: the easiest, fastest way to learn a new language. Completely portable, easily downloadable, and lots of fun. You'll be speaking and understanding in no time flat! Ukrainian Phase 1, Units 26-30 build on material taught in prior units. Each lesson provides 30 minutes of spoken language practice, with an introductory conversation, and new vocabulary and structures. Detailed instructions enable you to understand and participate in the conversation. Each lesson contains practice for vocabulary introduced in previous lessons. The emphasis is on pronunciation and comprehension, and on learning to speak Ukrainian. Reading Lessons are included at the end of Unit 30 to provide you with an introduction to reading the Ukrainian alphabet. These lessons, which total about one hour, are designed to teach you to sound out words with correct pronunciation and accent. A Reading Booklet to be used with the audio lessons is also included in PDF format.</p>

3. Record Nr.	UNINA9910154784803321
Autore	Hall Judy
Titolo	Crystal Mindfulness : Still Your Mind, Calm Your Thoughts and Focus Your Awareness with the Help of Crystals
Pubbl/distr/stampa	, : Watkins Media, , 2016 ©2016
ISBN	9781786780751 1786780755
Descrizione fisica	1 online resource (98 pages)
Disciplina	158.1
Soggetti	Mindfulness (Psychology) Crystals
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	Title -- Contents -- Introduction -- Crystal Calm -- How This Book Works -- What Is Mindfulness? -- How Crystals Help -- Using Your Crystals -- Caring for Crystals -- Part 1: Using Crystals for Mindfulness -- The Body -- The Mind -- Changing Old Patterns -- Your Emotions -- Spirit -- Your Space -- The Chakras -- Your Relationships -- Cutting Ties -- In the Workplace -- Part 2: A Directory of Crystals for Mindfulness -- Become Centred: Eye of the Storm (Judy's Jasper) -- Stay in the Present Moment: Charoite -- Recharge Your Sleep: Bloodstone -- Stay Grounded: Smoky Quartz -- Shut Off the Chattering Mind: Auralite 23 -- Let Go of the Past: Turquoise -- Repattern Your Story: Brandenberg Amethyst -- Find Stability: Agate -- Make Clear Decisions: Carnelian
Sommario/riassunto	Judy Hall's 'Crystal Mindfulness' explores the integration of crystal healing with mindfulness practices to achieve mental, emotional, and spiritual calmness. The book provides guidance on using crystals to enhance mindfulness, detailing how they can help anchor individuals in the present moment and improve well-being. The first part focuses on applying crystals to various aspects of life, such as emotions, relationships, and workspace, while the second part offers a directory of crystals and exercises for mindfulness. The author aims to make

mindfulness accessible by combining it with the tangible practice of crystal usage, targeting readers interested in alternative therapies and personal development.
