

How Societies Work Naiman 5th Edition

What if you could reboot your health, tap into your creative self, reclaim your wild nature, lead from your heart—and still feel well rested? As modern women, we're taught that we can do it all, have it all, and be it all. While this freedom is beautiful, it's also exhausting. Being a "worn-out woman" is now so common that we think feeling tired all the time is normal. According to Karen Brody, feeling this exhausted is not normal—and it's holding us back. In *Daring to Rest*, Brody comes to the rescue with a 40-day program to help you reclaim rest and access your most powerful, authentic self through yoga nidra, a meditative practice that guides you into one of the deepest states of relaxation imaginable. It's time to lie down and begin the journey to waking up. Though it comes from the yogic tradition, yoga nidra doesn't look like a typical yoga class—the entire practice is done lying down. As you listen to a guided meditation, you're gently taken into complete inner stillness, effortlessly releasing into a healing state that works on both cellular and subtle body levels. With *Daring to Rest*, Brody presents a comprehensive yoga nidra program that unfolds in three phases: rest for physical exhaustion, release for mental and emotional exhaustion, and rise for tuning in to the "life purpose exhaustion" that can come when we're not in our full power. Each phase includes a downloadable yoga nidra guided meditation and supportive practices. "By directly accessing your subconscious mind, yoga nidra helps shift the long-held patterns that prevent you from stepping fully into your purpose and power," writes Brody. "Now is the time to break the cycle of fatigue and return to your truest self—the woman you are when you're not constantly exhausted."

This book describes and evaluates how institutional innovation and technological innovation have impacted on humanity from pre-historical times to modern times, and how societies have been transformed in history. The author interrogates the relationship between innovation and civilisation — particularly the dynamic whereby innovation leads to empire-building — and explores innovation efforts that stimulated economic and social synergies from the Babylonian Empire in 1900 BC up to the British Empire in the twentieth century. The author uses historical cross-cultural case studies to establish the factors which have given competitive advantages to societies and empires. This book will be of interest to researchers and students in political economy, economic history, economic growth and innovation economics.

According to *The New York Times*, Noam Chomsky is "arguably the most important intellectual alive." But he isn't easy to read . . . or at least he wasn't until these books came along. Made up of intensively edited speeches and interviews, they offer something not found anywhere else: pure Chomsky, with every dazzling idea and penetrating insight intact, delivered in clear, accessible, reader-friendly prose. Published as four short books in the famous Real Story series—*What Uncle Sam Really Wants*; *The Prosperous Few and the Restless Many*; *Secrets, Lies and Democracy*; and *The Common Good*—they've collectively sold almost 600,000 copies. And they continue to sell year after year after year because Chomsky's ideas become, if anything, more relevant as time goes by. For example, twenty years ago he pointed out that "in 1970, about 90% of international capital was used for trade and long-term investment—more or less productive things—and 10% for speculation. By 1990, those figures had reversed." As we know, speculation continued to increase exponentially. We're paying the price now for not heeding him then.

Of all the horrors of the last century--perhaps the bloodiest century of the past millennium--ethnic cleansing ranks among the worst. The term burst forth in public discourse in the spring of 1992 as a way to describe Serbian attacks on the Muslims of Bosnia-Herzegovina, but as this landmark book attests, ethnic cleansing is neither new nor likely to cease in our time.

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Introduction to Sociology 2e adheres to the scope and sequence of a typical, one-semester introductory sociology course. It offers comprehensive coverage of core concepts, foundational scholars, and emerging theories, which are supported by a wealth of engaging learning materials. The textbook presents detailed section reviews with rich questions, discussions that help students apply their knowledge, and features that draw learners into the discipline in meaningful ways. The second edition retains the book's conceptual organization, aligning to most courses, and has been significantly updated to reflect the latest research and provide examples most relevant to today's students. In order to help instructors transition to the revised version, the 2e changes are described within the preface. The images in this textbook are grayscale. Authors include: Heather Griffiths, Nathan Keirns, Eric Strayer, Susan Cody-Rydzewski, Gail Scaramuzzo, Tommy Sadler, Sally Vyain, Jeff Bry, Faye Jones

