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KEY=TREADMILL - CARMELO SKYLAR

HIGH WIRE

THE PRECARIOUS FINANCIAL LIVES OF AMERICAN FAMILIES

Basic Books Peter Gosselin predicted in **High Wire** that the American worker would take on an exceedingly high level of risk in the American economy, and would be ever more exposed to the volatility of the market. Today, Gosselin's worst fears have been realized. American families are walking a high wire in which a medical crisis, a natural disaster, or the loss of a job could send them into free fall. And as the housing crisis worsens and banks and insurers collapse, many have already fallen. **High Wire** reveals the quiet corrosion of American living standards and shows how the "ownership society" has turned into the "on-your-own society"—with devastating consequences.

STEM CELL THERAPY: A RISING TIDE: HOW STEM CELLS ARE DISRUPTING MEDICINE AND TRANSFORMING LIVES

Neil H Riordan Stem cells are the repair cells of your body. When there aren't enough of them, or they aren't working properly, chronic diseases can manifest and persist. From industry leaders, sport stars, and Hollywood icons to thousands of everyday, ordinary people, stem cell therapy has helped when standard medicine failed. Many of them had lost hope. These are their stories. Neil H Riordan, author of **MSC: Clinical Evidence Leading Medicine's Next Frontier**, the definitive textbook on clinical stem cell therapy, brings you an easy-to-read book about how and why stem cells work, and why they're the wave of the future.

GAIA'S GARDEN

A GUIDE TO HOME-SCALE PERMACULTURE

Chelsea Green Publishing This extensively revised and expanded edition broadens the reach and depth of the permaculture approach for urban and suburban gardeners. The text's message is that working with nature, not against it, results in more beautiful, abundant, and forgiving gardens.

CONFRONTING CONSUMPTION

MIT Press Essays that offer ecological, social, and political perspectives on the problem of overconsumption.

CAMBRIDGE HANDBOOK OF PSYCHOLOGY, HEALTH AND MEDICINE

Cambridge University Press Health psychology is a rapidly expanding discipline at the interface of psychology and clinical medicine. This new edition is fully reworked and revised, offering an entirely up-to-date, comprehensive, accessible, one-stop resource for clinical psychologists, mental health professionals and specialists in health-related matters. There are two new editors: Susan Ayers from the University of Sussex and Kenneth Wallston from Vanderbilt University Medical Center. The prestigious editorial team and their international, interdisciplinary cast of authors have reconceptualised their much-acclaimed handbook. The book is now in two parts: part I covers psychological aspects of health and illness, assessments, interventions and healthcare practice. Part II covers medical matters listed in alphabetical order. Among the many new topics added are: diet and health, ethnicity and health, clinical interviewing, mood assessment, communicating risk, medical interviewing, diagnostic procedures, organ donation, IVF, MMR, HRT, sleep disorders, skin disorders, depression and anxiety disorders.

THE WEB OF MEANING

INTEGRATING SCIENCE AND TRADITIONAL WISDOM TO FIND OUR PLACE IN THE UNIVERSE

New Society Publishers A compelling foundation for a new story of interconnectedness, showing how, as our civilization unravels, another world is possible. Award-winning author, Jeremy Lent, investigates humanity's age-old questions—Who am I? Why am I? How should I live?—from a fresh perspective, weaving together findings from modern systems thinking, evolutionary biology, and cognitive neuroscience with insights from Buddhism, Taoism, and Indigenous wisdom. The result is a breathtaking accomplishment: a rich, coherent worldview based on a deep recognition of connectedness within ourselves, between each other, and with the entire natural world. As our civilization careens toward a precipice of climate breakdown, ecological destruction, and gaping inequality, people are losing their existential moorings. Our dominant worldview of

disconnection—which tells us we are split between mind and body, separate from each other, and at odds with the natural world—has passed its expiration date. Yet another world is possible. *The Web of Meaning* offers a compelling foundation for the new story that could enable humanity to thrive sustainably on a flourishing Earth. It's a book for everyone looking for deep and coherent answers to the crisis of civilization.

MANUAL OF ORTHOPAEDICS

Lippincott Williams & Wilkins Now in vibrant full color, *Manual of Orthopaedics, Eighth Edition*, provides the must-know information you need to diagnose and treat musculoskeletal injuries and diseases with confidence. This quick-reference manual has been completely updated and revised to include content particularly valuable for orthopaedic physician assistants, while retaining key information for orthopaedic residents and nurse practitioners, primary care physicians, and orthopaedic providers in all practice environments.

