

Wabi Sabi Artists 2017

Living apart from his girlfriend Gabriela, from whom he seems to have grown gradually distant, university lecturer Samuel is shaken from his humdrum existence when he receives an anonymous postcard from Japan depicting a porcelain figurine of a cat and the words “wabi-sabi”, followed by the unexpected visit at work of a girl trying to identify the language of a strange, haunting song. This sets Samuel on a quest that will take him to the Land of the Rising Sun, not only to discover the meaning of the cryptic message, which may hold the key to some of his unanswered questions, but also to find enlightenment, a new equilibrium and a reappraisal of the small joys of life. Written with Miralles's trademark quirkiness, wit and lightness of touch, Wabi-Sabi will delight the many fans of his internationally best-selling novel *Love in Small Letters*.

Wabi Sabi, a little cat in Kyoto, Japan, had never thought much about her name until friends visiting from another land asked her owner what it meant. At last, the master Says, "That's hard to explain." And That is all she says. This unsatisfying answer sets Wabi Sabi on a journey to uncover the meaning of her name, and on the way discovers what wabi sabi is: a Japanese philosophy of seeing beauty in simplicity, the ordinary, and the imperfect. Using spare text and haiku, Mark Reibstein weaves an extraordinary story about finding real beauty in unexpected places. Caldecott Medal-winning artist Ed Young complements the lyrical text with breathtaking collages. Together, they illustrate the unique world view that is wabi sabi. A New York Times Best Illustrated Children's Book for 2008!

This anthology collects writings by established and new writers associated with Kyoto. The contents range widely from fiction to non-fiction: an extract from a novel, a short story, and a fantasy; articles on child-rearing, ceramics, the tokonoma, and the spirit of rocks; contemporary free verse, poetry with a Taoist flavor, and new translations of Basho. Also included are three winning entries from the Writers in Kyoto Competition, and two longer pieces about that giant of Japanology, Lafcadio Hearn, who continues to cast a shadow more than a hundred years after his death. Rounding out the anthology is an essay by Alex Kerr, leading commentator on present-day Japan, together with illustrations by award-winning designer, John Einarsen.

“An antidote to the veneer of perfectionism so often presented by books of its kind, *Wabi-Sabi Welcome* offers readers license to slow down and host guests with humility, intention, and contentment.” —Nathan Williams, founder of Kinfolk *Wabi-Sabi Welcome* is sharing a pot of tea with friends. It is preparing delicious food to nourish, not to show off. It's keeping a basket of cozy slippers at the door for guests. It is well-worn linens, bouquets of foraged branches, mismatched silverware, and heirloom bowls infused with the spirit of meals served with love. In this lush entertaining manual, author Julie Pointer Adams invites readers into artful, easygoing homes around the world—in Denmark, California, France, Italy, and Japan—and teaches us how to turn the generous act of getting together into the deeper art of being together. In this book, readers will find: unexpected, thoughtful ideas and recipes from around the world; tips for creating an intimate, welcoming environment; guidelines for choosing enduring, natural decor for the home; and inspiring photographs from homes where wabi-sabi is woven into daily living.

In a globalizing and expanding world, the need for research centered on analysis, representation, and management of landscape components has become critical. By providing development strategies that promote resilient relations, this book promotes more sustainable and cultural approaches for territorial construction. The Handbook of Research on Methods and Tools for Assessing Cultural Landscape Adaptation provides emerging research on the cultural relationships between a community and the ecological system in which they live. This book highlights important topics such as adaptive strategies, ecosystem services, and operative methods that explore the expanding aspects of territorial transformation in response to human activities. This publication is an important resource for academicians, graduate students, engineers, and researchers seeking a comprehensive collection of research focused on the social and ecological components in territory development.

