

Psychology An Introduction Benjamin B Lahey

This Handbook examines the subject of energy security: its definition, dimensions, ways to measure and index it, and the complicating factors that are often overlooked. The volume identifies varying definitions and dimensions of energy security, including those that prioritize security of supply and affordability alongside those that emphasize availability, energy efficiency, trade, environmental quality, and social and political stewardship. It also explores the various metrics that can be used to give energy security more coherence, and also to enable it to be measured, including recent attempts to measure energy security progress at the national level, with a special emphasis placed on countries within the Organization of Economic Cooperation and Development (OECD), countries within Asia, and industrialized countries worldwide. This Handbook: • Broadens existing discussions of energy security that center on access to fuels, including "oil security" and "coal security." • Focuses not only on the supply side of energy but also the demand, taking a hard look at energy services and politics along with technologies and infrastructure; • Investigates energy security issues such as energy poverty, equity and access, and development; • Analyzes ways to index and measure energy security progress at the national and international level. This book will be of much interest to students of energy security, energy policy, economics, environmental studies, and IR/Security Studies in general.

This updated edition features increased coverage of positive psychology and evolutionary psychology. It also includes information of developmental changes in the brain, and their relations to changes in behaviour and mental processes. Powerweb gives students current

articles, curriculum-based materials, weekly updates with assessment, informative and timely world news, refereed Web links, research tools, study tools and interactive exercises.

Building Mental Toughness In Sport: An Introduction Into Sports Psychology For Athletes The power to become better, greater, more refined versions of ourselves is something that each one of us possesses. It is a power with which we are born, like infinite gold inside the equally infinite mine shafts that are our minds. Now, to get at that gold, there is the rub. Since time immemorial, people have struggled to manage the darkness within themselves. How do we reckon our possibilities with our capabilities? How do we overcome the difficulties within? How do we shake off the invisible sandbags that seem to drag us down and run faster, jump higher, push harder? The answers to these questions and more within the pages of Building Mental Toughness In Sport, Benjamin Bonetti's groundbreaking self-development text that will take you further into the depths of yourself than you have ever gone before. Find your imperfections and then blast them away: this book will show you the way and put you on a path toward reaching your ultimate potential. All you must do is following the instructions contained, perform the exercises, and improvement can be yours. This is the next chapter of your athletic career. Are you ready to begin? "He is the best. I've CHANGED my view on the world as a result of working with Benjamin." (PGA TOUR PLAYER) "The way he changes your thoughts is like magic, I didn't notice anything until I left our meeting, then BOOM it happened." (OLYMPIC MEDALIST) "I wish I'd INVESTED years ago, this guy knows how to get into aspects of the mind that I didn't know existed." (COMMONWEALTH CHAMPION) "Benjamin has been excellent. He is a GENIUS at manipulating the past to make sense." (AMATEUR TRIATHLETE) "Absolutely FASCINATING, I was stuck, couldn't see a way out - then I met

Benjamin" (PREMIER FOOTBALLER) Benjamin Bonetti is a leading sports performance coach and author of several bestselling books, including the UK's best-selling 'HOW TO STRESS LESS' and 'HOW TO CHANGE YOUR LIFE'. "This introduction into increasing mental toughness is not designed to be the sole solution to your search for betterment but a thought provoking tool. It is a snippet of what's available in our more comprehensive coaching platforms or the 'The New Encyclopaedia of Sports Psychology'." - Benjamin

This concise and engaging book presents a critical perspective on the correctional system and the process of incarceration in the United States. Fleury-Steiner and Longazel emphasize the magnitude of mass imprisonment in the United States, especially of people of color, not by objective statistics and trends, but by the voices and lived experiences of individuals who live their harsh conditions on a daily basis. This is an ideal book for courses in corrections, social problems, criminology, and prisoner re-entry.

A cognition expert describes how meaning is conveyed and processed in the mind and answers questions about how we can understand information about things we've never seen in person and why we move our hands and arms when we speak. 20,000 first printing.

A contemporary take on a time tested classic. Students will master the central concepts of psychology with the new 11th edition of Psychology from Benjamin Lahey. The 11th edition has been thoroughly updated to include the latest research with an emphasis on Chapters 6 (Consciousness), 10 (Development) 14 (Abnormal) and 16 (Social Psychology). Lahey weaves scholarship based on empirical research throughout the text, ensuring an accurate portrait of contemporary psychology. The text's student-friendly writing, clear chapter openers, and fresh applications make the material more relevant to students than ever before, and the proven

learning system ensures that all students will grasp the concepts presented in the book.

