

Frank Bruno From Zero To Hero

This is the first book-length study to address sport's role in 'the making of race', the place of sport within black Diasporic struggles for equality, and the contested location of sport in relation to the politics of recognition within contemporary multicultural societies. Over the past century sport has occupied a dominant position within Western culture, producing both ideas of racial difference and alterity while providing a powerful and public model for forms of black cultural resistance. Written by one of the leading international authorities on the sociology of race and sport, this is the first book that centrally locates sport within the cultural politics of the black Diaspora.

Wildly original, funny and moving, *The First Fifteen Lives of Harry August* is an extraordinary story of a life lived again and again from World Fantasy Award-winning author Claire North. Harry August is on his deathbed. Again. No matter what he does or the decisions he makes, when death comes, Harry always returns to where he began, a child with all the knowledge of a life he has already lived a dozen times before. Nothing ever changes. Until now. As Harry nears the end of his eleventh life, a little girl appears at his bedside. "I nearly missed you, Doctor August," she says. "I need to send a message." This is the story of what Harry does next, and what he did before, and how he tries to save a past he cannot change and a future he cannot allow.

Draws on more than forty interviews with Steve Jobs, as well as interviews with family members, friends, competitors, and colleagues to offer a look at the co-founder and leading creative force behind the Apple computer company.

The Historical Dictionary of Boxing focuses on the champions of boxing along with the lesser-known boxers who helped shape this sport. More of these boxers come from the United States but there are others from Europe, Asia and Latin America, and there are also entries on the major boxing countries as well. Plus entries on the rules, on the organizations, and on the technical terminology and jargon you have to know just to follow the bouts. The introduction provides a broad view of boxing's history while the chronology traces events from 688 B.C. to 2012 A.D. Not all that much has been written on boxing that is not ephemeral, but much of that literature can be found in the bibliography. This book is an excellent access point for students, researchers, and anyone wanting to know more about the sport of boxing.

The "cool and scary" (San Francisco Chronicle) New York Times bestseller from the author of *Pattern Recognition* and *Neuromancer*. • spook (spoʊk) n.: A specter; a ghost. Slang for "intelligence agent." • country (ˈkʌn-tri) n.: In the mind or in reality. The World. The United States of America, New Improved Edition. What lies before you. What lies behind. • spook country (spoʊk ˈkʌn-tri) n.: The place where we all have landed, few by choice. The place we are learning to live.

Hollis Henry is a journalist, on investigative assignment for a magazine called *Node*, which doesn't exist yet. Bobby Chombo apparently does exist, as a producer. But in his day job, Bobby is a troubleshooter for military navigation equipment. He refuses to sleep in the same place twice. He meets no one. And Hollis Henry has been told to find him... "A devastatingly precise reflection of the American zeitgeist."—*The Washington Post Book World*

Be sure to check out *IRON AMBITION: My Life with Cus D'Amato* by Mike Tyson "Raw, powerful and disturbing—a head-spinning take on Mr. Tyson's life."—*Wall Street Journal* Philosopher, Broadway headliner, fighter, felon—Mike Tyson has defied stereotypes, expectations, and a lot of conventional wisdom during his three decades in the public eye. Bullied as a boy in the toughest, poorest neighborhood in Brooklyn, Tyson grew up to become one of the most ferocious boxers of all time—and the youngest heavyweight champion ever. But his brilliance in the ring was often compromised by reckless behavior. Yet—even after hitting rock bottom—the man who once admitted being addicted "to everything" fought his way back, achieving triumphant success as an actor and newfound happiness and stability as a father and husband. Brutal, honest, raw, and often hilarious, *Undisputed Truth* is the singular journey of an inspiring American original.

At the age of eleven Frank Bruno was sent to reform school. At thirty-three he was crowned undisputed heavyweight champion of the world. At forty-one he was committed to Goodmayes Psychiatric Hospital. Now, for the first time, Frank Bruno tells his real story—how the tearaway kid became one of Britain's best-loved sports stars; how he was written off, but came back to win the world championship - at the fourth attempt; his descent into mental illness; and his painful journey back to health. This is a story that Frank has to tell - it is part biography, part therapy. He wants to show how mental illness can swat down the strongest man or woman. He wants people to know what he went through, and how, with the help of his family, he's now recovering. Frank Bruno is a man who has been right to the top and right to the very bottom. He is a great athlete and a national treasure. Everyone knows him. At least, everyone thinks they do. Because the story he reveals here will make you change your mind. Painfully honest, moving, at times shocking, this is the book no one should be without.

