

Information, Answers & Reviews

Adjustment Bureau



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The Adjustment Bureau (2011) stars Matt Damon as Senate candidate David Norris. He has been tapped by an unseen group to win a seat in the Senate . . . just not this election year. If you were to read the basic plot of the movie it would sound like a typical political thriller. An unseen group is grooming its candidate for a high office. Suddenly this candidate becomes enthralled with a woman who they believe will be detrimental to his career and the group's agenda. This unknown organization begins to exert every effort to keep their candidate away from the woman and focused on the job at hand. As the candidate continues to try to find the woman he loves he begins to find out more about this hidden organization and begins to fight against their control and seek his own way. [Read more](#)

Posted by Keith C. on November 20, 2014

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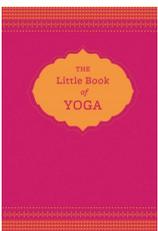
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The Little Book of Yoga



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If you like yoga, or are merely curious about it, this lovely book covers all the basics and can get your practice jump-started. Even though I've been doing yoga for years, the author surprised with many details that I had not heard before about its philosophy and forms.

In five brief parts it covers all the basics of yoga: its history, branches, all the yoga styles. It also covers the philosophy of yoga, many of its poses with brief illustrations, also breathing,

meditation, mantras, mudras, bandhas, and chakras.

The meditation section is a six page description of types of meditation including walking and compassion ones. Yes, just what it sounds like helping others as part of doing yoga. This part begins with a quick list of how to start a meditation practice.

The last section, appropriately subtitled "Yoga off the Mat" covers yoga at work and school, while traveling, in relationships, and at rest.

The poses--obviously not a complete compendium--are illustrated with 2 or 3 line drawings, a verbal description of how to do them, and in closing, a list of benefits for each.

This beautiful red book is highly portable and with its amazing summary and synthesis of yoga would make a lovely gift. Perfect for the bedstand table, so you can practice breathing or peaceful asanas just before bed, or more active ones after waking up in the morning.

Posted by Dory L. on November 17, 2014

[The Little Book of Yoga](#)

[Yoga](#)

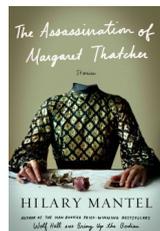
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The Assassination of Margaret Thatcher



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If you loved Hilary Mantel's Wolf Hall novels, this collection of stories will convince you that she can capture modern people at least as well as medieval ones showing all their foibles and unachieved dreams.

Mantel's prose is startling clear, her metaphors striking but *en pointe*, and her feel for characters both rich and sure. She has a ready feel for plot and for infusing her stories with a deep feel for the mysterious.

In the opener, "Sorry to Disturb," she portrays a sick British ex-pat living in Saudi Arabia, who is almost a prisoner in her own apartment (because of women's very restricted social and cultural standing there.) An Asian foreign man starts to visit her in the afternoons and though he is married, she immediately suspects his lack of good intentions. When he tells her that she reminds him of his first American girlfriend who was risqué, she knows her perceptions are right.

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Posted by Dory L. on November 17, 2014

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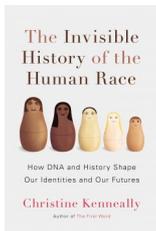
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Family Secrets



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Remember reading the Old Testament and seeing the list of ?begats? that seemed to last forever? This book examines human history as recorded in our DNA. It?s full of fascinating lore: recently geneticists and statisticians have proved that African countries where the slave trade was rampant have not only a much higher sense of distrust toward friends and strangers, but also have much poorer economies today over a hundred fifty years later.

And Genghis Khan really did father thousands of children, yet at the same time he lived up to his name as the *Destroyer*. During the two centuries of the Mongol raids that he initiated, 40 million people died. So many that much of the inhabited earth became reforested. This was the only time in recorded history that the CO2 in the atmosphere actually dropped enough to measure. Genghis Khan also lives on for his particular Y chromosome. Not only did he pass this on to countless sons, but he and his armies killed so many men with different Y chromosomes that his became the predominant one in many parts of Asia. [Read more](#)

Posted by Dory L. on November 10, 2014

[The Invisible History of the Human Race: How DNA and History Shape Our Identities and Our Futures](#)

[Science](#)

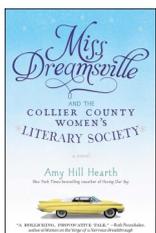
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Booksplus Discussion, Sunday Nov. 2 at 2: Miss Dreamsville and the Collier County Women's Literary Society



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What happens when an energetic, middle-aged Bostonian moves to a sleepy town in Florida in

1962? First, she starts a radio show under the persona of Miss Dreamsville and secondly forms a book club. Ex-Bostonian Jackie Hart starts a ruckus when she invites people of other races and sexual persuasions to the club in a decidedly racist, homophobic town where a divorcee is considered socially-risky and improper.

Narrated by a lovable octogenarian, Dora, who does not fit into Naples herself, this novel discusses important issues such as racism, feminism, and homophobia while presenting an interesting mix of characters. With a backdrop of serious and important issues, it provides a humorous and entertaining read.

In her debut novel Amy Heath manages to take on both the Ku Klux Klan, North versus South, the nature of community, and newcomer angst to Naples, Florida. [Read more](#)

Posted by Dory L. on October 29, 2014

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The Shootist



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A while ago I wrote about one of my favorite John Wayne Movies, *The Quiet Man*. *The Quiet Man* was a romance and a departure from the War and Western films that John Wayne was most well known for. My second favorite John Wayne film, *The Shootist* is also a departure from his usual role even though it is a western, it is the story of an older gunfighter now battling a greater battle; cancer. Seeking a place to spend his last days, he takes up residence in a boarding house run by a widow who is against everything the gunfighter's life represents while her teenage son harbors a secret desire to be just like the old shootist .

The cast for *The Shootist* is among the best. Besides 'The Duke' as the shootist J.B. Books, the film features Lauren Bacall as boarding house owner Bond Rodgers and Ron Howard as her son Gillom. Despite the film's title you won't find a lot of shoot outs in the film. It's the story of a dying man, who wants to die with dignity and perhaps regain a little taste of the life he could have had if his life had not taken the violent turn it did. Yes, John Wayne is still the tough guy, but his view is now tempered as he faces his cancer and the knowledge that there is nothing he can do to win his battle against it. Each character must in the end examine themselves as they are faced with Books' mortality and eventual death.

Posted by Keith C. on October 28, 2014

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