

Beauty Sick How The Cultural Obsession With Appearance Hurts Girls And Women

This anthology brings together fiction, poetry, recipes, and memoirs by some of the best Portuguese-Canadian and Portuguese-American writers to narrate the Portuguese Diasporic experience in North America. These works focus on lived experiences, shared spaces and the ethnic identity through which this distinctive culture is lived in the United States of America and Canada, both of which have long been home to significant and vibrant Portuguese communities that arrived roughly in the same waves of migration. In this book, you will find a range of texts full of passion, wit, and poise, even as they wrestle with a sense of loss about the passing of the torch from generation to generation, the attempts at integration into the mainstream, and the often overlooked third space or otherness often felt by Portuguese-Canadians and Portuguese-Americans. There are also stories about the power gained from the preservation of cultural practices that promote a strong sense of self and strengthen family and community ties, and also the awareness that success can come from understanding one's legacy. We would like to emphasize that even though this anthology was compiled from the perspective of the Portuguese Diaspora to North America, the result goes beyond that community and reflects larger complexities of articulations in Canadian and American everyday life and identity that will resonate with people of any ancestry in these countries. Among the many writers included are Katherine Vaz, George Monteiro, Irene Marques, Anthony Barcellos, August Mark Vaz, Millicent Borges Accardi, Sam Pereira, Darrell Kastin and Frank X. Gaspar. Each of them offers a unique view on the heterogeneity, intricateness, and vibrancy of experiences of the Portuguese Diasporas in Canada and the United States.

An award-winning Northwestern University psychology professor reveals how the cultural obsession with women's appearance is an epidemic that harms women's ability to get ahead and to live happy, meaningful lives, in this powerful, eye-opening work in the vein of Naomi Wolf, Peggy Orenstein, and Sheryl Sandberg. Today's young women face a bewildering set of contradictions when it comes to beauty. They don't want to be Barbie dolls but, like generations of women before them, are told they must look like them. They're angry about the media's treatment of women but hungrily consume the very outlets that belittle them. They mock modern culture's absurd beauty ideal and make videos exposing Photoshopping tricks, but feel pressured to emulate the same images they criticize by posing with a "skinny arm." They understand that what they see isn't real but still download apps to airbrush their selfies. Yet these same young women are fierce fighters for the issues they care about. They are ready to fight back against their beauty-sick culture and create a different world for themselves, but they need a way forward. In *Beauty Sick*, Dr. Renee Engeln, whose TEDx talk on beauty sickness has received more than 250,000 views, reveals the shocking consequences of our obsession with girls' appearance on their emotional and physical health and their wallets and ambitions, including depression, eating disorders, disruptions in cognitive processing, and lost money and time. Combining scientific studies with the voices of real women of all ages, she makes clear that to truly fulfill their potential, we must break free from cultural forces that feed destructive desires, attitudes, and words—from fat-shaming to denigrating commentary about other women. She provides inspiration and workable solutions to help girls and women overcome negative attitudes and embrace their whole selves, to transform their lives, claim the futures they deserve, and, ultimately, change their world.

Roger Connors, a widower with no children, is pondering whether to pursue aggressive treatment for his cancer when a cryptic note arrives from a long-lost USAF buddy announcing the visit of an acquaintance from Vietnam. Faced with ghosts of fallen comrades and haunting memories of the great love he once knew, Connors receives revelations from his visitor that uncover a missing part of his life. As he delves into a decades-old secret in search of answers and traces of a passion unfulfilled, on a journey from the jungles of Vietnam through the minefields of the heart, Connors is on a journey fraught with disillusionment and despair but ultimately redeemed by the power of love.