"A fantastical tale with a powerful message" raves SPR. 12-year-old Jake has been suppressing his heartbreak over the loss of his mother for the past four years. But his emotions have a way of haunting his dreams and bubbling to the surface when he least expects it. When Jake learns how to take control in his dreams, he becomes a lucid dreamer, and that's when the battle really heats up. Using his wits to dodge bullies by day and a nefarious kangaroo hopping ever closer by night, Jake learns about loss, bravery, the power of love, and how you cannot fully heal until you face your greatest fear. This uncompromising novel is a magical yet honest exploration of emotional healing after a devastating loss. Grab your copy today! This moving story is in the genre of magical realism, a type of storytelling popularized by acclaimed authors such as Neil Gaiman, Rebecca Stead, Katherine Applegate, Wendy Maas, and Roald Dahl.

Most companies today have innovation envy. Many make genuine efforts to be innovative: they spend on R&D, bring in creative designers, hire innovation consultants; but they still get disappointing results. Roger Martin argues that to innovate and win, companies need 'design thinking'.

"Social Inequality in Canada brings a comparative perspective to the question of the uniqueness of Canadian society. Do Canadians believe they can succeed on the basis of their own abilities? And how do they compare with Americans, Germans, Italians, Australians and Russians? There is much debate as to how Canadians differ from or resemble citizens of other countries, particularly the United States. Is it true that we are more tolerant and deferential than our southern neighbours, or more accepting of the actions of government in our lives? Do Quebecers view the world differently from other Canadians? Do women see society differently from men? Comparisons such as these, approached through survey analysis, yield up a true portrait of national identity."--BOOK JACKET.

". . . a rewarding book." --Times Literary Supplement Set in the vast windswept Central Asian steppes and the infinite reaches of galactic space, this powerful novel offers a vivid view of the culture and values of the Soviet Union's Central Asian peoples.

"... Structure of capitalism, the nature and history of social class, and the role of the state [government]. Attention is also paid to social inequality in Canadian society as manifest in income, race, ethnicity, and gender, as well as to the ways in which the agents of socialization -- particularly the mass media and the education system -- help perpetuate the dominant ideologies."--Back cover.

In *Healing Night*, sleep and dream expert Rubin Naiman explores sleeping, dreaming, and awakening, going far beyond the science of sleep medicine to reflect on what he believes is the profoundly spiritual nature of night consciousness. Naiman reveals how the erosion of night by artificial light and the devaluation of sleep and dreaming have led to an epidemic of sleep disorders and consequent days of chronically dazed waking consciousness. Drawing on both clinical experience and personal explorations, Naiman offers a fresh look at sleep and dreams, and provides alternative healing practices for sleep disturbances. Moreover, he challenges us to acknowledge our spiritual night blindness and

embrace the sacredness of night. This edition was revised in 2009.

As an increasingly polarized America fights over the legacy of racism, Susan Neiman, author of the contemporary philosophical classic *Evil in Modern Thought*, asks what we can learn from the Germans about confronting the evils of the past. In the wake of white nationalist attacks, the ongoing debate over reparations, and the controversy surrounding Confederate monuments and the contested memories they evoke, Susan Neiman's *Learning from the Germans* delivers an urgently needed perspective on how a country can come to terms with its historical wrongdoings. Neiman is a white woman who came of age in the civil rights-era South and a Jewish woman who has spent much of her adult life in Berlin. Working from this unique perspective, she combines philosophical reflection, personal stories, and interviews with both Americans and Germans who are grappling with the evils of their own national histories. Through discussions with Germans, including Jan Philipp Reemtsma, who created the breakthrough *Crimes of the Wehrmacht* exhibit, and Friedrich Schorlemmer, the East German dissident preacher, Neiman tells the story of the long and difficult path Germans faced in their effort to atone for the crimes of the Holocaust. In the United States, she interviews James Meredith about his battle for equality in Mississippi and Bryan Stevenson about his monument to the victims of lynching, as well as lesser-known social justice activists in the South, to provide a compelling picture of the work contemporary Americans are doing to confront our violent history. In clear and gripping prose, Neiman urges us to consider the nuanced forms that evil can assume, so that we can recognize and avoid them in the future.