Lahey's hallmark emphasis on diversity and culture remains integrated throughout the text, making this the text for a well rounded introduction to all areas of psychology

Why do people submit to authority and derive pleasure even others have over them? What is the appeal of domination and submission, and why are they so prevalent in erotic life? Why is it so difficult for men and women to meet as equals? Why, indeed, do they continue to recapitulate the positions of master and slave? In *The Bonds of Love*, noted feminist theorist and psychoanalyst Jessica Benjamin explains why we accept and perpetuate relationships of domination and submission. She reveals that domination is a complex psychological process which ensnares both parties in bonds of complicity, and shows how it underlies our family life, our social institutions, and especially our sexual relations, in spite of our conscious commitment to equality and freedom.

The year 2011 marked the emergence of a series of mobilizations of the indignant that spread like wildfire around the world—from the Arab Spring to Europe, and soon afterwards to Occupy Wall Street, the Spanish 15M was pivotal to the transnational diffusion of protest. This volume analyzes the features that turned the 15M into a beacon for international mobilization, and those that garnered it unprecedented domestic support, surpassing historic socio-economic and politico-ideological fractures in Spain. It also delves into its gradual demise, and its profound impact on the emergence of political "offsprings" that portray themselves as heirs to the 15M spirit, such as Podemos. This book sheds new light on the 15M phenomenon, providing an

international perspective that rejects cultural, economic, and even political reductionism. Including insights from sociologists and political scientists from around the world, it explores themes such as identity, emotion, cultural resources, the media, and the relationship between social movements, regional institutions and the state. Each chapter reflects on the impact and legacy of the 15M movement, as well as the important questions it raises about the current theoretical framework for social movements in Spain and beyond. *Crisis and Social Mobilization in Contemporary Spain: The 15M Movement* is a fascinating read for all students and scholars with interests in political sociology and social movements.

A classic collection of Walter Benjamin's essays, including some of his most celebrated writing Walter Benjamin is one of the most fascinating and enigmatic intellectual figures of this century. Not only was he a thinker who made an enormous impact with his critical and philosophical writings, he shattered disciplinary and stylistic conventions. This collection, introduced by Susan Sontag, contains the most representative and illuminating selection of his work over a twenty-year period, and thus does full justice to the richness and the multi-dimensional nature of his thought. Included in these pages are aphorisms and townscapes, esoteric meditation and reminiscences of childhood, and reflections on language, psychology, aesthetics and politics.

Since the advent of the 1992 Maastricht Treaty, a key turning point in terms of the crystallisation of opposition towards the European Union (EU), Euroscepticism has

become a transnational phenomenon. The term 'Euroscepticism' has become common political language in all EU member states and, with the advent of the Eurozone, refugee and security crises have become increasingly 'embedded' within European nation states. Bringing together a collection of essays by established and up-and-coming authors in the field, this handbook paints a fuller, more holistic picture of the extent to which the Eurosceptic debate has influenced the EU and its member states. Crucially, it also focuses on what the consequences of this development are likely to be for the future direction of the European project. By adopting a broad-based, thematic approach, the volume centres on theory and conceptualisation, political parties, public opinion, non-party groups, the role of referendums – and the media – and of scepticism within the EU institutions. It also reflects on the future of Euroscepticism studies following the United Kingdom's vote to leave the EU. Containing a full range of thematic contributions from eminent scholars in the field, *The Routledge Handbook of Euroscepticism* is a definitive frame of reference for academics, practitioners and those with an interest in the debate about the EU, and more broadly for students of European Studies, EU and European Politics. Psychologist and bestselling author Benjamin Hardy, PhD, debunks the pervasive myths about personality that prevent us from learning—and provides bold strategies for personal transformation In *Personality Isn't Permanent*, Dr. Benjamin Hardy draws on psychological research to demolish the popular misconception that personality—a

person's consistent attitudes and behaviors—is innate and unchanging. Hardy liberates us from the limiting belief that our “true selves” are to be discovered, and shows how we can intentionally create our desired selves and achieve amazing goals instead. He offers practical, science-based advice to for personal-reinvention, including:

- Why personality tests such as Myers-Briggs and Enneagram are not only psychologically destructive but are no more scientific than horoscopes
- Why you should never be the “former” anything--because defining yourself by your past successes is just as damaging to growth as being haunted by past failures
- How to design your current identity based on your desired future self and make decisions here-and-now through your new identity
- How to reframe traumatic and painful experiences into a fresh narrative supporting your future success
- How to become confident enough to define your own life's purpose
- How to create a network of “empathetic witnesses” who actively encourage you through the highs and lows of extreme growth
- How to enhance your subconscious to overcome addictions and limiting patterns
- How redesign your environment to pull you toward your future, rather than keep you stuck in the past
- How to tap into what psychologists call “pull motivation” by narrowing your focus on a single, definable, and compelling outcome

The book includes true stories of intentional self-transformation—such as Vanessa O'Brien, who quit her corporate job and set the Guinness World Record for a woman climbing the highest peak on every continent in the fastest time; Andre Norman, who became a Harvard fellow after serving

a fourteen-year prison sentence; Ken Arlen, who instantly quit smoking by changing his identity narrative; and Hardy himself, who transcended his childhood in a broken home, surrounded by issues of addiction and mental illness, to earn his PhD and build a happy family. Filled with strategies for reframing your past and designing your future, *Personality Isn't Permanent* is a guide to breaking free from the past and becoming the person you want to be.

Humanising Mental Health Care in Australia is a unique and innovative contribution to the healthcare literature that outlines the trauma-informed approaches necessary to provide a more compassionate model of care for those who suffer with mental illness. The impact of abuse and trauma is frequently overlooked in this population, to the detriment of both individual and society. This work highlights the importance of recognising such a history and responding humanely. The book explores the trauma-informed perspective across four sections. The first outlines theory, constructs and effects of abuse and trauma. The second section addresses the effects of abuse and trauma on specific populations. The third section outlines a diverse range of individual treatment approaches. The final section takes a broader perspective, examining the importance of culture and training as well as the organisation and delivery of services. Written in an accessible style by a diverse group of national and international experts, *Humanising Mental Health Care in Australia* is an invaluable resource for mental health clinicians, the community managed and primary health sectors, policy makers and

researchers, and will be a helpful reference for people who have experienced trauma and those who care for them.

In *Beyond Doer and Done To*, Jessica Benjamin, author of the path-breaking *Bonds of Love*, expands her theory of mutual recognition and its breakdown into the complementarity of "doer and done to." Her innovative theory charts the growth of the Third in early development through the movement between recognition and breakdown, and shows how it parallels the enactments in the psychoanalytic relationship.

Benjamin's recognition theory illuminates the radical potential of acknowledgment in healing both individual and social trauma, in creating relational repair in the transformational space of thirdness. Benjamin's unique formulations of intersubjectivity make essential reading for both psychoanalytic therapists and theorists in the humanities and social sciences.

Aimed at advanced undergraduate and beginning graduate students, this book covers the theory of foreign policy analysis. Beginning with an overview, it then tackles theory and research at multiple levels of analysis, ending with an examination of the areas in which the next generation of foreign policy analysts can make important contributions.

Personality has always been a predictor of performance. This edited book brings together top scholars to look at teams, leadership, organizational climate and culture, stress, job satisfaction, etc. and tells us what we know about these topics from a personality perspective. Clinical sport psychology is a rapidly growing field that brings together research and clinical

interventions from both clinical psychology and sport and performance psychology. Complementary to sports medicine and clinical sport psychiatry, clinical sport psychology addresses the mental health needs and psychological well-being of athletes, coaches, and other members of the sport community. It offers scientifically informed conceptualizations of psychological distress as it manifests in sport settings, as well as empirically supported clinical interventions tailored to the needs of sport populations. This volume addresses the latest research findings regarding mental health among athletes and other sport professionals, including epidemiological research concerning depression, anxiety, eating disorders, and conduct and interpersonal problems. In addition, it explores the unique etiology of mental health problems among athletes, including psychological sequelae of injury and trauma, as well as concise practice guidelines for conceptualizing and treating psychological distress in sport populations. Strategies for thorough yet efficient psychological assessment of athletes, coaches, and other sport professionals are also provided. A compendium of relevant empirical research and clinical best practices for assessment and treatment, this handbook charts the course that clinical sport psychology has taken since its inception as a distinct clinical specialty and highlights future directions for this rapidly growing practice domain. It offers essential reading for psychologists and other mental health professionals who provide clinical services in sport and performance settings.