The Animals Know It is a book designed to remind children of their empowered state of being. Complete with wisdom from the animals--and bright, colourful images and colouring sheets to trigger the imagination--this book will entertain and delight. "Focus on your heart, listen to your body and act with love. The animals remember this, it is why they are almost always kind and patient. Animals enjoy everything they do, they remind you to be in the mystery of the moment. The animals know it is wise and right to follow your dreams and fly." *The Animals Know* It also includes the very special 'I AM A Butterfly' workshop plan for families to enjoy together and I AM NOT a Caterpillar' bonus sections to bring an unforgettable message of personal intuition, awareness of spirit and connection to the world around them. Praise for *The Animals Know* It "I love this book because it makes me feel SUPER. I also really, really really love yellow dogs, polar bears and unicorns!" -Amora, age 7 "I liked the pictures, especially the baby seal. I also liked the peacock, the baby birds and the butterfly. It was a very good book!" -Helani, age 10 "A very motivational book with cool art." -Joey, age 13 "The Animals Know It is a wonderful and inspiring book. It is so cosy, something I'd like to read under the blankets on a rainy day. The movement between the beautiful images and the words is warm and sweet, I think this is a book for all ages." -Daisy, age 17

Layla, a Palestinian woman, witnesses the diaspora of her family during the war in Palestine in 1948. Torn between her culture and the western way of life, Layla chases a dream of love and independence. Her journey takes her around the world, ending with a dramatic love story with a Jewish American man. *Out of Reach* is a compelling story of an independent woman who learns the harsh lessons of her life through marriage, romance, loss and deceit.

Should western beauty practices, ranging from lipstick to labiaplasty, be included within the United Nations understandings of harmful traditional/cultural practices? By examining the role of common beauty practices in damaging the health of women, creating sexual difference, and enforcing female deference, this book argues that they should. In the 1970s feminists criticized pervasive beauty regimes such as dieting and depilation, but some 'new' feminists argue that beauty practices are no longer oppressive now that women can 'choose' them. However, in the last two decades the brutality of western beauty practices seems to have become much more severe, requiring the breaking of skin, spilling of blood and rearrangement or amputation of body parts. *Beauty and Misogyny* seeks to make sense of why beauty practices are not only just as persistent, but in many ways more extreme. It examines the pervasive use of makeup, the misogyny of fashion and high-heeled shoes, and looks at the role of pornography in the creation of increasingly popular beauty practices such as breast implants, genital waxing and surgical alteration of the labia. It looks at the cosmetic surgery and body piercing/cutting industries as being forms of self-mutilation by proxy, in which the surgeons and piercers serve as proxies to harm women's bodies, and concludes by considering how a culture of resistance to these practices can be created. This essential work will appeal to students and teachers of feminist

psychology, gender studies, cultural studies, and feminist sociology at both undergraduate and postgraduate levels, and to anyone with an interest in feminism, women and beauty, and women's health.

"A timely, intensely intimate, and relevant exposé." —Kirkus Reviews (starred review) The Pulitzer Prize finalist's powerful examination of the hidden stories of workers overlooked by #MeToo
Apple orchards in bucolic Washington State. Office parks in Southern California under cover of night. The home of an elderly man in Miami. These are some of the workplaces where women have suffered brutal sexual assaults and shocking harassment at the hands of their employers, often with little or no official recourse. In this heartrending but ultimately inspiring tale, investigative journalist and Pulitzer Prize finalist Bernice Yeung exposes the epidemic of sexual violence levied against the low-wage workers largely overlooked by #MeToo, and charts their quest for justice. In a Day's Work reveals the underbelly of hidden economies teeming with employers who are in the practice of taking advantage of immigrant women. But it also tells a timely story of resistance, introducing a group of courageous allies who challenge the status quo of violations alongside aggrieved workers—and win.