This book presents a critical and aesthetic defence of “non-place” as an act of cultural reclamation. Through the restorative properties of photography, it re-conceptualises the cultural significance of non-place. The non-place is often referred to as “wasteland”, and is usually avoided. The sites investigated in this book are located where access and ownership are often ambiguous or in dispute; they are places of cultural forgetting. Drawing on the author’s own photographic research-led practice, as well as material from photographers such as Ed Ruscha, Joel Sternfeld and Richard Misrach, this study employs a deliberately allusive intertextuality to offer a unique insight into the contested notions surrounding landscape representation. Ultimately, it argues that the non-place has the potential to reveal a version of England that raises questions about identity, loss, memory, landscape valorisation, and, perhaps most importantly, how we are to arrive at a more meaningful place.

The aesthetics of imperfection emphasises spontaneity, disruption, process and energy over formal perfection and is often ignored by many commentators or seen only in improvisation. This comprehensive collection is the first time imperfection has been explored across all kinds of musical performance, whether improvisation or interpretation of compositions. Covering music, visual art, dance, comedy, architecture and design, it addresses the meaning, experience, and value of improvisation and spontaneous creation across different artistic media. A distinctive feature of the volume is that it brings together contributions from theoreticians and practitioners, presenting a wider range of perspectives on the issues involved. Contributors look at performance and practice across Western and non-Western musical, artistic and craft forms. Composers and non-performing artists offer a perspective on what is 'imperfect' or improvisatory within their work, contributing further dimensions to the discourse. The Aesthetics of Imperfection in Music and the Arts features 39 chapters organised into eight sections and written by a diverse group of scholars and performers. They consider divergent definitions of aesthetics, employing both 18th-century philosophy and more recent socially and historically situated conceptions making this an essential, up-to-date resource for anyone working on either side of the perfection-imperfection debate.

An in-depth exploration spanning 800 years of the art, essence, and enduring impact of the Japanese garden. The most comprehensive exploration of the art of the Japanese garden published to date, this book covers more than eight centuries of the history of this important genre. Author and garden designer Sophie Walker brings fresh insight to this subject, exploring the

Japanese garden in detail through a series of essays and with 100 featured gardens, ranging from ancient Shinto shrines to imperial gardens and contemporary Zen designs. Leading artists, architects, and other cultural practitioners offer personal perspectives in newly commissioned essays.

Be the best imperfect person you can be! Wabi Sabi is the Japanese Zen philosophy that all things are imperfect, unfinished and impermanent. It is a fresh way of seeing and moving through the world when our lives, literally and figuratively, feel cluttered. This book shows us how to apply this concept in the context of daily life and offers ideas on how to see it, embrace it and incorporate it into everyday thoughts, objects and situations. In a simple and accessible style, Wabi Sabi: The Wisdom in Imperfection shows you how embracing imperfections and impermanence frees you to become a better person, by reevaluating what "better" means—what really matters and what you truly want. A few simple challenges and exercises encourage you to get creative—such as a Wabi Sabi diary, a haiku exercise and a "make art" challenge—plus some tips on minimizing and decluttering (mentally and physically) for a simpler life. It allows you to mindfully make space in your head, home and with your time. In the foreword, Hector Garcia—the bestselling author of *Ikigai: The Japanese Secret to a Long and Happy Life*—introduces readers to the Wabi Sabi aesthetic and shares his personal Wabi Sabi journey: from being asked about it on live TV fifteen years ago (before he knew what it was) to today, when it permeates every aspect of his life.

Bamboo is present in nearly every aspect of traditional Japanese life, yet Japanese bamboo art, with its refined beauty and technical sophistication, has been little known in the West until recent years. This publication provides an overdue introduction to these exquisite works, which represent a cultural tradition stretching back hundreds of years. The works illustrated and discussed are exceptional for their broad representation of many notable bamboo masters, and highlight key stages in the modern history of Japanese bamboo art. p.p1 {margin: 0.0px 0.0px 0.0px 0.0px; font: 14.0px Verdana}

