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Thirty years ago, biologists could get by with a rudimentary grasp of mathematics and modeling. Not so today. In seeking to answer fundamental questions about how biological systems function and change over time, the modern biologist is as likely to rely on sophisticated mathematical and computer-based models as traditional fieldwork. In this book, Sarah Otto and Troy Day provide biology students with the tools necessary to both interpret models and to build their own. The book starts at an elementary level of mathematical modeling, assuming that the reader has had high school mathematics and first-year calculus. Otto and Day then gradually build in depth and complexity, from classic models in ecology and evolution to more intricate class-structured and probabilistic models. The authors provide primers with instructive exercises to introduce readers to the more advanced subjects of linear algebra and probability theory. Through examples, they describe how models have been used to understand such topics as the spread of HIV, chaos, the age structure of a country, speciation, and

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extinction. Ecologists and evolutionary biologists today need enough mathematical training to be able to assess the power and limits of biological models and to develop theories and models themselves. This innovative book will be an indispensable guide to the world of mathematical models for the next generation of biologists. A how-to guide for developing new mathematical models in biology Provides step-by-step recipes for constructing and analyzing models Interesting biological applications Explores classical models in ecology and evolution Questions at the end of every chapter Primers cover important mathematical topics Exercises with answers Appendixes summarize useful rules Labs and advanced material available

How can the stunning diversity of social systems and behaviours seen in nature be explained? Drawing on social evolution theory, experimental evidence and studies conducted in the field, this book outlines the fundamental principles of social evolution underlying this phenomenal richness. To succeed in the competition for resources, organisms may either 'race' to be quicker than others, 'fight' for privileged access, or 'share' their efforts and gains. The authors show how the ecology and intrinsic attributes of organisms select for each of these strategies, and how a handful of straightforward concepts explain the evolution of successful decision rules in behavioural interactions, whether among members of

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the same or different species. With a broad focus ranging from microorganisms to humans, this is the first book to provide students and researchers with a comprehensive account of the evolution of sociality by natural selection. A bold, provocative history of our species finds the roots of civilization's success and failure in our evolutionary biology. We are living through the most prosperous age in all of human history, yet people are more listless, divided and miserable than ever. Wealth and comfort are unparalleled, and yet our political landscape grows ever more toxic, and rates of suicide, loneliness, and chronic illness continue to skyrocket. How do we explain the gap between these two truths? What's more, what can we do to close it? For evolutionary biologists Heather Heying and Bret Weinstein, the cause of our woes is clear: the modern world is out of sync with our ancient brains and bodies. We evolved to live in clans, but today most people don't even know their neighbors' names. Differences between the sexes once served a necessary evolutionary purpose, but today many dismiss the concept of biological sex as offensive. The cognitive dissonance spawned by trying to live in a society we're not built for is killing us. In this book, Heying and Weinstein cut through the politically fraught discourse surrounding issues like sex, gender, diet, parenting, sleep, education, and more to outline a science-based worldview that will empower you to live a better, wiser life. They

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distill more than 20 years of research and first-hand accounts from the most biodiverse ecosystems on Earth into straightforward principles and guidance for confronting our culture of hyper-novelty.

How companies can adapt in an era of continuous disruption: a guide to responding to such acute crises as COVID-19. When COVID-19 hit, businesses had to respond almost instantaneously--shifting employees to remote work, repairing broken supply chains, keeping pace with dramatically fluctuating customer demand. They were forced to adapt to a confluence of multiple disruptions inextricably linked to a longer-term, ongoing digital disruption. This book shows that companies that use disruption as an opportunity for innovation emerge from it stronger. Companies that merely attempt to "weather the storm" until things go back to normal (or the next normal), on the other hand, miss an opportunity to thrive. The authors, all experts on business and technology strategy, show that transformation is not a one-and-done event, but a continuous process of adapting to a volatile and uncertain environment. Drawing on five years of research into digital disruption--including a series of interviews with business leaders conducted during the COVID-19 crisis--they offer a framework for understanding disruption and tools for navigating it. They outline the leadership traits, business principles, technological infrastructure, and

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organizational building blocks essential for adapting to disruption, with examples from real-world organizations. Technology, they remind readers, is not an end in itself, but enables the capabilities essential for surviving an uncertain future: nimbleness, scalability, stability, and optionality.