Atheist, born in 1965 in the town of Kalgoorlie 300 miles east of the lovely although very insular city of Perth in the great nepotic, 'crony's only', 'British, Christian & loyal to the Queen & Mining forever' state of Western Australia. "Books that are sooo bad, -they good!!" And many do love reading them just too damned ashamed to admit it lol! A short novella situated in and around the rather disrupted working life of one Cal.Tennyson. Laced with many diverse stories both amusing and dramatic related to Cal's life as a member of the working class. "Well told if not a little Wild & Reckless, but still an unrivalled working class story/memoir at its very core. That is undeniable" -Alan Stone book reviewer for The London Times Review

(Free cozy murder mystery) Client's secrets can get you killed. A lesson girl boss, Ziva Diaz is learning the hard way. When she's attacked inside a client's home and wakes to find a dead body, Ziva gives up the safety of selling lipsticks for the dangerous role of detective. With suspects piling up, a killer on the loose and her own life threatened, Ziva needs to solve the case before her high heels turn toes up. Good thing she has her fashionable best friend, Aria, the handsome deckhand, Finn, and the feisty Mrs. J. to watch her back because it's all hands on deck in this humorous, romantic mystery. Grab a chai latte and escape to Port Haven today! Keywords: cozy mystery boxed sets, cozy mystery series, cozy mystery books, mysteries women sleuths, mystery with dogs, mystery with a twist, mystery with recipes, mystery with female sleuth, mystery with humor, animal mysteries, mystery series, female detective mysteries, female detective books, female detective series, female detectives murder mysteries series, female sleuth mysteries, Women mystery authors, women mystery writers, women detectives, women sleuths, women sleuths mysteries, cozy, cozy books, cozy books mysteries, cozy murder mysteries, cozy mysteries, cozy mysteries funny, cozy mysteries, cozy mysteries with audible, cozy mysteries with dogs, cozy mysteries women sleuths, cozy mystery 7 book set, cozy mystery audio books, cozy mystery authors, cozy mystery book 1, cozy mystery book set, cozy mystery book sets, cozy mystery, cozy mystery dog, free cozy mystery, hawaii cozy mystery, in the mountains cozy mystery, knitting cozy mystery, library cozy mystery, light house cozy mystery, movies cozy mystery novels, cozy mystery paperbacks, cozy mystery paranormal, cozy mystery pepper, cozy mystery recipes, cozy mystery releases, cozy mystery romance, cozy mystery sale, cozy mystery series, cozy mystery series box set, mystery sets, cozy mystery seven book set, cozy mystery short stories, mystery woman detective, cozy mystery women sleuths.

In *Bending to Beauty*, Dian Zirilli-Mares uses powerful words and metaphors to craft poems that express universal truths. This is why, as the poet examines the loves and losses of life - she writes of our lives as well. We see clearly that we share dreams, joys, fears. Readers of a certain age will relish poems of childhood memories, as Ms. Zirilli-Mares captures a precious time and place, now long-gone. They will identify with her wry poems of shock and disbelief in growing older. But no matter the focus, the poet "pares close to the bone," exploring, yet never shrinking from, the truth. The reward, as revealed in the title poem, is a "bending to beauty" that makes one stronger. Poem after poem, *Bending to Beauty* probes the complicated, painful, and wondrous that is life - and holds it up for all to recognize.

In this loose retelling of *Howard's End*, Zadie Smith considers the big questions: Why do we fall in love with the people we do? Why do we visit our mistakes on our children? What makes life truly beautiful? Set in New England mainly and London partly, *On Beauty* concerns a pair of feuding families—the Belseys and the Kippses—and a clutch of doomed affairs. It puts low morals among high ideals and asks some searching questions about what life does to love. For the Belseys and the Kippses, the confusions—both personal and political—of our uncertain age are about to be brought close to home: right to the heart of family.

Though he typically wrote under the guise of anonymity, using an array of pseudonyms and pen names, author and thinker William Walker Atkinson was an enormously influential figure in the "New Thought" movement. In fact, he is often credited with being the original source of the ideas that later coalesced under the term "the Law of Attraction." The volume *Thought-Culture* offers an array of practical tips for those who are interested in improving their mental acuity.