Zero to \$10 Million is a practical step by step guide that teaches entrepreneurs' how to build a \$10 million dollar technology business. It describes in detail how to create a great product, find a brilliant team, raise money from professional investors, and then scale the company globally. It is what works in the "real world". This book is written by Shane Brett - a serial technology entrepreneur with many years' experience of setting up, funding, and scaling technology start-ups worldwide. It follows the exact steps and processes he used to reach a \$10 million dollar valuation and raise multiple rounds of funding from venture capital investors. The text is perfect for aspiring entrepreneurs, budding founders, and anyone who wants to understand how to build a successful technology start-up from the ground up. It breaks down the mystery behind how to grow a new technology business and explains what it is actually like to be a start-up CEO and how to manage the daily challenges and constant stress.

The Velvet Underground and Nico has influenced the sound of more bands than any other album. And remarkably, it still sounds as fresh and challenging today as it did upon its release in 1967. In this book, Joe Harvard covers everything from Lou Reed's lyrical genius to John Cale's groundbreaking instrumentation, and from the creative input of Andy Warhol to the fine details of the recording process. With input from co-producer Norman Dolph and Velvets fan Jonathan

Richman, Harvard documents the creation of a record which - in the eyes of many - has never been matched. EXCERPT In 1966, some studios, like Abbey Road, had technicians in white lab coats, and even the less formal studios usually had actual engineering graduates behind the consoles. Studios were still more about science than art. Clients who dared make technical suggestions were treated with bemusement, derision, or hostility. The Velvet were a young band under constant critical attack, and the pressure to conform in order to gain acceptance must have been tremendous. Most bands of that era compromised with their record companies, through wholesale revamping of their image from wardrobe to musical style, changing or omitting lyrics, creating drastically edited versions for radio airplay, or eliminating songs entirely from their sets and records. With Andy Warhol in the band's corner, such threats were minimized.

Get started with FPGA programming using SystemVerilog, and develop real-world skills by building projects, including a calculator and a keyboard Key Features Explore different FPGA usage methods and the FPGA tool flow Learn how to design, test, and implement hardware circuits using SystemVerilog Build real-world FPGA projects such as a calculator and a keyboard using FPGA resources Book Description Field Programmable Gate Arrays (FPGAs) have now become a core part of most modern electronic and computer systems. However, to implement your ideas in the real world, you need to get your head around the FPGA architecture, its toolset, and critical design considerations. FPGA Programming for Beginners will help you bring your ideas to life by guiding you through the entire process of programming FPGAs and designing hardware circuits using SystemVerilog. The book will introduce you to the FPGA and Xilinx architectures and show you how to work on your first project, which includes toggling an LED. You'll then cover SystemVerilog RTL designs and their implementations. Next, you'll get to grips with using the combinational Boolean logic design and work on several projects, such as creating a calculator and updating it using FPGA resources. Later, the book will take you through the advanced concepts of AXI and serial interfaces and show you how to create a keyboard using PS/2. Finally, you'll be able to consolidate all the projects in the book to create a unified output using a Video Graphics Array (VGA) controller that you'll design. By the end of this SystemVerilog FPGA book, you'll have learned how to work with FPGA systems and be able to design hardware circuits and boards using SystemVerilog programming. What you will learn Understand the FPGA architecture and its implementation Get to grips with writing SystemVerilog RTL Make FPGA projects using SystemVerilog programming Work with computer math basics, parallelism, and pipelining Explore the advanced topics of AXI and serial interfaces Discover how you can implement a VGA interface in your projects Who this book is for This FPGA design book is for embedded system developers, engineers, and programmers who want to learn FPGA and SystemVerilog programming from scratch. FPGA designers looking to gain hands-on experience in working on real-world projects will also find this book useful.

"This book shares how to instrument a company and most importantly, build an internal culture that values and uses data to maximum effect"--

The revealing autobiography of former footballer Emile Heskey. One of Leicester's favourite sons, he moved on from City to Liverpool in an £11 million deal, winning a total of eight trophies and over 60 England caps. Even Heskey Scored is the story of a largely unsung player, loved by his team-mates, who overcame fierce criticism to live the dream.

