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Much has changed in the 21st century since 1934 when Joseph Pilates wrote his first book, *Your Health*, about fitness and health. In 1945, he followed up that first expression of fitness theories and principles with his detailed and definitive book of exercises, *Return to Life through Contrology*. Both of these original books were copyrighted and republished by Presentation Dynamics in 2000 in the book *Pilates' Primer: The Millennium Edition*.

Presentation Dynamics has now added 96 new pages of content to this book with the release of *Pilates Evolution for the 21st Century*. It details the very latest in 21st-century modifications, methodology, and enhancements to Joseph Pilates' exercises. The new text opens with an introduction to 21st-century evolutionary developments, discussing how Pilates' original students became the next generation of teachers. It also describes how these students have, in fact, gone on to develop a wide range of variations in their teachings, bringing new science and techniques to new variations in body positioning, balancing, centering, and aligning. In some cases, the teachers use exercise props, and in other cases, this new generation of teachers brings Pilates' methodologies from the ground and mat into standing positions. Other variations in instruction blend Pilates' principles with dance, yoga,

and various sports to make Pilates instruction applicable to a growing number of students and disciplines. This new book organizes the new Pilates developments into 10 primary chapters, each focusing on a different 21st-century specialty. Each of these new chapters focuses on a different major area of Pilates evolution, such as standing or circular work, sports-specific Pilates, or Pilates exercise variation with individual props. Each chapter introduces the technique, concept, prop, or emphasis, while the chapter ends with a list of resources from companies specializing in training, certification, videos, or books. The remaining pages present new exercises in the same manner that Pilates introduced his exercises a century ago; that is, a photographic sequence tracing the exercise combined with step-by-step instructions for the student. (There are two or more demonstrative exercises in each of the first nine chapters.) Two facing pages include a series of photographs on the right side with step-by-step instructions on the left side. Visual sequencing allows you to use or teach a novel exercise that is both effective and fun. The instructions include explanations of the various aspects of the exercise, along with modifications for less- or more-advanced bodies. Joseph Pilates based his work on the concept of a balanced body and mind and on the approach espoused by the early Greeks. New practitioners of Pilates' forms and

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exercises in the 21st century continue to expand upon this earlier work by presenting a variety of creative new approaches involving circular movements, standing postures, and core strengthening exercises using props such as tubes, weights, poles, bands, magic circles, mini-balls, stability balls, foam rollers, and more. Joseph Pilates has been nothing short of revolutionary in his impact on the world of fitness and exercise. You will learn in this book his original observations and conclusions about people's approach to physical fitness. He describes the results of decades of scientific study, experimentation, and research into the variety of troubles and ills that upset the balance of body and mind. You will also learn every single one of his original 34 mat exercises taught to his own students. Living testimony to the validity of his own teachings, Joseph Pilates shares in these writings his fundamental tenets of posture, body mechanics, correct breathing, spinal flexibility, physical education, and his law of natural exercises. It is a fascinating look into Pilates' original thinking and represents the foundation of an entire discipline embraced by fitness enthusiasts, health educators, and exercise trainers around the world. The first comprehensive guide to women's promotion and use of textual culture, in manuscript and print, in Renaissance Italy. To this day, no comprehensive academic study of

the development of guidebooks to Rome over time has been performed. This book treats the history of guidebooks to Rome from the Middle Ages up to the early twentieth century. It is based on the results of the interdisciplinary research project *Topos and Topography*, led by Anna Blennow and Stefano Fogelberg Rota. From the case studies performed within the project, it becomes evident that the guidebook as a phenomenon was formed in Rome during the later Middle Ages and early Renaissance. The elements and rhetorical strategies of guidebooks over time have shown to be surprisingly uniform, with three important points of development: a turn towards a more user-friendly structure from the seventeenth century and onward; the so-called 'Baedeker effect' in the mid-nineteenth century; and the introduction of a personalized guiding voice in the first half of the twentieth century. Thus, the 'guidebook tradition' is an unusually consistent literary oeuvre, which also forms a warranty for the authority of every new guidebook. In this respect, the guidebook tradition is intimately associated with the city of Rome, with which it shares a constantly renovating yet eternally fixed nature. This insightful volumes the use of imitation and the modern cult of originality through a consideration of the disparate fates of two Venetian painters - the canonised master Titian and his artistic heir, the little-known Padovanino.