Discusses why napping is important to physical and mental health, explains sleep patterns and how napping can enhance them, and includes a "Nap Wheel" on the front cover to help readers plan the optimum nap.

How do the rich get rich? An updated edition of the "remarkable" New York Times bestseller, based on two decades of research (*The Washington Post*). Most of the truly wealthy in the United States don't live in Beverly Hills or on Park Avenue. They live next door. America's wealthy seldom get that way through an inheritance or an advanced degree. They bargain-shop for used cars, raise children who don't realize how rich their families are, and reject a lifestyle of flashy exhibitionism and competitive spending. In fact, the glamorous people many of us think of as "rich" are actually a tiny minority of America's truly wealthy citizens—and behave quite differently than the majority. At the time of its first publication, *The Millionaire Next Door* was a groundbreaking examination of America's rich—exposing for the first time the seven common qualities that appear over and over among this exclusive demographic. This edition includes a new foreword by Dr. Thomas J. Stanley—updating the original content in the context of the financial crash and the twenty-first century. "Their surprising results reveal fundamental qualities of this group that are diametrically opposed to today's earn-and-consume culture." —*Library Journal*

This book describes the underlying water conditions and geologies that support viable riparia, illustrates the ecological characteristics of riparia, and discusses how riparia are used by human cultures as well as how riparia can be used to sustain environmental quality. In recent years riparian management has been widely implemented as a means of improving fisheries, water quality, and habitat for endangered species. This book provides the basic knowledge necessary to implement successful, long-term management and rehabilitation programs. Treats riparian patterns & processes in a holistic perspective, from ecological components to societal activities. Contains over 130 illustrations and photos that summarize this complex ecological system. Synthesizes the information from more than 6,000 professional articles. Sidebars provide a look into ongoing research that is at the frontiers of riparian ecology and management.

Shadow is a man with a past. But now he wants nothing more than to live a quiet life with his wife and stay out of trouble. Until he learns that she's been killed in a terrible accident. Flying home for the funeral, as a violent storm rocks the plane, a strange man in the seat next to him

introduces himself. The man calls himself Mr. Wednesday, and he knows more about Shadow than is possible. He warns Shadow that a far bigger storm is coming. And from that moment on, nothing will ever be the same...

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A landmark biography by the New York Times bestselling author of *Genghis Khan and the Making of the Modern World* that reveals how Genghis harnessed the power of religion to rule the largest empire the world has ever known.

Throughout history the world's greatest conquerors have made their mark not just on the battlefield, but in the societies they have transformed. Genghis Khan conquered by arms and bravery, but he ruled by commerce and religion. He created the world's greatest trading network and drastically lowered taxes for merchants, but he knew that if his empire was going to last, he would need something stronger and more binding than trade. He needed religion. And so, unlike the Christian, Taoist and Muslim conquerors who came before him, he gave his subjects freedom of religion. Genghis lived in the 13th century, but he struggled with many of the same problems we face today: How should one balance religious freedom with the need to reign in fanatics? Can one compel rival religions - driven by deep seated hatred--to live together in peace? A celebrated anthropologist whose bestselling *Genghis Khan and the Making of the Modern World* radically transformed our understanding of the Mongols and their legacy, Jack Weatherford has spent eighteen years exploring areas of Mongolia closed until the fall of the Soviet Union and researching *The Secret History of the Mongols*, an astonishing document written in code that was only recently discovered. He pored through archives and found groundbreaking evidence of Genghis's influence on the founding fathers and his essential impact on Thomas Jefferson. *Genghis Khan and the Quest for God* is a masterpiece of erudition and insight, his most personal and resonant work.

Delgamuukw. Sixties Scoop. Bill C-31. Blood quantum. Appropriation. Two-Spirit. Tsilhqot'in. Status. TRC. RCAP. FNPOA. Pass and permit. Numbered Treaties. Terra nullius. The Great Peace... Are you familiar with the terms listed above? In *Indigenous Writes*, Chelsea Vowel, writer, lawyer, and intellectual, opens an important dialogue about these (and more) concepts and the wider social beliefs associated with the relationship between Indigenous peoples and Canada. In 31 essays, Chelsea explores the Indigenous experience from the time of contact to the present, through five categories – Terminology of Relationships; Culture and Identity; Myth-Busting; State Violence; and Land, Learning, Law, and Treaties. She answers the questions that many people have on these topics to spark further conversations at home, in the classroom, and in the larger community.