Shortlisted for the Cricket Writers' Club Book of the Year Award. 'A red-blooded memoir told with unexpected sensitivity', Guardian Robin Smith was one of England's most popular cricketers of the 1990s. The Judge, as he was known to all, took on some of the most dangerous fast bowlers of all time with a skill and fearlessness that ensured hero status. His savage square cut drew roars of approval from fans all around the world, especially those of his beloved England and Hampshire. But when he was prematurely dumped from the England set-up at the age of 32, he had to face his toughest opponent of all - himself. Smith suffered a debilitating loss of identity, especially when he retired from professional cricket in 2003, and struggled to deal with the contradictions in his personality. Was he the Judge, the fearless warrior, or Robin Smith, the frantic worrier? Without a support structure to transition from cricket to the outside world, Smith suffered from mental health, alcohol, marital and financial problems until he hit rock bottom and planned to take his own life. In The Judge, he revisits his experience of extreme darkness and challenges received wisdom about masculinity and mental health. He also shares the many highs and lows of his eventful international and county career, including his exhilarating battles with the West Indies and his struggles against mystery spin. And he reflects fondly on a time when cricketers worked hard and partied even harder; a time almost unrecognisable to the modern day.

* A complete course, from brain biology to abnormal psychology * Hundreds of questions and many review tests * Key concepts and terms defined and explained Master key concepts. Answer challenging questions. Prepare forexams. Learn at your own pace. What are the two basic psychological dimensions of emotions? How do you define abnormal behavior? Is extrasensory perception real? What is Viktor Frankl known for? With Psychology: A Self-Teaching Guide, you'll discover the answers to these questions and many more. Frank Bruno explains all the major psychological theories and terms in this book, covering perception, motivation, thinking, personality, sensation, intelligence, research methods, and much more. He presents the foundations of psychology and the biology of behavior; explores how children develop into adults and the psychological factors that make us individuals; and examines various mental disorders and the types of therapy used to treat them. The step-by-step, Q&A format of Psychology makes it fully accessible, providing an easily understood, comprehensive overview of the topic. Like the other popular Self-Teaching Guides, Psychology allows you to build gradually on what you have learned-at your own pace. Questions and self-tests reinforce the information in each chapter and allow you to skip ahead or focus on specific areas of concern. Packed with useful, up-to-date information, this clear, concise volume is a valuable learning tool and reference source for anyone who seeks a greater understanding of human behavior.

Established in 1982, People of Today annually recognises over 20,000 individuals who are positively influencing Britain and inspiring others through their achievements and leadership. Entry is by invitation only. The objective criteria for

inclusion and removal are strictly maintained, ensuring it is the only publication of its type whose membership accurately reflects people of influence today. Expert nomination panels guarantee People of Today is uniquely current and trusted and encompasses over 40 sectors, from academia, law and business to charity, sport and the arts.

Decades of research have demonstrated that the parent-child dyad and the environment of the family—which includes all primary caregivers—are at the foundation of children's well-being and healthy development. From birth, children are learning and rely on parents and the other caregivers in their lives to protect and care for them. The impact of parents may never be greater than during the earliest years of life, when a child's brain is rapidly developing and when nearly all of her or his experiences are created and shaped by parents and the family environment. Parents help children build and refine their knowledge and skills, charting a trajectory for their health and well-being during childhood and beyond. The experience of parenting also impacts parents themselves. For instance, parenting can enrich and give focus to parents' lives; generate stress or calm; and create any number of emotions, including feelings of happiness, sadness, fulfillment, and anger. Parenting of young children today takes place in the context of significant ongoing developments. These include: a rapidly growing body of science on early childhood, increases in funding for programs and services for families, changing demographics of the U.S. population, and greater diversity of family structure. Additionally, parenting is increasingly being shaped by technology and increased access to information about parenting. Parenting Matters identifies parenting knowledge, attitudes, and practices associated with positive developmental outcomes in children ages 0-8; universal/preventive and targeted strategies used in a variety of settings that have been effective with parents of young children and that support the identified knowledge, attitudes, and practices; and barriers to and facilitators for parents' use of practices that lead to healthy child outcomes as well as their participation in effective programs and services. This report makes recommendations directed at an array of stakeholders, for promoting the wide-scale adoption of effective programs and services for parents and on areas that warrant further research to inform policy and practice. It is meant to serve as a roadmap for the future of parenting policy, research, and practice in the United States.