Learn to brew extreme beer at home with the experts! Sam Calagione, founder of Dogfish Head Craft Brewery, and Jason and Todd Alström, of BeerAdvocate, offer an authoritative primer on extreme brewing, required reading for any serious homebrewer. Inside, you'll find: -Recipes for homemade beers that are among the most exciting and exotic today -Step-by-step instructions and insider tips for making recipes that expand the definition of great beer -Recipes from professional breweries across the country, including Allagash, Lost Abbey, Shmaltz, and Beau's All Natural

Matt Roberts' Younger, Fitter, Stronger is a ground-breaking fitness manual designed to guide the mid-life man towards a lifestyle that will ensure youthfulness is retained, strength is maintained or increased, and physical and mental performance are maximised. Drawing on more than 20 years of personal training experience with thousands of clients, Matt Roberts brings you a powerful combination of cutting-edge science and transformative workouts. The benefits and results speak for themselves: boosted energy, improved muscle mass, a

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revitalised sex drive, more restful sleep – even better-looking skin and hair. You'll look and feel as good – or better – than you did in your 20s. The day-by-day 8-week plan is based on ground-breaking recent studies that have discovered the anti-ageing benefits of boosting testosterone and human growth hormone (HGH) levels through the targeted use of exercise and diet. Raising levels of these hormones is key to maintaining health and fitness in mid-life, and it can be achieved.

“A comprehensive yet straightforward and effective roadmap to better health and fitness” (Shawn Perine, editor in chief of Muscle & Fitness), this accessible guidebook reveals exactly how to get the body of one of Hollywood’s hottest stars—promising to turn any Average Joe into a Joe Manganiello. With a build that men envy and women adore, Joe Manganiello is more than qualified to write the end-all guide to sculpting the perfect body. His fit physique catapulted him to the top of the list of Hollywood’s most desired male actors following his memorable performances in HBO’s hit show True Blood and in the Magic Mike films. In Evolution, Manganiello shares his lifetime of experience and research in terms of diet, cardio, and anatomy to bring you the only fitness book you’ll ever need in order to look and feel your best. Featuring black-and-white photographs and Manganiello’s step-by-step workout routine that combines weights, intense

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cardio, and a high protein diet.

Mechanical Circulatory and Respiratory Support is a comprehensive overview of the past, present and future development of mechanical circulatory and respiratory support devices. Content from over 60 internationally-renowned experts focusses on the entire life-cycle of mechanical circulatory and respiratory support – from the descent into heart and lung failure, alternative medical management, device options, device design, implantation techniques, complications and medical management of the supported patient, patient-device interactions, cost effectiveness, route to market and a view to the future. This book is written as a useful resource for biomedical engineers and clinicians who are designing new mechanical circulatory or respiratory support devices, while also providing a comprehensive guide of the entire field for those who are already familiar with some areas and want to learn more. Reviews of the most cutting-edge research are provided throughout each chapter, along with guides on how to design new devices and which areas require specific focus for future research and development. Covers a variety of disciplines, from anatomy of organs and evolution of cardiovascular devices, to their clinical applications and the manufacturing and marketing of devices Provides engineering and clinical perspectives to assist readers in the design of a market appropriate device

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Discusses history, design, usage, and development of mechanical circulatory and respiratory support systems

“Deftly weaving together science and personal observation, Lee proves an engaging, authoritative guide... of the human condition.” —Kate Wong, editor at Scientific American

What can fossilized teeth tell us about our ancient ancestors' life expectancy? Did farming play a problematic role in the history of human evolution? And what do we have in common with Neanderthals? In this captivating bestseller, *Close Encounters with Humankind*, paleoanthropologist Sang-Hee Lee explores our greatest evolutionary questions from new and unexpected angles. Through a series of entertaining, bite-sized chapters that combine anthropological insight with cutting-edge science, we gain fresh perspectives into our first hominin ancestors and ways to challenge perceptions about the traditional progression of evolution. With Lee as our guide, we discover that we indeed have always been a species of continuous change.