Translating Children's Literature is an exploration of the many developmental and linguistic issues related to writing and translating for children, an audience that spans a period of enormous intellectual progress and affective change from birth to adolescence. Lathey looks at a broad range of children's literature, from prose fiction to poetry and picture books. Each of the seven chapters addresses a different aspect of translation for children, covering: - Narrative style and the challenges of translating the child's voice; - The translation of cultural markers for young readers; - Translation of the modern picture book; - Dialogue, dialect and street language in modern children's literature; - Read-aloud qualities, wordplay, onomatopoeia and the translation of children's poetry; - Retranslation, retelling and reworking; - The role of translation for children within the global publishing and translation industries. This is the first practical guide to address all aspects of translating children's literature, featuring extracts from commentaries and interviews with published translators of children's literature, as well as examples and case studies across a range of languages and texts. Each chapter includes a set of questions and exercises for students. Translating Children's Literature is essential reading for professional translators, researchers and students on courses in translation studies or children's

literature.

Learn the language of la dolce vita! For anyone who wants to learn and enjoy the most expressive and romantic of languages, the third edition of 'The Complete Idiot's Guide to Learning Italian' is the first choice for a whole new generation of enthusiastic students of Italian. This updated edition includes two new quick references on verbs, grammar, and sentence structure; two new appendixes on Italian synonyms and popular idiomatic phrases; and updated business and money sections. First two editions have sold extraordinarily well. Italian is the fourth most popular language in the United States. The highwire artist of the English novel redraws the romantic triangle for the post-Einsteinian universe, where gender is as elastic as matter, and any accurate Grand Unified Theory (GUT) must encompass desire alongside electromagnetism and gravity. One starry night on a boat in the mid-Atlantic, Alice, a brilliant English theoretical physicist, begins an affair with Jove, her remorselessly seductive American counterpart. But Jove is married. When Alice confronts his wife, Stella, she swiftly falls in love with her, with consequences that are by turns horrifying, comic, and arousing. Vaulting from Liverpool to New York, from alchemy to string theory, and from the spirit to the flesh, Gut Symmetries is a thrillingly original novel by England's most flamboyantly gifted young writer. "Winterson is

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unmatched among contemporary writers in her ability to conjure up new-world wonder...A beautiful, stirring and brilliant story."--Times Literary Supplement "Dazzling for [its] intelligence and inventiveness...[Winterson] is possessed of a masterly command of the language and a truly pliant imagination."--Elle "One of our most brilliant, visionary storytellers."--San Francisco Chronicle This pioneering study reveals the central place held by Virgil's 'messianic' Eclogue in the art and literature of Renaissance Italy.

La vostra salute Hot Flashes, Hormones, and Your Health McGraw Hill Professional

Frank Laporte-Adamski, naturopath, osteopath, "Heilpraktiker", and the creator of a nutrition regulation that runs the body better by improving health and fitness, still insists after fifteen years that "we must have a clean digestive tract in order to live longer and be in better shape". For years Laporte-Adamski has promoted the consumption of acidic fruits, vegetable oils, and virgin olive oil from its first cold pressing, recognized today as anti-malady foods. Recent scientific discoveries show that the belly is our second brain: our immune defenses are found therein, and so it is vital not to clog the digestive organs. The foundation of our nutrition, health and longevity is the digestive tract itself, and Frank Laporte-Adamski is here to reveal how it works. The Nutrition Revolution is an important book,

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the result of many years of practice and hundreds of resolved cases, intended for all those who have their psychological and physical wellbeing at heart and that desire to find an explanation and a concrete solution to many problems such as back pain, headaches, insomnia, fatigue, heavy legs, infections, skin and circulatory problems, and so on.

