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**HOW DOES MAGIC HAPPEN?** The Ogilvy advertising legend—"one of the leading minds in the world of branding" (NPR)—explores the art and science of conjuring irresistible

products and ideas. "Sutherland, the legendary Vice Chairman of Ogilvy, uses his decades of experience to dissect human spending behavior in an insanely entertaining way. Alchemy combines scientific research with hilarious stories and case studies of campaigns for AmEx, Microsoft and the like. This is a must-read." —Entrepreneur ("Best Books of the Year") Why is Red Bull so popular, though everyone—everyone!—hates the taste? Humans are, in a word, irrational, basing decisions as much on subtle external signals (that little blue can) as on objective qualities (flavor, price, quality). The surrounding world, meanwhile, is irreducibly complex and random. This means future success can't be projected on any accounting spreadsheet. To strike gold, you must master the dark art and curious science of conjuring irresistible ideas: alchemy. Based on thirty years of field work inside the largest experiment in human behavior ever conceived—the forever-unfolding pageant of consumer capitalism—Alchemy, the revolutionary book by Ogilvy advertising legend Rory Sutherland, whose TED talks have been viewed nearly seven million times, decodes human behavior, blending leading-edge scientific research, absurdly entertaining storytelling, deep psychological insight, and practical case studies from his storied career working on campaigns for AmEx, Microsoft, and others. Heralded as "one of the leading minds in the world of branding" by NPR and "the don of modern advertising" by The Times, Sutherland is a unique thought leader, as comfortable exchanging ideas with Nobel Prize winners Daniel Kahneman and Richard Thaler (both interviewed in these pages) as he is crafting the next product launch. His unconventional and relentlessly curious approach has led him to discover that the most compelling secrets to human decision-making can be found in surprising places: What can honey bees teach us about creating a sustainable business? How could budget airlines show us how to market a healthcare system? Why is it better to be vaguely right than precisely wrong? What might soccer penalty kicks teach us about the dangers of risk-aversion? Better "branding," Sutherland reveals, can also be employed not just to sell products, but to promote a variety of social aims, like getting people to pay taxes, improving public health outcomes, or encouraging more women to pursue careers in tech. Equally startling and profound, Sutherland's journey through the strange world of decision making is filled with astonishing lessons for all aspects of life and business. The Alchemy Of The Heavens offers an exciting and accessible survey of what we know about our galaxy. The home of the earth, the sun, and countless other stars, the Milky Way has long been an object of human fascination, but it's been in the last forty years that astronomer and astrophysicists have made the most startling discoveries about our galaxy. Author Ken Croswell reveals that the Milky Way formed as many earlier galaxies collapsed and smashed together; that many of the elements in the galaxy—including the iron and carbon that course through our bodies—were born in exploding supernovae; that in all likelihood there is a massive black hole at the center of the galaxy, with a million times more mass than the sun, and that the Milky Way's oldest stars preserve the elements created in the big bang, thereby serving as "fossils" of the universe's earliest days. A captivating journey through the modern astronomy of the Milky Way, Croswell shows us how a deeper understanding of the nature and working of the galaxy can offer larger clues into the origins of the universe itself. By analogy with the ancient system of alchemy, Jungian analyst Nathan Schwartz-Salant shows how states of mind can undermine our relationships both private and public, but when brought to consciousness can become positive factors. The history of chemistry is a story of human endeavor—and as a ratio as human nature itself. Progress has been made in fits and starts, and it has come from all parts of the globe. Because the scope of this history is considerable (some 100,000 years), it is necessary to impose some order, and we have organized the text around three discernible—albeit gross—divisions of time: Part 1 (Chaps. 1-7) covers 100,000 BCE (Before Common Era) to the late 1700s and presents the background of the Chemical Revolution; Part 2 (Chaps. 8-14) covers the late 1700s to World War I and presents the Chemical Revolution and its consequences; Part 3 (Chaps. 15-20) covers World War I to 1950 and presents the Quantum Revolution and its consequences and hints at revolutions to come. There have always been two tributaries to the chemical

