

art of living hong kong

Art of Living Hong Kong: Embracing Mindfulness and Wellness in the Urban Jungle

art of living hong kong is more than just a phrase; it embodies a philosophy and lifestyle that many in this bustling metropolis are beginning to explore and embrace. Living in a fast-paced city like Hong Kong, known for its towering skyscrapers, vibrant streets, and relentless energy, can sometimes feel overwhelming. Yet amid this urban frenzy, the art of living offers a pathway to balance, peace, and holistic well-being. Let's dive into how this concept is taking root in Hong Kong and why it resonates with so many.

Understanding the Art of Living in the Hong Kong Context

When we talk about the art of living, it usually relates to cultivating a life filled with mindfulness, joy, and purposeful living. In Hong Kong, where the culture is a unique blend of East and West, this art takes on a distinctive flavor. The city's residents often seek ways to harmonize their traditional values with contemporary demands — and the art of living provides tools and practices that make this possible.

Mindfulness Amidst the Hustle

Hong Kong's reputation as a global financial hub means that stress and time pressure are constant companions for many. The art of living here emphasizes mindfulness, a practice rooted in being fully present and aware in the moment. Local wellness centers, yoga studios, and meditation groups have seen a surge in popularity, offering residents a much-needed escape from their hectic routines. These practices help reduce anxiety, improve focus, and foster emotional resilience.

The Role of Yoga and Meditation

Yoga and meditation are central pillars of the art of living philosophy in Hong Kong. Numerous studios across the city provide classes that cater to all levels, from beginners seeking relaxation to advanced practitioners aiming for spiritual growth. The benefits of these practices extend beyond physical fitness; they nurture inner calm, emotional balance, and a deeper connection with oneself. For many Hongkongers, incorporating yoga and meditation into daily life has become a vital part of managing the stresses of urban living.

Community and Connection: The Social Aspect of Art of Living Hong Kong

One of the most beautiful elements of the art of living movement in Hong Kong is its emphasis on community. In a city where many live in small apartments and often feel isolated despite the crowds, creating meaningful connections is invaluable.

Workshops and Events That Bring People Together

Various organizations and centers host workshops that combine mindfulness, breathing techniques, and personal development. These gatherings are not only about learning but also about sharing experiences and building supportive networks. For example, the Art of Living Foundation in Hong Kong regularly organizes courses that focus on breathing exercises like Sudarshan Kriya, which have been scientifically shown to reduce stress and improve mental clarity.

Volunteering and Social Responsibility

Another facet of the art of living in Hong Kong is its encouragement of social responsibility. Many practitioners volunteer in community service projects, environmental clean-ups, and educational programs. This active engagement fosters a sense of purpose and helps build a more compassionate society. It's inspiring to see how the philosophy extends beyond individual well-being to collective harmony.

Integrating Ancient Wisdom with Modern Life

Hong Kong is a city where tradition meets innovation, and the art of living perfectly mirrors this dynamic. The teachings draw from ancient spiritual practices while adapting to contemporary lifestyles.

Breathing Techniques for Everyday Life

One of the standout techniques promoted within the art of living community is controlled breathing exercises. These simple yet powerful practices can be done anywhere — on the MTR, in an office, or during a lunch break. They help regulate the nervous system, enhance energy levels, and improve mental clarity, making them ideal for the fast-paced Hong Kong lifestyle.

Healthy Living Through Diet and Exercise

The art of living also advocates for holistic health, which includes mindful eating and physical activity. Hong Kong's culinary scene is diverse, and many wellness enthusiasts recommend incorporating a balance of fresh, plant-based foods with traditional Chinese medicinal principles. Moreover, outdoor activities like hiking in the nearby mountains or practicing Tai Chi in parks are popular ways to maintain physical and mental health.

Finding Personal Peace in a City That Never Sleeps

Living in Hong Kong means being part of an ever-moving, ever-changing environment. The art of living provides a toolkit for navigating this dynamic with grace and balance.

