

Big Beyond Belief Leo Costa

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God and Enchantment of Place National Council of Teachers
France's brightest young scientist lucidly explains the intricacies of the animal kingdom through the lens of evolutionary biology. Why do giraffes have such long necks? Why are zebras striped? And why does the clitoris of the female hyena exactly resemble and in most respects function like the male's penis? Deploying the latest scientific research and his own extensive observations in Africa, Léo Grasset offers answers to these questions and many more in a book of post-Darwinian. Complex natural phenomena are explained in simple and at times comic terms, as Grasset turns evolutionary biology to the burning questions of the animal kingdom, from why elephants prefer dictators and buffaloes democracies, to whether the lion really is king. The human is, of course, just another animal, and the author's exploration of two million years of human evolution shows how it not only informs our current habits and behavior, but also reveals that we are hybrids of several different species. Prepare to be fascinated, shocked, and delighted, as well as reliably advised—by the end, you will know to never hug the beautiful, cuddly honey badger, and what explains its almost psychotic nastiness. This is serious science at its entertaining best.

The Big Questions: A Short Introduction to Philosophy Lulu.com

Based on Stanford University psychologist Kelly McGonigal's wildly popular course "The Science of Willpower," *The Willpower Instinct* is the first book to explain the science of self-control and how it can be harnessed to improve our health, happiness, and productivity. Informed by the latest research and combining cutting-edge insights from psychology, economics, neuroscience, and medicine, *The Willpower Instinct* explains exactly what willpower is, how it works, and why it matters. For example, readers will learn:

- Willpower is a mind-body response, not a virtue. It is a biological function that can be improved through mindfulness, exercise, nutrition, and sleep.
- Willpower is not an unlimited resource. Too much self-control can actually be bad for your health.
- Temptation and stress hijack the brain's systems of self-control, but the brain can be trained for greater willpower
- Guilt and shame over your setbacks lead to giving in again, but self-forgiveness and self-compassion boost self-control.
- Giving up control is sometimes the only way to gain self-control.
- Willpower failures are

contagious—you can catch the desire to overspend or overeat from your friends—but you can also catch self-control from the right role models. In the groundbreaking tradition of *Getting Things Done*, *The Willpower Instinct* combines life-changing prescriptive advice and complementary exercises to help readers with goals ranging from losing weight to more patient parenting, less procrastination, better health, and greater productivity at work.

Schools of Thought Penguin
Shortlisted for the Financial Times and McKinsey Best Book of the Year Award in 2011 "A masterpiece." —Steven D. Levitt, coauthor of *Freakonomics* "Bursting with insights." —The New York Times Book Review A pioneering urban economist presents a myth-shattering look at the majesty and greatness of cities America is an urban nation, yet cities get a bad rap: they're dirty, poor, unhealthy, environmentally unfriendly . . . or are they? In this revelatory book, Edward Glaeser, a leading urban economist, declares that cities are actually the healthiest, greenest, and richest (in both cultural and economic terms) places to live. He travels through history and around the globe to reveal the hidden workings of cities and how they bring out the best in humankind. Using intrepid reportage, keen analysis, and cogent argument, Glaeser makes an urgent, eloquent case for the city's importance and splendor, offering inspiring proof that the city is humanity's greatest creation and our best hope for the future.

Congressional Record McGraw-Hill Humanities, Social Sciences & World Languages

With a New Chapter and Updated Epilogue on Coronavirus A Financial Times Best Health Book of 2019 and a New York Times Book Review Editors' Choice "Honigsbaum does a superb job covering a century's worth of pandemics and the fears they invariably unleash." —Howard Markel, MD, PhD, director of the Center for the History of Medicine, University of Michigan How can we understand the COVID-19 pandemic? Ever since the 1918 Spanish influenza pandemic, scientists have dreamed of preventing such catastrophic outbreaks of infectious disease. Yet despite a century of medical progress, viral and bacterial disasters continue to take us by surprise, inciting panic and dominating news cycles. In *The Pandemic Century*, a lively account of scares both infamous and less known, medical historian Mark Honigsbaum combines reportage with the history of science and medical sociology to artfully reconstruct epidemiological mysteries and the ecology of infectious diseases. We meet dedicated disease detectives, obstructive or incompetent public health officials, and brilliant scientists often blinded by their own knowledge of bacteria and viruses—and see how fear of disease often exacerbates racial, religious, and ethnic tensions. Now updated with a new chapter and epilogue.

