



Maasai Days

Virginia Morell



Maasai Days:

Maasai Days Cheryl Bentsen, Cheryl Bensten, 1991 The author recounts her experiences with the Maasai people while living in Kenya from 1980 to 1986 *Maasai Days* Cheryl Bentsen, 1990-01 **Time is Cows: Timeless Wisdom of the Maasai** Tanya Pergola Ph.D., 2014-08-24 When American sociologist and wellness expert Tanya Pergola first visited Tanzania and Maasailand she became startlingly aware that she was in a place and with people who could teach her something profound She sensed that lodged within the colorful and beautiful rituals and ceremonies of the indigenous Maasai people were gems of wisdom that could be harvested and shared as antidotes for our increasingly complex stressful and often enigmatic modern lives Dr Pergola undertook a ten year apprenticeship with Maasai traditional healers led by her guide Lekoko Ole Sululu in exchange for implementing sustainable development projects in Tanzania In *Time is Cows* she shares the mind body spirit medicine of the Maasai the proud pastoral people of East Africa In a voice that is at once crystal clear and spiritually alive one that thousands around the world have already come to know in her talks and classes on wellness yoga and nature healing her insight inspiration and empathy are present on every page as she shares her own knowledge and the wisdom of the Maasai compassionately and wholly Enriched with photographs stories and suggested practice tips *Time is Cows* is a handbook to help you simplify your life as you uncover its profound meaning **Dar Days** Charles R. Swift, 2002 *Dar Days* is a narrative account of Charles R Swift's experiences in Tanzania during his eight year employment by the Tanzanian government serving as Consultant Psychiatrist to the Ministry of Health and Professor of Psychiatry in the new Faculty of Medicine This book proceeds chronologically from Swift's arrival in Dar es Salaam in September 1966 to his departure in July 1974 *Dar Days* is unique in its description of life in a newly independent African nation It helps the reader understand why Tanzania has remained politically stable throughout its forty years a paradigm of what can occur when people work together for a common good **Perfect Day** Cokie Berenyi, 2018-01-30 Want more time in your life for yourself for your hobbies and for your family Are you exhausted stressed overworked and only able to give your friends and loved ones the leftovers of your energy and time Does it feel like your tasks are never ending your to do list never any shorter and that you never have time or the energy to do the things you enjoy If you answered yes to any of the questions above then you are suffering from LDD Lifestyle Deficit Disorder Lifestyle Deficit Disorder is common in today's world but you don't have to continue to let it control your life and your destiny From work with her clients over the past decade as a financial advisor Cokie Berenyi has developed a system that is the surefire cure to Lifestyle Deficit Disorder Her simple to follow plan outlined in *Perfect Day* provides the framework you need to create more Perfect Days In warm accessible language and engaging anecdotes gleaned from her client files Cokie Berenyi takes you on a journey of self actualization helping you design your Perfect Day Pyramid uncover and avoid your wobble and build a life centered business not a business centered life Through simple steps and strategies you can put into place today *Perfect Day* offers a powerful antidote to LDD revealing a path away

