

## Sex Videos Kowalsky Page

From office jobs and long commutes to passive entertainment like television and video games, humans are sitting more than ever. Though lack of exercise has major health consequences, researchers are now examining the additional and widespread health risk of the simple act of sitting for extended periods. With research from leading scientists, *Sedentary Behavior and Health: Concepts, Assessments, and Interventions* presents evidence on sedentary behavior, its apparent health risks, and suggestions on measuring and altering this behavior. The highly respected international author team provides an interdisciplinary review of current research, examining scientific, public health, and broader social questions about the implications of sedentary behavior. These topics include humans' physiological predispositions, exacerbation of current health conditions like obesity and diabetes, and the design and ergonomics of offices and chairs. To examine the many facets of this developing area of study, *Sedentary Behavior and Health* is divided into five parts: • "Sedentary Behavior Concepts and Context" reviews the physiology of sedentary behavior, investigating current habits from the perspectives of evolution, industrial engineering, and design. • "Sedentary Behavior and Health" explores the relationship between sedentary behavior and several major chronic diseases, including obesity, cardiovascular disease, and low-back pain. • "Measuring and Analyzing Sedentary Behavior" explains research methods for understanding and measuring sedentary behavior in order to recognize patterns and design interventions. • "Sedentary Behavior and Subpopulations" covers issues, risks, and behaviors in groups such as children, working adults, older adults, and minorities. • "Changing Sedentary Behavior" provides methods and recommendations for improvement with environmental, social, community, worksite, and technology-based interventions. Included in this groundbreaking text are learning objectives, key concepts, and study questions to focus attention on key issues and reinforce concepts. Reviews of the literature in the field are presented, many with comparisons in table form, to provide the full scope of research. Sidebars throughout the text apply theoretical concepts to real-world scenarios. Inactivity is mismatched with many aspects of humans' genetic makeup. While it is becoming the new norm, the consequences of this behavior are emerging as a public health threat. *Sedentary Behavior and Health* will serve as a key reference for the rapidly emerging research area of sedentary behavior.

Draws on interviews with more than 100 musicians, managers, lawyers, journalists, and scholars to critique the music industry's approach to digital sampling.

In this new novella, the gentlemen from *Beautiful Bastard*, *Beautiful Stranger*, and *Beautiful Player* are out for a wild night on The Strip. When Max, Henry, and Will steal Bennett away for a weekend of shenanigans and strippers in Vegas, the first stop of the night doesn't go at all as planned. With their scheme for a Guys Weekend completely derailed anyway, Max and Bennett begin to play a wild game of stealth and secrecy in order to have their bombshells all over Sin City.

How do we thrive in our behaviors and experiences? Positive neuroscience research illuminates the brain mechanisms that enable human flourishing. Supported by the John Templeton Foundation's Positive Neuroscience Project, which Martin E. P. Seligman established in 2008, Positive Neuroscience provides an intersection between

neuroscience and positive psychology. In this edited volume, leading researchers describe the neuroscience of social bonding, altruism, and the capacities for resilience and creativity. Part I (Social Bonds) describes the mechanisms that enable humans to connect with one another. Part II (Altruism) focuses on the neural mechanisms underlying the human ability and willingness to confer costly benefits on others. Part III (Resilience and Creativity) examines the mechanisms by which human brains overcome adversity, create, and discover. Specific topics include: a newly discovered nerve type that appears to be specialized for emotional communication; the effects of parenting on the male brain; how human altruism differs from that of other primates; the neural features of extraordinary altruists who have donated kidneys to strangers; and distinctive patterns of brain wiring that endow some people with exceptional musical abilities. Accessible to a broad academic audience, from advanced undergraduates to senior scholars, these subjects have generated a fascinating and highly convergent set of ideas and results, shaping our understanding of human nature.

Psychologists explore the reality of cyberbullies Millions of children are affected by bullies each year. Advances in social media, email, instant messaging, and cell phones, however, have moved bullying from a schoolyard fear to a constant threat. The second edition of *Cyberbullying* offers the most current information on this constantly-evolving issue and outlines the unique concerns and challenges it raises for children, parents, and educators. Authored by psychologists who are internationally recognized as experts in this field, the text uses the latest research in this area to provide an updated, reliable text ideal for parents and educators concerned about the cyberbullying phenomenon.

The treatment of humeral fractures is a complex issue and the source of considerable controversy. In the case of fractures of the proximal humerus, early range of motion is the main aim of treatment. If a fracture modifies the anatomy or function of the glenohumeral and scapulothoracic joints, the surgeon must adhere meticulously to treatment principles in order to ensure a satisfactory outcome. Humeral shaft fractures are frequent, accounting for 1% to 3% of all fractures in adults; while excellent functional results have been reported with nonoperative management, open reduction and internal fixation is preferred in specific clinical settings. In contrast, intra-articular fractures of the distal humerus are frequently complex and full functional recovery is difficult to achieve. This volume clearly explains the concepts that are central to an understanding of humeral fractures from the proximal to the distal tip. Indications for different forms of treatment, including nonsurgical, are presented in detail, and all of the commonly used fixation techniques are described with the help of high-quality illustrations. Further important aspects such as complications, rehabilitation, and treatment of sequelae are also fully considered. This book will be an invaluable and comprehensive aid for all surgeons who treat humeral fractures.

