

Power And Everyday Practices

Our Unsustainable Life: Why We Can't Have Everything We Want With the concept of the Imperial Mode of Living, Brand and Wissen highlight the fact that capitalism implies uneven development as well as a constant and accelerating universalisation of a Western mode of production and living. The logic of liberal markets since the 19th Century, and especially since World War II, has been inscribed into everyday practices that are usually unconsciously reproduced. The authors show that they are a main driver of the ecological crisis and economic and political instability. The Imperial Mode of Living implies that people's everyday practices, including individual and societal orientations, as well as identities, rely heavily on the unlimited appropriation of resources; a disproportionate claim on global and local ecosystems and sinks; and cheap labour from elsewhere. This availability of commodities is largely organised through the world market, backed by military force and/or the asymmetric relations of forces as they have been inscribed in international institutions. Moreover, the Imperial Mode of Living implies asymmetrical social relations along class, gender and race within the respective countries. Here too, it is driven by the capitalist accumulation imperative, growth-oriented state policies and status consumption. The concrete production conditions of commodities are rendered invisible in the places where the commodities are consumed. The imperialist world order is normalized through the

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mode of production and living.

Takes a comparative perspective on family life and childhood in the past half century in Russia and Eastern Europe, highlighting similarities and differences. Focuses on the problematic domains of the institutions and laws devised to cope with family difficulties, and discusses the social strains created by the transition from communist to post-communist national systems. In addition to the substantial historic analysis, actual challenges are also discussed. The essays examine the changing gender roles, alterations in legal systems, the burdens faced by married and unmarried women who are mothers, the contrasts between government rhetoric and the implementation of policies toward marriage, children and parenthood. By addressing the specifics of welfare politics under the Communist rule and the directions of their transformation in 1990–2000s, this book contributes to the understanding of social institutions and family policies in these countries and the problems of dealing with the socialist past that this region face.

This book speaks to the meanings and values that inhere in close relations, focusing on 'family' and 'kinship' but also looking beyond these categories. Multifaceted, diverse and subject to constant debate, close relations are ubiquitous in human lives on embodied as well as symbolic levels. Closely related to processes of power, legibility and recognition, close relations are surrounded by boundaries that both constrain and enable their practical, symbolical and legal formation. Carefully contextualising close

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relations in relation to different national contexts, but also in relation to gender, sexuality, race, religion and dis/ability, the volume points to the importance of and variations in how close relations are lived, understood and negotiated. Grounded in a number of academic areas and disciplines, ranging from legal studies, sociology and social work to literary studies and ethnology, this volume also highlights the value of using inter- and multidisciplinary scholarly approaches in research about close relations. Chapter 11 is available open access under a Creative Commons Attribution 4.0 International License via link.springer.com.

Leisure and Power in Urban China is the first comprehensive study of leisure activities in a medium size Chinese city. Hitherto, studies of Chinese leisure have focused on holidays, festivals and tourism. This, however, is a study of the kinds of leisure that take place on regular workdays in a local environment of Quanzhou city. In doing so, *Leisure and Power* introduces leisure studies to China studies, and data from China to the field of Leisure studies. Based on interviews with people from all walks of life and case studies from bookshops, internet bars, Karaoke parlours, streets and public squares, Rolandsen brings to attention the importance of fun and socializing in the lives of Chinese urbanites. Central to the study is the contrast between popular practices and official discourse. Rolandsen provides in-depth analyses of the moralist "PRC leisure ethic" so characteristic of official Chinese publications and news media. Using examples from everyday life as a contrast, this study demonstrates that official

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propaganda has but little influence on how Chinese individuals lead their lives. Taking leisure as a point of departure, this book describes the new kinds of interaction between the local party-state and the population it seeks to govern. This book will be of interest to students and scholars of Chinese Studies, Leisure Studies, Urban Studies and Asian Studies in general.