Women are not small men. Stop eating and training like one. Because most nutrition products and training plans are designed for men, it's no wonder that so many female athletes struggle to reach their full potential. *ROAR* is a comprehensive, physiology-based nutrition and training guide specifically designed for active women. This book teaches you everything you need to know to adapt your nutrition, hydration, and training to your unique physiology so you can work with, rather than against, your female physiology. Exercise physiologist and nutrition scientist Stacy T. Sims, PhD, shows you

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how to be your own biohacker to achieve optimum athletic performance. Complete with goal-specific meal plans and nutrient-packed recipes to optimize body composition, ROAR contains personalized nutrition advice for all stages of training and recovery. Customizable meal plans and strengthening exercises come together in a comprehensive plan to build a rock-solid fitness foundation as you build lean muscle where you need it most, strengthen bone, and boost power and endurance. Because women's physiology changes over time, entire chapters are devoted to staying strong and active through pregnancy and menopause. No matter what your sport is—running, cycling, field sports, triathlons—this book will empower you with the nutrition and fitness knowledge you need to be in the healthiest, fittest, strongest shape of your life.

A comprehensive survey of the evolutionary science of human sexual behavior, *Evolution and Human Sexual Behavior* invites us to imagine human sex from the vantage point of our primate cousins, in order to underscore the role of evolution in shaping all that happens, biologically and behaviorally, when romantic passions are aroused.

Handbook of Neuroevolution Through Erlang presents both the theory behind, and the methodology of, developing a neuroevolutionary-based computational intelligence system using Erlang. With a foreword written by Joe Armstrong, this handbook offers an extensive tutorial for creating a state of the art Topology and Weight Evolving Artificial Neural Network (TWEANN) platform. In a step-by-step format, the reader is

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guided from a single simulated neuron to a complete system. By following these steps, the reader will be able to use novel technology to build a TWEANN system, which can be applied to Artificial Life simulation, and Forex trading. Because of Erlang's architecture, it perfectly matches that of evolutionary and neurocomputational systems. As a programming language, it is a concurrent, message passing paradigm which allows the developers to make full use of the multi-core & multi-cpu systems. Handbook of Neuroevolution Through Erlang explains how to leverage Erlang's features in the field of machine learning, and the system's real world applications, ranging from algorithmic financial trading to artificial life and robotics.

“With . . . evidence from recent genetic and anthropological research, [Zuk] offers a dose of paleoreality.”—Erin Wayman, Science News We evolved to eat berries rather than bagels, to live in mud huts rather than condos, to sprint barefoot rather than play football—or did we? Are our bodies and brains truly at odds with modern life? Although it may seem as though we have barely had time to shed our hunter-gatherer legacy, biologist Marlene Zuk reveals that the story is not so simple. Popular theories about how our ancestors lived—and why we should emulate them—are often based on speculation, not scientific evidence. Armed with a razor-sharp wit and brilliant, eye-opening research, Zuk takes us to the cutting edge of biology to show that evolution can work much faster than was previously realized, meaning that we are not biologically the same as our caveman ancestors. Contrary to what the glossy magazines would

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have us believe, we do not enjoy potato chips because they crunch just like the insects our forebears snacked on. And women don't go into shoe-shopping frenzies because their prehistoric foremothers gathered resources for their clans. As Zuk compellingly argues, such beliefs incorrectly assume that we're stuck—finished evolving—and have been for tens of thousands of years. She draws on fascinating evidence that examines everything from adults' ability to drink milk to the texture of our ear wax to show that we've actually never stopped evolving. Our nostalgic visions of an ideal evolutionary past in which we ate, lived, and reproduced as we were “meant to” fail to recognize that we were never perfectly suited to our environment. Evolution is about change, and every organism is full of trade-offs. From debunking the caveman diet to unraveling gender stereotypes, Zuk delivers an engrossing analysis of widespread paleofantasies and the scientific evidence that undermines them, all the while broadening our understanding of our origins and what they can really tell us about our present and our future.

