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的本質。尤迦南達也在多方面，努力揭示印度教與基督教的深層關聯，搭起東西方相互了解的橋樑；也創作了許多詩歌，讚頌造物主的偉大。他一生四處遊歷，遍訪奇人高僧。在印度創辦瑜伽學校時，結交了桂冠詩人泰戈爾；三零年代中期，他從美國回印度一趟，不只探望聖雄甘地，還拜訪了孟加拉的「歡喜之母」(Sri Anandamayi Ma)、「來自阿魯納佳那的聖人」拉瑪那(Ramana Maharshi)。此外，當時許多傑出人士都是他的信徒，如被他稱為「玫瑰花叢中的聖人」農業專家貝本(Luther Burbank)、「二十世紀最偉大的指揮家」史托科夫斯基(Leo Erdos)、「演唱家」加利庫爾奇(Amelita Galli-Curci)、「鋼琴家」山姆斯(Homer Samuels)、「詩人」馬海姆(Edwin Markham)、「柯達相機的發明者」伊士曼(George Eastman)。尤迦南達也是有史以來，第一位和美國總統會晤的印度僧人。其他名人如貓王(Elvis)、「披頭四樂團的喬治‧哈里森」、蘋果公司創辦人賈伯斯，也在尤迦南達的精神遺產中，發現生命與創作的啟發。一九五二年三月七日，尤迦南達在洛杉磯參加一場外交晚宴，晚宴最後，他談及美國和印度對人類的貢獻，期待未來有更多交流。根據在場的弟子描述，尤迦南達念了一首詩〈我的印度〉：「恆河、森林、喜馬拉雅山的巖穴、人夢著上帝——神的榮耀加被，我匍匐於那片草地。」語畢，便進入涅槃。尤迦南達的一生傳奇精彩。他肩負著使命，弘揚瑜伽，平衡人類的精神與物質文明，散播靈性的種子，他遺留下來的文字與生活典範，是後人無盡的寶藏。本書根據一九四六年出版的初版而翻譯，書中原文對照的若干處，也刻意保留原版的單字拼法。也願讀者諸君能感受到作者行願的心量，嗅出靈性生命綻放時的芬芳。譯者介紹 劉粹倫 獨立出版人,澐知道瑜伽師。
Standing meditation-Jeronimo Milo 2019-01-05 This book finally shed some light over simple issues that rarely get a straight answer when talking about practicing Qi Gong: Correct alignment of the spine during practice, achieving relaxation easily, clearing the mind from distracting thoughts, correct use of the diaphragm and the use of Standing still meditation to enhance your Martial Arts practice. This book will come handy not only for the martial artist or the athlete, is also directed to the lay person who can use the content of this book as a method for self-awareness and to improve his ability to stay focused. Standing meditation are one of the few rare physical activities in which energy is not spent but accumulated instead. The mere practice of Qi Gong naturally lead us to better comprehend the ways in which body, mind and Qi works. The knowledge shared in this book will definitely help you refine and position or posture used in any physical activity, either in sport, arts, combat or in daily life. - Foreword by Horacio Di Renzo and Mario Schwarz - 15 Tips and Testimonials from Qi Gong Masters and practitioners. - Postural techniques for Meditation, Breathing and relaxation. - Wu Chi, San Ti, Hug tree, partner work. - 192 pages - 134 photos. - 42 graphs and drawings.

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Anatomy: A Pressing Concern in Exercise Physiology-Tommy Boone 2017-04-20 Anatomy: A Pressing Concern in Exercise Physiology is a thorough analysis of the importance of anatomy in exercise physiology courses. It presents a series of topics that cover key concept and terms in anatomy, muscle physiology, kinesiology, the use of imagery in anatomy, physical flexibility and the conventional study of cadavers. Readers of the book will receive reliable anatomical knowledge, well-researched cadaver information as well as information about good, useless, and dangerous exercises. Readers will essentially be equipped to supervise exercise training designed to be safe while providing a greater range of physical motion. Anatomy: A Pressing Concern in Exercise Physiology serves as a textbook for exercise physiologists in training and as a handbook for healthcare professionals involved in the physical training or rehabilitation of clients or patients.
The Comparative Anatomy of the Domesticated Animals-Auguste Chauveau 1873
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Anatomy-Henry Gray 1877

設計心理学- 2003 作者在本書中用诙谐的手笔,深入的分析,阐明了以人为本的至上设计原则:应该让用户一目了然地知道如何去操作,应该让消费者享受乐趣而不是饱受挫折,并说明优秀的设计可以通过消费者的行为,在市场竞争中发挥至关重要的作用。

The Anatomy and Physiology of the Human Body-John Bell 1827
Practical anatomy-William Thomas Eckley 1899
Human Anatomy-Jones Quain 1849
System, 4th Edition, by Edith Applegate, this study guide helps you learn and review basic A&P concepts. Each chapter emphasizes medical terminology with a set of key terms, word parts, clinical terms, and abbreviations, and then adds a variety of fun-filled learning exercises, review questions, a quiz, and a word puzzle. The study guide corresponds to the textbook chapter for chapter. Chapter learning objectives help you focus on the most important material. Key concepts are defined on the first page of each chapter in the workbook. Learning exercises for each chapter include short answer, matching, and diagrams to label and color. Self-quizzes allow you to measure your progress and understanding. Fun and Games features end each chapter with a variety of engaging puzzles covering words and concepts. A chapter summary provides a brief review of each chapter. A chapter review provides questions for reinforcement and review of the concepts in each chapter.

Grant's Atlas of Anatomy-A. M. R. Agur 2009 Renowned for its accuracy, pedagogy, and clinical relevance, this classic anatomy atlas is updated and features such improvements as updated artwork, more vital tissues colors, new conceptual diagrams, vibrantly re-colored illustrations, and a more consistent art style.

Anatomy, descriptive and surgical-Henry Gray 1878
Human Anatomy and Physiology-Dr. Nilesh Shaligramji wagh Welcome to the book of human anatomy and physiology. We created this textbook with the several goals in mind: accessibility, customization and student engagement in helping students reach a high level of academic in simplest way. We observed that student had difficulties in understanding the complex language and reading a big bulky textbook for their limited syllabus. They required a book that was simple and easy to follow.

Clinically Oriented Anatomy-Keith L. Moore 2013-02-13 "Clinically Oriented Anatomy provides first-year medical students with the clinically oriented anatomical information as it relates to the practice of medicine, dentistry, and physical therapy. The 7th edition features a fully revised art program to ensure consistency and cohesiveness of imaging style"--Provided by publisher.

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