This book provides a critical understanding of Europeanization and statebuilding in the Western Balkans, using the notion of everyday practices. This volume argues that it is everyday and mundane events that provide the entry points to showcase a broader set of practices of Europeanization in countries outside the EU. It does this by tracing notions of Europeanization in the everyday statebuilding of Kosovo, Europe Day celebrations in Bosnia and Herzegovina, urban politics in Tirana, and space and place making in Skopje. In doing so, the book shows that everyday events tell us that as much as it is about changing structures, institutions, and economic models, Europeanization is also about changing behaviours and ideas in populations at large. At the same time, the work shows that countries outside the EU use everyday events to perform their belonging to Europe. This book will be of much interest to students of European Studies, Balkan politics, statebuilding, and International Relations generally. This volume brings together scholars from different fields to explore the power, consequences and everyday practices of security expertise. Expertise mediates between different forms of knowledge: scientific and technological, legal, economic and

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political knowledge. This book offers the first systematic study of security expertise and opens up a productive dialogue between science and technology studies and security studies to investigate the character and consequences of this expertise. In security theory, the study of expertise is crucial to understanding whose knowledge informs security making and to reflect on the impact and responsibility of security analysis. In science and technology studies, the study of security politics adds a challenging new case to the agenda of research on expertise and policy. The contributors investigate cases such as academic security studies, security think tanks, the collaboration between science, anthropology and the military, transnational terrorism, and the ethical consequences of security expertise. Together they challenge our understanding of how expertise works and what consequences it has for security politics and international relations. This book will be of particular interest to students of critical security studies, sociology, science and technology studies, and IR/security studies in general.

From the founder of Getaway, a guide to unplugging and reconnecting with what really matters on a daily basis Rather than running yourself into the ground and waiting until your next vacation to recharge, Getting Away invites you to make space in your everyday routine for self-care and deeper connection with others. With 75 easy-to-implement practices, this book helps you to slow down despite the frenetic pace of the world around you by:

- Creating a morning routine that doesn't involve checking work e-mails
- Surprising someone in your life with a small gift, just because
- Spending at

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least 30 minutes outside daily • Striking up a conversation with a stranger Getting Away doesn't require you to discard your smartphone or majorly overhaul your life. Rather, it's about making simple changes in your day-to-day routine to strike the right balance between passion for your career and guilt-free relaxation, staying up-to-date on the latest headlines without losing sight of the people right in front of you, or appreciating nature in the middle of a bustling city. By helping you get the balance right, this book shows you how to thrive in what can be an overwhelming world.

Has material civilization spun out of control, becoming too fast for our own well-being and that of the planet? This book confronts these anxieties and examines the changing rhythms and temporal organization of everyday life. How do people handle hurriedness, burn-out and stress? Are slower forms of consumption viable? In case studies covering the United States, Asia and Europe, international experts follow routines and rhythms, their emotional and political dynamics and show how they are anchored in material culture and everyday practice. Running themes of the book are questions of coordination and disruption; cycles and seasons; and the interplay between power and freedom, and between material and natural forces. The result is a volume that brings studies of practice, temporality and material culture together to open up a new intellectual agenda.

These original essays, which combine theoretical argument with empirical observation, constitute a state-of-the-art platform for future research in medical anthropology.

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Ranging in time and locale, the essays are based on research in historical and cultural settings. The contributors accept the notion that all knowledge is socially and culturally constructed and examine the contexts in which that knowledge is produced and practiced in medicine, psychiatry, epidemiology, and anthropology. Professionals in behavioral medicine, public health, and epidemiology as well as medical anthropologists will find their insights significant.

