

The Mindful Dragon A Dragon About Mindfulness

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Mindfulness Meditation and The Art of Reiki - Steve Robert Gooch 2022-07-29

Beyond the concept of energy healing, the system of Reiki was engineered as a powerful spiritual development practice built on the bedrock of mindfulness meditation. Unpacking the esoteric Buddhist heart of the practice, this book will guide you to a more fulfilling, healthy and spiritually dynamic life by showing you how to approach the system from a mindfulness perspective. New information and insights into the methods, mechanics and philosophy of Reiki make this an essential read for anyone interested in the system's original purpose. As Reiki comes under increasing scrutiny over its health-supportive characteristics, now is the time to shine a light on its symbiotic relationship with mindfulness practice in helping to alleviate the suffering of the human condition.

Desiring Dragons - Kevan Manwaring 2014-05-30

Author of *The Hobbit*, JRR Tolkien, talked of 'desiring dragons'; that he would prefer 'a wilderness of dragons' to the bleak territory of the unimaginative critic. The genre of Fantasy (including Science Fiction and its various sub-genres in TV, film & computer games) has never been more popular. This book seeks to examine why this might be and why so many are tempted to write Fantasy fiction. Tolkien suggested how 'consolation' is an important criteria of the Fairy Tale: we look at how writing Fantasy can be consoling in itself, as well as a portal to Fantastic Realms for the reader. Along the way famous dragons of myth, legend and fiction will

be encountered - from Grendel to Smaug. The riddles of dragons will be tackled and their hoard unlocked.

Achtsamkeit für Dummies - Shamash Alidina 2021-04-27

Sind Sie müde, gestresst, antriebslos oder ständig unter Strom? Leiden Sie unter Bluthochdruck, Depressionen oder chronischen Schmerzen? Dann helfen Ihnen Achtsamkeitsmeditationen dabei, störende Gedanken loszulassen und gelassener zu werden. Die Wirkung von Achtsamkeitsübungen ist wissenschaftlich bewiesen: Sie werden dadurch ruhiger, selbstbewusster und können sich von unrealistischen Erwartungen an sich selbst befreien. Shamash Alidina zeigt Ihnen leicht durchzuführende Übungen für ein glückliches und gesundes Leben, die Sie auch als Download zum Buch finden.

What is Mindfulness? - Tamara Russell 2017-05-16

Due to the recent widespread media coverage on the far-reaching health benefits of mindfulness, misconceptions about the practice have become common as it has moved from spiritual to secular realms. So what is the reality? And how can this one thing have such a dramatic impact on so many people, in so many areas of their lives? This book aims to demystify the confusions that often get in the way of mindfulness training, and help readers get to grip with it in a way they can put to optimal use in their daily lives. After an insightful introduction about why the subject of mindfulness is so worth exploring, each chapter then addresses a key question: What

does mindfulness really mean and what are its benefits? Where does it come from and how has it developed through the years? How can I get the most from it? What are the key tools to develop it? And finally, what are the future possibilities for society as a whole with mindfulness? As such, this book brings readers on an exploratory journey through the fascinating world of mindfulness, giving us a deeper understanding of what it means to live mindfully, revealing the depth of its capacity to enhance our everyday lives, and in turn helping us lead more connected, aware and contented lives.

The Dragon's Familiar - Lawrence J. Cohen
2008-09

BOY OF THE PROPHECY Twelve-year-old Cory Avalon was just another kid lost in Brooklyn's childcare system. He had no idea he was born with the gift of magic until the day he stood too close to that demonic mirror in an abandoned building, and fell through the shadowy veil into the enchanted world of Abydonne. Recognized as a rare magus, Cory is quickly apprenticed to the king's royal wizard, Math the Ancient, to learn how to control his natural talents before they overwhelm him. However, Cory's power grows too quickly for even his master to contend with. In three short months, the boy learns how to hurl magical lightning, erect shields, turn invisible, and even how to fly. After Cory summons a young golden dragon for his familiar, Math confides in his brother wizard Ilmarinen, and in a shaking voice, whispers the words "archwizard" and "boy of the prophecy." Why does Master Math think Cory can defeat the evil Asmodeus in his stronghold of Abyollydd, and why is he being sent to learn from the mysterious enchanter Vainamoinen, who lives in an enchanted fortress, floating in the clouds? Based upon rich Welsh and Finnish mythology, the author weaves a complex and beautifully crafted tale which can only be called the Fifth Branch of the Mabinogion.