THE PIT BULL PLACEBO

THE MEDIA, MYTHS AND POLITICS OF CANINE AGGRESSION

Anubis Pub First it was the Bloodhound, sensationalized in the dramatizations of *Uncle Tom's Cabin*. Then it was the Doberman, symbol of the Nazi menace. Today, it is the Pit bull that is vilified for the depravity of his masters. Today, police chase down fleeing Pit bulls in the street, firing dozens of wild shots in response to media-fed rumors of supernatural Pit bull abilities. Politicians coach and nurture this fear with their own brand of rhetoric used to assist in the passing of quick and ineffective legislation created to pacify communities ignorant of the real cause for dog attacks. Hundreds of animal shelters throughout the country kill all unclaimed Pit bull-looking dogs, as they are deemed "unadoptable" solely on their physical appearance. This has occurred because the human/dog bond, the most complex and profound inter-species relationship in the history of mankind, has been reduced to a simple axiom: Breed of dog = degree of dangerousness. We have come to accept that hanging entire breeds of dogs in effigy for the sins of their owners is an acceptable solution to canine aggression because we have been placated by a Pit Bull Placebo. Like the pharmacologically inactive sugar pill dispensed to pacify a patient who supposes it to be medicine, eradication of the Pit bull is the placebo administered to ease the public's anxiety about dog attacks. The book, *The Pit Bull Placebo: The Media, Myths and Politics of Canine Aggression*, explores how our views and beliefs about canine aggression have changed over the last 150 years and how our perceptions about the nature and behavior of dogs has been influenced by persons and organizations who often times disseminate information about dog attacks which is tailored to

further an agenda unrelated to the improvement of the human/dog bond. We are in the midst of a social hysteria about Pit bulls because we have abandoned centuries-old common-sense and have been duped by inaccurate reporting from the "Pit Bull Paparazzi" and by politicians who traffic in rumors, myths and pseudoscience in their efforts to pass legislation that demonizes dogs while exonerating criminal and abusive owners. If we truly believe that the extremely rare cases of fatal dog attacks merit extreme measures in the management of dogs, if our concern and shock is genuine, then we must be equally genuine and sincere in seeking out and addressing the real causes for these incidents. Only by stepping back from the swirl of present-day hysteria surrounding isolated cases of severe canine aggression and examining the problem from a broader and more objective perspective can we hope to understand and address the human and canine behaviors which contribute to these incidents.

RIVER BASIN DEVELOPMENT AND HUMAN RIGHTS IN EASTERN AFRICA — A POLICY CROSSROADS

Springer This book is open access under a CC BY-NC 2.5 license. This book offers a devastating look at deeply flawed development processes driven by international finance, African governments and the global consulting industry. It examines major river basin development underway in the semi-arid borderlands of Ethiopia, Kenya and South Sudan and its disastrous human rights consequences for a half-million indigenous people. The volume traces the historical origins of Gibe III megadam construction along the Omo River in Ethiopia—in turn, enabling irrigation for commercial-scale agricultural development and causing radical reduction of downstream Omo and (Kenya's) Lake Turkana waters. Presenting case studies of indigenous Dasanech and northernmost Turkana livelihood systems and Gibe III linked impacts on them, the author predicts agropastoral and fishing economic collapse, region-wide hunger with exposure to disease epidemics, irreversible natural resource destruction and cross-border interethnic armed conflict spilling into South Sudan. The book identifies fundamental failings of government and development bank impact assessments, including their distortion or omission of mandated transboundary assessment, cumulative effects of the Gibe III dam and its linked Ethiopia-Kenya energy transmission 'highway' project, key hydrologic and human ecological characteristics, major earthquake threat in the dam region and widespread expropriation and political repression. Violations of internationally recognized human rights, especially by the Ethiopian government but also the Kenyan government, are extensive and on the increase—with collaboration by the development banks, in breach of their own internal operational procedures. A policy crossroads has now emerged. The author presents the alternative to the present looming catastrophe—consideration of development suspension in order to

undertake genuinely independent transboundary assessment and a plan for continued development action within a human rights framework—forging a sustainable future for the indigenous peoples now directly threatened and for their respective eastern Africa states. Claudia Carr's book is a treasure of detailed information gathered over many years concerning river basin development of the Omo River in Ethiopia and its impact on the peoples of the lower Omo Basin and the Lake Turkana region in Kenya. It contains numerous maps, charts, and photographs not previously available to the public. The book is highly critical of the environmental and human rights implications of the Omo River hydropower projects on both the local ethnic communities in Ethiopia and on the downstream Turkana in Kenya. David Shinn Former Ambassador to Ethiopia and to Burkina Faso Adjust Professor of International Affairs, The George Washington University, Washington D.C.