Presents an overview of the scientific process for those curious about science practice in today's society, and especially for those considering making a career of science. Despite all the efforts to promote change, power and authority still seem to be permanently associated with the white, the straight and the masculine, both symbolically and in the everyday world of organizations. As the intricate relationship between the symbolic and the everyday remains under-researched, this anthology proposes a transdisciplinary feminist perspective drawing on the humanities in order to explore the complex nature of the gendered politics of organizations. Indeed, analyzing how images, narratives, symbols and bodies are all part of how power and gender are constructed in organizations through a broad and international range of empirical studies, *Bodies, Symbols and Organizational Practice* explores issues at the interstices of the humanities and social sciences, combining theoretical and analytical perspectives from both areas. Providing a radical analysis of the gendered dynamics of power as well as petitioning for radical intervention into those dynamics, this timely

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volume will appeal to postgraduate students and postdoctoral researchers interested in fields such as: Organization and Management Studies, Gender studies, Feminist theory and Sociology of Work & Industry.

How can you help teens thrive now and for life? Support them as whole learners. Developing independence and responsibility. Collaborating and communicating effectively. Establishing valuable work habits. Harnessing emotions and motivation. In this insightful, culturally responsive guide, Poliner and Benson integrate these lifelong skills into daily practices through Practical applications for diverse populations in every class, advisory, team, or club The latest research on best practices from adolescent psychology, neuroscience, school climate Tools for teachers, administrators, counselors, and parents to help teens succeed now and later in school, home, workplace, and community. Teaching the Whole Teen supports adolescents and adults within the school to thrive.

Engagements with the postcolonial world by International Relations scholars have grown significantly in recent years. The Routledge Handbook of Postcolonial Politics provides a solid reference point for understanding and analyzing global politics from a perspective sensitive to the multiple legacies of colonial and imperial rule. The Handbook introduces and develops cutting-edge analytical frameworks that draw on Black, decolonial, feminist, indigenous, Marxist and postcolonial thought as well as a multitude of intellectual traditions from across the globe. Alongside empirical issue

Where To Download Power And Everyday Practices

areas that remain crucial to assessing the impact of European and Western colonialism on global politics, the book introduces new issue areas that have arisen due to the mutating structures of colonial and imperial rule. This vital resource is split into five thematic sections, each featuring a brief, orienting introduction: Points of departure Popular postcolonial imaginaries Struggles over the postcolonial state Struggles over land Alternative global imaginaries Providing both a consolidated understanding of the field as it is, and setting an expansive and dynamic research agenda for the future, this handbook is essential reading for students and scholars of International Relations alike.

Unleash powerful teaching and the science of learning in your classroom Powerful Teaching: Unleash the Science of Learning empowers educators to harness rigorous research on how students learn and unleash it in their classrooms. In this book, cognitive scientist Pooja K. Agarwal, Ph.D., and veteran K–12 teacher Patrice M. Bain, Ed.S., decipher cognitive science research and illustrate ways to successfully apply the science of learning in classrooms settings. This practical resource is filled with evidence-based strategies that are easily implemented in less than a minute—without additional prepping, grading, or funding! Research demonstrates that these powerful strategies raise student achievement by a letter grade or more; boost learning for diverse students, grade levels, and subject areas; and enhance students' higher order learning and transfer of knowledge beyond the classroom. Drawing on a fifteen-year scientist-teacher collaboration, more than 100 years of research on learning, and rich

Where To Download Power And Everyday Practices

experiences from educators in K–12 and higher education, the authors present highly accessible step-by-step guidance on how to transform teaching with four essential strategies: Retrieval practice, spacing, interleaving, and feedback-driven metacognition. With *Powerful Teaching*, you will: Develop a deep understanding of powerful teaching strategies based on the science of learning Gain insight from real-world examples of how evidence-based strategies are being implemented in a variety of academic settings Think critically about your current teaching practices from a research-based perspective Develop tools to share the science of learning with students and parents, ensuring success inside and outside the classroom *Powerful Teaching: Unleash the Science of Learning* is an indispensable resource for educators who want to take their instruction to the next level. Equipped with scientific knowledge and evidence-based tools, turn your teaching into powerful teaching and unleash student learning in your classroom. *Power and Everyday Practices* is a unique, contributed text: one that takes up sociological theory and methods in the approachable context of everyday objects and practices primarily through Foucaultian and Marxist lenses. Rather than focusing first on abstract concepts, many of the chapters are organized around a familiar everyday activity for students, which engages the students and seeks to 'trouble' their normative assumptions about the everyday world (for example, the chapter on coffee examines how our everyday activity of drinking coffee is linked to global economic relations and inequalities). This text uniquely focuses on 'unpacking the centre' rather than