Professional practice is increasingly becoming more complex, demanding, dynamic and diverse. This important and original new book considers how self-study using arts-based methods can enable purposeful reflection toward understanding and envisioning professional practice. Ideally for visual arts practitioners on all levels, this book presents a self-study model grounded in compelling research that highlights arts-based methods for examining four areas of professional practice: professional identities, work cultures, change and transitions and envisioning new pathways. Chapters address the components of the self-study model, artistic methods and materials, and strategies for interpreting self-study written and visual outcomes with the aim of goal setting. Each chapter includes visuals, references and end-of-chapter prompts to engage readers in critical and visual reflection. Appendices offer resources and guidelines for creating and assessing self-study outcomes. The fluctuating nature of professional practice necessitates the pursuit of discernment and clarity that can be achieved through an ongoing reflective practice. Self-study is a systematic and flexible methodology for purposeful reflection on professional practice that embraces dialogic, interpretive, rhizomatic and visual inquiry. Self-study can occur at any level of practice and in the context of work-related professional development, formal study or as a self-initiated inquiry. An arts-based self-study model for visual arts practitioners is explored and focuses on four intersectional components shaping professional practice: professional identities, work cultures and communities, transition and change within professional practice and envisioning new pathways for professional practice. The self-study model is grounded in contemporary theory and practice and compelling research and embraces robust strategies for understanding the complexities of professional practice that can include dual, multiple, overlapping, hybrid and conflicting professional identities, tensions within work cultures

and unexpected changes within professional practice. Each chapter focuses on a component of the self-study model and an area of professional practice concluding with references and end-of-chapter prompts that are aimed to facilitate critical reflection-on-practice and the creation of written and visual responses. With visual arts practitioners in mind, various arts-based methods for self-study are discussed that highlight visual journaling as a key method for engaging in self-study. Interpretive research methods are discussed to guide readers in understanding the phases and processes for interpreting written and visual self-study outcomes. Processes are outlined to help readers determine key insights, themes, issues and questions from their self-study outcomes and how to use them in formulating new questions and articulating new professional goals. Several levels for interpretation are presented to offer readers options relative to their professional needs and aims. Throughout the text, charts and visuals serve to summarize and visualize key chapter points. Images by visual arts practitioners appear throughout the text and represent a wide range of artistic media, methods and approaches appropriate for self-study. The appendices provide additional resources for enhanced understanding of chapter concepts and key terms, guidelines and rubrics for writing reflections and creating visual responses, and using a visual journal in the self-study process. Primary readership will be visual arts practitioners at all levels. Ideal for university level graduate courses or as a guide for individuals and small groups of practitioners who seek to engage in arts-based self-study as professional development.

In recent decades the previously assumed dominance within the international art world of western(ized) conceptions of aesthetic modernity has been challenged by a critically becalming diversification of cultural outlooks widely referred to as 'contemporaneity'. Contributing to that diversification are assertions within mainland China of essential differences between Chinese and western art. In response to the critical impasse posed by contemporaneity, Paul Gladston charts a historical relay of mutually formative interactions between the artworlds of China and the West as part of a new transcultural theory of artistic criticality. Informed by deconstructivism as well as syncretic Confucianism, Gladston extends this theory to a reading of the work of the artist Zhang Peili and his involvement with the Hangzhou-based art group, the Pond Association (Chi she). Revealed is a critical aesthetic productively resistant to any single interpretative viewpoint, including those of Chinese exceptionalism and the supposed immanence of deconstructivist uncertainty. Addressing art in and from the People's Republic of China as a significant aspect of post-West contemporaneity, Gladston provides a new critical understanding of what it means to be 'contemporary' and the profound changes taking place in the art world today.

Wang Guangyi, one of the stars of the new wave of Chinese art, has artistically addressed major philosophical trends in Western philosophy while drawing on Taoism, Marxism and Maoism. By bringing together a team of experts in the philosophy of art to discuss his work, *The Philosophy and Art of Wang Guangyi* presents the first philosophical exploration of Wang's art, his thought and his analysis of Chinese society. From his use of words in images to his reference to the classics of Western painting, contributors set Wang's work against key questions in contemporary art. As well as answering what makes the language of pop art successful, they examine whether art and its history have come to an end, as Hegel posited, and if it is possible or even necessary to rework a new narrative for the history of contemporary art. *The Philosophy and Art of Wang Guangyi* marks an important contribution to understanding the background, work and ideas of a 21st-century political artist outside the West.