This open access book offers the first comprehensive account of the pan-genome concept and its manifold implications. The realization that the genetic repertoire of a biological species always encompasses more than the genome of each individual is one of the earliest examples of big data in biology that opened biology to the unbounded. The study of genetic variation observed within a species challenges existing views and has profound consequences for our understanding of the

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fundamental mechanisms underpinning bacterial biology and evolution. The underlying rationale extends well beyond the initial prokaryotic focus to all kingdoms of life and evolves into similar concepts for metagenomes, phenomes and epigenomes. The books respective chapters address a range of topics, from the serendipitous emergence of the pan-genome concept and its impacts on the fields of microbiology, vaccinology and antimicrobial resistance, to the study of microbial communities, bioinformatic applications and mathematical models that tie in with complex systems and economic theory. Given its scope, the book will appeal to a broad readership interested in population dynamics, evolutionary biology and genomics.

Your evolutionary journey begins and ends with Self-mastery, through the transformation of the Seven Selves. When you change your little me who means nothing to the universe perspective to an I am the center of all creation perspective, your whole existence and reason for living transforms. You awaken to your relevance, your significance, your duty to life, and you realize that the universe cannot evolve until you do.

The authors of these essays examine core dimensions of the human condition in light of biophilosophy and process metaphysics, which they apply to such core anthropological issues as the survival of both the human species and the biosphere as a whole. With a general focus on the unique capacity for symbolization as marking an important and influential factor in human evolution, the authors address key issues in

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biophilosophy, such as the specific ways we differ from other species, our capacity to symbolize and create a helpful or dangerous distance from life, and our playfulness and proclivity for mythmaking. Questions addressed include the following: How did symbolic thought shape the evolution of the human species? How did symbolic systems shape human experience of and reasoning about space, time, matter, life, and natural processes? How do our unique forms of power relations distinguish humans from other species? How do our spiritual and metaphysical belief systems influence human rationality and morality? How can we balance our spiritual needs with our rational abilities, and how could this influence our future evolution? How should we respond to the trends towards transhumanism and bio-technocracy? Our intellect is troubled by a consciousness of its own evolution, by the ecological and ethical challenges of a severely degraded environment, and it wields great symbolic and mythic fictions with the power to influence the bio-social evolution of future humans. Despite all our unique qualities, we cannot set ourselves apart from the natural heritage we share with every living being on planet Earth. Somewhere between transhumanism and cosmohumanism, we must find an ethical guide, an organismic and cosmic consciousness, and a speculative framework to manage our knowledge and our spontaneous actions towards the future.

With over four billion subscribers Worldwide, GSM/EDGE is by far the World's most successful communications technology of all time. Ubiquitous, deployed in every

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country of the World, except in Japan and South Korea, GSM/EDGE is the result of a continued evolution that has spanned over two decades. A leading team of experts from Nokia, Nokia Siemens Networks and Instituto Nokia de Tecnologia, guide you from the history of GSM standardization to the cutting-edge techniques in the latest 3GPP releases. Covering 3GPP Release 7 and Release 8, and addressing their motivation and detailing their concepts, this book also offers insights into further steps in evolution from Release 9 and beyond. GSM/EDGE: Evolution and Performance allows you to keep pace with all of the new developments that have occurred in 3GPP on the GSM standard since the introduction of EDGE: Covers all the key aspects of GSM/EDGE Evolution from Release 7 until Release 9 in a systematic manner. Features performance evaluations derived from leading-edge simulation tools and field trials. Addresses network optimization techniques and environmental aspects. Written by leading experts in the field of GSM/EDGE evolution and standardisation. Contributors from Nokia, NSN, Helsinki University of Technology and Instituto Nokia de Tecnologia. Reading the story in DNA is a beginner's guide to molecular evolution, introducing a variety of applications of molecular data in evolutionary biology to give students the understanding they need to make intelligent choices when seeking bioinformatic answers to biological questions.

