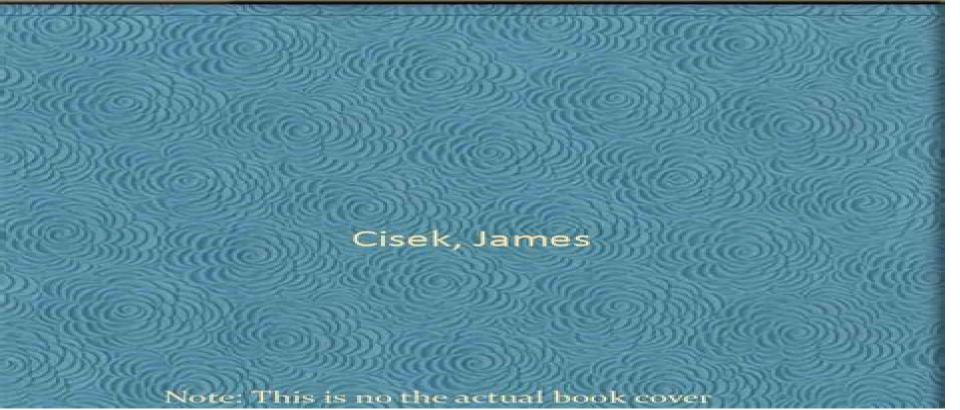
# Loosening Up: Getting Rid of Those Uptight Feelings



# **Loosening Up Getting Rid Of Those Uptight Feelings**

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of the Freedom Summer campaign organized by the Student Non Violent Coordinating Committee Brimming with the reminiscences of the Freedom Summer veterans the book captures the varied motives that compelled them to make the journey south the terror that came with the explosions of violence the camaraderie and conflicts they experienced among themselves and their assorted feelings about the lessons they learned **Cosmic Xing** Kor Gable, 2010-03-05 This may be one of the strangest books youll ever read A veritable smorgasbord of food for the soul it covers a mind boggling array of topics as its author artfully blends science art history culture philosophy technology geology archaeology psychology theology mysticism and quantum physics to elegantly paint a larger picture of who we are where we came from and where we are going The book opens with a collection of short stories mysteries that are sure to make you go Hmmm and progressively moves into the central theme shamanism and why it may be our last hope to save ourselves and this planet Kor Gable re veals some of shamanisms best kept secrets unknown and mysterious quantum principles that explain miracles and magic It climaxes with Kor sharing his own shamanic initiation and the revelation of a greater Vision of what this New Millennium is about if we can pass the final test and survive our own folly That is the Cosmic Xing Despite the seriousness of the subject the book is easy reading thanks to Kor Gables simple and entertaining style It is full of light and love Once you start read ing it you wont want to stop Chasing Endless Summer V.C. Andrews, 2024-02-13 A young girl trapped in a labyrinthine mansion may finally get the family she longs for when her estranged father reappears in her life in this new novel from the world of the 1 New York Times bestselling author of the Flowers in the Attic and Landry series now popular Lifetime movies After the tragic death of her mother and a long period of isolation under the thumb of a cruel grandfather young Caroline Bryer has little to hope for in her life in the foreboding Southerland mansion Her only companion her enigmatic cousin Simon may be a wolf in sheep's clothing and is not to be trusted But when Caroline's estranged father suddenly resurfaces with news of a new wife and stepchildren in Hawaii that she ll finally be allowed to visit Caroline dares to hope for a new normal life Desperate for her father's love Caroline will do anything to stay in this new home But her troublesome stepsister has other plans and Caroline cannot tell who to trust and who to run from Will her new stepbrother and stepsister be a light in her dark life or will they blot out the last slivers of sun forever Jack's Life: A Biography of Jack Nicholson Patrick McGilligan, 1996-02-17 Volatile Jack Nicholson has found the perfect biographer in Patrick McGilligan who gives us a rich absorbing portrait of one of the greatest movie stars ever Patricia Bosworth No male American film star of the post Brando era has demonstrated the talent the charisma the larger than life audacity and the string of screen triumphs of Jack Nicholson In Jack's Life Patrick McGilligan one of our finest film historians has produced the definitive biography of this most private and public of stars from his tangled Dickensian upbringing in New Jersey his formative years as an actor and screenwriter his near accidental breakthrough to stardom in Easy Rider and his string of great roles in Chinatown Five Easy Pieces One Flew Over the Cuckoo's Nest The Last Detail The Shining and other films that mark him as a searching complex

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