Dragon Slayer: The Complete Chronicles - Paul H. Trembling
2014-08-06

IN THIS WORLD, THERE IS NO SAINT GEORGE! When Rimsey Stolworth is chosen to the annual sacrifice to appease the village dragon, she knows that there's no one coming to help her. The only things that will keep her from

the dragon's belly are her own courage, wit, and a book about dragons. For most people, that would be a death sentence. For Rimsey, it's the start of a career. **Dragon Slayer: The Complete Chronicles** is made up of 13 linked short stories. Full of action and adventure, they follow Rimsey as she learns to kill the most dangerous predators ever - dragons!

Zähme deinen wütenden Drachen - Steve Herman
2020-03-12

Bring deinem Drachen bei, geduldig zu sein. Eine süße Kindergeschichte über Gefühle und Wutbeherrschung

Mindfulness and the 12 Steps - Thérèse Jacobs-Stewart
2010-05-20

A fresh resource to help those in recovery from addiction find their own spiritual path through the Buddhist practice of mindfulness. For those of us in recovery, **Mindfulness and the 12 Steps** offers a fresh approach to developing our own spiritual path through the Buddhist practice of mindfulness, or bringing one's awareness to focus on the present moment. We can revisit each of the Twelve Steps, exploring the interplay of ideas between mindfulness and Twelve Step traditions--from the idea of living "one day at a time" to the emphasis on prayer and meditation--and learn to incorporate mindfulness into our path toward lifelong sobriety. Through reflections, questions for inquiry, and stories from Buddhist teachers and others who practice mindfulness in recovery, **Mindfulness and the 12 Steps** will help us awaken new thinking and insights into what it means to live fully--body, mind, and spirit--in the here and now.

Unleash the Dragon Within - Steven Macramalla, Ph.D.
2019-08-27

Discover your Animal archetype to transform your martial arts practice and improve your physical, emotional, and sexual health. A cognitive psychologist and respected martial art instructor brings to life the Animals of Ch'ien-lung, and how to live the martial art philosophy--on and off the mat! This martial art belongs to everyone, not just for self-defense but as a force for healing. Keen on detail, big in scope, **Unleash the Dragon Within** shows how to tap into the Cat and Snake aspects of your mind and body. When you combine the movement, breath and meditation of a Cat with a Snake you create the Dragon, bringing all you are to your athletic

performance, spiritual practices and even your sexual relationships.

Althar - Der Kristall-Drache - Joachim Wolfram
2016-07-15

Althar stellt sich als ein Kristall-Drache vor und wirft ein Licht auf die Rolle der Drachen in der größeren Realität. Er erläutert sehr anschaulich, warum die letzten Schritte beim Hinausgehen über die menschlichen Begrenzungen so herausfordernd sind und bietet seine Einsichten an, diese zu meistern. Dabei macht er Ausführungen zum Lichtkörper und betont insbesondere die Notwendigkeit, den Emotionalkörper aufzulösen. Darüber hinaus spricht Althar über die Essenz von Energie und er charakterisiert die Engelsfamilie Uriel.

Schließlich geht er auf Die dritte Runde der Schöpfung" ein, welche er als den Traum hinter dem Traum vom Erwachen bezeichnet und lädt den Leser ein, sich für diese größere Vision der Existenz zu öffnen. Inhalt: 1. Einleitung; 2. Der Drache des Mitgefühls; 3. Ein Botschafter der Schöpfung; 4. Ich bin Althar; 5. Sehen durch die Augen des Drachen; 6. Über den Lichtkörper; 7. Mehr über den Lichtkörper; 8. Das Auflösen des Emotionalkörpers; 9. Der Verstand und der Emotionalkörper; 10. Das Ende des begrenzten Menschen; 11. Die Essenz von Energie; 12. Die Familie von Uriel; 13. Das Prinzip des Aufstiegs; 14. Mehr über Drachen und Kristall-Drachen; 15. Die dritte Runde der Schöpfung; 16. Eine Anmerkung vom wahren Selbst