A gripping novel set during Mussolini's 1935 invasion of Ethiopia, *The Shadow King* takes us back to the first real conflict of World War II, casting light on the women soldiers who were left out of the historical record. With the threat of Mussolini's army looming, recently orphaned Hirut struggles to adapt to her new life as a maid in Kidane and his wife

Aster's household. Kidane, an officer in Emperor Haile Selassie's army, rushes to mobilize his strongest men before the Italians invade. His initial kindness to Hirut shifts into a flinty cruelty when she resists his advances, and Hirut finds herself tumbling into a new world of thefts and violations, of betrayals and overwhelming rage. Meanwhile, Mussolini's technologically advanced army prepares for an easy victory. Hundreds of thousands of Italians—Jewish photographer Ettore among them—march on Ethiopia seeking adventure. As the war begins in earnest, Hirut, Aster, and the other women long to do more than care for the wounded and bury the dead. When Emperor Haile Selassie goes into exile and Ethiopia quickly loses hope, it is Hirut who offers a plan to maintain morale. She helps disguise a gentle peasant as the emperor and soon becomes his guard, inspiring other women to take up arms against the Italians. But how could she have predicted her own personal war as a prisoner of one of Italy's most vicious officers, who will force her to pose before Ettore's camera? What follows is a gorgeously crafted and unputdownable exploration of female power, with Hirut as the fierce, original, and brilliant voice at its heart. In incandescent, lyrical prose, Maaza Mengiste breathes life into complicated characters on both sides of the battle line, shaping a heartrending, indelible exploration of what it means to be a woman at war.

Landscape ecology is an integrative and multi-disciplinary science and Principles and Methods in Landscape Ecology reconciles the geological, botanical, zoological and human perspectives. In particular ,new paradigms and theories such as percolation, metapopulation, hierarchies, source-sink models have been integrated in this last edition with the recent theories on bio-complexity, information and cognitive sciences. Methods for studying landscape ecology are covered including spatial geometry models and remote sensing in order to create confidence toward techniques and approaches that require a high experience and long-time dedication. Principles and Methods in Landscape Ecology is a textbook useful to present the landscape in a multi-vision perspective for undergraduate and graduate students of biology, ecology, geography, forestry, agronomy, landscape architecture and planning. Sociology, economics, history, archaeology, anthropology, ecological psychology are some sciences that can benefit of the holistic vision offered by this textbook.

This volume constitutes refereed proceedings of the 5th International Conference on Digital Transformation and Global Society, DTGS 2020, held in St. Petersburg, Russia, in June 2020. Due to the COVID-19 pandemic the conference was held online. The 30 revised full papers and 6 short papers presented in the volume were carefully reviewed and selected from 108 submissions. The papers are organized in topical sections on e-society: virtual communities and online activism; e-society: computational social science; e-polity: governance and politics on the Internet; e-city: smart cities and urban governance; e-economy: digital economy and consumer behavior; e-humanities: digital culture and education; e-

health: international workshop "E-Health: 4P-medicine & Digital Transformation".

The Clean Water Act (CWA) requires that wetlands be protected from degradation because of their important ecological functions including maintenance of high water quality and provision of fish and wildlife habitat. However, this protection generally does not encompass riparian areas—the lands bordering rivers and lakes—even though they often provide the same functions as wetlands. Growing recognition of the similarities in wetland and riparian area functioning and the differences in their legal protection led the NRC in 1999 to undertake a study of riparian areas, which has culminated in *Riparian Areas: Functioning and Strategies for Management*. The report is intended to heighten awareness of riparian areas commensurate with their ecological and societal values. The primary conclusion is that, because riparian areas perform a disproportionate number of biological and physical functions on a unit area basis, restoration of riparian functions along America's waterbodies should be a national goal.