This book constitutes the refereed proceedings of the 7th International Conference on Distributed, Ambient and Pervasive Interactions, DAPI 2019, held as part of the 21st International Conference on Human-Computer Interaction, HCII 2019, in Orlando, Florida, USA, in July 2019. A total of 1274 papers and 209 posters have been accepted for publication in the HCII 2019 proceedings from a total of 5029 submissions. The

36 papers included in this volume were organized in topical sections on IoT and big data; smart cities and built environments; perception and emotion in DAPI; and DAPI for health and learning.

Gaps and the Creation of Ideas: An Artist's Book is a portrait of the space between things, whether they be neurons, quotations, comic-book frames, or fragments in a collage. This twenty-year project is an artist's book that juxtaposes quotations and images from hundreds of artists and writers with the author's own thoughts. Using Adobe InDesign® for composition and layout, the author has structured the book to show analogies among disparate texts and images. There have always been gaps, but a focus on the space between things is virtually synonymous with modernity. Often characterized as a break, modernity is a story of gaps. Around 1900, many independent strands of gap thought and experience interacted and interwove more intricately. Atoms, textiles, theories, women, Jews, collage, poetry, patchwork, and music figure prominently in these strands. The gap is a ubiquitous phenomenon that crosses the boundaries of neuroscience, rabbinic thinking, modern literary criticism, art, popular culture, and the structure of matter. This book explores many subjects, but it is ultimately a work of art.

Social psychology is the scientific study of how the thoughts, feelings, and behaviors of individuals are influenced by the actual, imagined, and implied presence of others. In this definition, scientific refers to the empirical investigation using the scientific method, while the terms thoughts, feelings, and behaviors refer to the psychological variables that can be measured in humans. Moreover, the notion that the presence of others may be imagined or implied suggests that humans are malleable to social influences even when alone, such as when watching videos or quietly appreciating art. In such situations, people can be influenced to follow internalized cultural norms. Social psychology deals with social influence, social perception, and social interaction. The research in this field deals with what shapes our attitudes and how we develop prejudice. The Handbook of Research on Applied Social Psychology in Multiculturalism explores social psychology within the context of multiculturalism and the way society deals with cultural diversity at national and community levels. It will cover major topics of social psychology such as group behavior, social perception, leadership, non-verbal behavior, conformity, aggression, and prejudice. This book will deal with social psychology with a direct focus on how different cultures can coexist peacefully by preserving, respecting, and even encouraging cultural diversity, along with a focus on the psychology that is hindering these efforts. This book is essential for researchers in social psychology and the social sciences, activists, psychologists, practitioners, researchers, academicians, and students interested in how social psychology interacts with multiculturalism.

Research Through, With and As Storying explores how Indigenous and non-Indigenous scholars can engage with storying as a tool that disassembles conventions of research. The authors explore the concept of storying across different cultures, times and places, and discuss principles of storying and storying research, considering Indigenous, feminist and critical theory standpoints. Through the book, Phillips and Bunda provide an invitation to locate storying as a valuable ontological, epistemological and methodological contribution to the academy across disciplines, arguing that storying research gives voice to the marginalised in the academy. Providing rich and interesting coverage of the approaches to the field of storying research from Aboriginal and white Australian perspectives, this text seeks to enable a profound understanding of the significance of stories and storying. This book will prove valuable for scholars, students and practitioners who seek to develop alternate and creative contributions to the production of knowledge.

"How can sites of waste disposal be marked to prevent contamination in the future? The United States government addressed this challenge in planning for nuclear waste repositories. Consulting with experts in imagining future scenarios, in language and communication, and in

anthropology, the Department of Energy sought to develop plans that would satisfy demands from the Environmental Protection Agency for a marker system that would be effective long into the future. Expert consultants proposed two very different designs: one based on archaeological sites recognized as cultural heritage monuments; the other proposing that certain forms invoke universal feelings. The Department of Energy opted for a design based on archaeological ruins, cited as proof human-made markers could last and communicate warnings for thousands of years. This book explores the common sense assumptions the experts made about their archaeological models, and shows how they are contradicted by what archaeologists understand about these places and things. The book alternates between discussions of archaeological marker designs and reflections on the alternative proposal based on archetypes intended to arouse universal responses. Recognizing these archetype designs as similar in scale and form to Land Art projects, it compares the way government experts proposed their designs would work with views of modern artists and critics. Drawing on views of indigenous people who disproportionately are asked to accommodate such projects, the book explores concessions within the project that only oral transmission is likely to ensure such sites remain identifiable long into the future"--