PSYCHOLOGY APPLIED TO MODERN LIFE

ADJUSTMENT IN THE 21ST CENTURY

Wadsworth Publishing Company A textbook on the psychological issue of adjustment that encourages students to assess popular psychology resources. Emphasizes both theory and application in content areas such as modern life, personality, stress, coping, social influence, interpersonal communication, love, gender, development, careers, sexuality, health, disorders, and psychotherapy.

THE GOOGLE STORY

Delta An inside look at the billion-dollar enterprise reveals how the Internet icon grew from a concept to a social phenomenon with a bold mission: to organize all of the world's information and make it easily accessible to people in more than one hundred languages. Reprint. 50,000 first printing.

BRAIN FACTS

A PRIMER ON THE BRAIN AND NERVOUS SYSTEM

PHYSICAL EDUCATION AND WELLBEING

GLOBAL AND HOLISTIC APPROACHES TO CHILD HEALTH

Springer This book explores how physical education (PE) can be best enacted in primary schools in order to optimise children's wellbeing. Drawing together extensive data from school communities around the globe, the author examines multiple dimensions of child health in practice. Ultimately, the findings suggest that PE is imperative within the wider landscape of children's holistic learning, offering a powerful platform for meaningful connections across learning areas. While quantitative research has long evidenced the benefits of physical activity, this book contributes

to the complex and global issue of what effective health and wellbeing approaches look like in practice. It is natural for children to enjoy movement for the purposes of play, exploration, learning and development: this book is essential reading for educators looking to enhance children's wellbeing and general health.

PHYSICAL FITNESS AND WELLNESS

CHANGING THE WAY YOU LOOK, FEEL, AND PERFORM

Human Kinetics This comprehensive text aims to provide students with the information, strategies & motivation they need to help themselves improve the way they look, feel & perform.

DON'T UNPLUG

HOW TECHNOLOGY SAVED MY LIFE AND CAN SAVE YOURS TOO

St. Martin's Press Chris Dancy, the world's most connected person, inspires readers with practical advice to live a happier and healthier life using technology. In 2002, Chris Dancy was overweight, unemployed, and addicted to technology. He chain-smoked cigarettes, popped pills, and was angry and depressed. But when he discovered that his mother kept a record of almost every detail of his childhood, an idea began to form. Could knowing the status of every aspect of his body and how his lifestyle affected his health help him learn to take care of himself? By harnessing the story of his life, could he learn to harness his own bad habits? With a little tech know-how combined with a healthy dose of reality, every app, sensor, and data point in Dancy's life was turned upside down and examined. Now he's sharing what he knows. That knowledge includes the fact that changing the color of his credit card helps him to use it less often, and that nostalgia is a trigger for gratitude for him. A modern-day story of rebirth and redemption, Chris' wisdom and insight will show readers how to improve their lives by paying attention to the relationship between how we move, what we eat, who we spend time with, and how it all makes us feel. But Chris has done all the hard work: Don't Unplug shows us how we too can transform our lives.

WORK/LIFE CITY LIMITS

COMPARATIVE HOUSEHOLD PERSPECTIVES

Springer This book demonstrates how local contexts of urbanization and cultures of work are intimately meshed together. Each chapter explores a discrete dimension of the way people organize their working lives in post-industrial cities, taking close account of the social and environmental impact of this balancing act. The book features cross-national and inter-city comparative household level research, highlighting significant contradictions underpinning the nature of production, consumer

expectation, work-life balance and urban environmental quality.

THE END OF WORK

THE DECLINE OF THE GLOBAL LABOR FORCE AND THE DAWN OF THE POST-MARKET ERA

Tarcher The most significant domestic issue of the 2004 elections is unemployment. The United States has lost nearly three million jobs in the last ten years, and real employment hovers around 9.1 percent. Only one political analyst foresaw the dark side of the technological revolution and understood its implications for global employment: Jeremy Rifkin. *The End of Work* is Jeremy Rifkin's most influential and important book. Now nearly ten years old, it has been updated for a new, post-New Economy era. Statistics and figures have been revised to take new trends into account. Rifkin offers a tough, compelling critique of the flaws in the techniques the government uses to compile employment statistics. *The End of Work* is the book our candidates and our country need to understand the employment challenges-and the hopes-facing us in the century ahead.