Includes 3 maps and 7 illustrations The command of military forces in combat is unlike any other field of human endeavor. If war is the ultimate form of human competition, then the commander is the ultimate competitor. The commander operates in an environment of chance, uncertainty, and chaos, in which the stakes are, quite literally, life and death. He or she contends against an adversary who is using every means, fair or foul, to foil his plans and bring about his defeat. The commander is ultimately responsible for every variable that factors into military success or failure—training, logistics, morale, equipment, planning, and execution. The commander reaps the lion's share of plaudits in victory, but also must accept the blame in defeat, warranted or not. Very often the line that separates fame and ignominy is slender indeed. It is not difficult to identify "great" commanders, though the overwhelming majority of generals who win battles are never considered "great." Something more than a favorable ratio of wins to losses is needed to establish greatness...The truly great commander is generally considered to be one who attains the unexpected or the unprecedented; one who stands above his contemporaries through his skill on the battlefield, or through the sheer magnitude of his accomplishments. ...The commanders selected were masters of warfare in their particular time and environment. Each capitalized upon the social, political, economic, and technological conditions of his day to forge successful military forces and win significant and noteworthy victories that profoundly altered the world in which he lived.—Dr Christopher R. Gabel. The Great Commanders covered by this volume are Alexander the Great, Genghis Khan, Napoleon, John J. Pershing, Erwin Rommel and Curtis E. LeMay

"Jenkins is one of America's top religious scholars." —Forbes magazine *The Lost History of Christianity* by Philip Jenkins offers a revolutionary view of the history of the Christian church. Subtitled "The Thousand-Year Golden Age of the Church in the Middle East, Africa, and Asia—and How It Died," it explores the extinction of the earliest, most influential Christian churches of China, India, and the Middle East,

which held the closest historical links to Jesus and were the dominant expression of Christianity throughout its first millennium. The remarkable true story of the demise of the institution that shaped both Asia and Christianity as we know them today, *The Lost History of Christianity* is a controversial and important work of religious scholarship that sounds a warning that must be heeded.

Whether expressed in theological or secular terms, evil poses a problem about the world's intelligibility. It confronts philosophy with fundamental questions: Can there be meaning in a world where innocents suffer? Can belief in divine power or human progress survive a cataloging of evil? Is evil profound or banal? Neiman argues that these questions impelled modern philosophy. Traditional philosophers from Leibniz to Hegel sought to defend the Creator of a world containing evil. Inevitably, their efforts--combined with those of more literary figures like Pope, Voltaire, and the Marquis de Sade--eroded belief in God's benevolence, power, and relevance, until Nietzsche claimed He had been murdered. They also yielded the distinction between natural and moral evil that we now take for granted. Neiman turns to consider philosophy's response to the Holocaust as a final moral evil, concluding that two basic stances run through modern thought. One, from Rousseau to Arendt, insists that morality demands we make evil intelligible. The other, from Voltaire to Adorno, insists that morality demands that we don't.

"What makes this book stand out for me is that, as well as being theoretically informed and clearly written, its structure lends itself unmistakably to teaching... If our aim is to teach truly engaged students, it should be our job to provide truly engaging materials. This is what you will find with this particular book. It will help to inform your disciplinary teaching of social inequality across the social sciences and it will provide a solid basis for your seminar work with students." - Helen Jones, Higher Education Academy "Warwick-Booth has provided a highly readable introductory text that will be accessible to everyone interested in this area of study, and I highly recommend it for those embarking on studies of social inequality." - LSE Review of Books

What is the state of social inequality today? How can you situate yourself in the debates? This is an essential book that not only introduces you to the key areas, definitions and debates within the field, but also gives you the opportunity to reflect upon the roots of inequality and to critically analyse power relations today. With international examples and a clear interdisciplinary approach throughout, the book encourages you to look at social inequality as a complex social phenomenon that needs to be understood in a global context.

This book: Looks at social divisions across societies Explores global processes and changes that are affecting inequalities Discusses social inequality in relation to class, gender and race Examines current social policy approaches to explore how these relate to inequality Reflects upon the potential solutions to inequalities

This engaging and accessible introduction to social inequality is an invaluable resource for students across the social sciences. Louise Warwick-Booth is Senior Lecturer in Health Policy at Leeds Metropolitan University, UK.

