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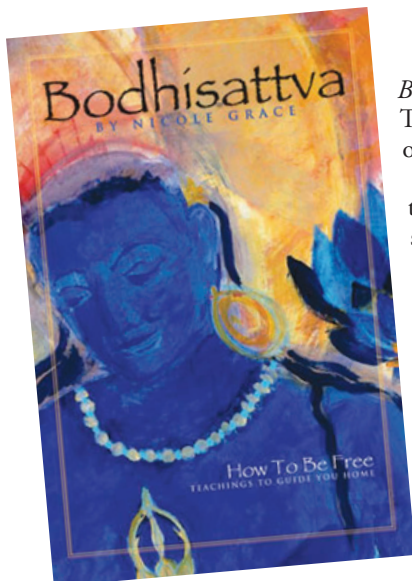
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In a time of information overload, I was compelled to devour all of the teachings in the new book by Nicole Grace, entitled *Bodhisattva*. Her words offer an insight into our world that are truly valuable—a way to view the world in a clear and concise manner. These teachings are jewels of wisdom, and even enlightenment, given up in delicate offerings. These words were, for me, to be savored over and over again, divulging wisdom for our lives. Grace promises to bring you home, to bring you back to your true self.

The princess of Bhutan, Her Royal Highness, Ashi Kesang Wangmo Wangchuck, was so impressed with this collection of teachings that she was compelled to write this book's introduction. She noted, "The book *Bodhisattva: How to Be Free* is a breath of freshness. It sings loudly the profound messages of the Buddha in the practice of compassion and tolerance. This book reminds me of the saying, 'Easy reading is damn hard writing.'"

I feel compelled and propelled to be here and live now. Grace's words are so seemingly simple, yet are so compelling that the entire scope of my life is laid bare in her words.

Grace is an internationally beloved teacher, Buddhist monk, and mystic who has offered her profound philosophical insights to many grateful students. I know that all of my life can be more fully lived through the lens of her words. I savor them, and so will you.

For more information visit www.bodhisattvabook.com. Available September 23, 2010 for \$12 US. – SLM

hint

by Amanda Hinds



If you are preparing for a long day in the office or some fun in the sun, Hint is a superior alternative to your boring old hydration practices. Your body and mind will welcome this refreshing blend of fruits and water, and the taste will keep you coming back for more. This all-natural product is perfect for active individuals or just as a healthy alternative for a refreshing beverage.

While all the flavors are delicious, I enjoyed the blackberry Hint the best. As great blackberries are usually hard to find in the stores, due to their soft skin being hard to transport, Hint brings out their natural flavor without the hassle. The taste was a perfect hint of blackberry, not too much or too little. Being made with all-natural ingredients and with no added sugars, Hint is an even more appealing beverage. I am very health-conscious and very active; the sleek, small bottle is perfect to hook onto my bike or pop into my purse. Whether I am cruising in the bike lane or driving down the Pacific Coast Highway, Hint is the perfect choice for a great flavored beverage that will keep me hydrated all day long.

For more information visit www.drinkhint.com.

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