How the Zebra Got Its Stripes: Darwinian Stories Told Through Evolutionary Biology W. W. Norton & Company

Packing on pound after pound of lean muscle mass isn't difficult, if you know what to do! This program is built on over 30 years of bodybuilding experience. If you follow the principles and tactics in this program you will gain muscle faster than you ever thought possible. *Pro-style Bodybuilding* Jossey-Bass

Men's Health Huge in a Hurry will add inches to your muscles and increase your strength, with noticeable results quickly, no matter how long you've been lifting. Author Chad Waterbury offers the most current neuromuscular science to debunk the fitness myths and conventional wisdom that may be wreaking havoc on your workouts

and inhibiting your gains. Forget lifting moderate weights slowly for lots and lots of sets and reps. The best way to get huge in a hurry is to use heavy weights and lift them quickly for fewer repetitions. Waterbury's groundbreaking programs will enable you to: - Add Mass and size. Gain as much as 16 pounds of muscle in 16 weeks--and add 1 full inch of upper arm circumference in half that time! - Get stronger...fast! Even seasoned lifters can realize a 5 percent increase in strength in the first few weeks. And in 12 weeks, you can boost your overall strength by up to 38 percent. - Build power and stamina. Increase your one-rep max in your core lifts by as much as 30 percent. - Shed fat fast. Burn off up to 10 pounds of body fat, losing up to 2 pounds of fat per week. With Men's Health Huge in a Hurry, you'll not only get bigger faster, you'll do it with less time wasted in the gym and with less post workout pain and a much lower injury risk.

Theory of International Politics Random House

The Booker Prize winning author's sweeping saga of three generations of women "One of the most accomplished writers of fiction of our day" (The Washington Post) follows the lives and loves of three women--Lorna, Molly, and Ruth--from World War II-era London to the close of the century. Told in Lively's incomparable prose, this is a powerful story of growth, death, and renewal, as well as a penetrating look at how the major and minor events of the twentieth century changed lives. By chronicling the choices and consequences that comprise one family's history, Lively offers an intimate and profound reaffirmation of the force of connection between generations.

Big Farms Make Big Flu Lulu Press, Inc

INCLUDES AN EXTRACT FROM ORIGIN, THE NEW THRILLER BY DAN BROWN: OUT NOW

Harvard professor Robert Langdon receives an urgent late-night phone call while on business in Paris: the elderly curator of the Louvre has been brutally murdered inside the museum. Alongside the body, police have found a series of baffling codes. As Langdon and a gifted French cryptologist, Sophie Neveu, begin to sort through the bizarre riddles, they are stunned to find a trail that leads to the works of Leonardo Da Vinci - and suggests the answer to a mystery that stretches deep into the vault of history. Unless Langdon and Neveu can decipher the labyrinthine code and quickly assemble the pieces of the puzzle, a stunning historical truth will be lost forever...

The Paradox of Choice National Academies Press

Edible insects have always been a part of human diets, but in some societies there remains a degree of disdain and disgust for their consumption. Insects offer a significant opportunity to merge traditional knowledge and modern science to improve human food security worldwide. This publication describes the contribution of insects to food security and examines future prospects for raising insects at a commercial scale to improve food and feed production, diversify diets, and support livelihoods in both developing and developed countries. Edible insects are a promising alternative to the conventional production of meat, either for direct human consumption or for indirect use as feedstock. This publication will boost awareness of the many valuable roles that insects play in sustaining nature and human life, and it will stimulate debate on the expansion of the use of insects as food and feed.