RESTORATIVE COMMONS

CREATING HEALTH AND WELL-BEING THROUGH URBAN LANDSCAPES

FITNESS FOR DUMMIES

For Dummies In the exercise world, there's something new in equipment, research, gadgets, videos, and Web sites just about every day. Health clubs are offering innovative new classes like cardio kickboxing and firefighter boot camp, and nifty new machines, like the elliptical trainer. Meanwhile, scientists have published scores of new studies suggesting that exercise may, among other things, improve memory, reduce the risk of breast cancer, and give you a mood boost. *Fitness For Dummies, 2nd Edition*, updates you on all the latest - the good, the bad, and the totally weird. But the central mission of this book is to tackle your fears, whether you worry that operating a stairclimber requires a degree in mechanical engineering or fret that no matter what exercise routine you start, sooner or later you'll end up back in the recliner. This book is for anyone who wants to Set realistic fitness goals Analyze your eating habits Maximize your cardio workout Demystify strength equipment Choose a health club This down-to-earth guide tells you the stuff you really want to know, such as: Will you burn more fat if you exercise at a slower pace? Which brands of home exercise equipment are most reliable? Can you actually become "Rock Solid in 6 Weeks," like the magazines say? Which weight training exercises are best for beginners? What the heck is Pilates, and how do you pronounce it? How many days a week do you really need to work out? How can you tell if a fitness trainer is qualified? Will exercise ever be fun? Don't become a fitness statistic. The fact is, among people who start an exercise

program, half quit within eight weeks. *Fitness For Dummies, 2nd Edition*, presents strategies for making exercise a habit and explains the basics of healthy eating so that you steer clear of fad diets and useless supplements. This book gives you the knowledge and motivation to stick with fitness for the rest of your life.

THE PURSUIT OF HUMAN WELL-BEING

THE UNTOLD GLOBAL HISTORY

Springer This handbook informs the reader about how much progress we, the human race, have made in enhancing the quality of life on this planet. Many skeptics focus on how the quality of life has deteriorated over the course of human history, particularly given World War II and its aftermath. This handbook provides a positive perspective on the history of well-being. Quality of life, as documented by scientists worldwide, has significantly improved. Nevertheless, one sees more improvements in well-being in some regions of the world than in others. Why? This handbook documents the progress of well-being in the various world regions as well as the differences in those regions. The broad questions that the handbook addresses include: What does well-being mean? How do different philosophical and religious traditions interpret the concept of well-being within their own context? Has well-being remained the same over different historical epochs and for different regions and subregions of the world? In which areas of human development have we been most successful in advancing individual and collective well-being? In which sectors has the attainment of well-being proven most difficult? How does well-being differ within and between different populations groups that, for a variety of socially created reasons, have been the most disadvantaged (e.g., children, the aged, women, the poor, racial, ethnic, and sexual minorities)?

THIRST

FOR WATER AND POWER IN THE ANCIENT WORLD

Harvard University Press Freshwater shortages will affect 75% of the world's population by 2050. Mithen puts this crisis into context by exploring 10,000 years of water management. Thirst tells of civilizations defeated by the water challenge, and of technological ingenuity that sustained communities in hostile environments. Work with nature, not against it, he advises.

ENVIRONMENTAL SCIENCE : A CANADIAN PERSPECTIVE

Prentice Hall

SIZE AND STRENGTH BLUEPRINT

THE ULTIMATE ENCYCLOPEDIA OF PROVEN WORKOUTS

Are you a hard worker? Are you tired of busting your butt and not having the size and strength to show for it? You can't reach your goals in the gym without a plan! Now you will never have to hit the gym without a set workout again! What you have in your hands is the ultimate blueprint to a bigger, stronger you! Now all your hours sweating and toiling away on the weight pile won't be in vain. Even the most seasoned gym veterans and highly skilled trainers have difficulty consistently coming up with fresh and effective workouts. But for those willing to put in the time (the lazy and uncommitted need not apply), the Size and Strength Blueprint is here to take your strength and physique game to the next level. In this book we show you exactly what to do to put on pounds of quality lean muscle mass, and strength levels to match, in a matter of weeks! These are not theory-based workouts. They have been tested and proven on world-class athletes from IFBB Pros Johnnie Jackson and Branch Warren, World Record Holder Jeremy Hoornstra, professional athletes, and some of the strongest men in the world. Josh and Noah Bryant have "been there and done that" and are full-time trainers whose clients make up the A-List of the weightlifting world. You can now use the secrets and methods of two of the world's best trainers in your own program. Imagine, in just a couple of months, being more confident, feeling better physically and mentally, and reaching goals you previously thought unattainable, all without living in the gym and doing hours of cannibalizing cardio! The Blueprint is going to be the greatest training investment you have ever made and is an absolute necessity for any serious strength athlete or personal trainer. If you have the work ethic, we have the plan!