Spatial Resilience is a new and exciting area of interdisciplinary research. It focuses on the influence of spatial variation – including such things as spatial location, context, connectivity, and dispersal – on the resilience of complex systems, and on the roles that resilience and self-organization play in generating spatial variation. Prof. Cumming provides a readable introduction and a first comprehensive synthesis covering the core concepts and applications of spatial resilience to the study of social-ecological systems. The book follows a trajectory from concepts through models, methods, and case study analysis before revisiting the central problems in the further conceptual development of the field. In the process, the author ranges from the movements of lions in northern Zimbabwe to the urban jungles of Europe, and from the collapse of past societies to the social impacts of modern conflict. The many case studies and examples discussed in the book show how the concept of spatial resilience can generate valuable insights into the spatial dynamics of social-ecological systems and contribute to solving

some of the most pressing problems of our time. Although it has been written primarily for students, this book will provide fascinating reading for interdisciplinary scientists at all career stages as well as for the interested public. "Graeme Cumming, central in the development of resilience thinking and theory, has produced a wonderful book on spatial resilience, the first ever on this topic. The book will become a shining star, a classic in the explosion of new ideas and approaches to studying and understanding social-ecological systems." Carl Folke, Stockholm Resilience Centre, Sweden

This study of the Soviet political posters issued between 1918 and 1953, describes the archetypal images they featured, such as the worker, the peasant woman, the enemy and the leader. It analyzes these Bolshevik icons and explains how they defined the popular outlook in Soviet Russia.

Drawing on solid scientific evidence as well as extensive first-hand experience, this manual provides the practical information you need to safely and effectively integrate complementary and alternative treatment modalities into your practice. It explains how alternative therapies can help you fight diseases that do not respond readily to traditional treatments... presents integrative treatments for a full range of diseases and conditions, including autism, stroke, chronic fatigue syndrome, and various forms of cancer...explores how to advise patients on health maintenance and wellness...and offers advice on topics such as meditation, diet, and exercises for back pain. 24 new chapters, a new organization, make this landmark reference more useful than ever. Provides dosages and precautions to help you avoid potential complications. Delivers therapy-based pearls to enhance your patient care. Facilitates patient education with helpful handouts. Offers helpful icons that highlight the level and quality of evidence for each specific modality. Includes bonus PDA software that lets you load all of the therapeutic review sections onto your handheld device. Presents a new organization, with numerous section headings and subheadings, for greater ease of reference. Provides additional clinical practice and business considerations for incorporating integrative medicine into clinical practice.

This book provides a powerful critique of the case made for 'globalisation', with particular emphasis placed on neo-liberalism, the third way, and the hegemonic role of the US state. It then examines the rise of 'anti-globalisation' politics and the debate over progressive alternatives to 'actually existing globalisation'.

Thank you, our Stalin, for a happy childhood." "Thank you, dear Marshal [Stalin], for our freedom, for our children's happiness, for life." Between the Russian Revolution and the Cold War, Soviet public culture was so dominated by the power of the state that slogans like these appeared routinely in newspapers, on posters, and in government proclamations. In this penetrating historical study, Jeffrey Brooks draws on years of research into the most influential and widely circulated Russian newspapers--including Pravda, Izvestiia, and the army paper Red Star--to explain the origins, the nature, and the effects of this unrelenting idealization of the state, the Communist Party, and the leader. Brooks shows how, beginning with Lenin, the Communists established a state monopoly of the media that absorbed literature, art, and science into a stylized and ritualistic public culture--a form of political performance that became its own reality and excluded other forms of public reflection. He presents and explains scores of self-congratulatory newspaper articles, including tales of Stalin's supposed achievements and virtue, accounts of the country's allegedly dynamic economy, and warnings about the decadence and cruelty of the capitalist West. Brooks pays particular attention to the role of the press in the reconstruction of the Soviet cultural system to meet the Nazi threat during World War II and in the transformation of national identity from its early revolutionary internationalism to the ideology of the Cold War. He concludes that the country's one-sided public discourse and the pervasive idea that citizens owed the leader gratitude for the "gifts"

of goods and services led ultimately to the inability of late Soviet Communism to diagnose its own ills, prepare alternative policies, and adjust to new realities. The first historical work to explore the close relationship between language and the implementation of the Stalinist-Leninist program, *Thank You, Comrade Stalin!* is a compelling account of Soviet public culture as reflected through the country's press.