Big Beyond Belief Penguin

A rich exploration of how European naturalists used wonder and wonders (oddities and marvels) to envision and explain the natural world.

Men's Health Huge in a Hurry Simon and Schuster

The anthrax incidents following the 9/11 terrorist attacks put the spotlight on the nation's public health agencies, placing it under an unprecedented scrutiny that added new dimensions to the complex issues considered in this report. The Future of the Public's Health in the 21st Century reaffirms the vision of Healthy People 2010, and outlines a systems approach to assuring the nation's health in practice, research, and policy. This approach focuses on joining the unique resources and perspectives of diverse sectors and entities and challenges these groups to work in a

concerted, strategic way to promote and protect the public's health. Focusing on diverse partnerships as the framework for public health, the book discusses: The need for a shift from an individual to a population-based approach in practice, research, policy, and community engagement. The status of the governmental public health infrastructure and what needs to be improved, including its interface with the health care delivery system. The roles nongovernment actors, such as academia, business, local communities and the media can play in creating a healthy nation. Providing an accessible analysis, this book will be important to public health policy-makers and practitioners, business and community leaders, health advocates, educators and journalists. Wonders and the Order of Nature, 1150-1750 Penguin

" Pollan keeps you turning the pages . . . cleareyed and assured. " —New York Times A #1 New York Times Bestseller, New York Times Book Review 10 Best Books of 2018, and New York Times Notable Book A brilliant and brave investigation into the medical and scientific revolution taking place around psychedelic drugs--and the spellbinding story of his own life-changing psychedelic experiences When Michael Pollan set out to research how LSD and psilocybin (the active ingredient in magic mushrooms) are being used to provide relief to people suffering from difficult-to-treat conditions such as depression, addiction and anxiety, he did not intend to write what is undoubtedly his most personal book. But upon discovering how these remarkable substances are improving the lives not only of the mentally ill but also of healthy people coming to grips with the challenges of everyday life, he decided to explore the landscape of the mind in the first person as well as the third. Thus began a singular adventure into various altered states of consciousness, along with a dive deep into both the latest brain science and the thriving underground community of psychedelic therapists. Pollan sifts the historical record to separate the truth about these mysterious drugs from the myths that have surrounded them since the 1960s, when a handful of psychedelic evangelists inadvertently catalyzed a powerful backlash against what was then a promising field of research. A unique and elegant blend of science, memoir, travel writing, history, and medicine, How to Change Your Mind is a triumph of participatory journalism. By turns dazzling and edifying, it is the gripping account of a journey to an exciting and unexpected new frontier in our understanding of the mind, the self, and our place in the world. The true subject of Pollan's "mental travelogue" is not just psychedelic drugs but also the eternal puzzle of human consciousness and how, in a world that offers us both suffering and joy, we can do our best to be fully present and find meaning in our lives.

The Last Templar NYU Press

Genre studies and genre approaches to literacy instruction continue to develop in many regions and from a widening variety of approaches. Genre has provided a key to understanding the varying literacy cultures of regions, disciplines, professions, and educational settings. GENRE IN A CHANGING WORLD provides a wide-ranging sampler of the remarkable variety of current work. The twenty-four chapters in this volume, reflecting the work of scholars in Europe, Australasia, and North and South America, were selected from the over 400 presentations at SIGET IV (the Fourth International Symposium on Genre Studies) held on the campus of UNISUL in Tubarã o, Santa Catarina, Brazil in August 2007—the largest gathering on genre to that date. The chapters also represent a wide variety of approaches, including rhetoric, Systemic Functional Linguistics, media and critical cultural studies, sociology, phenomenology, enunciation theory, the Geneva school of educational sequences, cognitive psychology, relevance theory, sociocultural psychology, activity theory, Gestalt psychology, and schema theory. Sections are devoted to theoretical issues, studies of genres in the professions, studies of genre and media, teaching and learning genre, and writing across the curriculum. The broad selection of material in this volume displays the full range of contemporary genre studies and sets the ground for a next generation of work.