Oh no! The big bad wolf is in London! But he is no match for these three little pigs! Staring a silly big bad Siberian Husky, the cleverest Guinea Pig this side of a hard hat, and famous London city landmarks, this version of the Three Little Pigs turns the classic children's story into a hilarious tale of London pride! Includes a write your own story activity especially for children ages 3-8 who are planning to visit, or who have recently visited, the great city of London! Looking for a different city? Search Dr. Silly Goose for more city-specific versions of *The Three Little Pigs*. Also available: Los Angeles, Chicago, Houston, Philadelphia, San Antonio, San Diego, Dallas, New York City, Jacksonville, San Francisco, Austin, Seattle, Denver, Washington DC, and Boston.

A liberal feminist text. Rather than considering what is appropriate masculine or feminine behaviour, we should investigate what it is to be human.

Tom Meyer combines ancient and modern history, research and personal experience of living with Jews and Arabs in Jerusalem over a period of four years to reveal exciting insights into the humanity, history, religion and politics of the Holy Land as we enter the 21st century. Inside you'll find- - Information to equip you with an introductory knowledge

of Middle East culture and religion, with an emphasis on the religious, historical, and political features of Israel and Palestine. - Data to better recognize the culture and religion within Israel and Palestine in its specific historical and geographical context and how they compare, contrast and relate to one another. - Facts to help you understand and describe important aspects of the various tensions in the Holy Land. - The tools you'll need to acquire the ability to identify and explain popular subjects pertaining to Israel and Palestine and the Middle East at large. Tom Meyer has an MA in the Historical Geography of Israel and another MA in Middle East Culture and Religion from Jerusalem University College. He is currently working towards a PHD. His ministry Wordsower tells complete books of the Holy Bible word for word from memory.

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Civilization and Its Discontents is considered Freud's most brilliant work. In it he states his views on the broad question of man's place in the world. It has been praised, dissected, lambasted, interpreted, and reinterpreted. Originally published in 1930, it seeks to answer several questions fundamental to human society and its organization—What influences led to the creation of civilization? Why and how did it come to be? What determines civilization's trajectory? This process, argues Freud, is an inherent quality of civilization that instills perpetual feelings of discontent in its citizens. Freud's theme is that what works for civilization doesn't necessarily work for man. Man, by nature aggressive and egotistical, seeks self-satisfaction.

NALI By Esther Henry In an era of darkness, mystery, tropical jungles and cannibalism, Nali tries to buck the ancient traditions, only to find herself deeply entrenched in them. As a young girl full of dreams, she is given to a tribal elder in marriage and quickly learns that her girlhood dreams could be shattered overnight. The rain forest held a secret refuge that only Nali knew, where she took her dreams and her delusions. Will she be forced to succumb to a subservient role the rest of her life, or can she overcome the hopelessness that comes with isolation, ignorance and tradition? Deep in the heart of New Guinea lies the village of Mendoka, beautifully camouflaged from the rest of the world. Although the village has yet to be discovered, the outside world would soon have an influence on their lives. An interruption to their peaceful simplicity would both terrify them and cause them to search for answers. Readers will be able to follow the lives of those who lived in a much simpler time and become immersed in the culture that controlled their everyday existence.

Did you know that the average American spends over 3 hours texting every day? We text with our friends, family, lovers, and colleagues-sometimes even with strangers. In the last decade, we've witnessed a dramatic shift in our communication culture. We are no longer predominantly voice-based. Text messaging is now the most influential communication form of our time. Drawing on the latest research as well as unique interviews and surveys of over 4,000 young people, business owners, and college counselors, Texting in Sick reveals that texting has become the preferred medium for many people-even in complex conversations, such as reporting in sick for work, delivering bad news, and breaking up relationships. But what happens to our relationships when we handle such conversations on text? How does texting change our attitudes and expectations towards the people we communicate with? And how are trust and empathy impacted when we use a medium with such a limited range of social cues? In Texting in Sick, you'll uncover the answers to these questions and explore the cultural, psychological, and technological trends behind the growing use of texting and smartphones. Filled with compelling research and plenty of tweetable statistics, Texting in Sick urges us to take a fresh look at our communication habits and reconsider the ways we engage with our mobile devices.