We all know what Noam Chomsky is against. His scathing analysis of everything that's wrong with our society reaches more and more people every day. His brilliant critiques of - among other things - capitalism, imperialism, domestic repression, and government propaganda, have become mini-publishing industries unto themselves. But, in this flood of publishing and republishing, very little ever gets said about what exactly Chomsky stands for, his own personal politics, his vision of the future. Not, that is, until *Chomsky on Anarchism*, a groundbreaking new book that shows a different side of this best-selling author; the anarchist principles that have guided him since he was a teenager. This collection of Chomsky's essays and interviews includes numerous pieces that have never been published before, as well as rare material that first saw the light of day in hard-to-find pamphlets and anarchist periodicals. Taken together, they paint a fresh picture of Chomsky, showing his life-long involvement with the anarchist community, his constant commitment to nonhierarchical models of political organization, and his hopes for a future world without rulers. For anyone who's been touched by Chomsky's trenchant analysis of our current situation, as well as anyone looking for an intelligent and coherent discussion of anarchism itself, *Chomsky on Anarchism* will be one of this season's most exciting, and surprising, reads.

The extraordinary story of the Nazi-era scientific genius who discovered how cancer cells eat—and what it means for how we should. The Nobel laureate Otto Warburg—a cousin of the famous finance Warburgs—was widely regarded in his day as one of the most important biochemists of the twentieth century, a man whose research was integral to humanity's understanding of cancer. He was also among the most despised figures in Nazi Germany. As a Jewish homosexual living openly with his male partner, Warburg represented all that the Third Reich abhorred. Yet Hitler and his top advisors dreaded cancer, and protected Warburg in the hope that he could cure it. In *Ravenous*, Sam Apple reclaims Otto Warburg as a forgotten, morally compromised genius who pursued cancer single-mindedly even as Europe disintegrated around him. While the vast majority of Jewish scientists fled Germany in the anxious years leading up to World War II, Warburg remained in Berlin, working under the watchful eye of the dictatorship. With the Nazis goose-stepping their way across Europe, systematically rounding up and murdering millions of Jews, Warburg awoke each morning in an elegant, antiques-filled home and rode horses with his partner, Jacob Heiss, before delving into his research at the Kaiser Wilhelm Society. Hitler and other Nazi leaders, Apple shows, were deeply troubled by skyrocketing cancer rates across the Western world, viewing cancer as an existential threat akin to Judaism or homosexuality. Ironically, they viewed Warburg as Germany's best chance of survival. Setting Warburg's work against an absorbing history of cancer science, Apple follows him as he arrives at his central belief that cancer is a problem of metabolism. Though Warburg's metabolic approach to cancer was considered groundbreaking, his work was soon eclipsed in the early postwar era, after the discovery of the structure of DNA set off a search for the genetic origins of cancer. Remarkably, Warburg's theory has undergone a resurgence in our own time, as scientists have begun to investigate the dangers of sugar and the link between obesity and cancer, finding that the way we eat can influence how cancer cells take up nutrients and grow. Rooting his revelations in extensive archival research as well as dozens of interviews with today's leading cancer authorities, Apple demonstrates how Warburg's midcentury work may well hold the secret to why cancer became so common in the modern world and how we can reverse the trend. A tale of scientific discovery, personal peril, and the race to end a disastrous disease, *Ravenous* would be the stuff of the most inventive fiction were it not, in fact, true.

Examining at a wide range of issues such as violence, poverty, feminism, racism, and privatization of healthcare, the contributors to this collection use a variety of analytical approaches to posit that the social, economic, and political issues confronting Canadians are shaped by social inequity. At the same time, these essays show how these inequalities are being successfully resisted individually and collectively. This fourth edition adds chapters on youth politics, higher education, technology and work, and immigration.

How Societies Work Class, Power, and Change in a Canadian Context Irwin Publishing

Josephson's intriguing study of how technology both helped and hindered this effort asks new and important questions about the crucial issues inextricably linked with the development and diffusion of technology in any sociopolitical system.