This book covers the life and 60-year career of Prof. Benjamin Lax (1915-2015), a preeminent physicist at the Massachusetts Institute of Technology (MIT), who played major roles in the development and applications of solid state and plasma physics. In an extensive series of autobiographical interviews, Lax describes the challenges he overcame, the opportunities he

embraced, and the many outstanding research physicists he recruited, mentored, and interacted with. He includes both personal and professional reminiscences. Lax begins with his earliest memories of his childhood in Hungary. He recalls the immigration of his family to America and his education in New York City. He describes his Army service as a Radar Officer at the MIT Radiation Laboratory during World War II. He covers his graduate education in physics at MIT, and his building up the semiconductor and ferrite research groups at MIT Lincoln Laboratory in the 1950s. He describes the origins and accomplishments of the MIT Francis Bitter National Magnet Laboratory, of which he was the founding Director, and recalls his tenure as professor in the MIT physics department. Features: Provides a valuable insight into a 60-year career in physics at one of the world's major research universities, the Massachusetts Institute of Technology Explores the organization, funding, and conduct of solid state physics research in the second half of the twentieth century Includes a complete bibliography of Lax's publications in an on-line supplement

The fields of organizational climate and organizational culture have co-existed for several decades with very little integration between the two. In *Organizational Climate and Culture: An Introduction to Theory, Research, and Practice*, Mark G. Ehrhart, Benjamin Schneider, and William H. Macey break down the barriers between these fields to encourage a broader understanding of how an organization's environment affects its functioning and performance. Building on in-depth reviews of the development of both the organizational climate and organizational culture literatures, the authors identify the key issues that researchers in each field could learn from the other and provide recommendations for the integration of the two. They also identify how practitioners can utilize the key concepts in the two literatures when

conducting organizational cultural inquiries and leading change efforts. The end product is an in-depth discussion of organizational climate and culture unlike anything that has come before that provides unique insights for a broad audience of academics, practitioners, and students. After two decades which saw the construction industry flourish, has come a sudden period of instability, where architecture firms have been jettisoning employees at an unprecedented rate as building projects dry up. This edited volume brings together scholars, critics, and architects to discuss the present state of uncertainty in the practice and discipline of architecture. The chapters are organized into three main areas of inquiry: economics, practice, and technology. Within this larger framework, authors explore issues of security, ecological design, disaster architecture, the future of architectural practice, and the ethical obligations of the social practice of design.

Tests cause a lot of stress and anxiety, but no more! Performance coach Ben Bernstein delivers a comprehensive training guide on how to improve test scores. These lessons avoid memorization and answering strategies and instead address the test-taker individually to determine what they need to perform well at test time. Based on 50 years of teaching experience and 35 years of practice as a clinical psychologist, this book distills the best practices used by elite athletes, performing artists, and top business executives to create a system that can be applied to any test, including the SAT, ACT, LSAT, MCAT, GRE, GMAT, licensing exams, finals, and even driving tests. The system trains test takers to be calm, confident, and focused: the dependable “three-legged stool” for successful performance. Also included are special chapters for parents and teachers, as well as online access to additional test-prep material for individual use.

ONE OF AMAZON'S BEST BUSINESS BOOKS OF 2018 ONE OF THE FINANCIAL TIMES BUSINESS BOOKS OF THE MONTH ON RELEASE ONE OF BUSINESS INSIDER'S BEST BUSINESS BOOKS TO READ THIS SUMMER A guide to the early morning habits that boost your productivity and relax you—featuring interviews with leaders like Arianna Huffington, General Stanley McChrystal, Marie Kondo, and more. Marie Kondo performs a quick tidying ritual to quiet her mind before leaving the house. The president of Pixar and Walt Disney Animation Studios, Ed Catmull, mixes three shots of espresso with three scoops of cocoa powder and two sweeteners. Fitness expert Jillian Michaels doesn't set an alarm, because her five-year-old jolts her from sleep by jumping into bed for a cuddle every morning. Part instruction manual, part someone else's diary, the authors of *My Morning Routine* interviewed sixty-four of today's most successful people, including three-time Olympic gold medalist Rebecca Soni, Twitter cofounder Biz Stone, and General Stanley McChrystal—and offer timeless advice on creating a routine of your own. Some routines are all about early morning exercise and spartan living; others are more leisurely and self-indulgent. What they have in common is they don't feel like a chore. Once you land on the right routine, you'll look forward to waking up. This comprehensive guide will show you how to get into a routine that works for you so that you can develop the habits that move you forward. Just as a Jenga stack is only as sturdy as its foundational blocks, the choices we make throughout our day depend on the intentions we set in the morning. Like it or not, our morning habits form the stack that our whole day is built on. Whether you want to boost your productivity, implement a workout or meditation routine, or just learn to roll with the punches in the morning, this book has you covered. This broad-ranging introduction to the diverse strands of critical psychology explores the

history, practice and values of psychology, scrutinises a wide range of sub-disciplines, and sets out the major theoretical frameworks.