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concentrating on the margins (as an example, rather than focus on people of colour, the chapter on whiteness unpacks how whiteness works to occupy the centre and thus reproduce privilege). Students are asked to explore not only why questions but also how questions; to make visible not only why things are as they are, but how they have come to be historically, socially, and culturally organized. Deftly edited by Brock, Raby, and Thomas, a group of renowned Canadian sociologists have gathered to write a perfect core text for undergraduate and graduate courses on the subject of power and inequality.

The simple fabric face mask is a key agent in the fight against the global spread of COVID-19. However, beyond its role as a protective covering against coronavirus infection, the face mask is the bearer of powerful symbolic and political power and arouses intense emotions. Adopting an international perspective informed by social theory, *The Face Mask in COVID Times: A Sociomaterial Analysis* offers an intriguing and original investigation of the social, cultural and historical dimensions of face-masking as a practice in the age of COVID. Rather than Beck's 'risk society', we are now living in a 'COVID society', the long-term effects of which have yet to be experienced or imagined. Everything has changed. The COVID crisis has generated novel forms of sociality and new ways of living and moving through space and time. In this new world, the face mask has become a significant object, positioned as one of the key ways people can protect themselves and others from infection with the coronavirus.

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The face mask is rich with symbolic meaning as well as practical value. In the words of theorist Jane Bennett, the face mask has acquired a new 'thing-power' as it is coming together with human bodies in these times of uncertainty, illness and death. The role of the face mask in COVID times has been the subject of debate and dissension, arousing strong feelings. The historical and cultural contexts in which face masks against COVID contagion are worn (or not worn) are important to consider. In some countries, such as Japan and other East Asian nations, face mask wearing has a long tradition. Full or partial facial coverings, such as veiling, is common practice in regions such as the Middle East. In many other countries, including most countries in the Global North, most people, beyond health care workers, have little or no experience of face masks. They have had to learn how to make sense of face masking as a protective practice and how to incorporate face masks into their everyday practices and routines. Face masking practices have become highly political. The USA has witnessed protests against face mask wearing that rest on 'sovereign individualism', a notion which is highly specific to the contemporary political climate in that country. Face masks have also been worn to make political statements: bearing anti-racist statements, for example, but also Trump campaign support. Meanwhile, celebrities and influencers have sought to advocate for face mask wearing as part of their branding, while art makers, museums, designers and novelty fashion manufacturers have identified the opportunity to profit from this sudden new market. Face masks have become a fashion

Where To Download Power And Everyday Practices

item as well as a medical device: both a way of signifying the wearer's individuality and beliefs and their ethical stance in relation to the need to protect their own and others' health. *The Face Mask in COVID Times: A Sociomaterial Analysis* provides a short and accessible analysis of the sociomaterial dimensions of the face mask in the age of COVID-19. The book presents seven short chapters and an epilogue. We bring together sociomaterial theoretical perspectives with compelling examples from public health advice and campaigns, anti-mask activism as well as popular culture (news reports, blog posts, videos, online shopping sites, art works) to illustrate our theoretical points, and use Images to support our analysis.

Often condemned as a form of oppression, fashion could and did allow women to express modern gender identities and promote feminist ideas. Einav Rabinovitch-Fox examines how clothes empowered women, and particularly women barred from positions of influence due to race or class. Moving from 1890s shirtwaists through the miniskirts and unisex styles of the 1970s, Rabinovitch-Fox shows how the rise of mass media culture made fashion a vehicle for women to assert claims over their bodies, femininity, and social roles. She also highlights how trends in women's sartorial practices expressed ideas of independence and equality. As women employed new clothing styles, they expanded feminist activism beyond formal organizations and movements and reclaimed fashion as a realm of pleasure, power, and feminist consciousness. A fascinating account of clothing as an everyday feminist practice, *Dressed for Freedom* brings fashion into discussions of American feminism during the long twentieth century.