Beauty SickHow the Cultural Obsession with Appearance Hurts Girls and WomenHarperCollins

"This work of Dr. Aziza Braithwaite Bey is evidence of her life long insistence that the contributions of ancient and global cultures be represented in every possible discourse where issues of human development and human contribution are discussed. First, as an internationally trained fashion designer; second, as a master of museology and costume curating and; third as a doctor

of diversity in cultural education teaching in the Graduate School of Arts and Social Sciences at Lesley University, Dr. Bey's work now gives instructors a manual that introduces a plethora of comparative cultural material and evidence into the classroom-and into our thinking. Through well researched examples, her book carefully insists that both instructor and student begin to think of humanity outside of their own parochial setting. Through lessons on food, clothing and ritual, this manual purposefully underscores a deep appreciation of world-wide culture. In this era of globalization, it becomes particularly important that we manage to identify distinctions, still, in ethnic form and culture-so that no modern effort toward homogeneity obscures those particular ways and means that varieties of cultures have solved similar problems. This manual gently helps the user to create an understanding that the diverse range of human genius is the greatest contribution to civilization, world-wide. In this manual Bey celebrates that genius...of humanity to demonstrate how similar problems can be solved in acutely distinct ways while maintaining similarities of import across of the range of possibility. To this end Dr. Bey's work and her insistence on cultural inclusion demand both our respect and applause." Renee Kemp-Rotan Contributing Editor with Paul Oliver in *The International Encyclopedia of World Vernacular Architecture* Cambridge University Press, 1997

Minna Rose enjoys travelling and loves exploring different cultures through food. She adds her own twists to the recipes she discovers and loves to experiment on her family and friends. African food is vibrant, spicy and colourful, utilising the most tantalising flavours from the many cultures who have settled on the continent over the centuries, and creating new and wonderful combinations, combined with traditional foods and cooking methods. Fresh and nutritious food is very important for a healthy life, just as tasty food, shared in good company, is essential for a happy and enjoyable life. Minna Rose's cookbooks combine the two in her recipes, all of which are easy to follow and recreate.

In *Alienation Nation*, James LaFond, the author of over 10 books and 300 articles on urban survival, offers a guide to defining and surviving our dystopian now. As a committed Darwinist LaFond offers no societal solutions and advocates no political action, but rather offers a guide to living below the political and criminal horizon [which he insists are one in the same] and adopting a practical view of violence and society toward the end of developing sustainable countermeasures that will permit you to avoid and survive crime without falling into the clutches of the judicial system.

We all have a responsibility to care for culture. Artist Makoto Fujimura issues a call to cultural stewardship, in which we feed our culture's soul with beauty, creativity, and generosity. This is a book for artists and all "creative catalyts" who understand how much the culture we all share affects human thriving today and shapes the generations to come.

Join young Fatuma in a joyful visit to an East African market where she finds the secret to perfect chai, and her own special qualities, by looking beyond appearances.

A horse of nineteenth century England tells his life story from his early home through many masters and experiences, both good and bad.

Sometimes, the things that a child hears about himself or herself is confusing to him or her. That is the case with the young boy in *Almond Eyes*. As a young child, he is constantly told that he has "beautiful Almond Eyes". He doesn't understand what this means until he asks his mother. She explains that his eyes are shaped like almonds because he is Korean. The boy then notices the different eye shapes of all of his friends. This is a wonderful book about celebrating the differences among friends.

Vintage Feminism: classic feminist texts in short form WITH A NEW INTRODUCTION BY THE AUTHOR Every day, women around the world are confronted with a dilemma – how to look. In a society embroiled in a cult of female beauty and youthfulness, pressure on women to conform physically is constant and all-pervading. In this shortened edition you will find the essence of Wolf's groundbreaking book. It is a radical, gripping and frank exposé of the tyranny of the beauty myth, its oppressive function and the destructive obsession it engenders.