The Eastern Mediterranean and the Making of Global Radicalism, 1860-1914 Holt Paperbacks

The first collection to explore infectious disease, agriculture, economics, and the nature of science together Thanks to breakthroughs

in production and food science, agribusiness has been able to devise new ways to grow more food and get it more places more quickly. There is no shortage of news items on hundreds of thousands of hybrid poultry—each animal genetically identical to the next—packed together in megabarns, grown out in a matter of months, then slaughtered, processed and shipped to the other side of the globe. Less well known are the deadly pathogens mutating in, and emerging out of, these specialized agro-environments. In fact, many of the most dangerous new diseases in humans can be traced back to such food systems, among them Campylobacter, Nipah virus, Q fever, hepatitis E, and a variety of novel influenza variants. Agribusiness has known for decades that packing thousands of birds or livestock together results in a monoculture that selects for such disease. But market economics doesn't punish the companies for growing Big Flu—it punishes animals, the environment, consumers, and contract farmers. Alongside growing profits, diseases are permitted to emerge, evolve, and spread with little check. “That is,” writes evolutionary biologist Rob Wallace, “it pays to produce a pathogen that could kill a billion people.” In *Big Farms Make Big Flu*, a collection of dispatches by turns harrowing and thought-provoking, Wallace tracks the ways influenza and other pathogens emerge from an agriculture controlled by multinational corporations. Wallace details, with a precise and radical wit, the latest in the science of agricultural epidemiology, while at the same time juxtaposing ghastly phenomena such as attempts at producing featherless chickens, microbial time travel, and neoliberal Ebola. Wallace also offers sensible alternatives to lethal agribusiness. Some, such as farming cooperatives, integrated pathogen management, and mixed crop-livestock systems, are already in practice off the agribusiness grid. While many books cover facets of food or outbreaks, Wallace's collection appears the first to explore infectious disease, agriculture, economics and the nature of science together. *Big Farms Make Big Flu* integrates the political economies of disease and science to derive a new understanding of the evolution of infections. Highly capitalized agriculture may be farming pathogens as much as chickens or corn. *The Invention of Africa: Gnosis, Philosophy, and the Order of Knowledge* Harper Collins

For four hundred years—from the first Spanish assaults against the Arawak people of Hispaniola in the 1490s to the U.S. Army's massacre of Sioux Indians at Wounded Knee in the 1890s—the indigenous inhabitants of North and South America endured an unending firestorm of violence. During that time the native population of the Western Hemisphere declined by as many as 100 million people. Indeed, as historian David E. Stannard argues in this stunning new book, the European and white American destruction of the native peoples of the Americas was the most massive act of genocide in the history of the world. Stannard begins with a portrait of the enormous richness and diversity of life in the Americas prior to Columbus's fateful voyage in 1492. He then follows the path of genocide from the Indies to Mexico and Central and South America, then north to Florida, Virginia, and New England, and finally out across the Great Plains and Southwest to California and the North Pacific Coast. Stannard reveals that wherever Europeans or white Americans went, the native people were caught between imported plagues and barbarous atrocities, typically resulting in the annihilation of 95 percent of their populations. What kind of people, he asks, do such horrendous things to others? His highly provocative answer: Christians. Digging deeply into ancient European and Christian attitudes toward sex, race, and war, he finds the cultural ground well prepared by the end of the Middle Ages for the centuries-long genocide campaign that Europeans and their descendants launched—and in places continue to wage—against the New World's original inhabitants. Advancing a thesis that is sure to create much controversy, Stannard contends that the perpetrators of the American Holocaust drew on the same ideological wellspring as did the later architects of the Nazi Holocaust. It is an ideology that remains dangerously alive today, he adds, and one that in recent years has surfaced in American justifications for large-scale military intervention in Southeast Asia and the Middle East. At once sweeping in scope and

meticulously detailed, *American Holocaust* is a work of impassioned scholarship that is certain to ignite intense historical and moral debate. *Edible Insects* Cengage Learning
This public domain book is an open and compatible implementation of the Uniform System of Citation.