Nantong Chinese is an in-depth account of an interesting and endangered Sinitic language spoken in Nantong, China, in an area in the Northern Yangtze River Delta about 800 square kilometers in size and 105 kilometers northwest of the city of Shanghai. The Chinese language consists of several hundred local varieties known as Sinitic languages or Chinese dialects, each representing a unique linguistic system. This book offers a comprehensive and systematic insight into one such system that is even more complex and more interesting than standard Mandarin. The unique vocalization and other linguistic features of Nantong Chinese make it unintelligible to most Chinese people. All the important linguistic aspects of Nantong Chinese are covered, including its phonetic, lexical, morphological and syntactic subsystems. Nantong Chinese will be of interest to professionals and students in linguistics worldwide.

Psychology: An Introduction McGraw-Hill Education

We rely on willpower to create change in our lives...but what if we're thinking about it all wrong? In *Willpower Doesn't Work*, Benjamin Hardy explains that willpower is nothing more than a dangerous fad-one that is bound to lead to failure. Instead of "white-knuckling" your way to change, you need to instead alter your surroundings to support your goals. This book shows you how. The world around us is fast-paced, confusing, and full of distractions. It's easy to lose focus on what you want to achieve, and your willpower won't last long if your environment is in conflict with your goals--eventually, the environment will win out. *Willpower Doesn't Work* is the needed guided for today's over-stimulating and addicting environment. *Willpower Doesn't Work* will specifically teach you: How to make the biggest decisions of your life--and why those

decisions must be made in specific settings How to create a daily "sacred" environment to live your life with intention, and not get sucked into the cultural addictions How to invest big in yourself to upgrade your environment and mindset How to put "forcing functions" in your life--so your default behaviors are precisely what you want them to be How to quickly put yourself in proximity to the most successful people in the world--and how to adapt their knowledge and skills to yourself even quicker How to create an environment where endless creativity and boundless productivity is the norm Benjamin Hardy will show you that nurture is far more powerful than your nature, and teach you how to create and control your environment so your environment will not create and control you.

The interpersonal dimensions of each DSM-IV personality disorder are discussed in depth and and innovative procedures for assessment and diagnosis described.

This book offers glimpses into the personal and scholarly lives of 20 giants in the history of psychology. As in the earlier volumes, prominent scholars were invited to prepare chapters on a pioneer who had made important contributions in their own area of expertise. Some of the psychologists described may be the teachers of the instructors who will be the users of this book, potentially providing a personal connection of the pioneers to the students. A special section provides brief portraits of the editors and authors, containing interesting information about the relationship between the pioneers and the psychologists who describe them. Utilizing an informal, personal, sometimes humorous, style of writing, the book will appeal to students and instructors interested in the history of psychology. Each of the five volumes in this series contains different profiles thereby bringing more than 100 of the pioneers in psychology more vividly to life.

This volume provides a cross-disciplinary examination of fear, that most unruly of our emotions, by offering a broad survey of the psychological, biological, and philosophical basis of fear in historical and contemporary contexts. The contributors, leading figures in clinical psychology, neuroscience, the social sciences, and the humanities, consider categories of intentionality, temporality, admixture, spectacle, and politics in evaluating conceptions of fear. Individual chapters treat manifestations of fear in the mass panic of the stock market crash of 1929, as spectacle in warfare and in horror films, and as a political tool to justify security measures in the wake of terrorist acts. They also describe the biological and evolutionary roots of fear, fear as innate versus learned behavior in both humans and animals, and conceptions of human "passions" and their self-mastery from late antiquity to the early modern era. Additionally, the contributors examine theories of intentional and non-intentional reactivity, the process of fear-memory coding, and contemporary psychology's emphasis on anxiety disorders. Overall, the authors point to fear as a dense and variable web of responses to external and internal stimuli. Our thinking about these reactions is just as complex. In response, this volume opens a dialogue between science and the humanities to afford a more complete view of an emotion that has shaped human behavior since time immemorial. This book applies concepts from ethics, justice, and political philosophy to five sets of contemporary energy problems cutting across time, economics, politics, geography, and technology. In doing so, the authors derive two key energy justice principles from modern theories of distributive justice, procedural justice, and cosmopolitan justice. The prohibitive principle states that "energy systems