The bestselling classic that redefined our view of the relationship between beauty and female identity. In today's world, women have more power, legal recognition, and professional success than ever before. Alongside the evident progress of the women's movement, however, writer and journalist Naomi Wolf is troubled by a different kind of social control, which, she argues, may prove just as restrictive as the traditional image of homemaker and wife. It's the beauty myth, an obsession with physical perfection that traps the modern woman in an endless spiral of hope, self-consciousness, and self-hatred as she tries to fulfill society's impossible definition of "the flawless beauty."

To get ahead she'll have to become a man -- and a man, she always thought, never lets love get in the way... Clementine dreams of being a naturalist -- a career that leaves no time for romance. To sneak on an adventurous prospecting expedition, Clementine will have to convince everyone she's a man. A mysterious tonic offers her just that disguise. But "Calvin," as she calls herself now, had no idea what she was giving up. When Wesley, the expedition's gentle preacher, catches her eye, she can't get him out of her head; not his lush lips, wide brown eyes ... or broad chest. Dare she reveal her secret to him, and can she keep her career if she does? Among run-ins with cowboys, natural disasters, and traveling shows, Wesley's most fascinating adventure is meeting Calvin. Though Wesley's betrothed, the cute, clever naturalist threatens to make him fall into temptation...

These are the magic stories of *RUMPLESTILTSKIN*, *THE FROG PRINCE*, and *THE UNGRATEFUL SON* told in rhymes and beautiful illustrations for your delight. The Grimm stories are a collection of German fairy tales first published in 1812 by the Grimm brothers, Jacob, and Wilhelm. These stories have certainly endured the test of time and keep delighting our children. For more than 200 years, millions of children have enjoyed and learned with these tales. Perhaps no other stories possess as much power to enchant, delight, and surprise as those penned by the immortal Brothers Grimm. In this edition, your children will enjoy three classic tales now told in catchy rhymes and beautiful modern illustrations. Enjoy the reading! Each story has a moral for educating your children with entertainment.

America is currently undergoing a massive political and cultural change. While many of our societal changes have been positive, there are just as many negative pathways that we are pursuing, and these paths are threatening the very core values of the United States. From the perspective of a young, rural Northern Michigan resident, I highlight the most major cultural shifts that our nation is facing, and what the consequences are and more importantly, what can be done to either alleviate or reverse these dangerous changes. I began writing this book when I was sixteen years old and finished when I was eighteen. Even up here in the secluded north, I've experienced some of these changes first-hand, and how they effect the local community. From an increasing over-dependence on technology to the resurgence of racism that cloaks itself as 'equality' and 'tolerance' to the silencing of free speech and free thought; these ideologies are extremely hazardous to the sanctity of our nation. Our culture is vigorously attempting to copy the cultures of the very same countries that we have fought with blood and sweat to be different

from them. We have always prided ourselves as being unique and different, and it has worked quite well for us. Why should we abandon that identity now, even as we sit as the world's economic, militaristic, and influential superpower? This book summarizes all of these key questions and more. So if you're interested at all about the future of this nation and are cautious about the changes in our culture, then this book is perfect for you.

During the late 18th and early 19th centuries, there was a tubercular 'moment' in which perceptions of the consumptive disease became inextricably tied to contemporary concepts of beauty, playing out in the clothing fashions of the day. With the ravages of the illness widely regarded as conferring beauty on the sufferer, it became commonplace to regard tuberculosis as a positive affliction, one to be emulated in both beauty practices and dress. While medical writers of the time believed that the fashionable way of life of many women actually rendered them susceptible to the disease, Carolyn A. Day investigates the deliberate and widespread flouting of admonitions against these fashion practices in the pursuit of beauty. Through an exploration of contemporary social trends and medical advice revealed in medical writing, literature and personal papers, *Consumptive Chic* uncovers the intimate relationship between fashionable women's clothing, and medical understandings of the illness. Illustrated with over 40 full color fashion plates, caricatures, medical images, and photographs of original garments, this is a compelling story of the intimate relationship between the body, beauty, and disease - and the rise of 'tubercular chic'.