Where To Download Power And Everyday Practices

Everyday resistance is about the many ways people undermine power and domination through their routine and everyday actions. Unlike open rebellions or demonstrations, it is typically hidden, not politically articulated, and often ingenious. But because of its disguised nature, it is often poorly understood as a form of politics and its potential underestimated. Conceptualizing 'Everyday Resistance' presents an analytical framework and theoretical tools to understand the entanglements of everyday power and resistance. These are applied to diverse empirical cases including queer relationships in the context of heteronormativity, Palestinian daily life under military occupation, workplace behaviors under office surveillance, and the tactics of fat acceptance bloggers facing the war against obesity. Johansson and Vinthagen argue that everyday resistance is best understood by accounting for different repertoires of tactics, relations between actors and struggles around constructions of time and space. Through a critical dialogue with the work of James C. Scott, Michel de Certeau and Asef Bayat, they aim to reconstruct the field of resistance studies, expanding what counts as resistance and building systematic analysis. Conceptualizing 'Everyday Resistance' offers researchers and students from different theoretical and empirical backgrounds an essential overview of the field and a creative framework that illuminates the potential of all people to transform society.

Everyday life is defined and characterised by the rise, transformation and fall of social practices. Using terminology that is both accessible and sophisticated, this essential book guides the reader through a multi-level analysis of this dynamic. In working through core propositions about social practices and how they change the book is clear and accessible; real world examples, including the history of car driving, the emergence of frozen food, and the fate of hula hooping, bring abstract concepts to life and firmly ground them in empirical case-

Where To Download Power And Everyday Practices

studies and new research. Demonstrating the relevance of social theory for public policy problems, the authors show that the everyday is the basis of social transformation addressing questions such as: how do practices emerge, exist and die? what are the elements from which practices are made? how do practices recruit practitioners? how are elements, practices and the links between them generated, renewed and reproduced? Precise, relevant and persuasive this book will inspire students and researchers from across the social sciences. Elizabeth Shove is Professor of Sociology at Lancaster University. Mika Pantzar is Research Professor at the National Consumer Research Centre, Helsinki. Matt Watson is Lecturer in Social and Cultural Geography at University of Sheffield.

Offers advice for achieving happiness and dealing with life's obstacles through mindfulness, with strategies for cultivating this state of mind and setting up a formal daily practice routine. In this timely and thoughtful call to action, author and educator Starr Sackstein examines the critical intersection between assessment and social and emotional learning (SEL), particularly as it affects students of color and other marginalized groups. The book addresses the five SEL competencies identified by the Collaborative for Academic, Social, and Emotional Learning (CASEL)—self-awareness, self-management, social awareness, relationship skills, and responsible decision making—and explains how teaching students to develop their abilities in these areas can help them improve their learning and assessment experiences. Sackstein also raises important considerations for educators, urging them to

- * Examine their implicit biases to improve their relationships with students.
- * Deepen their understanding of the impact of grades and assessments on students' self-image and their ability to reach their full potential as learners.
- * Develop personalized assessment systems that ensure an accurate, fair, and

Where To Download Power And Everyday Practices

equitable portrayal of what students know and can do. In addition to presenting the relevant research, Sackstein draws from personal experience and the reflections of students, teachers, and administrators to present a compelling case for approaching assessment through the SEL lens. Educators at all levels who have witnessed the devastating effects that testing can have on students' beliefs in themselves as learners will find *Assessing with Respect* to be an invaluable guide to ensuring better outcomes—and better emotional health—for all students.

Edition statement found within text on page 4 of cover.