[How to Change Your Mind](#) Rodale Books

Forfatterens m å l med denne bog er: 1) Analyse af de gældende teorier for international politik og hvad der heri er lagt st ø rst vægt p å . 2) Konstruktion af en teori for international politik som kan kan r å de bod p å de mangler, der er i de nu gældende. 3) Afpr ø vning af den rekonstruerede teori p å faktiske hændelsesforl ø b.

[Looking for Spinoza](#) Sterling Publishing (NY)

This book probes the efforts at manipulation individuals face daily in this information age and the tactics of persuaders from many sectors of society using various forms of Orwellian "doublespeak." The book contains the following essays: (1) "Notes toward a Definition of Doublespeak" (William Lutz); (2) "Truisms Are True: Orwell's View of Language" (Walker Gibson); (3) "Mr. Orwell, Mr. Schlesinger, and the Language" (Hugh Rank); (4) "What Do We Know?" (Charles Weingartner); (5) "The Dangers of Singlespeak" (Edward M. White); (6) "The Fallacies of Doublespeak" (Dennis Rohatyn); (7) "Doublespeak and Ethics" (George R. Bramer); (8) "Post-Orwellian Refinements of Doublethink: Will the Real Big Brother Please Stand Up?" (Donald Lazere); (9) "Worldthink" (Richard Ohmann); (10) "Bullets Hurt, Corpses Stink': George Orwell and the Language of Warfare" (Harry Brent); (11) "Political Language: The Art of Saying Nothing" (Dan F. Hahn); (12) "Fiddle-Faddle, Flapdoodle, and Balderdash: Some Thoughts about Jargon" (Frank J. D'Angelo); (13) "How to Read an Ad: Learning to Read between the Lies" (D. G. Kehl); (14) "Subliminal Chainings: Metonymical Doublespeak in Advertising" (Don L. F. Nilsen); (15) "Doublespeak and the Polemics of Technology" (Scott Buechler); (16) "Make Money, Not Sense: Keep Academia Green" (Julia Penelope); (17) "Sensationspeak in America" (Roy F. Fox); and (18) "The Pop Grammarians--Good Intentions, Silly Ideas, and Doublespeak" (Charles Suhor). Three appendixes are attached: "The George Orwell Awards," "The Doublespeak Award," and "The Quarterly Review of Doublespeak." (MS)

The Pandemic Century: One Hundred Years of Panic, Hysteria, and Hubris Penguin

This is a print on demand edition of a hard to find publication. Explores whether sufficient data exists to examine the temporal and spatial relationships that existed in terrorist group planning, and if so, could patterns of preparatory conduct be identified? About one-half of the terrorists resided, planned, and prepared for terrorism relatively close to their eventual target. The terrorist groups existed for 1,205 days from the first planning meeting to the date of the actual/planned terrorist incident. The planning process for specific acts began 2-3 months prior to the terrorist incident. This study examined selected terrorist groups/incidents in the U.S. from 1980-2002. It provides for the potential to identify patterns of conduct that might lead to intervention prior to the commission of the actual terrorist incidents. Illustrations.

The Willpower Instinct Houghton Mifflin Harcourt

Solomon and Higgins's engaging text covers philosophy's central ideas in an accessible, approachable manner. You'll explore timeless big questions about the self, God, justice, and other meaningful topics, gaining the context you need for an understanding of the foundational issues, as well as the confidence to establish your own informed positions on these big questions. Available with InfoTrac Student Collections <http://goengage.com/infotrac>. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.