A follow-up book to the classic Wabi-Sabi: for Artists, Designers, Poets & Philosophers.

Personal data is increasingly important in our lives. We use personal data to quantify our behaviour, through health apps or for 'personal branding' and we are also increasingly forced to part with our data to access services. With the proliferation of embedded sensors, the built environment is playing a key role in this developing use of data, even though this remains relatively hidden. Buildings are sites for the capture of personal data. This data is used to adapt buildings to people's behaviour, and increasingly, organisations use this data to understand how buildings are occupied and how communities develop within them. A whole host of technical, practical, social and ethical challenges emerge from this still developing area across interior, architectural and urban design, and many open questions remain. This book makes a contribution to this on-going discourse by bringing together a community of researchers interested in personal informatics and the design of interactive buildings and environments. The book's aim is to foster critical discussion about the future role of personal data in interactions with the built environment. People, Personal Data and the Built Environment is ideal for researchers and practitioners interested in Architecture, Computer Science and Human Building Interaction.

The Constructed Other argues that the assumed otherness of Japanese architecture has made it both a testbed for Western architectural theories and a source of inspiration for Western designers. The book traces three recurring themes in Western accounts of Japanese architecture from the reopening of Japan in the mid-nineteenth century to the present day: a wish to see Western architectural theories reflected in Japanese buildings; efforts to integrate elements of Japanese architecture into Western buildings; and a desire to connect contemporary Japanese architecture with Japanese tradition. It is suggested that, together, these narratives have had the effect of creating what amounts to a mythical version of Japanese architecture, often at odds with historical fact, but which has exercised a powerful influence on the development of building design internationally.

Wabi Sabi The Japanese Art of Impermanence Tuttle Publishing

Are you inspired by the little things, the bits others might overlook? A crack in the sidewalk? The trunk of a fallen tree? Shards of broken pottery? Do you want your artwork to speak to the abstract nature of color, and shape and texture, composition and mood? With Wabi-Sabi Art Workshop, you'll learn to use your appreciation for the simple things in life--the ordinary, the aged, the humble--as your inspiration for making expressive, intuitive art. You will come to embrace imperfection and recognize that, yes, in fact, there is such a thing as a happy

accident! The wabi-sabi philosophy of art is probably a little different from what you're used to--it's a style that finds inspiration and beauty in the imperfect, impermanent and humble nature of everyday objects. And there is a special freedom in wabi-sabi's abstract aesthetic, a forgiving approach that celebrates so-called mistakes and fosters an experimental spirit, encouraging you to build up and tear back with abandon. Inside Wabi-Sabi Art Workshop You'll Find: • Dozens of inspiration photos and tips for taking your own. • 27 traditional haikus. • 35 techniques using such diverse media as oil and acrylic paints, alcohol inkers, foils and leaf, pastels, plaster, collage and handmade papers, teabags, paper towels, coffee, crayons, encaustic paints, fibers and more. • Lots of Wabi-Sabi Wisdom--tips and troubleshooting. • 70 big, beautiful finished pieces of art illustrating featured techniques. • Links to online bonus content--step-by-step demonstrations illustrating six additional techniques. Add Wabi-Sabi Art Workshop to your artistic library and expand your artistic horizons today!