REVOLTING YOUTH

THE FURTHER JOURNALS OF NICK TWISP

Crown The hilarious sequel to the cult favorite *Youth in Revolt*, now a major motion picture starring Michael Cera and Justin Long. In the wry and subversive further journals of Nick Twisp, we reunite with America's most literate teen diarist as he accidentally ignites criminal mayhem; seeks union with his love, Sheeni Saunders; and still has to live as a girl to avoid the police—an absolute must-read for all fans of the oddball humor of *Youth in Revolt*. Praise for *Youth in Revolt* "The funniest book you'll read this year." —Los Angeles Times "This hilariously cynical sex farce about bright teenagers combines creaky Shakespearean plot twists with real insights about growing up in the present chaos." —The Oregonian

THE HISTORICAL EVOLUTION OF WORLD-SYSTEMS

Springer The rise and decline of great powers remains a fascinating topic of vigorous debate. This book brings together leading scholars to explore the historical evolution of world systems through examining the ebb and flow

of great powers over time, with particular emphasis on early time periods. The book advances understanding of the regularities in the dynamics of empire and the expansion of political, social and economic interaction networks, from the Bronze Age forward. The authors analyze the expansion and contraction of cross-cultural trade networks and systems of competing and allying political groupings. In premodern times, these ranged from small local trading networks (even the very small ones of hunting-gathering peoples) to the vast Mongol world-system. Within such systems, there is usually one, or a very few, hegemonic powers. How they achieve dominance and how transitions lead to systems change are important topics, particularly at a time when the United States' position is in flux. The chapters in this book review several recent approaches and present a wealth of new findings.

CONSUMING CITIES

THE URBAN ENVIRONMENT IN THE GLOBAL ECONOMY AFTER RIO

Routledge This book is about cities as engines of consumption of the world's environment, and the spread of policies to reduce their impact. It looks at these issues by examining the impact of the Rio Declaration and assesses the extent to which it has made a difference. *Consuming Cities* examines this impact using case studies from around the world including: the USA, Japan, Germany, the UK, China, India, Sweden, Poland, Australia and Indonesia. The contributors all have direct experience of the urban environment and urban policies in the countries on which they write and offer an authoritative commentary which brings the urban 'consumption' dimension of sustainable development into focus.

ON THE BRINK

INSIDE THE RACE TO STOP THE COLLAPSE OF THE GLOBAL FINANCIAL SYSTEM

Business Plus When Hank Paulson, the former CEO of Goldman Sachs, was appointed in 2006 to become the nation's next Secretary of the Treasury, he knew that his move from Wall Street to Washington would be daunting and challenging. But Paulson had no idea that a year later, he would find himself at the very epicenter of the world's most cataclysmic financial crisis since the Great Depression. Major institutions including Bear Stearns, Fannie Mae, Freddie Mac, Lehman Brothers, AIG, Merrill Lynch, and Citigroup, among others—all steeped in rich, longstanding tradition—literally teetered at the edge of collapse. Panic ensnared international markets. Worst of all, the credit crisis spread to all parts of the U.S. economy and grew more ominous with each passing day, destroying jobs across America and undermining the financial security millions of families had spent their lifetimes building. This was truly a once-in-a-lifetime economic nightmare. Events no one had thought possible were happening in quick succession,

and people all over the globe were terrified that the continuing downward spiral would bring unprecedented chaos. All eyes turned to the United States Treasury Secretary to avert the disaster. This, then, is Hank Paulson's first-person account. From the man who was in the very middle of this perfect economic storm, **ON THE BRINK** is Paulson's fast-paced retelling of the key decisions that had to be made with lightning speed. Paulson puts the reader in the room for all the intense moments as he addressed urgent market conditions, weighed critical decisions, and debated policy and economic considerations with all the notable players-including the CEOs of top Wall Street firms as well as Ben Bernanke, Timothy Geithner, Sheila Bair, Nancy Pelosi, Barney Frank, presidential candidates Barack Obama and John McCain, and then-President George W. Bush. More than an account about numbers and credit risks gone bad, **ON THE BRINK** is an extraordinary story about people and politics-all brought together during the world's impending financial Armageddon.