Creating Personal Rituals

Many people find that establishing daily rituals, such as morning meditation, journaling, or simply taking a mindful walk, helps ground them amid the city's chaos. These small acts of self-care can have profound effects on overall well-being.

Spaces of Serenity

Hong Kong offers pockets of tranquility where one can practice the art of living principles. Botanical gardens, serene temples like Chi Lin Nunnery, and waterfront promenades provide perfect backdrops for meditation and reflection. Discovering and utilizing these spaces can transform how residents experience everyday life.

The Growing Influence of the Art of Living Foundation in Hong Kong

The Art of Living Foundation, founded by Sri Sri Ravi Shankar, has established a notable presence in Hong Kong. It offers a range of programs designed to teach breathing techniques, meditation, and stress management.

Courses and Programs Tailored for Urban Dwellers

Recognizing the unique challenges faced by city residents, the foundation's courses in Hong Kong focus on practical tools that can be integrated easily into daily routines. Many participants report improved sleep, reduced anxiety, and a greater sense of happiness.

after attending these programs.

Corporate Wellness Initiatives

Given Hong Kong's corporate culture, the Art of Living Foundation has also partnered with businesses to introduce wellness programs aimed at reducing workplace stress and enhancing productivity. These initiatives often include group meditation sessions and workshops on emotional intelligence, which help foster healthier work environments.

Why More Hongkongers Are Embracing the Art of Living

The fast pace and high demands of Hong Kong life can lead to burnout and a search for deeper meaning. The art of living offers a comprehensive approach that addresses physical, mental, and emotional health, making it increasingly relevant.

- **Stress Reduction:** Proven techniques help manage daily pressures effectively.
- **Community Support:** Opportunities to connect and grow with like-minded individuals.
- **Holistic Health:** Integration of body, mind, and spirit practices.
- **Flexibility:** Practices can be adapted to suit busy schedules.

As more people discover these benefits, the art of living continues to gain momentum across Hong Kong.

Exploring the art of living in Hong Kong reveals a fascinating blend of ancient wisdom and modern practicality. By embracing mindfulness, community, and holistic health, residents can find harmony amidst the city's captivating chaos. Whether through meditation, yoga, or simply practicing gratitude, the art of living offers a pathway to a more balanced and fulfilling life in one of the world's most dynamic cities.

Frequently Asked Questions

What is Art of Living Hong Kong?

Art of Living Hong Kong is a branch of the global Art of Living Foundation, offering

courses and workshops focused on meditation, yoga, and stress-relief techniques to promote mental well-being and personal development.

What programs does Art of Living Hong Kong offer?

Art of Living Hong Kong offers various programs including the Happiness Program, Sudarshan Kriya breathing technique courses, yoga classes, meditation workshops, and teacher training programs.

Where can I attend Art of Living classes in Hong Kong?

Art of Living classes are held at multiple venues across Hong Kong, including community centers, yoga studios, and their dedicated centers. Specific locations and schedules can be found on the official Art of Living Hong Kong website.

How can Art of Living Hong Kong help reduce stress?

Art of Living Hong Kong teaches breathing techniques like Sudarshan Kriya, meditation practices, and yoga which help calm the mind, reduce anxiety, and manage stress effectively in daily life.

Are Art of Living courses in Hong Kong suitable for beginners?

Yes, Art of Living courses in Hong Kong are designed for people of all ages and experience levels, including beginners, and provide step-by-step guidance to practice meditation and breathing techniques safely.

Additional Resources

Art of Living Hong Kong: Exploring Mindfulness and Wellness in a Dynamic City

art of living hong kong represents a growing movement within one of Asia's most vibrant and fast-paced urban centers, where the pursuit of mindfulness, holistic well-being, and personal growth is increasingly sought after. As a bustling international hub characterized by its towering skyscrapers and relentless energy, Hong Kong presents unique challenges and opportunities for those interested in integrating the principles of the Art of Living foundation into their daily lives. This article delves into the presence, impact, and evolving landscape of Art of Living in Hong Kong, examining how it fits within the city's cultural fabric and the broader wellness ecosystem.