The inspiration for the major motion picture, THE IRISHMAN. Includes an Epilogue and a Conclusion that detail substantial post-publication corroboration of Frank Sheeran's confessions to the killings of Jimmy Hoffa and Joey Gallo. "Sheeran's confession that he killed Hoffa in the manner described in the book is supported by the forensic evidence, is entirely credible, and solves the Hoffa mystery." — Michael Baden M.D., former Chief Medical Examiner of the City of New York "Charles Brandt has solved the Hoffa mystery." — Professor Arthur Sloane, author of Hoffa "It's all true." — New York Police Department organized crime homicide detective Joe Coffey "I heard you paint houses" are the first words Jimmy Hoffa ever spoke to Frank "the Irishman" Sheeran. To paint a house is to kill a man. The paint is the blood that splatters on the walls and floors. In the course of nearly five years of recorded interviews, Frank Sheeran confessed to Charles Brandt that he handled more than twenty-five hits for the mob, and for his friend Hoffa. He also provided intriguing information about the Mafia's role in the murder of JFK. Sheeran learned to kill in the US Army, where he saw an astonishing 411 days of active combat duty in Italy during World War II. After returning home he became a hustler and hit man, working for legendary crime boss Russell Bufalino. Eventually Sheeran would rise to a position of such prominence that in a RICO suit the US government would name him as one of only two non-Italians in conspiracy with the Commission of La Cosa Nostra, alongside the likes of Anthony "Tony Pro" Provenzano and Anthony "Fat Tony" Salerno. When Bufalino ordered Sheeran to kill Hoffa, the Irishman did the deed, knowing that if he had refused he would have been killed himself. Charles Brandt's page-turner has become a true crime classic.

Frank Bruno From Zero to Hero From Zero to Hero His Own Knockout Story FPGA Programming for Beginners Bring your ideas to life by creating hardware designs and electronic circuits with SystemVerilog Packt Publishing Ltd

Documents the sobering account of the 1953 kidnapping and murder of a wealthy automobile dealer's son, describing how former inmate Carl Austin Hal and prostitute Bonnie Heady successfully collected a lucrative ransom that was subsequently stolen by mobster Joe Costello. Reprint.

Written by a former publicist and friend of Ali's, an original analysis of one of the sports world's greatest superstars This book is for all Ali fans. It's been more than 30 years since Muhammad Ali last threw a punch, yet he remains unquestionably the best-known athlete of all time. A whole generation now only know the legend of The Greatest, never saw him fight, and yet are in awe of the man and his fantastic fistic feats. The Ali Files gives the facts behind the fable. Author Norman Giller became friends with Ali when he worked as his European publicist, and he has gathered many other intimate eyewitnesses—opponents, referees, trainers, sparring partners, celebrity fans, and ringside reporters—to Ali's astonishing adventures in and out of the ring. Millions of words have been written about ringmaster Ali, but few books have concentrated on the 61 professional contests that turned him into a sporting legend. The Ali Files will give you a ringside seat to the greatest boxing career of all time.

Let Me Be Frank is the new book from one of the world's sporting greats. In this deeply personal story, Bruno shares his battle with mental illness, his time inside a mental facility, the impact his illness has had on his family and his career—and his long road back to stability. Now ready to talk about the condition that devastated his world—Frank's story offers his own unique perspective on living with bipolar disorder. His fears, his triumphs and the great affection he feels for the legion of fans he has to this day. His aim is to give others hope and inspiration. "Depression comes from nowhere. From the shadows. How can you defend yourself from a punch you can't see?" --Frank Bruno

In the late 1980s heavyweight boxing was ruled by one man - Mike Tyson. No one could touch him, it seemed, but nonetheless a generation of fighters tried. From 1986 to 1989, Mitch Green, Reggie Gross, Marvis Frazier, Pinklon Thomas, Tony Tucker and Carl Williams all attempted to bring Tyson to his knees. They all failed. Everyone knows the story of Tyson's decline and fall - the manchild who seemed poised to become one of the greatest boxers in history is now a disgraced relic - but what happened to the men he defeated during his irrepressible prime? In The Long Round, Dominic Calder-Smith talks to these men nearly twenty years on - the Baptist minister, the drugs counsellor, the security guard at Ground Zero, the convicted assassin and many of their contemporaries - tracing their lives from their upbringings and years of promise to their encounters with Tyson and the present day. and their subsequent search for self-respect, their problems with drugs and relationships, their legal woes and financial mismanagements. Some of these men have forged new lives outside of boxing, others struggle to do so, a few even harbour impossible hopes of one last shot at the title. The Long Round is the story of the fight game - a story of unfulfilled dreams and

turbulent lives, of letting boxing go and making a fresh start. It is the story of what happens to fighting men when they move away from the spotlight of the prize ring and have to survive the game of life - the longest round of all.