from disillusionment and dissatisfaction to a life of purpose joy and freedom Perfect Days are not hard let Cokie teach you how to craft and simply execute more Perfect Days *Encyclopedia of African-American Heritage, Third Edition* Susan Altman,2020-01-01 Praise for the previous edition Every reference library should have a copy Highly recommended Book Report a useful dependable and attractive encyclopedia American Reference Books Annual Now in its third edition this highly acclaimed and comprehensive reference offers a wealth of information on African American history politics and culture Chronicling more than a millennium of history the encyclopedia traces the rich and varied tapestry woven by Africans from those who remained on their ancestral continent to those who were forced to leave their homes and begin again in a new land Coverage includes People scientists civil rights leaders artists explorers politicians athletes and key figures in ancient African history Places nations and major cities of Africa as well as former empires and kingdoms Culture the Harlem Renaissance jazz the Negro Baseball League rhythm and blues calypso and rap Politics key political groups movements and events including the voting rights struggle in the United States and the victory of the African National Congress over apartheid in South Africa History major events of the African American past including slavery and resistance to it the abolitionist and civil rights movements Reconstruction and Pan Africanism **Time** Diane Owen Hughes,Thomas R. Trautmann,1995 Considers an important dimension in understanding culture *They Do What?* Javier A. Galván,2014-06-19 This single volume work covers many traditions customs and activities Westerners may find unusual or shocking covering everything from the Ashanti people s funeral celebrations to wife carrying competitions in Finland In Maharashtra India a tradition exists to throw newborn babies off the tops of buildings At the Vegetarian Festival in Phuket Thailand some people ritualistically pierce their cheeks and faces with swords and knives How did these surprising customs come to be From camel wrestling to cheese rolling competitions to a tomato throwing festival this fascinating single volume encyclopedia examines more than 100 customs traditions and rituals that may be considered strange and exotic to U S readers This work provides high school and undergraduate students with a compelling and fascinating exploration of world customs and traditions Comprising entries by anthropologists religious leaders scholars dancers musicians historians and artists from almost every continent in the world this encyclopedia provides readers a truly global and multidisciplinary perspective The entries explore the origins of the custom explain how it was established as a tradition and describe how and where it is practiced A thematic guide enables readers to look up entries by the type of tradition or custom such as birth coming of age courtship and wedding funeral daily customs holidays and festivals **The Worlds of a Maasai Warrior** Tepilit Ole Saitoti,1986 Recounts the author s traditional childhood adolescence and coming into manhood in Maasailand and of his education in Europe and America **ILCA annual report 1992** International Livestock Centre for Africa, **Once Intrepid Warriors** Dorothy L. Hodgson,2001 Once Intrepid Warriors explores the ways identity development and gender have interacted to shape the Maasai into who and what they are today By situating the Maasai in the political economic and social context of

Tanzania and world events Dorothy L Hodgson shows how outside forces and views of development in particular have influenced Maasai lifeways especially gender relations Five profiles of Maasai men and women interspersed within the text bring Maasai voices to life and show that they were never passive witnesses to their own history BOOK JACKET

Improving Livestock Production in Africa International Livestock Centre for Africa,1994-01-01 Agro ecological zones of sub Saharan Africa ILCA in Africa Important mile stones in ILCA s history Origins and mandate The proposed shape of the Centre Location of the Centre Task forces and their reports The early years focus on systems descriptions Systems research Agro ecological zones Zonal research programmes Studies in the highlands Studies in the humid zone Studies in the subhumid zone Studies in the semi arid zone Monitoring development projects Complementary studies Training and information First quinquennial review of ILCA Systems description and component research ILCA s programme matures Highlands Humid zone Subhumid zone Semi arid zone Ethiopian rangelands Kenyan rangelands Central research and support units Training and information A new focus to ILCA s research ILCA s strategy and long term plan From strategy to medium term plan ILCA s programme 1987 93 Cattle milk and meat thrust Small ruminant meat and milk thrust Animal traction thrust Animal feed resources thrust Trypanotolerance thrust Livestock policy and resource use thrust ILCA s second medium term plan 1994 98 Factors influencing ILCA s second medium term plan Developing the programme ILCA s seven programme themes MTP reviewed and approved Moves towards a global livestock research institute Livestock steering committee Moves towards a new shape Benefits for livestock producers world wide **Maasai Herding** Solomon Bekure,1991-01-01 *Family of Earth and Sky* John Elder,Hertha D. Wong,1996-02-28 Indigenous Tales of Nature from Around the World An array of vivid responses to nature from indigenous oral traditions in Africa Asia Europe Australia and the Americas **Africa Every Day** Oluwakemi M. Balogun,Lisa Gilman,Melissa Graboyes,Habib Iddrisu,2019-11-12 Africa Every Day presents an exuberant thoughtful and necessary counterpoint to the prevailing emphasis in introductory African studies classes on war poverty corruption disease and human rights violations on the continent These challenges are real and deserve sustained attention but this volume shows that adverse conditions do not prevent people from making music falling in love playing sports participating in festivals writing blogs telling jokes making videos playing games eating delicious food and finding pleasure in their daily lives Across seven sections Celebrations and Rites of Passage Socializing and Friendship Love Sex and Marriage Sports and Recreation Performance Language and Creativity Technology and Media and Labor and Livelihoods the accessible multidisciplinary essays in Africa Every Day address these creative and dynamic elements of daily life without romanticizing them Ultimately the book shows that forms of leisure and popular culture in Africa are best discussed in terms of indigenization adaptation and appropriation rather than the static binary of European foreign global and African Most of all it invites readers to reflect on the crucial similarities rather than the differences between their lives and those of their African counterparts Contributors Hadeer Aboelnagah Issahaku Adam Joseph Osuolale Ayodokun Victoria