The Emergence of Art of Living in Hong Kong

Originating in India, the Art of Living foundation is a non-profit organization focused on stress management, meditation, and breathing techniques, promoting mental clarity and emotional resilience. In Hong Kong, this global initiative has gained traction amidst rising

awareness about mental health and alternative wellness practices. The city's fast-paced lifestyle, characterized by high work demands and dense urban living, has created fertile ground for the Art of Living's offerings, which emphasize balance and inner peace.

The Art of Living Hong Kong branch organizes workshops, courses, and community events tailored to local needs. These include the signature Sudarshan Kriya breathing technique, meditation sessions, and yoga classes. Given Hong Kong's multicultural demographic, the organization has adapted its programming to resonate with diverse audiences, ranging from expatriates to local residents seeking stress relief and personal development.

Integration with Local Wellness Trends

Hong Kong's wellness industry has expanded significantly over recent years, incorporating traditional Chinese medicine, modern fitness regimes, and mindfulness practices. The Art of Living complements these by focusing on breathwork and mental health, areas sometimes overlooked in conventional health services. Unlike fitness studios or spa centers, the Art of Living Hong Kong emphasizes sustainable lifestyle changes rather than one-off treatments.

This integrative approach appeals particularly to working professionals and students who face chronic stress. The practice's emphasis on breath control and meditation dovetails with scientific research highlighting the benefits of such techniques for anxiety reduction and cognitive enhancement. Consequently, the Art of Living has carved a niche within Hong Kong's crowded wellness market, standing out for its accessible yet profound methodologies.

Programs and Offerings: What Does Art of Living Hong Kong Provide?

The range of programs offered by Art of Living Hong Kong is broad, designed to cater to different levels of experience and individual needs.

Signature Courses and Workshops

- **Sudarshan Kriya Workshop:** This foundational course introduces participants to the rhythmic breathing technique that is central to the Art of Living philosophy, aimed at reducing stress and enhancing vitality.
- **Happiness Program:** A popular multi-day workshop that combines breathing exercises, meditation, and practical wisdom to foster emotional intelligence and resilience.
- **Yoga and Meditation Classes:** Regular sessions are held in various locations,

providing physical and mental conditioning through gentle yoga postures and guided meditation.

- **Children and Youth Programs:** Tailored courses designed to help younger demographics develop concentration, emotional regulation, and self-confidence.

These programs are often conducted in English, Cantonese, or Mandarin, ensuring accessibility across Hong Kong's linguistic landscape. The flexibility in language and format reflects the organization's commitment to inclusivity.

Corporate Wellness Initiatives

Recognizing the pressures of Hong Kong's work environment, Art of Living Hong Kong also collaborates with corporations to introduce wellness workshops aimed at improving employee well-being and productivity. These initiatives include stress management seminars, mindfulness training, and team-building exercises grounded in the Art of Living's principles.

Such collaborations respond to a growing corporate trend prioritizing mental health and work-life balance, aligning with Hong Kong's broader efforts to address workplace stress. By integrating into corporate wellness programs, Art of Living expands its reach and relevance, positioning itself as a practical tool for organizational health.

Community Impact and Cultural Resonance

The success of Art of Living Hong Kong is not solely measured by participant numbers but also by its cultural integration and societal influence. The organization frequently engages in community service projects, including environmental initiatives and outreach programs targeting marginalized groups. This community engagement reinforces its philosophical underpinnings of compassion, service, and interconnectedness.

Moreover, Art of Living's emphasis on universal values transcends cultural boundaries, allowing it to resonate with Hong Kong's diverse population. It serves as a bridge between Eastern spiritual traditions and Western mindfulness practices, accommodating a wide spectrum of beliefs and backgrounds.