stream: experiment and theory. But systematic experimental methods were not routinely employed until the 1600s-and quantitative theories did not evolve until the 1700s-and it can be argued that modern chemistry as a science did not begin until the Chemical Revolution in the 1700s. xi xii PREFACE We argue however that the first experiments were performed by artisans and the first theories proposed by philosophers-and that a revolution can be understood only in terms of what is being revolted against. In *The Alchemy of Healing*, Dr. Edward C. Whitmont explores the major themes of illness, health, and the practice of medicine. Uniquely qualified by his personal associations with such pioneers as Carl Jung, M. Esther Harding, Karl Konig, Elizabeth Wright Hubbard, and G.B. Stearns, Whitmont takes a daring plunge into the paradoxes of homeopathic medicine, psychoanalytic transference, quantum physics, and the Gaia Hypothesis. Deftly exploring such subjects as Jungian synchronicity, alchemy, the I Ching, and the Law of Similars, he hints at the unknown principles fusing organism, planet, and cosmos and at a healing principle so profound it is written in both the stars and the sub-molecular traces of molecules. In this landmark work that addresses for the first time in our century the esoteric role of the physician in the drama of life and death, Whitmont provides a forum for one of the most neglected voices of Western Civilization—that of disease—revealing how it is our own abandoned and depreciated voice. In challenging the myth of mechanical medicine he provides a clue as to how we might yet heal ourselves and our planet. Formerly handed down under oath of secrecy, this clear, concise handbook discusses: the fundamental principles of alchemy; directions for the formation of an inexpensive home laboratory, with illustrations of the necessary equipment; step-by-step instructions for the work of the Lesser Circulation, the alchemical transformation within the plant kingdom?the necessary prerequisite for any work in the mineral kingdom. Essays in this volume reflect simple wisdom, organic philosophy, bright humor, luminous choices, and lucent alternatives inspired by humanity's triumphs and tragedies. *Transforming Matter* provides an accessible and clearly written introduction to the history of chemistry, telling the story of how the discipline has developed over the years. Meredith Ray shows that women were at the vanguard of empirical culture during the Scientific Revolution. They experimented with medicine and alchemy at home and in court, debated cosmological discoveries in salons and academies, and in their writings used their knowledge of natural philosophy to argue for women's intellectual equality to men. "Mervyn King may well have written the most important book to come out of the financial crisis. Agree or disagree, King's visionary ideas deserve the attention of everyone from economics students to heads of state." —Lawrence H. Summers

Something is wrong with our banking system. We all sense that, but Mervyn King knows it firsthand; his ten years at the helm of the Bank of England, including at the height of the financial crisis, revealed profound truths about the mechanisms of our capitalist society. In *The End of Alchemy* he offers us an essential work about the history and future of money and banking, the keys to modern finance. The Industrial Revolution built the foundation of our modern capitalist age. Yet the flowering of technological innovations during that dynamic period relied on the widespread adoption of two much older ideas: the creation of paper money and the invention of banks that issued credit. We take these systems for granted today, yet at their core both ideas were revolutionary and almost magical. Common paper became as precious as gold, and risky long-term loans were transformed into safe short-term bank deposits. As King argues, this is financial alchemy—the creation of extraordinary financial powers that defy reality and common sense. Faith in these powers has led to huge benefits; the liquidity they create has fueled economic growth for two centuries now. However, they have also produced an unending string of economic disasters, from hyperinflations to banking collapses to the recent global recession and current stagnation. How do we reconcile the potent strengths of these ideas with their inherent weaknesses? King draws on his unique experience to present fresh interpretations of these economic forces and to point the way forward for the global economy. His bold solutions cut through current overstuffed and needlessly complex legislation to provide a clear path to durable prosperity and the end

of overreliance on the alchemy of our financial ancestors. "May this very important and enticing book find its way into the hearts of readers near and far so that it can perform its mysterious and healing alchemy for the benefit of all." —John Kabat-Zinn, author of *Wherever You Go, There You Are* and Professor of Medicine, University of Massachusetts Medical School