In 1987, the University of Chicago Press published Primate Societies, the standard reference in the field of primate behavior for an entire generation of students and

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scientists. But in the twenty-five years since its publication, new theories and research techniques for studying the Primate order have been developed, debated, and tested, forcing scientists to revise their understanding of our closest living relatives. Intended as a sequel to *Primate Societies*, *The Evolution of Primate Societies* compiles thirty-one chapters that review the current state of knowledge regarding the behavior of nonhuman primates. Chapters are written by the leading authorities in the field and organized around four major adaptive problems primates face as they strive to grow, maintain themselves, and reproduce in the wild. The inclusion of chapters on the behavior of humans at the end of each major section represents one particularly novel aspect of the book, and it will remind readers what we can learn about ourselves through research on nonhuman primates. The final section highlights some of the innovative and cutting-edge research designed to reveal the similarities and differences between nonhuman and human primate cognition. *The Evolution of Primate Societies* will be every bit the landmark publication its predecessor has been.

Everybody Out of the Pond At the Water's Edge will change the way you think about your place in the world. The awesome journey of life's transformation from the first microbes 4 billion years ago to *Homo sapiens* today is an epic that we are only now beginning to grasp. Magnificent and bizarre, it is the story of how we got here, what we left behind, and what we brought with us. We all know about evolution, but it still seems absurd that our ancestors were fish. Darwin's idea of natural selection was the key to

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solving generation-to-generation evolution -- microevolution -- but it could only point us toward a complete explanation, still to come, of the engines of macroevolution, the transformation of body shapes across millions of years. Now, drawing on the latest fossil discoveries and breakthrough scientific analysis, Carl Zimmer reveals how macroevolution works. Escorting us along the trail of discovery up to the current dramatic research in paleontology, ecology, genetics, and embryology, Zimmer shows how scientists today are unveiling the secrets of life that biologists struggled with two centuries ago. In this book, you will find a dazzling, brash literary talent and a rigorous scientific sensibility gracefully brought together. Carl Zimmer provides a comprehensive, lucid, and authoritative answer to the mystery of how nature actually made itself.

This remarkable book presents a rich and up-to-date view of evolution that explores the far-reaching implications of Darwin's theory and emphasizes the power, significance, and relevance of evolution to our lives today. After all, we ourselves are the product of evolution, and we can tackle many of our gravest challenges — from lethal resurgence of antibiotic-resistant diseases to the wave of extinctions that looms before us — with a sound understanding of the science.

Jo Dunkley combines her expertise as an astrophysicist with her talents as a writer and teacher to present an elegant introduction to the structure, history, and enduring mysteries of the universe. Among the cutting-edge phenomena discussed are the

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accelerating expansion of the universe and the possibility that our universe is only one of many.

Whether we realize it or not, we carry in our mouths the legacy of our evolution. Our teeth are like living fossils that can be studied and compared to those of our ancestors to teach us how we became human. In *Evolution's Bite*, noted paleoanthropologist Peter Ungar brings together for the first time cutting-edge advances in understanding human evolution with new approaches to uncovering dietary clues from fossil teeth. The result is a remarkable investigation into the ways that teeth—their shape, chemistry, and wear—reveal how we came to be. Traveling the four corners of the globe and combining scientific breakthroughs with vivid narrative, *Evolution's Bite* presents a unique dental perspective on our astonishing human development.

"How scientists are closer than ever to not only uncovering the mystery of how life was created, but to replicating that moment Within the first billion years after this planet formed, a spark of life spontaneously ignited, turning inanimate chemicals into what we now would recognize as a living thing: a cell. Four billion years later, science has catalogued more than a million species. Science writer Adam Rutherford shows how unprecedented advances in our understanding of life have equipped us with the ability to create entirely new life-forms: goats that produce spider silk in their milk, bacteria that excrete diesel, genetic codes that identify and destroy cancer cells. This new synthetic biology is poised to offer radical new solutions to the crises of food shortage,