In this book, Sarah Rolfe Prodan examines the spiritual poetry of Michelangelo in light of three contexts: the Catholic Reformation movement, Renaissance Augustinianism, and the tradition of Italian religious devotion. Prodan combines a literary, historical, and biographical approach to analyze the mystical constructs and conceits in Michelangelo's poems, thereby deepening our understanding of the artist's spiritual life in the context of Catholic Reform in the mid-sixteenth century. Prodan also demonstrates how Michelangelo's poetry is part of an Augustinian tradition that emphasizes mystical and moral evolution of the self. Examining such elements of early modern devotion as prayer, lauda singing, and the contemplation of religious images, Prodan provides a unique perspective on the subtleties of Michelangelo's approach to life and to art. Throughout, Prodan argues that Michelangelo's art can be more deeply understood when considered together with his poetry, which points to a spirituality that deeply informed all of his production.

?This book is an ideal guide to umbrella reviews,

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overviews of reviews, and meta-epidemiologic studies for evidence synthesis. Research is conducted at different levels: primary research consists of original studies while secondary research comprises qualitative reviews, systematic reviews, and meta-analyses. Recently, a novel further level of research has been introduced, based on the analysis and pooling of reviews and meta-analysis. This book is the first to focus solely on this new type of research design, which permits a comprehensive and powerful synthesis of scientific evidence in medicine as well as in many other fields in order to inform decision-making. All aspects are covered, including review design and registration, the searching, abstracting, appraisal, and synthesis of evidence, the appraisal of moderators and confounders, and state of the art reporting. Case studies in a range of medical specialties are then presented. The hands-on approach of the book, written by a multinational team of experts, will enable the reader to interpret and independently conduct umbrella reviews.

Do you want to lose fat and stay young, all while avoiding cancer, diabetes, heart disease, Parkinson's, Alzheimer's and a host of other illnesses? The Paleo Solution incorporates the latest, cutting edge research from genetics, biochemistry and anthropology to help you look, feel and perform your best. Written by Robb Wolf, a

research biochemist who traded in his lab coat and pocket protector for a whistle and a stopwatch to become one of the most sought after strength and conditioning coaches in the world. With Robb's unique perspective as both scientist and coach you will learn how simple nutrition, exercise and lifestyle changes can radically change your appearance and health for the better.

The essays on Dante collected in this volume interpret his *Commedia* as the attempt of a renewal of the Christian work of salvation by means of literature. In the view of his author, the sacro poema responds to a historical moment of extreme danger, in which nothing less than the redemption of mankind is at stake. The degradation of the medieval Roman Empire and the rise of an early capitalism in his birth town Florence, entailing a pernicious moral depravation for Dante, are to him nothing else but a variety of symptoms of the backfall of the world into its state prior to its salvation by the incarnation of Christ. Dante presents his journey into the other world as an endeavor to escape these risks.

Mobilizing the traditional procedures of literary discourse for this purpose, he aims at writing a text that overcomes the deficiencies of the traditional Book of Revelation that, on its own terms, no longer seems capable of fulfilling his traditional tasks. The immense revaluation of poetry implied in Dante's *Commedia*, thus, contemporarily involves the claim

of a substantial weakness of the institutional religious discourse.

A pioneering work in oral history, this book tells the story of the rise and fall of the industrial revolution and the apogee and crisis of the labor movement through an oral history of Terni, a steel town in Central Italy and the seat of the first large industrial enterprise in Italy. This story is told through a combination of stories, songs, myths and memories from over 200 voices of five generations, woven with a wealth of archival material.

In Corsica, spelling contests, road signs, bilingual education bills and Corsican language newscasts leave language planners and ordinary speakers deeply divided over how to define what "counts" as Corsican and how it is connected with cultural identity. In *Ideologies in Action* Alexandra Jaffe explores the complex interrelationship between linguistic ideologies and practices on the French island of Corsica. This detailed exploration of the ideological and political underpinnings of three decades of language planning raises fundamental questions about what it means to "save" a minority language, and the way in which specific cultural, political and ideological contexts shape the "successes" and "failures" of linguistic engineering efforts. Jaffe's ethnography focuses both on the way dominant language ideologies are inscribed in the everyday experience of ordinary people, as well as how they shape the evolving strategies of language planners trying to revitalize the Corsican language. While Jaffe's analysis demonstrates the pervasive influence of dominant language ideologies on minority language speakers and language planners,

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she also draws on case studies from everyday discourse, educational practice and public and mediatized debates over language issues to develop an ethnographically-grounded perspective on levels of resistance. In the final part of the book she explores the emergence (and the limits) of "radical" genres of resistance found in forms of Corsican language activism and in examples of codeswitching and language mixing in bilingual radio practice. This book contributes to a growing literature on language ideology, and will be of interest to anthropologists, political scientists and linguists interested in the practical and theoretical dimensions of language contact, minority language literacy, bilingual education, and language shift.