Comparative Perspective: Art of Living vs. Other Mindfulness Movements in Hong Kong

While mindfulness and meditation have seen a surge in popularity across Hong Kong, Art of Living distinguishes itself through its structured breathing techniques and comprehensive lifestyle approach. Compared to other meditation centers that may focus predominantly on silent meditation or Buddhist practices, Art of Living offers a more

eclectic and accessible methodology.

For example, Mindfulness-Based Stress Reduction (MBSR) courses in Hong Kong tend to adopt a secular, clinical approach, often delivered in healthcare settings. In contrast, Art of Living integrates spiritual elements and community-based activities, appealing to individuals seeking a holistic transformation rather than purely therapeutic outcomes.

Challenges and Opportunities

Despite its growing presence, Art of Living Hong Kong faces certain challenges. The city's high cost of living and demanding schedules can limit consistent participation. Additionally, the competition within the wellness sector is intense, with myriad options available to residents, from traditional qigong to cutting-edge digital wellness apps.

However, these challenges also create opportunities. The increasing awareness of mental health issues, particularly post-pandemic, has heightened demand for accessible, effective stress relief solutions. Art of Living's evidence-backed breathing techniques and community support networks position it well to capitalize on this trend.

Digital Expansion and Future Directions

In response to changing consumer behaviors, Art of Living Hong Kong has embraced digital platforms, offering online courses and virtual meditation sessions. This shift not only broadens accessibility but also aligns with global trends in wellness consumption.

Looking ahead, the organization may further integrate technology, such as mobile apps or AI-guided meditation, to enhance user engagement. Collaborations with healthcare providers and academic institutions could also strengthen its scientific credibility and outreach.

In a city where the pace never slows, Art of Living Hong Kong offers a meaningful counterbalance—an invitation to pause, breathe, and reconnect with oneself amidst the urban whirlwind. Its blend of ancient techniques and modern accessibility continues to attract individuals seeking not just relaxation, but a deeper transformation in how they live and engage with the world around them.

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art of living hong kong: *Fruit Chan's Made in Hong Kong* Esther M.K. Cheung, 2009-07-01

This tragic coming-of-age story follows three disillusioned local youths struggling to navigate Hong Kong public housing projects and late adolescence amid violent crime, gang pressure, and broken homes. Shot on a very low budget, the film marked the beginning of Chan's career as an independent film director.

art of living hong kong: *Hong Kong* Nicola Barber, 2004 Explores the history, people, daily life, and future of hong Kong.

art of living hong kong: *Shanghai Girl Gets All Dressed Up* Beverley Jackson, 2005

Includes more than 200 new and vintage photographs of the city, the clothes, the Chinese cinema stars who led the fashion trends, and the Hollywood movie queens who inspired them.

art of living hong kong: *The Forbidden City* Geremie Barmé, 2008 Barm peels away the veneer of power, secrecy, inscrutability, and passions of imperial China, to provide a new and original history of the culture, politics, and architecture of the Forbidden City: an extraordinary attraction, which encapsulates much of the country's history. (Sunday Telegraph).

art of living hong kong: *The Forbidden City* Geremie R. Barmé, Geremie Barmé, 2011-06-01

The Forbidden City (Zijin Cheng) lying at the heart of Beijing formed the hub of the Celestial Empire for five centuries. Over the past century it has led a reduced life as the refuge for a deposed emperor, as well as a heritage museum for monarchist, republican, and socialist citizens, and it has been celebrated and excoriated as a symbol of all that was magnificent and terrible in dynastic China's legacy.

art of living hong kong: *Hong Kong* , 2003

art of living hong kong: *Thailand's International Meditation Centers* Brooke Schedneck,