ENVIRONMENTAL POLITICS IN SOUTHERN EUROPE

ACTORS, INSTITUTIONS AND DISCOURSES IN A EUROPEANIZING SOCIETY

Springer Science & Business Media 'Europe is sometimes credited with a 'polis,' but not a 'demos'. Political integration and economic globalisation cannot diminish local identity and social memories. This fascinating collection of national case studies shows why there will always be a local 'demos' located in ecology, economy, and society. But there will never be a transnational 'demos', precisely because locality is the basis for meaningful sustainability. Long may it triumph.' Tim O'Riordan, CSERGE, University of East Anglia 'The book offers a refreshing perspective on the diversity of Europe and at the same time, on the interdependence of the policies, economies, and societies of European countries. Going beyond the dichotomies of 'good and bad' and 'leaders and laggards' in environmental matters, the authors contribute to a different understanding of the North-South divide in the process of European integration.' Angela Liberatore, European Commission, Directorate General for Research 'This is a self-consciously revisionist volume, whose findings are theoretically significant, policy-relevant, and timely. Its insistence on 'bringing society back in,' its debunking of the notion of a 'Mediterranean syndrome,' its emphasis on developmental 'leapfrogging' capacity of late-comers to emerge as leaders in contexts of late modernity, and its systematic attempt to reconceptualize the politics of Europeanization should be carefully listed to students and policy-makers concerned with collective action, Southern Europe, European integration, and environmental politics.' P. Nikiforos Diamandouros, University of Athens

SCIENCE AND EMPIRE

KNOWLEDGE AND NETWORKS OF SCIENCE ACROSS THE BRITISH EMPIRE, 1800-1970

Springer Offering one of the first analyses of how networks of science interacted within the British Empire during the past two centuries, this volume shows how the rise of formalized state networks of science in the mid nineteenth-century led to a constant tension between administrators and scientists.

LAND USE PROBLEMS AND CONFLICTS

CAUSES, CONSEQUENCES AND SOLUTIONS

Routledge The causes, consequences and control of land use change have become topics of enormous importance in contemporary society. Not only is urban land use and sprawl a hot-button issue, but issues of rural land use have also been in the headlines. Policy makers and citizens are starting to realize that many environmental and economic issues have the question of land use at their very core. Comprising papers from a conference sponsored by the Northeast Regional Center for Rural Development, *Land Use Problems and Conflicts* draws together some of the most up-to-date research in this area. Sections are devoted to problems in the United States and Europe, the consequences of such problems, land use-related data and alternative solutions to conflict. With a lineup including some of the best scholarship on this subject to date, this volume will be of use to those studying environmental and land use issues in addition to policy makers and economists.

STRESS MANAGEMENT AND PREVENTION

APPLICATIONS TO DAILY LIFE

Routledge Gain a critical understanding of the nature of stress from a positive psychology framework that allows you to look beyond a simple pathology of stress-related symptoms. This new edition of *Stress Management and Prevention* integrates Eastern and Western concepts of stress while emphasizing an experiential approach to learning through the use of exercises, activities, and self-reflection. This student-friendly text contains chapters on conflict resolution, mindfulness meditation, time management, prevention of health risks, and cognitive restructuring. Included throughout are an emphasis on mindfulness and the neuroscience behind it, more theories, and new techniques for stress reduction and time management. An updated companion website includes even more video-based activities so students can see techniques in practice.

AMAZONIA

RESILIENCY AND DYNAMISM OF THE LAND AND ITS PEOPLE

United Nations University Press "Balanced, worthwhile book includes chapters on threats to the environment, change and societal response, conservation and management, plantation crops, agroforestry, ranching, floodplain dynamics, and trends and opportunities"--*Handbook of Latin American Studies*, v. 57.

LONDON'S URBAN LANDSCAPE

ANOTHER WAY OF TELLING

UCL Press **London's Urban Landscape** is the first major study of a global city to adopt a materialist perspective and stress the significance of place and the built environment to the urban landscape. Edited by Christopher Tilley, the volume is inspired by phenomenological thinking and presents fine-grained ethnographies of the practices of everyday life in London. In doing so, it charts a unique perspective on the city that integrates ethnographies of daily life with an analysis of material culture. The first part of the volume considers the residential sphere of urban life, discussing in detailed case studies ordinary residential streets, housing estates, suburbia and London's mobile 'linear village' of houseboats. The second part analyses the public sphere, including ethnographies of markets, a park, the social rhythms of a taxi rank, and graffiti and street art. **London's Urban Landscape** returns us to the everyday lives of people and the manner in which they understand their lives. The deeply sensuous character of the embodied experience of the city is invoked in the thick descriptions of entangled relationships between people and places, and the paths of movement between them. What stories do door bells and house facades tell us about contemporary life in a Victorian terrace? How do antiques acquire value and significance in a market? How does living in a concrete megastructure relate to the lives of the people who dwell there? These and a host of other questions are addressed in this fascinating book that will appeal widely to all readers interested in London or contemporary urban life.