As the last Don of the Philadelphia mob, Ralph Natale, the first-ever mob boss to turn state's evidence, provides an insider's perspective on the mafia. Natale's reign atop the Philadelphia and New Jersey underworlds brought the region's mafia back to prominence in the 1990s. Smart, savvy, and articulate, Natale came up in the mob and saw first-hand as it hatched its plan to control Atlantic City's casino unions. Later on, after spending 16 years in prison, he reclaimed the family as his own after a bloody mob war that left bodies scattered across South Philly. He forged connections around the country, invigorated the family with more allies than it had in two decades, and achieved a status within the mob never seen before or since until he was betrayed by his men and decided to testify against them in a stunning turn of events. Using dozens of hours of interviews with Natale along with research and interviews with FBI agents, this book delivers revelatory insights into seminal events in American mob history, including: - The truth about Jimmy Hoffa's disappearance - The murder of Jewish mob icon Bugsy Siegel - The identity of the man who created modern-day Las Vegas With the full cooperation of Natale, New York Daily News reporter Larry McShane and producer Dan Pearson uncover the deadly reign of the last great mob boss of Philadelphia, a tale that covers a half-century of mob lore—and gore.

A NEW YORK TIMES BESTSELLER A Good Morning America, FabFitFun, and Marie Claire Book Club Pick "In Five Years is as clever as it is moving, the rare read-in-one-sitting novel you won't forget." —Chloe Benjamin, New York Times bestselling author of *The Immortalists* Perfect for fans of *Me Before You* and *One Day*—a striking, powerful, and moving love story following an ambitious lawyer who experiences an astonishing vision that could change her life forever. Where do you see yourself in five years? Dannie Kohan lives her life by the numbers. She is nothing like her lifelong best friend—the wild, whimsical, believes-in-fate Bella. Her meticulous planning seems to have paid off after she nails the most important job interview of her career and accepts her boyfriend's marriage proposal in one fell swoop, falling asleep completely content. But when she awakens, she's suddenly in a different apartment, with a different ring on her finger, and beside a very different man. Dannie spends one hour exactly five years in the future before she wakes again in her own home on the brink of midnight—but it is one hour she cannot shake. *In Five Years* is an unforgettable love story, but it is not the one you're expecting.

One day Sophie comes home from school to find two questions in her mail: "Who are you?" and "Where does the world come from?" Before she knows it she is enrolled in a correspondence course with a mysterious philosopher. Thus begins Jostein Gaarder's unique novel, which is not only a mystery, but also a complete and entertaining history of philosophy. The description of solids at a microscopic level is complex, involving the interaction of a huge number of its constituents, such as ions or electrons. It is impossible to solve the corresponding many-body problems analytically or numerically, although much insight can be gained from the analysis of simplified models. An important example is the Hubbard model, which describes interacting electrons in narrow energy bands, and which has been applied to problems as diverse as high-Tc superconductivity, band magnetism, and the metal-insulator transition. This book presents a coherent, self-contained account of the exact solution of the Hubbard model in one dimension. The early chapters will be accessible to beginning graduate students with a basic knowledge of quantum mechanics and statistical mechanics. The later chapters address more advanced topics, and are intended as a guide for researchers to some of the more topical results in the field of integrable models.

Based on the successful *Modelling and Control of Robot Manipulators* by Sciavicco and Siciliano (Springer, 2000), *Robotics* provides the basic know-how on the foundations of robotics: modelling, planning and control. It has been expanded to include coverage of mobile robots, visual control and motion planning. A variety of problems is raised throughout, and the proper tools to find engineering-oriented solutions are introduced and explained. The text includes coverage of fundamental topics like kinematics, and trajectory planning and related technological aspects including actuators and sensors. To impart practical skill, examples and case studies are carefully worked out and interwoven through the text, with frequent resort to simulation. In addition, end-of-chapter exercises are proposed, and the book is accompanied by an electronic solutions manual containing the MATLAB® code for computer problems; this is available free of charge to those adopting this volume as a textbook for courses.