2015-05-15 This book explores contemporary practices within the new institution of international meditation centers in Thailand. It discusses the development of the lay vipassana meditation movement in Thailand and relates Thai Buddhism to contemporary processes of commodification and globalisation. Through an examination of how meditation centers are promoted internationally, the author considers how Thai Buddhism is translated for and embodied within international tourists who participate in meditation retreats in Thailand. Shedding new light on the decontextualization of religious practices, and raising new questions concerning tourism and religion, this book focuses on the nature of cultural exchange, spiritual tourism, and religious choice in modernity. With an aim of reframing questions of religious modernity, each chapter offers a new perspective on the phenomenon of spiritual seeking in Thailand. Offering an analysis of why meditation practices appeal to non-Buddhists, this book contends that religions do not travel as whole entities but instead that partial elements resonate with different cultures, and are appropriated over time.

art of living hong kong: *Mapping Modern Beijing* Weijie Song, 2018 Mapping Modern Beijing investigates the five methods of representing Beijing—a warped hometown, a city of snapshots and manners, an aesthetic city, an imperial capital in comparative and cross-cultural perspective, and a displaced city on the Sinophone and diasporic postmemory—by authors travelling across mainland China, Taiwan, Hong Kong, and overseas Sinophone and non-Chinese communities. The metamorphosis of Beijing's everyday spaces and the structural transformation of private and public emotions unfold Manchu writer Lao She's Beijing complex about a warped native city. Zhang Henshui's popular snapshots of fleeting shocks and everlasting sorrows illustrate his affective mapping of urban transition and human manners in Republican Beijing. Female poet and architect Lin Huiyin captures an aesthetic and picturesque city vis- -vis the political and ideological urban planning. The imagined imperial capital constructed in bilingual, transcultural, and comparative works by Lin Yutang, Princess Der Ling, and Victor Segalen highlights the pleasures and pitfalls of collecting local knowledge and presenting Orientalist and Cosmopolitan visions. In the shadow of World Wars and Cold War, a multilayered displaced Beijing appears in the Sinophone postmemory by diasporic Beijing native Liang Shiqiu, Taiwan sojourners Zhong Lihe and Lin Haiyin, and migr martial arts novelist Jin Yong in Hong Kong. Weijie Song situates Beijing in a larger context of

modern Chinese-language urban imaginations, and charts the emotional topography of the city against the backdrop of the downfall of the Manchu Empire, the rise of modern nation-state, the 1949 great divide, and the formation of Cold War and globalizing world. Drawing from literary canons to exotic narratives, from modernist poetry to chivalric fantasy, from popular culture to urban planning, Song explores the complex nexus of urban spaces, archives of emotions, and literary topography of Beijing in its long journey from imperial capital to Republican city and to socialist metropolis.

art of living hong kong: Rethinking the Curriculum Orlando Nang Kwok Ho, 2018-12-13 This book is an inter-disciplinary endeavour. Encompassing education and basic research, it discusses the modular-curriculum embodied in The Epistle from educational, historical, sociolinguistic, anthropological, phenomenological, and non-sectarian perspectives. It shows the cross-boundary philosophical reasoning and pedagogic dimensions of St. Paul as a great teacher and thinker from the Jewish-and-Christian faith. In doing so, this book refocuses academia's attention on the inevitable antimononic nature inherent in humans' efforts to create systemic knowledge. Knowledge about the inner aesthetic and volitional-interpretative self – the immanent psychic "I" – and other philosophical aspects of the realm of the transcendental should be rescued from the deepening trends of secularity. Being strong, powerful, productive, and performative should not be taken as the indisputable and exclusive aim of education. Science, Technology, Engineering, and Mathematics (STEM) do not constitute a sufficient basis for building a better humanity. Education via public curriculums ought to serve both the belly and the mind. Deliberative curricular recalibrations, with rationales for grace, are thus needed for a better future for humanity.... This book is relevant for anyone with a core fascination about truths, values, epistemologies, life, spirituality, and holistic human development. It can also be used as a textbook or a reference in a number of fields including counselling, psychology, translation, cultural studies, and theology.