In Sweden, hundreds of refugee children fall into a state that resembles sleep for months or years at a time. In Le Roy, a town in upstate New York, teenage girls develop involuntary twitches and seizures that spread like a contagion. In the U.S. Embassy in Cuba, employees experience headaches and memory loss after hearing strange noises during the night. These are only a few of the many suspected culture-bound psychosomatic syndromes—specific sets of symptoms that exist in a particular culture or environment—that affect people throughout the world. In *The Sleeping Beauties*, Dr. Suzanne O'Sullivan—an award-winning Irish neurologist—investigates psychosomatic disorders, traveling the world to visit communities suffering from these so-called mystery illnesses. From a derelict post-Soviet mining town in Kazakhstan to the Mosquito Coast of Nicaragua to the heart of the María Mountains in Colombia, O'Sullivan records the remarkable stories of syndromes related to her by people from all walks of life. Riveting and often distressing, these case studies are recounted with compassion and humanity. In examining the complexity of psychogenic illness, O'Sullivan has written a book of both fascination and serious concern as these syndromes continue to proliferate around the globe.

5/5 No Compromise is an African centered perspective on solving the x factor in the human equation: $3/5 \text{ slave} + x = 5/5 \text{ whole human beings}$, for Black Americans, specifically, and Black people world wide in general. The book written by Jeff Weaver, is inspired and driven by the divine wisdom of Almighty God, the African Forces (Lwa, Orisa, Obosum) / Holy Spirit and the ancestors. The premise of *5/5 No Compromise* is to establish the fact that: 1) The United States Constitution codified the value of Black lives, in Article I. Section 2, Chapter 3 (more popularly known as the "3/5 Clause") as "3/5 of a person." A codification which has never been, expressly, amended or eradicated; and 2) in order for Black victims of the trans Atlantic slave trade, white supremacy and colonialism to establish their genuine human status they must embrace their own traditions, customs and culture, in an autonomous mutual respect based co-existence with their former slave masters and governors. Furthermore, in order to connect the various "splinters" of Black sub-cultures that exist in the US and globally, there must be an establishment of the one cultural thread that exist in common with the genetic heredity of the people in question. For Black Americans and Black people, worldwide, that common cultural thread is the drum pulse which originated in Africa. It is the one cultural element that is powerful and consistent, wherever Black people are heavily populated in the world. The author, Jeff Weaver calls that thread, "drum centered culture" and has identified it as the key element in sowing together the global cultural fabric that will restore Black people to a 5/5 autonomous culture of thriving human beings, with lives that matter.

Steeped in authentic cultural traditions and spiritual beliefs, this rich and wonderful historical novel follows the times and trials of a family band of the Schi'tsu'umsh Indians, now called the Coeur d'Alene Tribe in northern Idaho. Through a boy named Sun Bear and his sister, Rainbow Girl, the band's oral stories are told as it struggles to hold onto what is precious and sacred about life.

An inspirational and handy book of consciousness and love. Bring it with you on your daily journey for happiness everywhere you go.