As they look forward to the New York City Marathon in which their friend Mr. B. will run, the Vanderbeeker children learn that one of their good friends is homeless. A handy 3-in-1 German study book: grammar, verbs and vocabulary in one volume, ideal for beginners who need a clear and easy-to-understand German reference and revision guide.

The early modern and modern cultural world in the West would be unthinkable without Petrarch and Boccaccio. Despite this fact, there is still no scholarly contribution entirely devoted to analysing their intellectual revolution. Internationally renowned scholars are invited to discuss and rethink the historical, intellectual, and literary roles of Petrarch and Boccaccio between the great model of Dante's encyclopedia and the ideas of a double or multifaceted culture in the era of Italian Renaissance Humanism. In his lyrical poems and Latin treatises,

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Petrarch created a cultural pattern that was both Christian and Classical, exercising immense influence on the Western World in the centuries to come. Boccaccio translated this pattern into his own vernacular narratives and erudite works, ultimately claiming as his own achievement the reconstructed unity of the Ancient Greek and Latin world in his contemporary age. The volume reconsiders Petrarch's and Boccaccio's heritages from different perspectives (philosophy, theology, history, philology, paleography, literature, theory), and investigates how these heritages shaped the cultural transition between the end of the Middle Ages and the early modern era, as well as European identity.

In 1638, a small book of no more than 92 pages in octavo was published "appresso Gioanne Calleoni" under the title "Discourse on the State of the Jews and in particular those dwelling in the illustrious city of Venice." It was dedicated to the Doge of Venice and his counsellors, who are labelled "lovers of Truth." The author of the book was a certain Simone (Sim? a) Luzzatto, a native of Venice, where he lived and died, serving as rabbi for over fifty years during the course of the seventeenth century. Luzzatto's political thesis is simple and, at the same time, temerarious, if not revolutionary: Venice can put an end to its political decline, he argues, by offering the Jews a monopoly on overseas commercial activity. This plan is highly recommendable because the Jews are "wellsuited for trade," much more so than others (such as "foreigners," for example). The rabbi opens his argument by recalling

that trade and usury are the only occupations permitted to Jews. Within the confines of their historical situation, the Venetian Jews became particularly skilled at trade with partners from the Eastern Mediterranean countries. Luzzatto's argument is that this talent could be put at the service of the Venetian government in order to maintain – or, more accurately, recover – its political importance as an intermediary between East and West. He was the first to define the role of the Jews on the basis of their economic and social functions, disregarding the classic categorisation of Judaism's alleged privileged religious status in world history. Nonetheless, going beyond the socio-economic arguments of the book, it is essential to point out Luzzatto's resort to sceptical strategies in order to plead in defence of the Venetian Jews. It is precisely his philosophical and political scepticism that makes Luzzatto's texts so unique. This edition aims to grant access to his works and thought to English-speaking readers and scholars. By approaching his texts from this point of view, the editors hope to open a new path in research into Jewish culture and philosophy that will enable other scholars to develop new directions and new perspectives, stressing the interpenetration between Jews and the surrounding Christian and secular cultures. In presenting this volume on fasting I am well aware of existing prejudices against the procedure. It has long been the practice to feed the sick and to stuff the weak on the theory that "the sick must eat to keep up their strength." It is very unpleasant to many to see long established customs broken, and long cherished

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prejudices set at naught, even when a great good is to be achieved. "Shall we not respect the accumulated wisdom of the three thousand years?," ask the defenders of the regular school and their feeding and drugging practices. Where, we ask, is the wisdom for us to respect? We see little more than an accumulation of absurdities and barbarities. "The accumulated wisdom of three thousand years!" Look at sick humanity around you; look at the mortality reports; look at generation after generation cut off in the very spring-time of life, and then talk of wisdom or science! In this volume we offer you real wisdom and true science—we offer you the accumulated wisdom of many thousands of years, wisdom that will still be good when the mass of weakening, poisoning and mischief-inflicting methods of regular medicine are forgotten.