must be designed and constructed in such a way that they do not unduly interfere with the ability of people to acquire those basic goods to which they are justly entitled." The affirmative principle states that "if any of the basic goods to which people are justly entitled can only be secured by means of energy services, then in that case there is also a derivative entitlement to the energy services." In laying out and employing these principles, the book details a long list of current energy injustices ranging from human rights abuses and energy-related civil conflict to energy poverty and pervasive and growing negative externalities. The book illustrates the significance of energy justice by combining the most up-to-date data on global energy security and climate change, including case studies and examples from the electricity supply, transport, and heating and cooking sectors, with appraisals based on centuries of thought about the meaning of justice in social decisions.

Michael Argyle throws light on the nature and origins of religious behaviour, beliefs and experience, testing social scientists pronouncements, such as Freuds father projections theory. Published by PFD, jacket design by Jason Jermaine Morgan.

The private thoughts, emotions, hopes, and frustrations contained in this collection of letters written by key figures in psychology provide rich insight into

the development of the field. From John Locke writing parenting advice in 17th century Holland to Kenneth B. Clark responding to the impact of his research on the 19th century *Brown v. Board* decision, this book illustrates the history of the psychology in a direct, engaging manner. Uses primary source materials to provide students with a unique view of the story of psychology. Features an introduction to historiography, focusing on how historians use manuscript collections in their work. Includes chapter-opening material that explains the historical context, brief annotations to help clarify the content, and an epilogue that concludes these important stories in psychology. The second edition adds new annotations by Benjamin, giving greater life and dimension to the learning about the people and ideas that have influenced the development of psychology. Written by leading researchers in educational and social psychology, learning science, and neuroscience, this edited volume is suitable for a wide-academic readership. It gives definitions of key terms related to motivation and learning alongside developed explanations of significant findings in the field. It also presents cohesive descriptions concerning how motivation relates to learning, and produces a novel and insightful combination of issues and findings from studies of motivation and/or learning across the authors' collective range of scientific fields. The authors provide a variety of perspectives on motivational

constructs and their measurement, which can be used by multiple and distinct scientific communities, both basic and applied.

It may be starred, beeped, and censored -- yet profanity is so appealing that we can't stop using it. In the funniest, clearest study to date, Benjamin Bergen explains why, and what that tells us about our language and brains. Nearly everyone swears-whether it's over a few too many drinks, in reaction to a stubbed toe, or in flagrante delicto. And yet, we sit idly by as words are banned from television and censored in books. We insist that people excise profanity from their vocabularies and we punish children for yelling the very same dirty words that we'll mutter in relief seconds after they fall asleep. Swearing, it seems, is an intimate part of us that we have decided to selectively deny. That's a damn shame. Swearing is useful. It can be funny, cathartic, or emotionally arousing. As linguist and cognitive scientist Benjamin K. Bergen shows us, it also opens a new window onto how our brains process language and why languages vary around the world and over time. In this groundbreaking yet ebullient romp through the linguistic muck, Bergen answers intriguing questions: How can patients left otherwise speechless after a stroke still shout Goddamn! when they get upset? When did a cock grow to be more than merely a rooster? Why is crap vulgar when poo is just childish? Do slurs make you treat people differently? Why is the

first word that Samoan children say not mommy but eat shit? And why do we extend a middle finger to flip someone the bird? Smart as hell and funny as fuck, What the F is mandatory reading for anyone who wants to know how and why we swear.

In *What a Body Can Do*, Ben Spatz develops, for the first time, a rigorous theory of embodied technique as knowledge. He argues that viewing technique as both training and research has much to offer current debates over the role of practice in the university, including the debates around "practice as research." Drawing on critical perspectives from the sociology of knowledge, phenomenology, dance studies, enactive cognition, and other areas, Spatz argues that technique is a major area of historical and ongoing research in physical culture, performing arts, and everyday life.

Global Media Giants takes an in-depth look at how media corporate power works globally, regionally, and nationally, investigating the ways in which the largest and most powerful media corporations in the world wield power. Case studies examine not only some of the largest media corporations (News Corp., The Microsoft Corporation) in terms of revenues, but also media corporations that hold considerable power within national, regional, or geolinguistic contexts (Televisa, The Bertelsmann Group, Sony Corporation). Each chapter approaches

a different corporation through the lens of economy, politics, and culture, giving students and scholars a thoughtful and data-driven guide with which to interrogate contemporary media industry power.

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