""Crammed with practical ideas, inspirational images & creative exercises, Conscious Creativity leads the reader through the process of establishing what kind of creative you are..." - Mslexia "The purpose of this book is to enable you to look at things in an alternative and more substantial way, so that you arrive at composition through genuine interest." - Juno magazine "Philippa Stanton is passionate about people connecting to their innate creativity and has distilled these incredible techniques and ideas on how we can tap into that. Philippa is a massively successful Instagrammer at @5ftinf and yet she is only too aware how these little two dimensional squares can limit our experiences and restrict our creativity, so it's not without a little irony that she's written a book to encourage people to step away from their screens and connect more with the 3D world. It's a fascinating subject and I wholeheartedly recommend the book for anyone who's working in the creative industry or is curious about the world around them." - Sophie Robinson (DIY SOS, the Great British Interior Design Challenge, This Morning) How often do you notice the texture of a painted wall or the scent of a friend's house and, importantly, how they make you feel? Connect your observations and your emotions and transform your creative practice with this essential toolbox packed full of exercises, tips, stunning images and personal experiences from dynamic artist Philippa Stanton. There is creativity in all of us, but it can easily be buried beneath our everyday concerns, or need a spark to bring it back to life. Whether you've lost your mojo or just need some fresh ideas, artist and photographer Philippa Stanton's lively guide will stimulate your imagination and reinvigorate your creative life. Conscious Creativity will help you fully appreciate what is around you, opening all your senses to the beauty you may not notice every day, and showing you how to capture it. Simple, engaging exercises that encourage observation and experimentation will give you an insight into your own aesthetics as you take a conscious step to note the colours, shapes, shadows, sounds and textures that fill your world and how they make you feel. Bursting with practical ideas and inspirational images, Conscious Creativity shows you how to unlock your potential, learn to use your natural curiosity and take a leap into the most creative time of your life.

In Intercultural Mirrors: Dynamic Reconstruction of Identity, the authors suggest that the view of us held by culturally different people provides an essential key to self-understanding and identity remodelling. The book aims at analysing intercultural experiences on a deeper level.

Sure to be a classic, Donald Richie's concise, profound insights into the mysteries of Japanese

This book explores the contributions of psychological, neuroscientific and philosophical perspectives to the design of contemporary cities. Pursuing an innovative and multidisciplinary approach, it addresses the need to re-launch knowledge and creativity as major cultural and institutional bases of human communities. Dwelling is a form of knowledge and re-invention of reality that involves

both the tangible dimension of physical places and their mental representation. Findings in the neuroscientific field are increasingly opening stimulating perspectives on the design of spaces, and highlight how our ability to understand other people is strongly related to our corporeity. The first part of the book focuses on the contributions of various disciplines that deal with the spatial dimension, and explores the dovetailing roles that science and art can play from a multidisciplinary perspective. In turn, the second part formulates proposals on how to promote greater integration between the aesthetic and cultural dimension in spatial design. Given its scope, the book will benefit all scholars, academics and practitioners who are involved in the process of planning, designing and building places, and will foster an international exchange of research, case studies, and theoretical reflections to confront the challenges of designing conscious places and enable the development of communities.

An argument for a design philosophy of better, not more. Never have we wanted, owned, and wasted so much stuff. Our consumptive path through modern life leaves a wake of social and ecological destruction--sneakers worn only once, bicycles barely even ridden, and forgotten smartphones languishing in drawers. By what perverse alchemy do our newest, coolest things so readily transform into meaningless junk? In *Meaningful Stuff*, Jonathan Chapman investigates why we throw away things that still work, and shows how we can design products, services, and systems that last. Obsolescence is an economically driven design decision--a plan to hasten a product's functional or psychological undesirability. Many electronic devices, for example, are intentionally impossible to dismantle for repair or recycling, their brief use-career proceeding inexorably to a landfill. A sustainable design specialist who serves as a consultant to global businesses and governmental organizations, Chapman calls for the decoupling of economic activity from mindless material consumption and shows how to do it. Chapman shares his vision for an "experience heavy, material light" design sensibility. This vital and timely new design philosophy reveals how meaning emerges from designed encounters between people and things, explores ways to increase the quality and longevity of our relationships with objects and the systems behind them, and ultimately demonstrates why design can--and must--lead the transition to a sustainable future.