**The Transformative Power of Mindfulness** Alchemists sought to transform lead into gold. In the same way, says Tara Bennett-Goleman, we all have the natural ability to turn our moments of confusion or emotional pain into insightful clarity. *Emotional Alchemy* maps the mind and shows how, according to recent advances in cognitive therapy, most of what troubles us falls into ten basic emotional patterns, including fear of abandonment, social exclusion (the feeling that we don't belong), and vulnerability (the feeling that some catastrophe will occur). This remarkable book also teaches us how we can free ourselves of such patterns and replace them with empathy for ourselves and others through the simple practice of mindfulness, an awareness that lets us see things as they truly are without distortion or judgment. *Emotional Alchemy* provides an insightful explanation of how mindfulness can change not only our lives, but the very structure of our brains, giving us the freedom to be more creative and alive. Here is a beautifully rendered work full of Buddhist wisdom and stories of how people have used mindfulness to conquer their self-defeating habits. The result is a whole new way of approaching our relationships, work, and internal lives. In the bestselling tradition of *Stuff Matters* and *The Disappearing Spoon*: a clever and engaging look at materials, the innovations they made possible, and how these technologies changed us. In *The Alchemy of Us*, scientist and science writer Ainissa Ramirez examines eight inventions—clocks, steel rails, copper communication cables, photographic film, light bulbs, hard disks, scientific labware, and silicon chips—and reveals how they shaped the human experience. Ramirez tells the stories of the woman who sold time, the inventor who inspired Edison, and the hotheaded undertaker whose invention pointed the way to the computer. She describes, among other things, how our pursuit of precision in timepieces changed how we sleep; how the railroad helped commercialize Christmas; how the necessary brevity of the telegram influenced Hemingway's writing style; and how a young chemist exposed the use of Polaroid's cameras to create passbooks to track black citizens in apartheid South Africa. These fascinating and inspiring stories offer new perspectives on our relationships with technologies. Ramirez shows not only how materials were shaped by inventors but also how those materials shaped culture, chronicling each invention and its consequences—intended and unintended. Filling in the gaps left by other books about technology, Ramirez showcases little-known inventors—particularly people of color and women—who had a significant impact but whose accomplishments have been hidden by mythmaking, bias, and convention. Doing so, she shows us the power of telling inclusive stories about technology. She also shows that innovation is universal—whether it's splicing beats with two turntables and a microphone or splicing genes with two test tubes and CRISPR. *Koji Alchemy* guides readers through the history and diverse application of koji, the microbe behind the delicious, umami flavors of soy sauce, miso, mirin, and so much more. Devoted authors Jeremy Umansky and Rich Shih share processes, concepts, and recipes for fermenting and culturing foods with this magical ingredient. Then they take it to the next level by describing how they rapidly age charcuterie, cheese, and other ferments, revolutionizing the creation of fermented foods and their flavor profiles for both chefs and home cooks. Readers will learn how to grow koji, including information on equipment and setting up your kitchen, as well as detailed concepts and processes for making amino sauces and pastes, alcohol and vinegar, and using it for flavor enhancement with dairy, eggs, vegetables, and baking. With the added tips and expertise from their friends, Umansky and Shih have developed a comprehensive look at modern koji use around the world. Prints, drawings, documents, and text illuminate the development of the occult sciences to the nineteenth century A fascinating look at how pigments were created, used, and revered in the Middle Ages. Combines shamanism, alchemy, and energy medicine to create a unique healing modality • Explores how to turn the base substance of who you

are--the dark mystery of your subconscious--into the alchemical gold of knowledge and enlightenment • Includes techniques of distant healing and working with power animals and plant, mineral, and elemental spirits • Shows how to utilize the Universal Life Force to reawaken inherent healing abilities Alchemical Healing brings together innovative techniques of shamanism and energetic healing with the principles of alchemy, creating a practical form of physical healing, therapeutic counseling, and spiritual growth. The author provides ways to integrate spirit and matter, to develop communications between divinity and humanity, to retrieve knowledge, and to influence physical reality in order to achieve healing and transformation. With simple directions, readers are guided through attunements and empowerments that access the Universal Life Force energy and a five-element system for healing themselves and others. They learn powerful techniques, such as psychic surgery, distant healing, and how to work with power animals and plant, mineral, and elemental spirit guides. Alchemical Healing presents a sacred journey into the most profound principles and mysteries of creation. It offers both an art form and a spiritual path that develops one's ability to co-create the future with the wisdom of the spirit world. "It was the genius of C.G. Jung to discover in the 'holy technique' of alchemy a parallel to the psychological individuation process. This book, by Jung's long-time friend and co-worker, completely demystifies the subject. Designed as an introduction to Jung's more detailed studies, and profusely illustrated, here is a lucid and practical account of what the alchemists were really looking for--emotional balance and wholeness"--back cover. 'A breakthrough book. Wonderfully applicable to everything in life, and funny as hell.' Nassim Nicholas Taleb Why is Red Bull so popular - even though everyone hates the taste? Why do countdown boards on platforms take away the pain of train delays? And why do we prefer stripy toothpaste? Discover the alchemy behind original thinking, as TED Talk superstar and Ogilvy advertising legend Rory Sutherland reveals why abandoning logic and casting aside rationality is the best way to solve any problem. In his first book he blends cutting-edge behavioural science, jaw-dropping stories and a touch of branding magic on his mission to turn us all into idea alchemists. He shows how economists, businesses and governments have got it all wrong: we are not rational creatures who make logical decisions based on evidence. Instead, the big problems we face every day, whether as an individual or in society, could very well be solved by thinking less logically. To be brilliant, you have to be irrational. "Voltaire called him the "man who never dies and knows everything." The Count Saint Germain turned base metals into gold, removed the flaws from diamonds and discovered the elixir of youth. In the eighteenth century, this "Wonderman of Europe" was the confidant of kings and a friend to the poor. Today the master Saint Germain shows that miracles are nothing more than the natural outgrowth of the practice of spiritual alchemy. In this greatest of all self-help books, he describes the principles of alchemy and how you can use them in your own life to bring about spiritual, mental, emotional and physical transformation." You're passionate about making an impact and you know that high-level collaboration is the key. Now you can confidently and consistently create the relationships, partnerships, and groups that achieve outstanding success. Group Alchemy: The Six Elements of Highly Successful Collaboration synthesizes Deborah Pruitt's dual perspectives as anthropologist and accomplished organizational consultant into six elements proven to make groups more successful: consistently producing outstanding results and enjoying a rewarding and inspiring collaboration experience. As you work through Group Alchemy, you can take the leap to the next level and create a group culture that serves your vision. You will learn the elements of alchemy that: Inspire people to stay focused on results and give their best. Quickly establish the foundation for high-level collaboration with any colleague or partner. Eliminate common hidden barriers to group success. Prevent the typical breakdowns and frustrations in groups that put the brakes on what is possible. Expand the impact of every group you're involved in, whether or not you're the formal leader. Increase your personal impact in all your relationships. With the group alchemy formula you can consistently generate the communication and trust necessary for truly successful collaboration the kind where