#1 NEW YORK TIMES BESTSELLER A REESE WITHERSPOON x HELLO SUNSHINE BOOK CLUB PICK A PENGUIN BOOK CLUB PICK "Beautifully written and incredibly funny. . . I fell in love with Eleanor; I think you will fall in love, too!" --Reese Witherspoon Smart, warm, uplifting, the story of an out-of-the-ordinary heroine whose deadpan weirdness and unconscious wit make for an irresistible journey as she realizes the only way to survive is to open her heart. No one's ever told Eleanor that life should be better than fine. Meet Eleanor Oliphant: She struggles with appropriate social skills and tends to say exactly what she's thinking. Nothing is missing in her carefully timetabled life of avoiding social interactions, where weekends are punctuated by frozen pizza, vodka, and phone chats with Mummy. But everything changes when Eleanor meets Raymond, the bumbling and deeply unhygienic IT guy from her office. When she and Raymond together save Sammy, an elderly gentleman who has fallen on the sidewalk, the three become the kinds of friends who rescue one another from the lives of isolation they have each been living. And it is Raymond's big heart that will ultimately help Eleanor find the way to repair her own profoundly damaged one.

"Fascinated by a cell phone and online friends, Bruno the bear then learns about the importance of real friends." -- "[A] cult-hit . . . [a] sharply realistic comedy of adultery and friendship."—Entertainment Weekly SALLY ROONEY NAMED TO THE 2019 TIME 100 NEXT LIST • WINNER OF THE SUNDAY TIMES (UK) YOUNG WRITER OF THE YEAR AWARD • ONE OF BUZZFEED'S BEST BOOKS OF THE DECADE • NAMED ONE OF THE TEN BEST BOOKS OF THE YEAR BY VOGUE AND SLATE AND ONE OF THE BEST BOOKS OF THE YEAR BY BUZZFEED AND ELLE Frances is a coolheaded and darkly observant young woman, vaguely pursuing a career in writing while studying in Dublin. Her best friend is the beautiful and endlessly self-possessed Bobbi. At a local poetry performance one night, they meet a well-known photographer, and as the girls are then gradually drawn into her world, Frances is reluctantly

impressed by the older woman's sophisticated home and handsome husband, Nick. But however amusing Frances and Nick's flirtation seems at first, it begins to give way to a strange—and then painful—intimacy. Written with gemlike precision and marked by a sly sense of humor, *Conversations with Friends* is wonderfully alive to the pleasures and dangers of youth, and the messy edges of female friendship. SHORTLISTED FOR THE INTERNATIONAL DUBLIN LITERARY AWARD "Sharp, funny, thought-provoking . . . a really great portrait of two young women as they're figuring out how to be adults."—Celeste Ng, "Late Night with Seth Meyers Podcast" "The dialogue is superb, as are the insights about communicating in the age of electronic devices. Rooney has a magical ability to write scenes of such verisimilitude that even when little happens they're suspenseful."—Curtis Sittenfeld, *The Week* "Rooney has the gift of imbuing everyday life with a sense of high stakes . . . a novel of delicious frictions."—New York "A writer of rare confidence, with a lucid, exacting style . . . One wonderful aspect of Rooney's consistently wonderful novel is the fierce clarity with which she examines the self-delusion that so often festers alongside presumed self-knowledge. . . . But Rooney's natural power is as a psychological portraitist. She is acute and sophisticated about the workings of innocence; the protagonist of this novel about growing up has no idea just how much of it she has left to do."—Alexandra Schwartz, *The New Yorker* "This book. This book. I read it in one day. I hear I'm not alone."—Sarah Jessica Parker (Instagram)

1996 *And The End of History* examines the year as it panned out in the UK not just in politics but in music, light entertainment and sport. It was the zenith of a decade which will go down as remarkably untroubled by modern standards; following the collapse of the Berlin Wall, prior to 9/11, in which political conditions of peace and apparent economic prosperity created an overall mood of frivolity, postmodern anti-seriousness and a desire to get back to sunnier times before the grim onset of the strife-ridden 70's and 80's.