NEW YORK TIMES BESTSELLER • This instant classic explores how we can change our lives by changing our habits. **NAMED ONE OF THE BEST BOOKS OF THE YEAR** BY *The Wall Street Journal* • *Financial Times* In *The Power of Habit*, award-winning business reporter Charles Duhigg takes us to the thrilling edge of scientific discoveries that explain why habits exist and how they can be changed. Distilling vast amounts of information into engrossing narratives that take us from the boardrooms of Procter & Gamble to the sidelines of the NFL to the front lines of the civil rights movement, Duhigg presents a whole new understanding of human nature and its potential. At its core, *The Power of Habit* contains an exhilarating argument: The key to exercising regularly, losing weight, being more productive, and achieving success is understanding how habits work. As Duhigg shows, by harnessing this new science, we can transform our businesses, our communities, and our lives. With a new Afterword by the author “Sharp, provocative, and useful.”—Jim Collins “Few [books] become essential manuals for business and living. *The Power of Habit* is an exception. Charles Duhigg not only explains how habits are formed but how to kick bad ones and hang on to the good.”—*Financial Times* “A flat-out great read.”—David Allen, bestselling author of *Getting Things Done: The Art of*

Where To Download Power And Everyday Practices

Stress-Free Productivity “You’ll never look at yourself, your organization, or your world quite the same way.”—Daniel H. Pink, bestselling author of *Drive* and *A Whole New Mind*
“Entertaining . . . enjoyable . . . fascinating . . . a serious look at the science of habit formation and change.”—The New York Times Book Review

From two influential and visionary thinkers comes a big idea that is changing the way movements catch fire and ideas spread in our highly connected world. For the vast majority of human history, power has been held by the few. "Old power" is closed, inaccessible, and leader-driven. Once gained, it is jealously guarded, and the powerful spend it carefully, like currency. But the technological revolution of the past two decades has made possible a new form of power, one that operates differently, like a current. "New power" is made by many; it is open, participatory, often leaderless, and peer-driven. Like water or electricity, it is most forceful when it surges. The goal with new power is not to hoard it, but to channel it. New power is behind the rise of participatory communities like Facebook and YouTube, sharing services like Uber and Airbnb, and rapid-fire social movements like Brexit and #BlackLivesMatter. It explains the unlikely success of Barack Obama's 2008 campaign and the unlikelier victory of Donald Trump in 2016. And it gives ISIS its power to propagate its brand and distribute its violence. Even old power institutions like the Papacy, NASA, and LEGO have tapped into the strength of the crowd to stage improbable reinventions. In *New Power*, the business leaders/social visionaries Jeremy Heimans and Henry Timms provide the tools for using new power to successfully spread an idea or lead a movement in the twenty-first century. Drawing on examples from business, politics, and social justice, they explain the new world we live in--a world where connectivity has made change shocking and swift and a world in which

Where To Download Power And Everyday Practices

everyone expects to participate.

Sometimes we all need a little lift—something to put the bounce back in our step. If you are like many, you may struggle with self-confidence. You may also compare your successes and failures with those of others. If everything is going well in your life, this tactic may temporarily bolster your sense of self-worth. But what happens when things aren't going so well? Based on the idea that true self-esteem is grounded in internal, rather than external factors, this book offers 50 easy-to-use mindfulness practices that will help you improve inner awareness and live a more fulfilled life without harsh self-judgment. Mindfulness can help you battle feelings of low self-worth by encouraging you to pay attention to your negative thoughts as they occur, accept them, and ultimately control of how you react to them. The exercises in this pocket-sized book are intended to be simple, brief, and powerful. These are practices to settle into each morning, perhaps before your cup of tea or coffee, and which can be sprinkled throughout the day when you are at work, play, or home. To help you keep track of your thoughts, the book also includes journaling exercises that will help you discover what actions may have led to feelings of positivity or negativity. By focusing on your own awareness and thought processes, you will begin to understand what factors cause you to feel bad about yourself, and honestly assess those factors without giving in to feelings of hopelessness. You will discover that true self-esteem has less to do with what the world is telling you, and has everything to do with what you tell yourself.