This Millenium Edition includes the only two published works of the author, making available in one volume all of his early-20th-century philosophies, principles and theories about health and fitness, as well as the exercises, poses and instructions fundamental to his exciting fitness program. Original.

A collection of essays by the art historian Aby Warburg, these essays look beyond iconography to more psychological aspects of artistic creation: the conditions under which art was practised; its social and cultural contexts; and its conceivable historical meaning.

A blueprint for thriving in your job and building a

career by applying the lessons of Silicon Valley's most innovative entrepreneurs. LinkedIn cofounder and chairman Reid Hoffman and author Ben Casnocha show how to accelerate your career in today's competitive world. The key is to manage your career as if it were a start-up business: a living, breathing, growing start-up of you. Why? Start-ups—and the entrepreneurs who run them—are nimble. They invest in themselves. They build their professional networks. They take intelligent risks. They make uncertainty and volatility work to their advantage. These are the very same skills professionals need to get ahead today. This book isn't about cover letters or resumes. Instead, you will learn the best practices of Silicon Valley start-ups, and how to apply these entrepreneurial strategies to your career. Whether you work for a giant multinational corporation, a small local business, or launching your own venture, you need to know how to:

- * Adapt your career plans as you change, the people around you change, and industries change.
- * Develop a competitive advantage to win the best jobs and opportunities.
- * Strengthen your professional network by building powerful alliances and maintaining a diverse mix of relationships.
- * Find the unique breakout opportunities that massively accelerate career growth.
- * Take proactive risks to become more resilient to industry tsunamis.
- * Tap your network for

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information and intelligence that help you make smarter decisions. A revolutionary new guide to thriving in today's fractured world of work, the strategies in this book will help you survive and thrive and achieve your boldest professional ambitions. *The Start-Up of You* empowers you to become the CEO of your career and take control of your future.

"In this book, you will learn Joseph Pilates' fundamental tenets of posture, body mechanics, and correct breathing. You will discover his first teachings about spinal flexibility, physical education, and his law of natural exercises."--Back cover.

What you should know about menopausal hormone therapy--from the renowned Harvard doctor who is one of the pioneers conducting the latest research in the field Recent news stories on the safety of menopausal hormone therapy (also known as hormone replacement therapy, or HRT) have raised public awareness and sparked a national debate. Now learn the facts about this controversial treatment for menopause--from the field's go-to expert. *Hot Flashes, Hormones, and Your Health* explains the changes that occur during menopause. It also provides you with state-of-the-art information to help you make informed decisions about hormone therapy and other options for treating symptoms of menopause. The cutting-edge research and advice presented in this book will help you determine

whether to start hormone therapy, or, if you are already taking hormones, whether you should continue to do so. This book will help you work more effectively with your health care provider to make the best decisions about your medical care. If you have taken hormones in the past, *Hot Flashes, Hormones, and Your Health* will also be useful in understanding the overall health effects of this treatment. So, if you are debating whether to start, continue, or stop hormone therapy, *Hot Flashes, Hormones, and Your Health* has the answers you need: The latest scientific evidence on the benefits and risks of managing menopause with hormone therapy Expert guidance in determining whether or not hormone therapy is the right choice for you, and, if it is, when to start, when to stop, and what type to use The truth about bioidentical hormones Healthful and effective options for women who cannot-or prefer not to-use hormone therapy

The work of Ernesto de Martino is relatively unknown outside of Italian intellectual circles, but with a growing interest in his ethnographic and theoretical work, he is now widely considered to be one of the great anthropologists and historians of religion of the early twentieth century. *Magic: A theory from the south* (first published in Italian as *Sud e Magia*) is de Martino's stunning ethnography of ceremonial magic in southern Italy (Luciana/Basilicata), an intimate "other" to Western European civilization. Rigorous

and detailed analyses of evil eye, possession, witchcraft, religious belief, “binding,” exorcism, and various magical practices lead de Martino to question the historical, ideological, ritual, psychological, and pragmatic grounds of the arts of enchantment. The question here is not whether magic is irrational or rational, but why it came to be perceived as a problem of knowledge in the first place. De Martino's response is contextualized within his wider, pathbreaking theorization of ritual, as well as his politically sensitive reading of the south's subaltern culture in its historical encounter with Western science. In addition to the ethnography, De Martino's historical anthropology traces the development of “jettatura” in Enlightenment Naples as a paradigm of the complex dynamics between hegemonic and subaltern cultures. Far ahead of its time, this first English edition (annotated and translated by Dorothy Louise Zinn) stands to be as relevant as ever as anthropologists (among others) continue to theorize modernity's continued tryst with magical thinking. 1st Edition Publication Data: [1959] 2001. *Sud e magia*. Milano: Feltrinelli Editore. ISBN: 9788807816758.

