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| 1. Record Nr.           | UNISALENTO991003201469707536   |
| Autore                  | Hutchinson, G.O.   |
| Titolo                  | Hellenistic poetry / Hutchinson, G.O   |
| Pubbl/distr/stampa      | Oxford : Clarendon Press, 1988   |
| ISBN                    | 0198147481   |
| Descrizione fisica      | XII, 374 p. ; 22 cm.   |
| Collana                 | Clarendon Paperbacks   |
| Soggetti                | Asclepiade<br>Licofrone - Alessandra<br>Mitologia greca<br>Ovidio Nasone, Publio<br>Poesia ellenistica - Saggio critico<br>Studi letterari<br>Teocrito<br>Apollonio : Rodio Studio critico<br>Arato : di Soli<br>Callimaco<br>Catullo, Gaio Valerio<br>Apollonio : Rodio Studio critico<br>Arato : di Soli<br>Callimaco<br>Catullo, Gaio Valerio |
| Lingua di pubblicazione | Inglese  |
| Formato                 | Materiale a stampa   |
| Livello bibliografico   | Monografia   |

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| 2. Record Nr.           | UNINA9910162846603321  |
| Autore                  | Ferguson Gaylon  |
| Titolo                  | Natural Bravery : Fear and Fearlessness As a Direct Path of Awakening  |
| Pubbl/distr/stampa      | Boston : , : Shambhala, , 2016<br>©2016  |
| ISBN                    | 9780834802957<br>0834802953  |
| Descrizione fisica      | 1 online resource (261 pages)  |
| Classificazione         | REL007050REL007000   |
| Disciplina              | 294.3/5696<br>294.35696  |
| Soggetti                | Buddhism<br>Fear   |
| Lingua di pubblicazione | Inglese  |
| Formato                 | Materiale a stampa   |
| Livello bibliografico   | Monografia   |
| Nota di contenuto       | Title Page -- Copyright -- Contents -- Introduction -- Part One. From Fear of Oneself to Basic Fearlessness -- 1. Got Fear? -- 2. Innate Courage and Spontaneous Acts of Bravery -- 3. The Gift of Fear -- 4. Dignity and Making Friends with Ourselves -- 5. Fear and Materialism -- 6. Doubt and Fear -- 7. Fearlessness and the Meditation of Basic Goodness -- 8. Embodying Courage -- 9. The Dignity of Walking -- 10. Fearlessness and Inner Strength -- 11. Genuine Nourishment -- 12. Spacious as the Sky -- 13. Discovering the Energy of Bravery -- 14. Fear of Oneself in Relating to Others -- 15. On the Trampoline with Fear: Stepping beyond Inflation and Deflation -- 16. Turning Points -- 17. Turning Fear into an Ally -- 18. Contemplating Compassionate Motivation -- 19. True Trust -- 20. True Nature -- 21. Friendliness and Trust in the Heart -- 22. Fearlessness as a Way of Life -- Part Two. From Fear of Others to Fearless Compassion -- 23. Contemplating the Challenge of Others -- 24. Celebrating Kindness |
| Sommario/riassunto      | Gaylon Ferguson's 'Natural Bravery' explores the pervasive nature of fear in our lives and offers a path to overcoming it through traditional Buddhist teachings. The book emphasizes that the fears we often experience are largely self-created and can be unmade by recognizing our inherent fearlessness. Ferguson, a faculty member at Naropa   |

University and a senior teacher in the Shambhala International Buddhist community, draws on his extensive background in meditation and Buddhist philosophy to guide readers in utilizing natural bravery as a foundation for effective living and compassionate interaction with others. The book is intended for those seeking personal growth and spiritual awakening through understanding and transforming fear into a source of courage and compassion.

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