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pandemic disease, and climate change. By charting the history of our evolution, questioning what life really is, and identifying the milestones in our understanding of biological processes, Rutherford shows how this frontier of science will kickstart an industrial revolution that will dominate the rest of this century"--Provided by publisher. Mohan and Oliver have been very fortunate to have intimate views into the data challenges that face the largest organizations and institutions across every possible industry—and what they have been hearing about for some time is how the business needs to use data and analytics to their advantage. They continually hear the same issues, such as: We're spending valuable meeting time wondering why everyone's data doesn't match up. We can't leverage our economies of scale while remaining agile with data. We need self-serve apps that let the enterprise experiment with data and accelerate the development process. We need to get on a more predictive curve to ensure long-term success. To really address the data concerns of today's enterprise, they wanted to find a way to help enterprises achieve the success they seek. Not as a prescriptive process—but a methodology to become agile and leverage data and analytics to drive a competitive advantage. You know, it's amazing what can happen when two people with very different perspectives get together to solve a big problem. This evolutionary guide resulted from the a-ha moment between these two influencers at the top of their fields—one, an academic researcher and consultant, and the other, a longtime analytics practitioner and chief product officer at Teradata. Together, they created a powerful framework every type of business can use to connect analytic power, business practices, and human dynamics in ways that can transform what is currently possible.

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Sharing his lifetime of experience in terms of diet, cardio and anatomy, the star of True Blood and Magic Mike presents an end-all body sculpting resource that will help readers achieve the perfect body and raise their overall quality of life.

A brief guide to the most important neuroscience concepts for all mental health professionals. Louis Cozolino helps clinicians to broaden their thinking and deepen their clinical toolbox through an understanding of neuroscience, brain development, epigenetics, and the role of attachment in brain development and behavior. The effective therapist must have knowledge of evolution and neuroanatomy, as well as the systems of our brains and how they work together to give rise to who we are, how we thrive, and why we suffer. This book will give clinicians all they need to understand the social brain, the developing brain, the executive brain, consciousness, attachment, trauma, memory, and the latest information about clinical assessment. Key figures and terms of neuroscience, along with numerous case examples, bring the material to life. Cozolino is one of the most gifted clinical writers on neuroscience, and his long-awaited pocket guide is a must-buy for any clinician working on the cutting edge of treatment.

The theory of evolution unites the past, present, and future of living things. It puts humanity's place in the universe into necessary perspective. Despite a history of controversy, the evidence for evolution continues to accumulate as a result of many separate strands of amazing scientific sleuthing. In *The Story of Evolution in 25 Discoveries*, Donald R. Prothero explores the most fascinating breakthroughs in piecing together the evidence for evolution. In twenty-five vignettes, he recounts the dramatic stories of the people who made crucial discoveries, placing each moment in the context of what it represented for the progress of

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science. He tackles topics like what it means to see evolution in action and what the many transitional fossils show us about evolution, following figures from Darwin to lesser-known researchers as they unlock the mysteries of the fossil record, the earth, and the universe. The book also features the stories of animal species strange and familiar, including humans—and our ties to some of our closest relatives and more distant cousins. Prothero's wide-ranging tales showcase awe-inspiring and bizarre aspects of nature and the powerful insights they give us into the way that life works. Brisk and entertaining while firmly grounded in fundamental science, *The Story of Evolution in 25 Discoveries* is a captivating read for anyone curious about the evidence for evolution and what it means for humanity.

Evolution Challenges goes beyond the science versus religion debate to ask why evolution is so often rejected as a legitimate scientific fact, focusing on a wide range of cognitive, socio-cultural, and motivational factors that make concepts such as evolution difficult to grasp.

Jack Horner and his colleagues in molecular biology labs are poised to create a real dinosaur based on the latest breakthroughs - without using prehistoric DNA. The mystery ingredient in this recreation is the genetic code for building dinosaurs that lives on in modern birds.

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The most complete introduction to the science of human evolution. With a signature blend of evolutionary theory, population genetics, and behavioral ecology, *How Humans Evolved* teaches the science and history behind human evolution. Thoroughly updated with coverage of recent research and new discoveries, the Eighth Edition offers the most visual, dynamic, and effective learning tools in its field. The Eighth Edition also includes an expanded suite of

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animations that help students better visualize and understand tricky concepts, as well as real-world videos and InQuizitive adaptive learning.