Abiola Ayodokun Omotoyosi Babalola Martha Bannikov Mokaya Bosire Emily Callaci Deborah Durham Birgit Englert Laura Fair John Fenn Lara Rosenoff Gauvin Michael Gennaro Lisa Gilman Charlotte Grabli Joshua Grace Dorothy L Hodgson Akwasi Kumi Kyereme Prince F M Lamba Cheikh Tidiane Lo Bill McCoy Nginjai Paul Moreto Jacqueline Bethel Tchouta Mougou James Nindi Erin Nourse Eric Debrah Otchere Alex Perullo Daniel Jordan Smith Maya Smith Steven Van Wolputte and Scott M Youngstedt

Zara's Wash Day Zenda Walker, 2024-06-04 Wash Day for young black girls will never be the same in this empowering picture book celebrating hair styles with a foreword by award winning actor Lupita Nyong'o It's Wash Day and Zara is not excited about wearing her hair in the same styles Mama usually creates But once Mama takes Zara on a cultural journey to help her understand the significance of each hair style and how to wear each style with pride Wash Day will never be the same This new and expanded edition of the Writers Digest award winner includes a tutorial on creating Fulani inspired Afro Puffs a foreword by actor Lupita Nyong'o and an expanded glossary of terms

Introduction to English as a Second Language Teacher's Book Peter Lucantoni, 2015-01-29 Introduction to English as a Second Language Teacher's Book is part of the series of resources which bring students to a level where they are ready to study Cambridge IGCSE or equivalent courses and accompanies the Introduction to English as a Second Language Coursebook and Workbook The series is written by an experienced ESL teacher and trainer and includes answers to all of the exercises in the Coursebook and Workbook This book features Top Tips to help teachers with the course and Differentiated Activities to stretch able students while supporting those that need more help

Some Day Never Comes, Journal of the East Africa and Uganda Natural History Society East Africa and Uganda Natural History Society, 1926

Ancestral Passions Virginia Morell, 2011-01-11 This biography of the First Family of anthropology reveals how their discoveries collaborations and rivalries contributed to our own knowledge of the origins of humankind In this fascinating and authoritative work acclaimed science writer Virginia Morell brings to vivid life the famous and infamous Leakey family pioneers in the field of paleoanthropology Louis Leakey the patriarch who persisted through initial scientific failures and scandal ridden divorce to achieve spectacular success in digs throughout East Africa Mary his second wife who worked alongside Louis as they made their outstanding discoveries at Olduvai Gorge and elsewhere and Richard their son who ascended to the top of the field in his parents wake only to be threatened with both near fatal illness and fierce professional rivalry Morell transports us into the world of these compelling personalities demonstrating how a small clan of highly talented and fiercely competitive people came to dominate an entire field of science and to contribute immeasurably to our understanding of the origins of humanity

Uncover the mysteries within Explore with is enigmatic creation, **Maasai Days** . This downloadable ebook, shrouded in suspense, is available in a PDF format (PDF Size: *). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

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Maasai Days Introduction

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