art of living hong kong: Tangible Whispers, Neglected Encounters Marco Musillo, 2019-02-01T00:00:00+01:00 The relationship between East and West remains a topic of burning timeliness, particularly in its political dimension. Yet, we can gain a complete understanding of the current tensions only if we consider them within a broader historical framework, spanning from art to diplomacy, from religion to ethnography. The present volume tackles precisely this complex task, offering its reader a rich mosaic of case studies and scholarly research, relating to the mutual approaches between the Euro-American 'West', and the Sino-Japanese 'East'. In the first part of the book, art historian Marco Musillo uses the depictions of Tartars in fourteenth-century Italian frescoes as the starting point of a trajectory leading to eighteenth-century European literature on China. In the second part, the reader is introduced to two cases of diplomatic encounter, one in sixteenth-century Italy between Japanese subjects and local courts, and the other one between Qing China and twentieth-century United States, in the space of the universal exhibition in St. Louis. Finally, the last section proposes three interconnected art historical explorations: the screen design of Chinese origin in colonial Mexico, Medieval Christian tombstones in China, and early-modern Filipino sacred sculpture.

art of living hong kong: Hybrid Hong Kong Kwok-bun Chan, 2013-09-13 Hybrid Hong Kong attempts to attract and excite the intellectual, cultural, economic and political elites as well as the intelligent laymen of Hong Kong - hopefully enough for them to take a closer look at their society - while engendering a public discourse on the city's identity, its past, present and future. Hong Kong is at its crossroads. With a colonial past and having been handed over, and back, to China in 1997, the city has since been going through a process of re-sinification and re-integration (not entirely wanted) into the Pearl River Delta region of mainland China, all of which have far-reaching consequences for identity politics, culture, loyalty and attachment, and everyday livelihood. The hybridity concept offers an in-between space, and time, to narrate, describe and make sense of the many layers of entanglement of cultural, anthropological, economic and political forces that impinge, impact, sometimes confuse, even disturb, the everyday lives of the Hongkongers who have decided to call the city home. The book probes a range of sites and locales of a Hongkonger's natural habitat,

including film and television, ethnicity, popular music videos, gay identities, fashion, art, theatre, Cantopop electronic dance music, museum, visual arts, the Muslim youth, food and cuisine, and Chinese and western medicines. Based on ethnography, fieldwork and participant observation, Hybrid Hong Kong intends to display and explain hybridity as it is performed in the public as well as private spheres of city life. This book was originally published as a special issue of Visual Anthropology.

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art of living hong kong: Hong Kong Enterprise , 1968

art of living hong kong: Elite Mobilities Thomas Birtchnell, Javier Caletrío, 2013-08-22 Small in number but great in influence, mobile elites have shaped the contours of global capitalism. Today these elites continue to flourish globally but in a changing landscape. The current economic crisis—and rising concerns about the moral legitimacy of extreme wealth—coincides with stern warnings over the risks posed by climate change and the unsustainable use of resources. Often an out-of-bounds topic in critical social science, elites are thought of as too inaccessible a group to interview and too variable a minority to measure. This groundbreaking collection sets out to challenge this perception. Through the careful examination of the movements of the one per cent through the everyday spaces of the ninety-nine per cent, *Elite Mobilities* investigates the shared zones elites inhabit alongside the commons: the executive lounge in the airport, the penthouse in the hotel, or the gated community next to the slum. Bringing together the pioneer scholars in critical sociology today, this collection explores how social scientists can research, map, and ‘track’ the flows and residues of objects, wealth and power surrounding the hypermobile. *Elite Mobilities* sets a new benchmark in social science efforts to research the powerful and the privileged. It will appeal to students and scholars interested in mobilities, transport, tourism, social stratification, class, inequality, consumption, and global environmental change.