A NEW YORK TIMES NOTABLE BOOK OF 2020 NAMED A BEST BOOK OF THE YEAR BY * THE WASHINGTON POST * THE ECONOMIST * NEW SCIENTIST * PUBLISHERS WEEKLY * THE GUARDIAN From one of the most dynamic rising stars in astrophysics, an “engrossing, elegant” (The New York Times) look at five ways the universe could end, and the mind-blowing lessons each scenario reveals about the most important concepts in cosmology. We know the universe had a beginning. With the Big Bang, it expanded from a state of unimaginable density to an all-encompassing cosmic fireball to a simmering fluid of matter and energy, laying down the seeds for everything from black holes to one rocky planet orbiting a star near the edge of a spiral galaxy that happened to develop life as we know it. But what happens to the universe at the end of the story? And what does it mean for us now? Dr. Katie Mack has been contemplating these questions since she was a young student, when her astronomy professor informed her the universe could end at any moment, in an instant. This revelation set her on the path toward theoretical astrophysics. Now, with lively wit and humor, she takes us on a mind-bending tour through five of the cosmos’s possible finales: the Big Crunch, Heat Death, the Big Rip, Vacuum Decay (the one that could happen at any moment!), and the Bounce. Guiding us through cutting-edge science and major concepts in quantum mechanics, cosmology, string theory, and much more, *The End of Everything* is a wildly fun, surprisingly upbeat ride to the farthest reaches of all that we know.

David Reich describes how the revolution in the ability to sequence ancient DNA has changed our understanding of the deep human past. This book tells the emerging story of our often

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surprising ancestry - the extraordinary ancient migrations and mixtures of populations that have made us who we are.

Language, more than anything else, is what makes us human. It appears that no communication system of equivalent power exists elsewhere in the animal kingdom. Any normal human child will learn a language based on rather sparse data in the surrounding world, while even the brightest chimpanzee, exposed to the same environment, will not. Why not? How, and why, did language evolve in our species and not in others? Since Darwin's theory of evolution, questions about the origin of language have generated a rapidly-growing scientific literature, stretched across a number of disciplines, much of it directed at specialist audiences. The diversity of perspectives - from linguistics, anthropology, speech science, genetics, neuroscience and evolutionary biology - can be bewildering. Tecumseh Fitch cuts through this vast literature, bringing together its most important insights to explore one of the biggest unsolved puzzles of human history.

Everything Is Here to Help You offers an emotionally supportive way to shift out of the inner war of ego, and into the illuminated presence of your soul. In this book, spiritual teacher and intuitive Matt Kahn redefines the spiritual path for the modern-day seeker, and offers original, innovative ways to resolve fear, unravel judgments, and learn how to view life from a clear, expanded perspective. By redefining our understanding of the spiritual journey from the point of view of the soul, Matt breathes fresh life into all aspects of the healing journey to usher in a revolutionary and loving approach to personal growth. Each chapter highlights Matt's most cutting-edge teachings and loving wisdom. From teaching you how to unravel blame by exploring the four stages of surrender, to providing step-by-step energy clearings and recited

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activations to amplify the power of your consciousness, this book offers a clear road map to explore the magic, mysteries, and miracles that reside in every heart. This book also includes engaging questions to contemplate, as well as energetically encoded mantras to experience our unlimited spiritual potential. Get ready to explore a deeper reality, daring to view your life through the loving eyes of Source and opening yourself up to life's miracles! "No matter how anything seems or appears—everything is here to help you become the one you were born to be."