people personally invest in the group's goals and aspirations and are willing to do what it takes to reach them. This is the promise of group alchemy, a promise the author has seen fulfilled time and again in groups that engage this method. Let your group be next!

Surrealist artist Max Ernst defined collage as the "alchemy of the visual image." Students of his work have often dismissed this comment as simply a metaphor for the transformative power of using found images in a new context. Taking a wholly different perspective on Ernst and alchemy, however, M. E. Warlick persuasively demonstrates that the artist had a profound and abiding interest in alchemical philosophy and often used alchemical symbolism in works created throughout his career. A revival of interest in alchemy swept the artistic, psychoanalytic, historical, and scientific circles of the late nineteenth and early twentieth centuries, and Warlick sets Ernst's work squarely within this movement. Looking at both his art (many of the works she discusses are reproduced in the book) and his writings, she reveals how thoroughly alchemical philosophy and symbolism pervade his early Dadaist experiments, his foundational work in surrealism, and his many collages and paintings of women and landscapes, whose images exemplify the alchemical fusing of opposites. This pioneering research adds an essential key to understanding the multilayered complexity of Ernst's works, as it affirms his standing as one of Germany's most significant artists of the twentieth century. An in-depth look into the foundations of mysticism and alchemy, this book describes both physical and spiritual aspects of the various theories and practices of transformation, with attention to the beliefs of Buddhism, Christianity, Hinduism, Islam, Judaism, Sufism, Tantrism, Taoism and Yoga. The connection between early mystical pursuits and the development of alchemy from ancient China, India, and Egypt through Moorish Spain and into Latin Europe are illuminated, along with the activities of early alchemists. The book, which is heavily illustrated, describes the beliefs, experiments, and secret messages that drew the believers and dreamers of the world together in search of wealth and immortality.