Where To Download Power And Everyday Practices

Rather than view social inequality as a problem for marginalized populations, *Power and Everyday Practices* turns the spotlight on the ways power and privilege are produced and reproduced in our everyday worlds

When Women Rise takes women on an inward journey to transcend the anxiety and fear of our times, reclaim their feminine sovereignty, and realize their soul path. With compassion and wisdom, Michele Kambolis provides daily practices that will help women overcome the barriers and limitations that have hindered their freedom and compromised their very essence. With over two decades of experience working with women at her clinical practice, as well as doctoral research in mind-body medicine, Kambolis has rooted this book firmly in the science of human possibility. Here is a fresh and empowering vision for women to come together and discover the highest expression of their feminine strength and natural capacity to nurture mind, body, and soul.

For more than two decades, internationally renowned pioneer in energy medicine Caroline Myss has been studying how people use their personal power. Through her special brand of spiritual insight and intuition, her popular workshops, and her bestselling books, Myss has helped hundreds of thousands of people meet the lifelong challenge of managing their spiritual energy and improving their lives. Now, in this inspiring new book, Myss expands her message about power in an entirely new spiritual direction. With characteristic originality, she explains how we become channels

Where To Download Power And Everyday Practices

for divine grace and a conduit for miracles through kind, compassionate, generous actions, or, as she calls them, invisible acts of power. When we act compassionately, without a private agenda or expectation of credit or reward, God works invisibly, anonymously through us. And as we move from visible acts, such as giving a friend a helping hand, to invisible acts, such as prayer and healing, we undergo a profound journey of personal empowerment. The myriad simple but profound ways that people connect to create small miracles, gain a greater sense of spirituality, and transform their own -- and others' -- lives in an instant will inspire you to your own invisible acts of power...and attract them to you.

In *Gesture and Power* Yolanda Covington-Ward examines the everyday embodied practices and performances of the BisiKongo people of the Lower Congo to show how their gestures, dances, and spirituality are critical in mobilizing social and political action. Conceiving of the body as the center of analysis, a catalyst for social action, and as a conduit for the social construction of reality, Covington-Ward focuses on specific flash points in the last ninety years of Congo's troubled history, when embodied performance was used to stake political claims, foster dissent, and enforce power. In the 1920s Simon Kimbangu started a Christian prophetic movement based on spirit-induced trembling, which swept through the Lower Congo, subverting Belgian colonial authority. Following independence, dictator Mobutu Sese Seko required citizens to dance and sing nationalist songs daily as a means of maintaining political control. More

Where To Download Power And Everyday Practices

recently, embodied performance has again stoked reform, as nationalist groups such as Bundu dia Kongo advocate for a return to precolonial religious practices and non-Western gestures such as traditional greetings. In exploring these embodied expressions of Congolese agency, Covington-Ward provides a framework for understanding how embodied practices transmit social values, identities, and cultural history throughout Africa and the diaspora.

The field of Information Systems has been evolving since the first application of computers in organizations in the early 1950s. Focusing on information systems analysis and design up to and including the 1980s, the field has expanded enormously, with our assumptions about information and knowledge being challenged, along with both intended and unintended consequences of information technology. This prestige reference work offers students and researchers a critical reflection on major topics and current scholarship in the evolving field of Information Systems. This single-volume survey of the field is organized into four parts. The first section deals with Disciplinary and Methodological Foundations. The second section deals with Development, Adoption and Use of MIS – topics that formed the centrepiece of the field of IS in the last century. The third section deals with Managing Organizational IS, Knowledge and Innovation, while the final section considers emerging and continuing issues and controversies in the field – IS in Society and a Global Context. Each chapter provides a balanced overview of current knowledge, identifying issues and discussing relevant

Where To Download Power And Everyday Practices

debates. This prestigious book is required reading for any student or researcher in Management Information Systems, academics and students covering the breadth of the field, and established researchers seeking a single-volume repository on the current state of knowledge, current debates and relevant literature.

