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The practice of meditation exists in pretty much every spiritual belief system. It can have a different name, its purpose concealed by obscure wording of some calcified dogma, its essence overgrown with obsolete rituals, but the true heart of meditation - a quiet, mindful introspection - is very much alive and should be practised by every human being.

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- As stated before, there is not a bad recipe in this book. They are mostly simply, easy-to-prepare dishes and cater to the vegetarians in our family. Everything I've prepared so far has been a hit with meat-eaters, too.
- Veteran author Holzner has come forth with a deliberately quirky book. It has an informal choice of Java programming topics, where these are unlikely to be seen in other, more comprehensive and conventional Java texts. Plus, Holzner uses the latest major release, Java 1.5. To be sure, you really must have some nodding acquaintance with Java. Not necessarily 1.5, mind you. But part of the book's focus is that it does not waste your time

going over basic issues like syntax and the core classes. The book exposes you to more than just the standard Java 1.5 distribution from Sun. You should already know that the latter has two sets of widgets - the original AWT and the newer Swing, where Swing is often considered to be better than AWT. But there is another widget toolkit, called SWT. Freely offered by IBM. It has been well received by many Java programmers as being superior to AWT and Swing. In Chapter 8, on making a custom web browser, for example, Holzner shows the virtues of SWT. Purely in terms of broadening your Java experience, it is worth checking SWT out. Holzner also puts in a strong plug for Eclipse. An Integrated Development Environment that is free and open source. (It also originated from IBM.) It offers the promise of a very nice, high productivity context in which to code your Java. Its proponents suggest that Eclipse and Java can match any Microsoft IDE for coding VB.NET or C#. You see, if you treat the book correctly, it's not the topics themselves that are the most important items. Don't get me wrong. They are certainly interesting in their own right. Rather, it's the broadening of your knowledge en route that is the book's main attraction.