STRATEGIC CHOICES FOR A TURBULENT WORLD

IN PURSUIT OF SECURITY AND OPPORTUNITY

Rand Corporation **This report is the last of a six-volume series in which RAND explores the elements of a national strategy for the conduct of U.S. foreign policy. It analyzes U.S. strengths and weaknesses, and suggests adaptations for this new era of turbulence and uncertainty. The report offers three alternative strategic concepts and evaluates their underlying assumptions, costs, risks, and constraints.**

TRUMP: THE ART OF THE DEAL

Ballantine Books President Donald J. Trump lays out his professional and personal worldview in this classic work—a firsthand account of the rise of America’s foremost deal-maker. “I like thinking big. I always have. To me it’s very simple: If you’re going to be thinking anyway, you might as well think big.”—Donald J. Trump Here is Trump in action—how he runs his organization and how he runs his life—as he meets the people he needs to meet, chats with family and friends, clashes with enemies, and challenges conventional thinking. But even a maverick plays by rules, and Trump has formulated time-tested guidelines for success. He isolates the common elements in his greatest accomplishments; he shatters myths; he names names, spells out the zeros, and fully reveals the deal-maker’s art. And throughout, Trump talks—really talks—about how he does it. *Trump: The Art of the Deal* is an unguarded look at the mind of a brilliant entrepreneur—the ultimate read for anyone interested in the man behind the spotlight. Praise for *Trump: The Art of the Deal* “Trump makes one believe for a moment in the American dream again.”—*The New York Times* “Donald Trump is a deal maker. He is a deal maker the way lions are carnivores and water is wet.”—*Chicago Tribune* “Fascinating . . . wholly absorbing . . . conveys Trump’s larger-than-life demeanor so vibrantly that the reader’s attention is instantly and fully claimed.”—*Boston Herald* “A chatty, generous, chutzpa-filled autobiography.”—*New York Post*

THE DOCTOR AND MR. DYLAN

Montelago Press This is the second edition of the 2014 bestselling medical-legal novel. Dr. Nico Antone, an anesthesiologist at Stanford University, is married to Alexandra, a high-powered real estate agent obsessed with money. Their son, Johnny, an 11th-grader with immense potential, struggles to get the grades he'll need to attend an Ivy League college. After a screaming match with Alexandra, Nico moves himself and Johnny from Palo Alto, California, to his frozen childhood home of Hibbing, Minnesota. The move helps Johnny improve his grades and thus seem more attractive to universities, but Nico loves the freedom from his wife. Hibbing also happens to be the hometown of music icon Bob Dylan. Joining the hospital staff, Nico runs afoul of a psychotic nurse anesthetist who calls himself Bobby Dylan, who plays Dylan songs twice a week in a bar called Heaven's Door, and who believes he is the real Bob Dylan. As Nico and Johnny settle in at Hibbing, their lives turn around, until the soulless Alexandra dies, which accelerates the downfall of Dr. Antone, who is accused of her murder. The medical realism and subsequent courtroom realism and big university atmosphere versus small Minnesota town make this novel ring true. The author's medical expertise is central to the plot, and the author's career as a medical expert witness brings sizzling energy to the concluding courtroom scenes.