Death and Garden Narratives in Literature, Art and Film: Song of Death in Paradise explores the combination of two motifs, death and gardens, to show how the two subjects are intertwined and used in various media and cultural contexts. Using cultural, literary, film, and art history theories, the contributors analyze various death and garden sceneries in literary works by Arthur Machen, Agatha Christie, J.K. Rowling, as well as in superhero comics, films, and cultural and art contexts such as Ian Hamilton Finley's "Little Sparta," the poetic verses from the Karoo Desert National Botanical Garden in South Africa, and the Australian wilderness.

In its diversity of perspectives, *The Unfinished Atomic Bomb: Shadows and Reflections* is testament to the ways in which contemplations of the A-bomb are endlessly shifting, rarely fixed on the same point or perspective. The compilation of this book is significant in this regard, offering Japanese, American, Australian, and European perspectives. In doing so, the essays here represent a complex series of interpretations of the bombing of Hiroshima, and its implications both for history, and for the present

day. From Kuznick's extensive biographical account of the Hiroshima bomb pilot, Paul Tibbets, and contentious questions about the moral and strategic efficacy of dropping the A-bomb and how that has resonated through time, to Jacobs' reflections on the different ways in which Hiroshima and its memorialization are experienced today, each chapter considers how this moment in time emerges, persistently, in public and cultural consciousness. The discussions here are often difficult, sometimes controversial, and at times oppositional, reflecting the characteristics of A-bomb scholarship more broadly. The aim is to explore the various ways in which Hiroshima is remembered, but also to consider the ongoing legacy and impact of atomic warfare, the reverberations of which remain powerfully felt.

Developed out of the aesthetic philosophy of cha-no-yu (the tea ceremony) in fifteenth-century Japan, wabi sabi is an aesthetic that finds beauty in things imperfect, impermanent, and incomplete. Taken from the Japanese words wabi, which translates to less is more, and sabi, which means attentive melancholy, wabi sabi refers to an awareness of the transient nature of earthly things and a corresponding pleasure in the things that bear the mark of this impermanence. As much a state of mind—an awareness of the things around us and an acceptance of our surroundings—as it is a design style, wabi sabi begs us to appreciate the simple beauty in life—a chipped vase, a quiet rainy day, the impermanence of all things. Presenting itself as an alternative to today's fast-paced, mass-produced, neon-lighted world, wabi sabi reminds us to slow down and take comfort in the simple, natural beauty around us. In addition to presenting the philosophy of wabi-sabi, this book includes how-to design advice—so that a transformation of body, mind, and home can emerge. Chapters include: History: The Development of Wabi Sabi Culture: Wabi Sabi and the Japanese Character Art: Defining Aesthetics Design: Creating Expressions with Wabi Sabi Materials Spirit: The Universal Spirit of Wabi Sabi

Power is the critical ingredient and the missing link in women's struggle for equality. Although there have been giant steps towards gender parity, there are still barriers to overcome. This book is an action-based guide that demonstrates in specific and systematic ways how to replicate the successes of women who have effectively wielded and kept power. Through interviews, various women in high-ranking government, administrative and business roles share their journeys and influences, and how they developed the competencies and foundational traits to influence others. The author proposes the application of a new power construct--the WomenPower Paradigm--which rejects traditional Machiavellian concepts of power in favor of strategies such as honesty, trust, and mentoring.

'A truly transformative read' Sunday Times STYLE 'More than ever, we need books like this' Jessica Seaton, Co-Founder of Toast and author of Gather, Cook, Feast A whole new way of looking at the world - and your life - inspired by centuries-old Japanese wisdom. Wabi sabi ("wah-bi sah-bi") is a captivating concept from Japanese aesthetics, which helps us to see beauty in imperfection, appreciate simplicity and accept the transient nature of all things. With roots in zen and the way of tea, the timeless wisdom of wabi sabi is more relevant than ever for modern life, as we search for new ways to approach life's challenges and seek meaning beyond materialism. Wabi sabi is a refreshing antidote to our fast-paced, consumption-driven world, which will encourage you to slow down, reconnect with nature, and be gentler on yourself. It will help