This text guides the reader through the varying approaches to translation studies in the latter half of the 20th century. Chronologically ordered and divided into clear sections, it collects together key essays, articles and book extracts.

A vivid reimagining of the Vita nuova as a revolution in poetry and a revelation of divine destiny through love.

In a crucial shift within posthumanistic media studies, Bernhard Siegert dissolves the concept of media into a network of operations that reproduce, displace, process, and reflect the distinctions fundamental for a given culture. *Cultural Techniques* aims to forget our traditional understanding of media so as to redefine the concept through something more fundamental than the empiricist study of a medium's individual or collective uses or of its cultural semantics or aesthetics. Rather, Siegert seeks to relocate media and culture on a level where the distinctions between object and performance, matter and form, human and nonhuman, sign and channel, the symbolic and the real are still in the process of becoming. The result is to turn ontology into a domain of all that is meant in German by the word *Kultur*. Cultural techniques comprise not only self-referential symbolic practices like reading, writing, counting, or image-making. The analysis of artifacts as cultural techniques emphasizes their ontological status as "in-betweens," shifting from first-order to second-order techniques, from the technical to the artistic, from object to sign, from the natural to the cultural, from the operational to the representational. *Cultural Techniques* ranges from seafaring, drafting, and eating to the production of the sign-

signal distinction in old and new media, to the reproduction of anthropological difference, to the study of trompe-l'oeils, grids, registers, and doors. Throughout, Siegert addresses fundamental questions of how ontological distinctions can be replaced by chains of operations that process those alleged ontological distinctions within the ontic. Grounding posthumanist theory both historically and technically, this book opens up a crucial dialogue between new German media theory and American postcybernetic discourses.

The bloody story of the rise of paramilitaries in Colombia, told through three characters--a fearless activist, a dogged journalist, and a relentless investigator--whose lives intersected in the midst of unspeakable terror. Colombia's drug-fueled cycle of terror, corruption, and tragedy did not end with Pablo Escobar's death in 1993. Just when Colombians were ready to move past the murderous legacy of the country's cartels, a new, bloody chapter unfolded. In the late 1990s, right-wing paramilitary groups with close ties to the cocaine business carried out a violent expansion campaign, massacring, raping, and torturing thousands. *There Are No Dead Here* is the harrowing story of three ordinary Colombians who risked everything to reveal the collusion between the new mafia and much of the country's military and political establishment: Jesús María Valle, a human rights activist who was

murdered for exposing a dark secret; Iván Velásquez, a quiet prosecutor who took up Valle's cause and became an unlikely hero; and Ricardo Calderón, a dogged journalist who is still being targeted for his revelations. Their groundbreaking investigations landed a third of the country's Congress in prison and fed new demands for justice and peace that Colombia's leaders could not ignore. Taking readers from the sweltering Medellín streets where criminal investigators were hunted by assassins, through the countryside where paramilitaries wiped out entire towns, and into the corridors of the presidential palace in Bogotá, *There Are No Dead Here* is an unforgettable portrait of the valiant men and women who dared to stand up to the tide of greed, rage, and bloodlust that threatened to engulf their country.

This book is the first dedicated volume of academic analysis on the monumental work of Elena Ferrante, Italy's most well-known contemporary writer. *The Works of Elena Ferrante: Reconfiguring the Margins* brings together the most exciting and innovative research on Ferrante's treatment of the intricacies of women's lives, relationships, struggles, and dilemmas to explore feminist theory in literature; questions of gender in twentieth-century Italy; and the psychological and material elements of marriage, motherhood, and divorce. Including an interview from Ann Goldstein, this volume goes beyond

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"Ferrante fever" to reveal the complexity and richness of a remarkable oeuvre.

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