art of living hong kong: Austere Luminosity of Chinese Classical Furniture Sarah Handler, 2023-12-22 Chinese classical furniture is esteemed throughout the world for its beauty, functionalism, and influence on contemporary design aesthetics. Sarah Handler's stunningly illustrated volume traces Chinese hardwood furniture from its earliest origins in the Shang dynasty (c. 1500 to c. 1050 B.C.) to the present. She offers a fascinating and poetic view of Chinese furniture as functional sculpture, a fine art alongside the other Chinese arts of calligraphy, architecture, painting, and literature. Handler, a widely respected scholar of Chinese furniture, uses her knowledge of Chinese social, political, and economic history to provide a backdrop for understanding the many nuances of this art form. Drawing on literary and visual evidence from excavated materials, written texts, paintings, prints, and engravings, she discusses how people lived, their notions of hierarchy, and their perceptions of space. Her descriptions of historical developments, such as the shift from mats to chairs, evoke the psychological and sociological ramifications. The invention of a distinctive way to support and contain people and things within the household is one of China's singular contributions, says Handler. With more than three hundred exquisite illustrations, many in color, Handler's comprehensive study reveals the magical totality of Chinese classical furniture, from its rich surfaces and shrewd proportions down to the austere soul of art that resides in the hardwood interiors. *Austere Luminosity* recognizes Chinese classical furniture as one of China's premier arts, unique in the furniture traditions of the world.

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art of living hong kong: *The Human Drama of Abortion* Aníbal Faúndes, José Barzelatto, 2006 Abortion 101, an accessible account of abortion practices and ethical issues around the globe, for students, activists, and policymakers Deeply touched by the tragedies of botched abortions that they witnessed as medical students and young physicians in Chile in the 1940s and later around the world, the authors have attempted in their professional lives and now in this book to establish a

framework for dialogue to replace the polarization that exists today. Doctors Faundes and Barzelatto use their decades of international work to document the personal experiences of different classes of women in different countries and those countries' policies and practices. No other book provides such a comprehensive and reasoned examination of the entire topic of abortion, from the medical to the religious and ethical and from the psychological to the legal, in plain language understandable by non-specialists. The central thesis is that there are too many induced abortions in the world today, that most are preventable and should be prevented--a middle ground that both pro-life and pro-choice advocates can accept. The first part of the book reviews why women have abortions, as well as the magnitude and consequences. The second part examines values. The third part discusses effective interventions. The final part states conclusions about what can be done to reach a necessary social consensus. The Portuguese edition of this book was issued at the very end of 2004. The Spanish edition, launched in mid-2005, is already in a second printing. The authors are making presentations at special events sponsored by universities, professional associations, and feminist networks in Argentina, Chile, Mexico, Peru, Uruguay, Colombia, the Dominican Republic, and the United States.

art of living hong kong: Consuming Hong Kong Gordon Mathews, Tai-lok Lui, 2001-10-01 Consumption forms an essential part of Hong Kong people's lives today, but until now little serious attention has been paid to it. This book fills this gap, in a fascinating way. The contributors to this volume explore such topics as: - the coming of shopping malls to Hong Kong - tenants' senses of home in cramped public housing - the experiences of movie-going - alcohol as a marker of social class - the pursuit of fashion - Chinese art and identity among Hong Kong collectors - the dream and reality of owning a flat - Lan Kwai Fong and its mystique - the McDonald's Snoopy craze of fall 1998 - cultural identity and consumption in Hong Kong today This book shows how the detailed ethnographic study of consumption in Hong Kong can lead to a deeper understanding of Hong Kong life as a whole, as well as of consumption in the world at large.

art of living hong kong: The Interior Architecture Theory Reader Gregory Marinic, 2018-01-17 The Interior Architecture Theory Reader presents a global compilation that collectively and specifically defines interior architecture. Diverse views and comparative resources for interior architecture students, educators, scholars, and practitioners are needed to develop a proper canon for this young discipline. As a theoretical survey of interior architecture, the book examines theory, history, and production to embrace a full range of interior identities in architecture, interior design, digital fabrication, and spatial installation. Authored by leading educators, theorists, and practitioners, fifty chapters refine and expand the discourse surrounding interior architecture.

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