Dragon Power Games - Shelley Munro
2022-11-27

The Complete Dragon Isles series. If you can't take the heat, avoid dragons. Liza, a single mother and aspiring writer, glimpses the unbelievable during a research trip, and when she awakens after the resulting car crash, she isn't in England any longer. Thus starts the Dragon Isles series... If you enjoy fake marriage romances, curvy heroines, fire-breathing dragons, aerial battles, dungeons, castles, mystery, mayhem, magic, and skullduggery, you will like this series. Contains four books: Liza Cherry Rena Sasha

My Prayer Journal for Boys with My Mindful Dragon - Isabella Williams 2018-07-07

My Prayer Journal For Boys With My Mindful Dragon: My Kid's Prayer Journal, Gratitude Journal for Boys, My Prayer Journal For Kids,

Bible Study Journal For Kids, Christian Workbook For Kids, Devotional Journal For Kids, Daily Gratitude Journal For Kids, Good Days With Gratitude, Praise, Worship, 100 Days This Journal will help your kids to praise, worship, gratitude, serenity and bible study in daily life. Besides, there are Today's bible verse, Note & reflection, I am grateful for..., and I am praying for..., My happiness scale format to create great relationship with God. This journal is simply and cute designs for kids. It is a perfect gift. With 100 days of pages This Journal Contains: - Premium matte cover design - Perfectly sized at 8" x 10" - Printed on high quality cream paper - Christian Workbook, Prayer Journal with 100 days of pages

The Legend of Dragon's Doom: A Young Warrior's Vow - R. S. Revels 2009-08-23

The tale of a young man grown tired of the loss of life due to repeated attacks on his home by a rogue dragon. He takes a vow to slay the beast and sets out on an amazing journey of discovery of just how strong and brave he is. A discover of the truth behind the secrets and legends of Dragon's Doom.

The Mindful Dragon - Steve Herman 2018-04-30
A Dragon Book about Mindfulness. Teach Your Dragon To Be Mindful. A Cute Children Story to Teach Kids about Mindfulness, Focus and Peace.
The Yellow Dragon - Robert A.V. Jacobs
2018-12-28

Erun Oncant, the ordinary son of ordinary parents, lived in Cardoney. That is, until chosen by a dying dragon to be the rider for her unhatched daughter. As he took the sword from her dying body, it became instilled with magical powers, and all that remained of her flowed into it. The egg hatched into the first ever yellow dragon, a colour never seen before and only talked about in legend, and with the help of Princess Lelia from the Kingdom of Vanticor, he cared for her, as she grew to full size. Her name, inherited from her mother, became Corella. Tensions between surrounding Kingdoms had developed into all out war under the influence of a wizard of immense power. All feared that Cardoney would be next. Erun and Corella forged an inseparable bond, and together, they set out to foil the evil machinations of the wizard and restore peace to the world.

Alles Gute zum Geburtstag, Drache! - Steve

Herman 2020-04-02

Einen Drachen als Haustier zu haben ist ein riesen Spaß. Man kann seinem Drachen Kunststücke beibringen, wie sitz, platz oder sich rum zu rollen und man kann ihm sogar beibringen, aufs Töpfchen zu gehen. Was aber, wenn dein Drachen Geburtstag hat, was macht man dann? Man schmeißt ihm eine Geburtstagsfeier! Und wie macht man das? In diesem Buch steht, wie es gemacht wird!! Das perfekte Geburtstagsgeschenk für Kinder! Kaufen Sie dieses Buch noch heute und viel Spaß damit

Dragons - Pamela Wharton Blanpied 1996

Dragons: what they are, where they originate, their impact on the future of man -and what to do if one lands on your roof.

Dragons - Ricardo Chévere 2009-12-16

Sorcerers, wizards, and witches use magic for evil; but, as long as there are dragons in the world, there will be champions ready to stand against them. Borys knows little of such matters, but he does have a faint memory that seems to suggest that dragons are to blame for the death of his parents. He yearns to know more about these creatures, and in his quest for answers, he comes across a mystical craft that takes him down the abominable path of magic. Hell now learn more than he ever bargained for about these elusive creatures. And hell also discover terrible things he can do with his newfound powers. Alanna almost drowns at her fathers marina. She lives only because David jumps in the water after her, even though he doesnt know how to swim. David becomes a local hero, but Alanna cannot understand why she survived. Now, shes back in town seeking answers. Heroes and villains alike are about to discover that nothing touched by magic remains unchanged, especially in a world of sorcerers, wizards, witches, and Dragons.