Burn fat, build lean, sexy muscles, lose inches, and feel healthier, more energetic, and youthful than you ever have in your life...with a revolutionary new approach to resistance training. Tired of spending hours on the treadmill? Dealing with the joint pain of high impact exercise? And seeing very few results in terms of fat-burning and weight loss? If so, it's time to join the revolution. Brought to you by Sal Di Stefano, the founder of the mega popular Mind Pump podcast, The Resistance Training Revolution reveals how resistance training is the best form of exercise to burn fat, boost metabolism, and achieve health benefits you cannot obtain from other forms of exercise. Di Stefano breaks down fitness misconceptions, shares his decades of industry knowledge, and brings you a comprehensive, accessible guidebook that will give you the body you've always wanted—in as little as 60 minutes a week. This book features: Over 60 fat-burning, metabolism-boosting workouts you can do at home to sculpt your body and maximize your health and longevity Raw fitness truths that will show you what works and what doesn't. You'll be shocked at how easy it is to build lean muscle and lose fat once you understand these truths, and once you train your body the right way The newly discovered health benefits of resistance training in terms of heart health, bone strength, joint protection,

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and especially antiaging The exact formula for nutrition that makes losing fat, while sculpting your body a breeze and for the long term. Dozens of self-assessments to track your progress, and much more The Resistance Training Revolution also reveals how to optimize your workout time following Mind Pump's Muscular Adaptation Programming System (MAPS)—a system that ensures that you keep making progress without the frustrating plateaus. Isn't it time you joined the revolution?

Say Bye, Bye to Flabby Arms and Hello to Sleeveless Tops Do you wish you had slim, toned arms that looked great in any sleeveless attire? If you said yes, then you need Rachel Howe's arm toning book. She has put together 15 exercises designed to target the muscles located in your arms. This means when you implement her workout into your exercise routine you will think you went back in time. No more sloping shoulders. No more bird arms. Be prepared for younger looking arms that are prepared for any outfit. Get the arm definition you have always dreamed about. You will be finding excuses just to show off your new found arms. How Will This Book Transform My Arms? This book has 15 exercises put together to directly work on your arms. Howe has given you a combination of extensions, kickbacks, dips, push-ups, presses, raises, curls, and row exercises to cover all areas of the arm including the shoulders. These are primarily focused to directly target your... Biceps: These are the muscles located on the front of your upper arm. Triceps: The muscles located on the back of your upper arm. Rhomboids: The muscles that are found in between your shoulders. By using different workouts that focus on these areas, you will get toned arms and a younger persona. These exercises put a lot of effort on your shoulders and the areas around them. This will correct any previous posture issues you might have had. In addition to better posture, you should start to

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see... A better symmetry between your shoulders and across your upper body that may not have existed before if you were prone to slouching, A correction of muscle imbalances, And an increase of overall body balance. What Will Adding 15 New Exercises to My Workout Really Help? Outside of this book providing you with specific instructions on how to perform exercises that will give you killer arms, you will also get help to perfect other areas of your body and your health. You came here with expectations of achieving the arms that you have always wanted, but when you learn how to do these exercises correctly, you will help additional areas of your body. In addition to your arms, the following muscles will also be benefited from these 15 exercises. Core Postural Muscles: As you might have guessed from the name. These muscles are located in the core of your body and are responsible in large part for your posture. Lower Back Muscles, Abdominals, Pectorals So What Is Stopping You from Having the Best Arms of Your Life? You have nothing to lose by getting a grade A workout plan for your arms. These can be added to your own workout immediately, and you can be on your way to having beautiful, strong arms. With The 15 Best Arm Toning Exercises for Women, you can stop wishing and start having the arms of your dreams.

A book for nonbelievers who embrace the reality-driven life. We can't avoid the persistent questions about the meaning of life-and the nature of reality. Philosopher Alex Rosenberg maintains that science is the only thing that can really answer them—all of them. His bracing and ultimately upbeat book takes physics seriously as the complete description of reality and accepts all its consequences. He shows how physics makes Darwinian natural selection the only way life can emerge, and how that deprives nature of purpose, and human action of meaning, while it exposes conscious illusions such as free will and the self. The science that

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makes us nonbelievers provides the insight into the real difference between right and wrong, the nature of the mind, even the direction of human history. The Atheist's Guide to Reality draws powerful implications for the ethical and political issues that roil contemporary life. The result is nice nihilism, a surprisingly sanguine perspective atheists can happily embrace.

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