Bridging the fields of conservation, art history, and museum curating, this volume contains the principal papers from an international symposium titled "Historical Painting Techniques, Materials, and Studio Practice" at the University of Leiden in Amsterdam, Netherlands, from June 26 to 29, 1995. The symposium—designed for art historians, conservators, conservation scientists, and museum curators worldwide—was organized by the Department of Art History at the University of Leiden and the Art History Department of the Central Research Laboratory for Objects of Art and Science in Amsterdam. Twenty-five contributors representing museums and conservation institutions throughout the world provide recent research on historical painting techniques, including wall painting and polychrome sculpture. Topics cover the latest art historical research and scientific analyses of original techniques and materials, as well as historical sources, such as medieval treatises and descriptions of painting techniques in historical literature. Chapters include the painting methods of Rembrandt and Vermeer, Dutch 17th-century landscape painting, wall paintings in English churches, Chinese paintings on paper and canvas, and Tibetan thangkas. Color plates and black-and-white photographs illustrate works from the Middle Ages to the 20th century.

The present ecological mutation has organized the whole political landscape for the last thirty years. This could explain the deadly cocktail of exploding inequalities, massive deregulation, and conversion of the dream of globalization into a nightmare for most people. What holds these three phenomena together is the conviction, shared by some powerful people, that the ecological threat is real and that the only way for them to survive is to abandon any pretense at sharing a common future with the rest of the world. Hence their flight offshore and their massive investment in climate change denial. The Left has been slow to turn its attention to this new situation. It is still organized along an axis that goes from investment in local values to the hope of globalization and just at the time when, everywhere, people dissatisfied with the ideal of modernity are turning back to the protection of national or even ethnic borders. This is why it is urgent to shift sideways and to define politics as what leads toward the Earth and not toward the global or the national. Belonging to a territory is the phenomenon most in need of rethinking and careful redescription; learning new ways to inhabit the Earth is our biggest challenge. Bringing us down to earth is the task of politics today.

"Funny, tender, and so good." —Mindy Kaling, #1 New York Times bestselling author of *Why Not Me?* Remember when we hit it off so well that we decided *We're Going to Need More Wine*? Well, this time you and I are going to turn to our friend the bartender and ask, *You Got Anything Stronger?* I promise to continue to make you laugh, but with this round, the stakes get higher as the conversation goes deeper. So. Where were we? Right, you and I left off in October 2017, when my first book came out. The weeks before were filled with dreams of loss. Pets dying. My husband leaving me. Babies not being born. My therapist told me it was my soul preparing for my true self to emerge after letting go of my grief. I had finally spoken openly about my fertility journey. I was having second thoughts—in fact, so many thoughts they were organizing to go on strike. But I knew I had to be honest because I didn't want other women going through IVF to feel as alone as I did. I had suffered in isolation, having so many miscarriages that I could not give an exact number. Strangers shared their own journeys and heartbreak with me. I had led with the truth, and it opened the door to compassion. When I released *We're Going to Need More Wine*, the response was so great people asked when I would do a sequel. The New York Times even ran a headline reading "*We're Going to Need More Gabrielle Union*." Frankly, after being so open and honest in my writing, I wasn't sure there was more of me I was ready to share. But life happens with all its plot twists. And new stories demand to be told. This time, I need to be more vulnerable—not so much for me, but anyone who feels alone in what they're going through. A lot has changed in four years—I became a mom and I'm raising two amazing girls. My husband retired. My career has expanded so that I have the opportunity to lift up other voices that need to be heard. But the world has also shown us that we have a lot we still have to fight for—as women, as black women, as mothers, as aging women, as human beings, as friends. In *You Got Anything Stronger?*, I show you how this ever-changing life presents challenges, even as it gives me moments of pure joy. I take you on a girl's night at Chateau Marmont, and I also talk to Isis, my character from *Bring It On*. For the first time, I truly open up about my surrogacy journey and the birth of Kaavia James Union Wade. And I take on racist institutions and practices in the entertainment industry, asking for equality and real accountability. *You Got Anything Stronger?* is me at my most vulnerable. I have recently found true strength in that vulnerability, and I want to share that power with you here, through this book.

Artificial intelligence threatens to disrupt the professions as it has manufacturing. Frank Pasquale argues that law and policy can avert this outcome and promote better ones: instead of replacing humans, technology can make our labor more valuable. Through regulation, we can ensure that AI promotes inclusive prosperity.

Jared Fogel was, is, and will continue to be America's weight loss icon. As an obese college student in Indiana he lost 245 pounds on a self-devised diet of Subway sandwiches. Since 2000, he has appeared thousands of times on national television as the spokesperson for Subway's Eat healthy Platform; and he's slated to continue in this role indefinitely. In fact, Subway worried that he might be getting overexposed and decided to discontinue him. Sales fell off. Jared was quickly rehired. But to keep him from being overexposed, Subway's