Mindfulness in the Classroom - Thomas Armstrong 2019-07-18

In today's schools, students and teachers feel unprecedented—even alarming—levels of stress. How can we create calmer classrooms in which students concentrate better and feel more positive about themselves and others? Author Thomas Armstrong offers a compelling answer in the form of mindfulness, a secular practice he defines as the intentional focus of one's attention

on the present moment in a nonjudgmental way. In *Mindfulness in the Classroom*, Armstrong - Explains how mindfulness affects the structure and function of the brain. - Provides an overview of mindfulness as both a personal practice and a classroom methodology that aligns with such educational models as Social and Emotional Learning (SEL), Positive Behavioral Intervention and Supports (PBIS), and Universal Design for Learning (UDL). - Shares and explains the extensive research that shows the positive effects of mindfulness practices in the classroom. - Describes how to adapt mindfulness for different grade levels, integrate it into regular school subjects, and implement it schoolwide. - Offers guidelines for teaching mindfulness responsibly, without religious overtones. Dozens of observations from teachers, students, researchers, and practitioners provide striking evidence of the power of mindfulness and offer hope to anyone who wants to make classrooms more productive places of learning.

Der kleine Hobbit - John R. R. Tolkien

Mindfulness and Acceptance in Couple and Family Therapy - Diane R. Gehart 2012-03-30

This book reviews the research and philosophical foundations for using mindfulness, acceptance, and Buddhist psychology in couple and family therapy. It also provides a detailed and practical approach for putting these ideas into action in the therapy room, including a mindful approach to therapeutic relationships, case conceptualization, treatment planning, teaching meditation, and intervention.

City of Thieves (Battle Dragons #1) - Alex London 2021-09-21

In a modern mega-city built around dragons, one boy gets caught up in the world of underground dragon battles and a high-stakes gang war that could tear his family apart. Once, dragons nearly drove themselves to extinction. But in the city of Drakopolis, humans domesticated them centuries ago. Now dragons haul the city's cargo, taxi its bustling people between skyscrapers, and advertise its wares in bright, neon displays. Most famously of all, the dragons battle. Different breeds take to the skies in nighttime bouts between the infamous kins—criminal gangs who rule through violence

and intimidation. Abel has always loved dragons, but after a disastrous showing in his dragon rider's exam, he's destined never to fly one himself. All that changes the night his sister appears at his window, entrusting him with a secret...and a stolen dragon. Turns out, his big sister is a dragon thief! Too bad his older brother is a rising star in Drakopolis law enforcement... To protect his friends and his family, Abel must partner with the stolen beast, riding in kin battles and keeping more secrets than a dragon has scales. When everyone wants him fighting on their side, can Abel figure out what's worth fighting for?

How to Live with Dragons - Caroline Mitchell 2022-10-11

A complete guide to finding and working with your personal dragons for healing, empowerment and adventure from Caroline Mitchell, bestselling creator of the Dragon Path Oracle Cards. How to Live with Dragons is the book Caroline Mitchell, the "Original Dragon Lady", wishes she had when she began her dragon journey. Encapsulating two decades of working with dragon energy, it is a complete guide to finding and working with your personal dragons for healing, empowerment and adventure. Packed full of journaling activities and prompts for reflection, meditations, visualisation guidance and author tips, it will help readers contact, communicate with and learn from dragons in day-to-day life, avoiding the pitfalls Caroline herself encountered. It also shows how readers can become, like the dragons themselves, spiritual warriors of the Earth. Featuring many of the same dragons from Caroline's bestselling Dragon Path Oracle Cards, this book can be used as a companion to the deck or enjoyed as a standalone guide to living and working with dragons.

Dragon's Keep - Jessica Marting 2022-04-26
Antarctica is no place for a human. Civilization is no place for a dragon. A solo dirigible trip to Antarctica should have been within Arabella Greaves's abilities until a winter storm takes down her vessel, leaving her stranded. She's the only human for thousands of miles in every direction... except for Dr. Xavier Kinnon. As an exiled paleontologist and the world's only dragon shifter, Xavier keeps himself away from the rest of the world for its own safety.