In *Everyday Food Practices*, Tarunna Sebastian examines the everyday food journeys of people in diverse metropolitan communities. Sebastian investigates how food knowledge and education inform food choices and are influenced by the media, social and familial interaction, globalised food retailers, and alternative food networks.

A REFRESHINGLY SIMPLE GUIDE TO RECOVER YOUR LIFE! In *Get Your Life Back*, New York Times bestselling author John Eldredge provides a practical, simple, and refreshing guide to taking your life back. By practicing a few wonderfully simple practices—or what John calls “graces”—you can begin to recover your soul, disentangle from the tragedies of this broken world, and discover the restorative power of beauty. Ask yourself: Are you happy most of the time? Do you feel deeply loved? Are you excited about your future? How often do you feel lighthearted? After reading this book you will... Learn how to insert the One Minute Pause into your day Begin practicing “benevolent detachment” and truly let it all go Offer kindness toward yourself in the choices you make Drink in the simple beauty available to you every day Take realistic steps to unplug from technology overload These simple practices and others are ready for the taking. You don’t need to abandon your life to get it back. Begin restoring your

Where To Download Power And Everyday Practices

life here and now. Your soul will thank you for it.

Bringing together an international group of authors, this book addresses the important issues lying at the intersection between urban space, on the one hand, and incivilities and urban harm, on the other. Progressive urbanisation not only influences people's living conditions, their well-being and health but may also generate social conflict and consequently fuel disorder and crime. Rooted in interdisciplinary scholarship, this book considers a range of urban issues, focussing specifically on their sensory, emotive, power and structural dimensions. The visual, audio and olfactory components that offend or harm are inspected, including how urban social control agencies respond to violations of imposed sensory regimes. Emotive dimensions examined include the consideration of people emotions and sensibilities in the perception of incivilities, in the shaping of social control to deviant phenomena, and their role in activating or suppressing people's resistance towards otherwise harmful everyday practices. Power and structural dimensions examine the agents who decide and define what anti-social and harmful is and the wider socio-economic and cultural setting in which urbanites and social control agents operate. Connecting with sensory and affective turns in other disciplines, the book offers an original, distinctive and nuanced approach to understanding the harms, disorder and social control in the city. An accessible and compelling read, this book will appeal to those engaged with criminology, sociology, human geography, psychology, urban studies, socio-legal studies and all those

Where To Download Power And Everyday Practices

interested in the relationship between urban space and urban harm. These twelve original essays by geographers and anthropologists offer a deep critical understanding of Allan Pred's pathbreaking and eclectic cultural Marxist approach, with a focus on his concept of "situated ignorance": the production and reproduction of power and inequality by regimes of truth through strategically deployed misinformation, diversions, and silences. As the essays expose the cultural and material circumstances in which situated ignorance persists, they also add a previously underexplored spatial dimension to Walter Benjamin's idea of "moments of danger." The volume invokes the aftermath of the July 2011 attacks by far-right activist Anders Breivik in Norway, who ambushed a Labor Party youth gathering and bombed a government building, killing and injuring many. Breivik had publicly and forthrightly declared war against an array of liberal attitudes he saw threatening Western civilization. However, as politicians and journalists interpreted these events for mass consumption, a narrative quickly emerged that painted Breivik as a lone madman and steered the discourse away from analysis of the resurgent right-wing racisms and nationalisms in which he was immersed. The Breivik case is merely one of the most visible recent examples, say editors Heather Merrill and Lisa Hoffman, of the unchallenged production of knowledge in the public sphere. In essays that range widely in topic and setting—for example, brownfield development in China, a Holocaust memorial in Germany, an art gallery exhibit in South Africa—this volume peels back layers of "situated practices and their associated

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meaning and power relations.” Spaces of Danger offers analytical and conceptual tools of a Predian approach to interrogate the taken-for-granted and make visible and legible that which is silenced.

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