

**Eastern Wisdom, Modern Life:
Collected Talks 1960-1969**
By Alan Watts

Reviewed by Matthew Goodman

Before Deepak Chopra, before Jack Kornfield, there was Alan Watts, one of the founding fathers of Eastern thinking in the West, and this compendium of his most beloved talks is considered a fine example of Eastern philosophies filtered through a Western soul. From basic of questions like, “What is Zen?” to the more complex issues of “democracy in the kingdom of heaven,” Watts speaks directly to the spiritually attuned as well as the novice reader.

Born 1915 in England, Watts studied under Zen scholar D.T. Suzuki, and by the age of 21 had already published his classic, *The Spirit of Zen*. By the early 1960s, Watts had settled in California, where he became a popular radio host and celebrity guru, ultimately becoming what *The New York Times* described as “perhaps the foremost Western interpreter of Eastern thought for the modern world.” Sadly, this contemporary of Jack Kerouac and Allen Ginsberg left his physical body in 1973, but the best of his talks live on in this informative and well-written collection, complete with a heartfelt foreword by Mark Watts.

New World Library - \$15.95



**True Green: 100 Everyday Ways You Can
Contribute to a Healthier Planet**
By Kim McKay and Jenny Bonnin

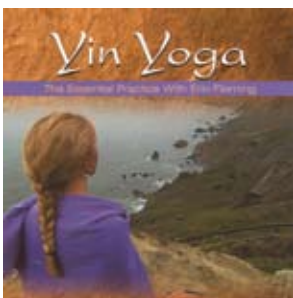
Reviewed by Nancy Nazarian

Caring for the Earth and wishing for a more sustainable lifestyle can be a daunting task. From melting icecaps, dependency on fossil fuels, to disruption of wildlife, the issues of global warming can leave you perplexed or overwhelmed. True Green: 100 Everyday Ways You Can Contribute to a Healthier Planet, will firmly wash away your confusion and succinctly map out effective methods of sustainable changes.

on decisions such as choosing organic paint for the home and selecting indigenous plants for the garden. Using ceramic coffee mugs has never felt so profound, while buying used feels growingly hip and funky.

Relying in their practical experience with Australia’s grassroots environmental movement Clean Up the World, McKay and Bonnin present the most basic environmentally conscious actions to achieve a globally common goal of breathing fresh air. Now online, the True Green Collection from National Geographic offers a range of environmentally friendly items to purchase, raising funds in support of Clean Up the World. Though these steps are simple, some will surprise you, while others will inspire, but not a single one will leave you feeling helpless.

National Geographic - \$19.95



**Yin Yoga: The Essential Practice
With Erin Fleming**

Reviewed by Desiree Lanz

Erin Fleming presents the art of Yin Yoga, which focuses on breath and long-held stretching, as a perfect balance to a muscularly engaging Yang practice. Using clear instruction, thoughtful sequencing and appealing audio, these passive poses help soften the joints of the hips, spine and lower back.

creating space and reducing tension. Also, when the activity of the brain is limited to one simple task, the mind settles. We are then able to tap into our inner voice by being attentive to the present moment rather than the perceived goal.

A fitting complement to Erin’s compassionate tone and graceful transitions, Ben Leinbach’s music is relaxing yet interesting, maintaining serenity while also introducing engaging tempos. As a whole, *Yin Yoga: The Essential Practice with Erin Fleming* aims to help us navigate and distill what sometimes feels like “the mud of our bodies” to achieve greater freedom and peace.

Old Bull Music - \$22