What Cablegate tells us about the reach and ambitions of US Empire. Published in collaboration with WikiLeaks. WikiLeaks came to prominence in 2010 with the release of 251,287 top-secret State Department cables, which revealed to the world what the US government really thinks about national leaders, friendly dictators, and supposed allies. It brought to the surface the dark truths of crimes committed in our name: human rights violations, covert operations, and cover-ups. The WikiLeaks Files exposes the machinations of the United States as it imposes a new form of imperialism on the world, one founded on tactics from torture to military action, to trade deals and "soft power," in the perpetual pursuit of expanding influence. The book also includes an introduction by Julian Assange examining the ongoing debates about freedom of information, international surveillance, and justice. An introduction by Julian Assange—writing on the subject for the first time—exposes the ongoing debates about freedom of information, international surveillance, and justice. With contributions by Dan Beeton, Phyllis Bennis, Michael Busch, Peter Certo, Conn Hallinan, Sarah Harrison, Richard Heydarian, Dahr Jamail, Jake Johnston, Alexander Main, Robert Naiman, Francis Njubi Nesbitt, Linda Pearson, Gareth Porter, Tim Shorrock, Russ Wellen, and Stephen Zunes.

An intentional community is a group of people who have chosen to live or work together in pursuit of a common ideal or vision. An ecovillage is a village-scale intentional community that intends to create, ecological, social, economic, and spiritual sustainability over several generations. The 90s saw a revitalized surge of interest in intentional communities and ecovillages in North America: the number of intentional communities listed in the Communities Directory increased 60 percent between 1990 and 1995. But only 10 percent of the actual number of forming-community groups actually succeeded. Ninety percent failed, often in conflict and heartbreak. After visiting and interviewing founders of dozens of successful and failed communities, along with her own forming-community experiences, the author concluded that "the successful 10 percent" had all done the same five or six things right, and "the unsuccessful 90 percent" had made the same handful of mistakes. Recognizing that a wealth of wisdom were contained in these experiences, she set out to distill and capture them in one place. Creating a Life Together is the only resource available that provides step-by-step, practical "how-to" information on how to launch and sustain a successful ecovillage or intentional community. Through anecdotes, stories, and cautionary tales about real communities, and by profiling seven successful communities in depth, the book examines "the successful 10 percent" and why 90 percent fail; the role of community founders; getting a group off to a good start; vision and vision documents; decision-making and governance; agreements; legal options; finding, financing, and developing land; structuring a community economy; selecting new members; and communication, process, and dealing well with conflict. Sample vision documents, community agreements, and visioning exercises are included, along with abundant resources for learning more.

In Her Honor, Judge LaDoris Hazzard Cordell provides a rare and thought-provoking insider account of our legal system, sharing vivid stories of the cases that came through her courtroom and revealing the strengths, flaws, and much-needed changes within our courts. Judge

Cordell, the first African American woman to sit on the Superior Court of Northern California, knows firsthand how prejudice has permeated our legal system. And yet, she believes in the system. From ending school segregation to legalizing same-sex marriage, its progress relies on legal professionals and jurors who strive to make the imperfect system as fair as possible. Her Honor is an entertaining and provocative look into the hearts and minds of judges. Cordell takes you into her chambers where she haggles with prosecutors and defense attorneys and into the courtroom during jury selection and sentencing hearings. She uses real cases to highlight how judges make difficult decisions, all the while facing outside pressures from the media, law enforcement, lobbyists, and the friends and families of the people involved. Cordell's candid account of her years on the bench shines light on all areas of the legal system, from juvenile delinquency and the shift from rehabilitation to punishment, along with the racial biases therein, to the thousands of plea bargains that allow our overburdened courts to stay afloat—as long as innocent people are willing to plead guilty. There are tales of marriages and divorces, adoptions, and contested wills—some humorous, others heartwarming, still others deeply troubling. Her Honor is for anyone who's had the good or bad fortune to stand before a judge or sit on a jury. It is for true-crime junkies and people who vote in judicial elections. Most importantly, this is a book for anyone who wants to know what our legal system, for better or worse, means to the everyday lives of all Americans.

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