DECOLONISING BLUE SPACES IN THE ANTHROPOCENE

FRESHWATER MANAGEMENT IN AOTEAROA NEW ZEALAND

Springer Nature This open access book crosses disciplinary boundaries to connect theories of environmental justice with Indigenous people's experiences of freshwater management and governance. It traces the history of one freshwater crisis - the degradation of Aotearoa New Zealand's Waipā River- to the settler-colonial acts of ecological dispossession resulting in intergenerational injustices for Indigenous Māori iwi (tribes). The authors draw on a rich empirical base to document the negative consequences of imposing Western knowledge, worldviews, laws, governance and management approaches onto Māori and their ancestral landscapes and waterscapes. Importantly, this book demonstrates how degraded freshwater systems can and are being addressed by Māori seeking to reassert their knowledge, authority, and practices of kaitiakitanga (environmental guardianship). Co-governance and co-management agreements between iwi and the New Zealand Government, over the Waipā River, highlight how Māori are envisioning and enacting more sustainable freshwater management and governance, thus seeking to achieve Indigenous environmental justice (IEJ). The book provides an accessible way for readers coming from a diversity of different backgrounds, be they academics, students, practitioners or decision-makers, to develop an understanding of IEJ and its applicability to freshwater management and governance in the context of changing socio-economic, political, and environmental conditions that characterise the Anthropocene. Meg Parsons is senior lecturer at the University of Auckland, New Zealand who specialises in historical geography and Indigenous peoples' experiences of environmental changes. Of Indigenous and non-Indigenous heritage (Ngāpuhi, Pākehā, Lebanese), Parsons is a contributing author to IPCC's Sixth Assessment of Working Group II report and the author of 34 publications. Karen Fisher (Ngāti Maniapoto, Waikato-Tainui, Pākehā) is an associate professor in the School Environment, University of Auckland, New Zealand. Aotearoa New Zealand. She is a human geographer with research interests in environmental governance and the politics of resource use in freshwater and marine environments. Roa Petra Crease (Ngāti Maniapoto, Filipino, Pākehā) is an early career researcher who employs theorising from feminist political ecology to examine climate change adaptation for Indigenous and marginalised peoples. Recent publications explore the intersections of gender justice and climate justice in the Philippines, and mātuaranga Māori (knowledge) of flooding.--

YOU'VE GOT TO READ THIS BOOK!

55 PEOPLE TELL THE STORY OF THE BOOK THAT CHANGED THEIR LIFE

Harper Collins There's nothing better than a book you can't put down—or better yet, a book you'll never forget. This book puts the power of transformational reading into your hands. Jack Canfield, cocreator of the bestselling *Chicken Soup for the Soul®* series, and self-actualization pioneer Gay Hendricks have invited notable people to share personal stories of books that changed their lives. What book shaped their outlook and habits? Helped them navigate rough seas? Spurred them to satisfaction and success? The contributors include Dave Barry, Stephen Covey, Malachy McCourt, Jacquelyn Mitchard, Mark Victor Hansen, John Gray, Christiane Northrup, Bernie Siegel, Craig Newmark, Michael E. Gerber, Lou Holtz, and Pat Williams, to name just a few. Their richly varied stories are poignant, energizing, and entertaining. Author and actor Malachy McCourt tells how a tattered biography of Gandhi, stumbled on in his youth, offered a shining example of true humility—and planted the seeds that would help support his sobriety decades later. Bestselling author and physician Bernie Siegel, M.D., tells how William Saroyan's *The Human Comedy* helped him realize that, in order to successfully treat his patients with life-threatening illnesses, "I had to help them live—not just prevent them from dying." Actress Catherine Oxenberg reveals how, at a life crossroads and struggling with bulimia, a book taught her the transforming difference one person could make in the life of another—and why that person for her was Richard Burton. Rafe Esquith, the award-winning teacher whose inner-city students have performed Shakespeare all over the world, recounts his deep self-doubt in the midst of his success—and how reading *To Kill a Mockingbird* strengthened him to continue teaching. Beloved librarian and bestselling author Nancy Pearl writes how, at age ten, Robert Heinlein's science fiction book *Space Cadet* impressed on her the meaning of personal integrity and gave her a vision of world peace she'd never imagined possible. Two years later, she marched in her first civil rights demonstration and learned that there's always a way to make "a small contribution to intergalactic harmony." If you're looking for insight and illumination—or simply for that next great book to read—*You've Got to Read This Book!* has treasures in store for you.

HEALTHY AGING

A COMPLETE GUIDE TO CLINICAL MANAGEMENT

Springer This book weaves all of these factors together to engage in and promote medical, biomedical and psychosocial interventions, including lifestyle changes, for healthier aging outcomes. The text begins with an introduction to age-related changes that increase in disease and disability commonly associated with old age. Written by experts in healthy aging, the text approaches the principles of disease and disability prevention via specific health issues. Each chapter highlights the challenge of not just

increasing life expectancy but also decreasing disease burden and disability in old age. The text then shifts into the whole-person implications for clinicians working with older patients, including the social and cultural considerations that are necessary for improved outcomes as Baby Boomers age and healthcare systems worldwide adjust. *Healthy Aging* is an important resource for those working with older patients, including geriatricians, family medicine physicians, nurses, gerontologists, students, public health administrators, and all other medical professionals.

WHITENESS IN ZIMBABWE

RACE, LANDSCAPE, AND THE PROBLEM OF BELONGING

Springer European settler societies have a long history of establishing a sense of belonging and entitlement outside Europe, but Zimbabwe has proven to be the exception to the rule. Arriving in the 1890s, white settlers never comprised more than a tiny minority. Instead of grafting themselves onto local societies, they adopted a strategy of escape.