Renowned channeler Paul Selig shares the wisdom of The Guides "The gift of the times you sit in, humanity at a crossroads, is the gift of the unknown, the unseen, the unprepared for. "How can I prepare for a future, when all I have trusted and believed in seems to be falling away?"...You say yes to the uncertain moment. You agree that the path before you will be lit as you walk it, and not a moment before. " In *Alchemy: A Channeled Text*, The Guides offer us a way to engage the transformational process of moving beyond a limited interpretation of the self and into a place of true manifestation. As humanity stands at a crossroads, the voices of The Guides offer insight and a path forward. Paul Selig, the author of *Beyond the Known: Realization*, is one of the foremost spiritual channels in the world. Alchemy is composed of the pure, unedited words of The Guides as they have been channeled through Paul. Their message is poignant and beautifully written, humming with wisdom and insight for all who are ready and willing to receive their words. Here in one slender volume is a basic introduction to Chinese alchemy - a tradition that dates back 5,000 years. Chinese alchemy, largely associated with Taoism, has a recorded history of more than 2,000 years, but traditionally it goes back even further to nearly 3000 BC and the time of the Yellow Emperor. While Western alchemy was concerned with the search for spiritual and material gold, classic Taoist alchemy was a mystical quest for immortality with its aim being union with the Absolute. Jean Cooper describes the history and development of Taoist alchemy, compares it to similar traditions in India and Turkistan, and gives it context by contrasting it with the rationale of the Western hermetic tradition. As she writes in her concluding chapter: The whole work of alchemy is summed up in the phrase 'To make of the body a spirit and of the spirit a body'. . . . The goal of the Taoist alchemist-mystic was transformation, or perhaps more correctly, transfiguration, of the whole body until it ceases to 'be' and is absorbed into and becomes the Tao. This is an essential guide for anyone interested in Chinese legend and lore, Chinese magic and medicine, and Taoism. Finding a higher love These sensitive, profound and rare insights help us gain entrance into the most precious, and misunderstood, component of our being -- the heart. They show us that while love can be compassionate and nurturing, it can also be powerful, dynamic and practical -- a

**catalyst for spiritual growth. You'll learn how the mature heart overcomes hidden blocks to giving and receiving more love. How you can soften and strengthen the heart to create more meaningful relationships in all areas of your life. And how even the most intense lessons of love, if we are willing to learn from them, can be the open door to a higher love -- and a higher way of loving. A comprehensive course of Taoist yoga. Instructions by ancient enlightened patriarchs and masters are translated here for the first time. A classic work. From antiquity to the Enlightenment, astrology, magic, and alchemy were considered important tools to unravel the mysteries of nature and human destiny. As a result of the West's exposure during the Middle Ages to the astrological beliefs of Arab philosophers and the mystical writings of late antiquity, these occult traditions became rich sources of inspiration for Western artists. In this latest volume in the popular Guide to Imagery series, the author presents a careful analysis of occult iconography in many of the great masterpieces of Western art, calling out key features in the illustrations for discussion and interpretation. Astrological symbols decorated medieval churches and illuminated manuscripts as well as fifteenth-century Italian town halls and palaces. The transformational zymology of magic and alchemy that enlivened the work of a wide range of Renaissance artists, including Bosch, Brueghel, D: urer, and Caravaggio, found renewed expression in the visionary works of nineteenth-century artists, such as Fuseli and Blake, as well as in the creative output of the twentieth century's Surrealists. Critical Praise . . . "The Alchemy joins Reminiscences of a Stock Operator as a timeless instructional guide of the marketplace." - Paul Tudor Jones from the Foreword "An extraordinary . . . inside look into the decision-making process of the most successful money manager of our time. Fantastic." - The Wall Street Journal "A breathtakingly brilliant book. Soros is one of the core of masters . . . who can actually begin to digest the astonishing complexity . . . of the game of finance in recent years." - Esquire "A seminal investment book . . . it should be read, underlined, and thought about page-by-page, concept-by-idea. . . . He's the best pure investor ever . . . probably the finest analyst of the world in our time." - Barton M. Biggs, Morgan Stanley George Soros is unquestionably the most powerful and profitable investor in the world today. Dubbed by BusinessWeek as "The Man Who Moves Markets," Soros has made a billion dollars going up against the British pound. Soros is not merely a man of finance, but a thinker to reckon with as well. Now, in The Alchemy of Finance, this extraordinary man reveals the investment strategies that have made him "a superstar among money managers" (The New York Times). This book sets the foundations of Newton's alchemy in their historical context in Restoration England. It is shown that alchemical modes of thought were quite strong in many of those who provided the dynamism for the scientific revolution of the seventeenth century and that these modes of thought had important relationships with general movements for reform in the same period. Resonance Alchemy takes you on a remarkable journey of discovery that will expand your consciousness and transform forever the way you view yourself and your reality. Based on the author's direct experience, this journey begins with a mysterious gift from a group of celestial Light Beings. Their gift leads to the unveiling of ancient but long hidden techniques designed to assist humanity in the current shift of consciousness now taking place. Join Katherine as this ancient knowledge unfolds, from the revelation of a universal language of Sacred Syllables to the discovery of a unique healing method based on the vibrational resonance of this sacred language. Learn how these Sacred Syllables can bring your body, soul, and spirit back into harmony with their Divine Design. Transform your consciousness as you gain a profound new understanding of inner alchemy and shift your perspective from separation to unity with your Divine Nature. Discover powerful methods that will: - open your heart and develop your intuition - activate your body's power to achieve and maintain radiant health - reconnect you to your Higher Self and accelerate your spiritual evolution; and - help you achieve a profound inner alchemy of body, soul, and spirit. The true inspiration in life comes from continuous Growth. If success is a journey, then, motivation for this journey is Growth. It is profoundly linked with our inner-being. In Alchemy of Growth , VastuShastri Khushdeep Bansal unlocks the secret key of Vedic Alchemy the**