Antarctica is his, along with everything else in it. Including the beautiful pilot that's fallen out of the sky.

Dragons - Diana Cooper 2018-10-16

The first book of its kind on dragon spirituality, by world-renowned bestselling author on ascension and Atlantis, Diana Cooper. Dragons are returning to Earth now to prepare us for the Golden Age - and to help you ascend to the Light! Dragons are celestial beings from the angel realms who have been sent here by Source to assist and protect us. They have been serving our planet since its inception and work with the angels in service for the highest good. In this book, world-renowned ascension and Atlantis expert Diana Cooper shares incredibly detailed and practical knowledge about the dragons and how they can support us. You'll discover: * the history of dragons on Earth, how they came to be here and their mission for humanity * the air, earth, fire and water dragons, and how they act as personal companions * the higher frequency and galactic dragons and the wisdom they bring * how to meet your personal dragon guide and how it can help you on your ascension path Through the visualizations and exercises in this book, you'll learn how to attune to dragon frequencies and expand your consciousness. All you have to do is ask - and watch how the dragons co-operate with the angels to fulfil your soul's deepest desires!

Dragons for Beginners - Shawn MacKenzie 2012-11-08

Welcome to Dragon Country! Here Dragonfire sears the grass and the wind dances with Dragon-song. Here you'll find true Dragons, real flesh-and-blood creatures that are as fiercely alive and majestic as they were thousands of years ago. • Learn about the three true species: Eastern, Western, and Feathered • Explore how Dragons evolved and the various types of pseudo-dragons • Study the science of Dragons: size, diet, temperament, habitat, and more • Discover how Dragons impact religion, art, literature, and occult studies • Find out how to safely interact with Dragons This essential, comprehensive introduction to Dragons is filled with what everyone must know about these extraordinary creatures. Whether a casual dracophile or a dedicated Dragon keeper, come explore what Dragons have to teach us about the

world and our-selves. Discover how, with care and devotion, you can help save them from extinction.

Ming called Taoist priest - Rupert Abraham 2022-03-04

Here, the intelligent race that controls a large area can be promoted to the lower race of mortal blood, and the one who owns ten large areas as the clan is the middle race of mortal blood, and if you want to be promoted to the upper race of mortal blood, you must become the master of a world. That is, the Lord of the Eastern Profound Realm

Smiling Tiger, Hidden Dragon - John Ng 2012

White Dragon - Leanne Marshall 2019-03-06

Nakoda is the son of Tanner, the lead guardian to King Palladin of the Kingdom of Castlewellan. The kingdoms surrounding his beloved homeland are slowly being conquered by the Dark Warriors and Dark Dragons. The evil Ashen and Dagon want to spread the dreadful darkness that renders its victims as hopeless slaves. But King Palladin holds onto hope from a centuries-old prophecy. Nakoda's life is about the change when he stumbles upon the impossible in the woods near his family's cottage. He must protect his amazing discovery at all costs. As the journey unfolds, Nakoda finds out there are many secrets in the Kingdom of Castlewellan, secrets kept for centuries. Nakoda must conquer his anger and prejudice while he learns the real meaning of friendship, loyalty, and hope.

An Unexpected Journal: Dragons - Adam L. Brackin 2022-06-06

Dragons: History, Myths, and Legends Greedy, wicked, vengeful, powerful. Dragons occupy a powerful position in cultural imaginations across the world and across the years. From C.S.

Lewis's boy who almost deserved to be named Eustace Clarence Scrubb to the Hydra of Greek mythology, these creatures Contributors:

"Dragonish Thoughts in Our Hearts: Dragons as Mirrors of the Human": Junius Johnson on Our Internal Tension "Desolation": Donald Catchings on Joining the Fight and "Violence of Fire," a short story on a coming conflict. Excerpt from The Chaos Spiral: Adam Brackin on Dragons in the Bible "Wangerin and Wyrn": Christine Norvell on a Great and Cosmic Evil "A Tale of Two Dragons: Reflections on Corruption,