Learn to love your body—for real this time Women in touch with the wisdom of their bodies are the single greatest threat to societal systems of domination, oppression, and control. We are also the greatest possibility to bring healing, peace, and restoration to our world. —Lauren Geertsen No matter how much we try to tell ourselves to love our bodies and accept our flaws, most women can't quite get there. Even though we know the beauty standard is unrealistic, we secretly feel like it would be so much easier if our stomach were just a little flatter, or our skin a little smoother, or a million other little things. As a result, we sacrifice our health, heritage, sanity, and lives on the altar of beauty culture. Why is it so hard to feel confident about our bodies, or even just accept them? Because willpower alone isn't enough to undo generations of brainwashing intended to repress women's confidence and power. In *The Invisible Corset*, Geertsen carefully illustrates the psychological gaslighting that leads women to internalize the belief that their appearance makes them not only unworthy of love, but incapable of fulfilling their actual destiny. By highlighting each restricting string of the invisible corset all women wear, Geertsen helps us reclaim our bodies for ourselves, discovering newfound confidence, power, joy, and pleasure as we do. You'll explore: How the invisible corset cuts you off from your body's wisdom and nature's intelligence—the true sources of your intuition, pleasure, and power How beauty culture is the most recent form of patriarchal oppression — and why women are both responsible and able to free ourselves Why the body positivity movement often makes self-criticism even worse The racist history of beauty culture, and how it still perpetuates racism today Journaling prompts, rituals, meditations, and other exercises to help unravel the toxic beliefs that keep the invisible corset in place A variety of practices to help you reconnect with your body—to tune into your intuition, set healthy boundaries, align with your True Self, and more For any woman who is ready to go from struggle, discomfort, control, and shame to pleasure, confidence, freedom, and soul-fulfilling purpose, *The Invisible Corset* is an essential guide.

In the beginning God created woman in His own like image, blessed her to go out to be fruitful and multiply, to replenish the earth, subdue it, and have dominion over everything on it, Genesis 1: 27-28. *God's Own: The Genesis of Mathematical Story-Telling* is about the creativity of God (The Absolute Infinite) as He is reflected in women. It is about the power of The Absolute Infinite to perform signs and wonders reflected in mathematical symbols, patterns, numbers, and graphs. It is a book on His word according to John 1:1, in the beginning was the word, the word was

with God, and the word was God. God's Own: The Genesis of Mathematical Story-Telling is a mathematical, cultural, and spiritual story of Dr. Nkechi (God's own) Madonna Adeleine Agwu, aka Nma (Beautiful) Jacob. Dr. Agwu is an African female leader in mathematics and statistics education. Her life trajectory includes experiences of displacement, homelessness, living in refugee camps, single-parenting of a child with hearing and speech needs, and many other issues that from all indications could have set her up for failure, but for God's divine intervention. God's Own: The Genesis of Mathematical Story-Telling is about Dr. Agwu's journey as an ethno-mathematician to her present scholarship in African culture and women's stories in science, technology, engineering, and mathematics (STEM) related fields. It is about how she found her identity as a mathematical story-teller of members of the Organization of Nigerian Women in Agricultural Research and Development (NiWARD). It is a story about the beauty, strength, courage, and nurturing spirit of women. In this era of globalization, African people face the urgent need to foster world-wide education about their mathematics, science, technology, history and culture (Gerdes, 1998). All groups of people have made significant contributions to the development of mathematics. However, the contributions of Africans other than those related to the early beginnings of algebra and geometry in ancient Egypt, are still highly unacknowledged in the history of mathematics (Lumpkin, 1997). This is partly due to our oral traditions, slavery, colonialism, neo-colonialism, globalization, and the fact that our indigenous mathematics, scientific and technological knowledge as a people is often shrouded in our spirituality. This notwithstanding, efforts must be made to document the mathematical contributions of Africans to enrich the curriculum in a multicultural and interdisciplinary way by providing a wide repertoire of examples of mathematical concepts illustrated from the African context. God's Own: The Genesis of Mathematical Story-Telling does this. In particular, it highlights the indigenous mathematical knowledge and cultural beauty of the Ndebele people of Southern Africa. God's Own: The Genesis of Mathematical Story-Telling is a story about creativity, innovation, and adaptation. It is a story about necessity as the mother of innovation. It is about the philosophy of "do what you can, from where you are, with what you have." It is a story about Nma (Beautiful) Jacob, the survivor, overcomer, successor and faithful servant of God. It is a story that The Absolute Infinite is ever present in our lives shaping our mathematical genomes. Emmanuel - God is with us! His Angels are around us, protecting and guiding us!

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