**Panchkosha, to create holistic Growth in each aspect of your life. You will learn to work with your Panchkosha, i.e., the five layers of your being Action, Feeling, Experience, Intuition and Joy, for attracting continuous Growth in your life. Also, how the Alchemy of Space, Vastu Shastra was applied in old temples to synchronise your five layers for continuous and greater Growth in each aspect of life. A history of science combines 20 do-it-yourself experiments and brief profiles to demonstrate how ancient alchemists stumbled on the science of chemistry, revealing the unrealized theoretical understandings of Western European alchemists who discovered the properties and reactions of elements. A follow-up to the bestselling Sigil Witchery, Visual Alchemy takes a deeper look at the connection between art and magic. Laura Tempest Zakroff shows you how sigil work is quick, easy, and accessible to all, covering a vast number of topics from the elements of visual spell craft to creating your own sigils for solitary and group use. Visual Alchemy presents sigil witchery in two parts: creation and collaboration. Learn how to craft your personal symbolic language, participate in shared magic, and perform public and private rituals. Discover how to connect with spirits and deities, enhance your sigils through intuition, and use design concepts to troubleshoot your techniques. This book also provides a collection of fifty shared magic sigils for you to explore, consider, and use. Experience wonder and excitement as you mindfully take your painting technique to the next level: It's Paint Alchemy. Part of the new Alchemy series, Paint Alchemy explores how to build a painting practice. Whether you're a novice or an experienced painter, you'll learn how to create freely by combining a foundation in solid techniques and design principles with an open approach that stays focused on the moment, rather than the end result. You will learn how to prepare your art space, work with intention, and move between action and observation, responding to the work along the way. Paint Alchemy will help you cultivate a full perspective on the process: from developing ideas in a sketchbook to crystalizing your vision. As you work through the exercises, you'll gain a better understanding of color theory, mark making, representational form, abstraction, and composition. Mindfulness, experimentation, and reflection will give way to wonder as your paintings develop. The Emerald Tablet—an ancient document that contains the essence of the alchemical teachings—has had an important influence on many Western spiritual and religious traditions. Ostensibly concerned with turning base metals into gold, alchemy was in fact dedicated to transforming the lead of self into the gold of spirit. This brilliant history of alchemy traces its sources back to ancient Egypt, and presents alchemy as a useful, practical system of self-transformation. Each of the seven steps of alchemical transformation is explained, with hands-on techniques and exercises, treating alchemy as a living discipline for achieving a spiritual awakening. Diary of a law professor. The author of this book, Dennis William Hauck, is a Hermetic scholar versed in both Eastern and Western techniques of alchemy and widely recognized as one of the world's leading experts on the subject. Now, in this book, he makes alchemy's secrets and powers accessible to everyone with the desire to experience physical, mental, and spiritual transformation. By providing clear explanations, moving meditations, and hands-on experiments making tinctures and elixirs, this beautifully illustrated guide passes on the knowledge and creative energy of alchemy's magnificent discipline—sending a golden arc of learning from thousands of years in the past into your life today. Hauck presents a fascinating history of alchemy—from the ancient Emerald Tablet to modern quantum chemistry - and elaborates on its arcane principles in an intimate, conversational way that anyone can understand. His portrayals of individual alchemists bring them alive and show how they built on each other's work through an "Underground River" of secret knowledge passed down through the ages. Alchemy, the Noble Art, conjures up scenes of mysterious, dimly lit laboratories populated with bearded old men stirring cauldrons. Though the history of alchemy is intricately linked to the history of chemistry, alchemy has nonetheless often been dismissed as the realm of myth and magic, or fraud and pseudoscience. And while its themes and ideas persist in some expected and unexpected places, from the Philosopher's (or Sorcerer's) Stone of Harry Potter to the self-help**



**mantra of transformation, there has not been a serious, accessible, and up-to-date look at the complete history and influence of alchemy until now.**

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