Conviction, Grace, and Sacrament": Melissa Cain Travis on a Restoration of Humanity "The Cardinal": Jacqueline Wilson with a poem on a Loss of Humanity "Grathugar": George Scondras with a short story on a Glory-Seeking Knight "St George and the Dragon: Inspiration and Identity": W.H.G. Kingston on the Heroic Knight "Lewis's Dragons and Materialism: A Reflection on Eustace Scrubb and Other Dragons": Clark Weidner on the Need for Imagination "Hercules and the Hydra": Alex Markos on a Christian Retelling "Dragons, Snakes and Demons: A Medieval and Biblical Bestiary for Modern Minds": Ted W. Wright on Dragons of History. "Job and His Dragon": Carla Alvarez on the Problem of Evil "The Forbidden Fountain": A short story by Azalea Dabill on a Dragon's Poison "Nella Sua Voluntade": Elizabeth Martin on Challenging Dragonish Archetypes "Kazuo Ishiguro's The Buried Giant: The Dragon of False Memory": Tracey Leary on Reconciliation An Excerpt from Dragonslayer: Beginnings: Carey Green on Courage "The Dragon's Demise: Experiencing Apocalypse": Jesse W. Baker on the Relevance of Revelation .Cover Art Our cover illustration was created by Chilean artist, apologist, and physician Virginia de la Lastra. Summer 2022 Volume 5, Issue 2 2r0 pages

Il drago consapevole - Steve Herman 2020-03-17

Un libro sui draghi e la consapevolezza. Insegna al tuo drago ad essere consapevole. Una simpatica storia per bambini, per educarli alla consapevolezza, alla concentrazione e alla serenità.

El Dragón Consciente - Steve Herman 2019-12-12

(The Mindful Dragon) Un libro de dragones sobre la conciencia plena. Un adorable cuento infantil para enseñar a los niños sobre la conciencia plena, el enfoque y la paz.

Dragon Wine Volume Two - Donna Maree Hanson 2018-05-30

Taking Care Bearded Dragon As Pets: From Their Diet to Their Health - Burton Woodrow 2014-10-05

I design this book for beginners bearded dragon guide so you can provide the best possible care. I didn't write every little detail about bearded dragon because that would just confuse

beginners like you. Instead I just cut to the chase and only wrote the important stuffs. Inside you'll learn: -what a bearded dragon is -how to buy a good bearded dragon -what to do if you're nervous in touching and holding your bearded dragon -the proper bearded dragon diet -feeding guidelines for insects and worms -another feeding guidelines for vegetables/plant matter - how to hydrate your bearded dragon properly - how to accessorize terrarium -and many more If you already have bearded dragon for years, this book is not for you. But if you never have bearded dragon as pet, this is your guide. This book will uncover a whole new world as pet owner.

Dragon Isles: Cherry - Shelley Munro 2020
Love is a mystery, but dragons are real. Cherry is gutted when her friend Liza disappears, presumed drowned. She has no time to mourn, however, since she must keep Liza's daughter safe from Liza's ex. Cherry sneaks away to Holy Island, where she meets a big, sexy, tattooed man washed up on the beach. A big, sexy, deluded man since he insists he's a dragon. Accused of a crime he didn't commit, Martinos has escaped the dungeon only to wash up on the mainland. Returning to the Dragon Isles is not his most immediate problem, though, since his dragon is bound, and he cannot shift. Unlucky in love, Cherry is surprised when Martinos returns her growing lust and camaraderie. While the man has a flawed mind, he's excellent with Liza's daughter and not one of Cherry's internal alarms ping. With Martinos, her life is stimulating, and she's falling for him. Then, everything she thought she understood about dragons pops like a balloon, and her real adventure begins. You will love this second book in the Dragon Isles trilogy because it introduces a courageous and curvy human, a sexy dragon suffering through hell through no fault of his own, and an unfamiliar world full of mystery, magic, and mayhem. Plus one or two dragon-caused incidents when tempers race out of control.

The Dragon Prince - Andrea K. Vizenor 2013
A journey to Kelting to see the court and be presented to the Queen: What more could a girl ask for? When Alyssa's dearest wish comes true, her lifelong admiration of the Queen is shaken when she finds that the Queen has usurped the

throne through an orgy of murder and sorcery. When Alyssa and her mother are courted by the Queen for some unknown purpose, Alyssa is plunged into a web of treachery and deceit with danger on all sides. Can Cousin Matthew and the mysterious and detestable Lord Fleet save her when her girlhood dreams become a nightmare? While Cousin Matthew and his small band of intrepid friends prepare a rebellion against the Queen, Alyssa must embark on a desperate search for a crown prince who vanished before her birth, braving dragons and other dangers in the wild in order to fulfill her quest.

Dragon's Revenge - Debi Ennis Binder
2019-05-28

Powerful Ring-Witches, Mayra and Wolfe have fled their kingdom with the dragons they rescued, accompanied by their witch-warrior friends. But once they reach the dragon's icy homeland, they find an empty Aerie. Where are the female dragons and their younglings? Barely do the witches have time to rest before they are winging their way to rescue the stolen dragons. But the dragons are keeping a secret from Mayra and Wolfe, and the witches quickly find themselves trapped in a vast system of caverns with Hagan, an evil, fanatical dragon. Having found a powerful talisman so horrifying that Mayra can scarcely believe it, Hagan knows he has the upper claw, and Mayra is running out of time. The female dragons and their tiny offspring will be killed unless Mayra permits Hagan to collect his terrible treasure from its hiding place. But if she doesn't wrest the talisman from Hagan before he can use it, he will take control of all the dragons. Can Mayra and Wolfe rescue the dragons—large and small—and find the talisman before all that the mighty dragons hold dearest to them is destroyed? Mayra and Wolfe once battled with dragons at their sides and easily won against humans. But they know the tides have turned; Hagan is a wielder of dark dragon magic. And he dares the humans to battle him—the most savagely horrific dragon ever hatched—a dragon that even other dragons fear.

Der achtsame Drache - Steve Herman
2020-03-19

Ein Drachen Buch über Achtsamkeit. Bringe deinem Drachen Achtsamkeit bei. Eine süße Geschichte, die Kindern Achtsamkeit, Konzentration und Frieden näherbringt.

Dragongift - Becca Lusher

Aquila has fallen and the Rift Riders are homeless. Freshly settled in the heart of the Overworld, the kaz-naghkt are more dangerous than ever, especially when united with their pirate allies. Scattered and divided, the Riders are desperate to reclaim their home - but first they need help. After fleeing into the Greater West, Mhysra, Lyrai and their friends are sent south to the kingdom of Havia to plead for aid. But the land also borders the magical Storm Wash on the very edge of the Dragonlands, and soon the Riders have more to worry about than kaz-naghkt and unfriendly kings. Back at Aquila, Lord Yullik sits high in his tower of triumph, but little does he know of the troubles that wait in the shadows. The Dragongifted are waking - and the Overworld will never be the same again.

Feed the Tiger, Free the Dragon - Gillian Harper
2022-09-20

Has your partner become your everything? That's probably not a good thing. In many modern relationships, our partners have become our everything—best friend, lover, career mentor, co-parent, gym buddy, fellow food critic, and TV-binge-watching-partner. And if you were in a relationship during the pandemic, you did literally everything together. All. Day. Long. The further we go down this road, the more our relationships start to feel (and taste) like a lukewarm bowl of porridge. No salt. No sugar. No delicious apple-berry granola crumble. Just a

plain old bowl of oats served up three times a day. And sure, oats are reasonably nutritious, but they are also really boring. After spending so much time together we have, like magnets, rubbed up against each other for so long that we have completely lost the powerful energy and sexual attraction we once had. But you don't need to settle for a life devoid of desire and passion. It's time to stop settling. So put down that sad little spoon and stop eating that gruel. It's time to feel your sharp teeth, your claws, and the fire in your chest. In *Feed the Tiger*, *Free the Dragon*, you will learn to create more excitement and sexual tension in your relationship through the practice of polarity. The natural law of polarity states that people with opposite sexual energy produce an attractive force between them, while people with the same energy produce a neutral or repulsive force. In other words, opposites attract. And the larger the energy distance between two people, the greater the attraction. Using the narrative of her broken marriage as a guide, Harper teaches us how to master the principles of polarity and how to embrace our inner Tiger or inner Dragon. By understanding and embracing your authentic uniqueness and learning to counterintuitively push away from your partner, you will find more love, lust, pleasure, freedom, and respect. Yes, that's a lot. But isn't it time to start living the most fulfilled version of our lives? It's time to find our happiness.