Running in five-inch stilettos is an art form Leaving your fiancé at the altar on live television is a disaster. Lexie Kowalsky thought she was ready to get married in front of millions of people, but at the last minute she fled the set of television's hottest reality show, *Gettin' Hitched*. Wearing a poofy white dress and a pair of five-inch sparkly shoes, Lexie hopped a float plane for Sandspit, Canada. She figured no one would find her there. But she was wrong. Sharing her flight was the Seattle Chinooks biggest star, Sean Knox. Lexie wasn't just a reality-show runaway, she was his pain in the butt

coach's daughter. She was chaos and temptation and definitely off limits, but getting her luscious body out of that wedding gown, he couldn't resist getting her in his bed for one amazing night. Then a photo of Sean and Lexi breaks the internet—and suddenly they're both swept up in a crazy plan to spin the whole story. But you can't run from love—

*Infertility Counseling: A Comprehensive Handbook for Clinicians*, 2nd edition, is a comprehensive, multidisciplinary textbook for all health professionals providing care for individuals facing reproductive health issues. It is the most thorough and extensive book currently available for clinicians in the field of infertility counseling, providing an exhaustive and comprehensive review of topics. It addresses both the medical and psychological aspects of infertility, reviewing assessment approaches, treatment strategies, counseling for medical conditions impacting fertility, third-party reproduction, alternative family building and post infertility counseling issues. Each chapter follows the same format: introduction, historical overview, literature review, theoretical framework, identification of clinical issues, suggestions for therapeutic interventions, and future implication. This edition also includes extensive appendixes of clinical tools useful to the clinician, including an Internet database of resources and an extensive glossary of terminology.

*Fatherhood - Philosophy for Everyone* offers fathers wisdom and practical advice drawn from the annals of philosophy. Both thought-provoking and humorous, it provides a valuable starting and ending point for reflecting on this crucial role. Address the roles, experiences, ethics, and challenges of fatherhood from a philosophical perspective Includes essays on Confucius, Socrates, the experience of African fatherhood, and the perspective of two women writers Explores the changing role of fatherhood and investigates what it means to be a father An ideal complement to *Motherhood - Philosophy for Everyone* (Wiley-Blackwell, 2010)

Former steel worker Harry Perkins, has, against all the odds, led the Labour Party to a stunning victory at the general election. His manifesto includes the removal of American bases, public control of finance, and the dismantling of the newspaper monopolies. The Establishment is appalled by the prospect, and secretly decides that something must be done. As M15 conspires with the city and the press barons, Perkins the PM finds himself in a no-holds-barred battle for survival.

At least 5.6 million to 8 million--nearly one in five--older adults in America have one or more mental health and substance use conditions, which present unique challenges for their care. With the number of adults age 65 and older projected to soar from 40.3 million in 2010 to 72.1 million by 2030, the aging of America holds profound consequences for the nation. For decades, policymakers have been warned that the nation's health care workforce is ill-equipped to care for a rapidly growing and increasingly diverse population. In the specific disciplines of mental health and substance use, there have been similar warnings about serious workforce shortages, insufficient workforce diversity, and lack of basic competence and core knowledge in key areas. Following its 2008 report highlighting the urgency of expanding and strengthening the geriatric health care workforce, the IOM was asked by the Department of Health and Human Services to undertake a complementary study on the geriatric mental health and substance use workforce. *The Mental Health and Substance Use Workforce for Older Adults: In Whose Hands?* assesses the needs of this population and the workforce that serves it. The breadth and magnitude of inadequate workforce training and personnel shortages have grown to such proportions, says the committee, that no single approach, nor a few isolated changes in disparate federal agencies or programs, can adequately address the issue. Overcoming these challenges will require focused and coordinated action by all.

This book brings together authoritative voices in animal and environmental ethics, who address the many different facets of changing human-animal relationships in the Anthropocene. As we are living in complex times, the issue of how to establish meaningful relationships with other animals under Anthropocene conditions needs to be approached from a multitude of angles. This book offers the reader insight into the different discussions that exist around the topics of how we should understand animal agency, how we could take animal agency seriously in farms, urban areas and the wild, and what technologies are appropriate and morally desirable to use regarding animals. This book is of interest to both animal studies scholars and environmental ethics scholars, as well as to practitioners working with animals, such as wildlife managers, zookeepers, and conservation biologists.

ECPA 2020 Christian Book Award Finalist! Written by Rachael Denhollander, Recipient of Sports Illustrated's Inspiration of the Year Award and one of Time's 100 Most Influential People (2018). "Who is going to tell these little girls that what was done to them matters? That they are seen and valued, that they are not alone and they are not unprotected?" Rachael Denhollander's voice was heard around the world when she spoke out to end the most shocking US gymnastics scandal in history. The first victim to publicly accuse Larry Nassar, the former USA Gymnastics team doctor who sexually abused hundreds of young athletes, Rachael now reveals her full story for the first time. How did Nassar get away with it for so long? How did Rachael and the other survivors finally stop him and bring him to justice? And how can we protect the vulnerable in our own families, churches, and communities? What Is a Girl Worth? is the inspiring true story of Rachael's journey from an idealistic young gymnast to a strong and determined woman who found the courage to raise her voice against evil, even when she thought the world might not listen. This deeply personal and compelling narrative shines a spotlight on the physical and emotional impact of abuse, why so many survivors are reluctant to speak out, what it means to be believed, the extraordinary power of faith and forgiveness, and how we can learn to do what's right in the moments that matter most. This inspirational, empowering book is written by attorney, advocate, educator, and author Rachael Denhollander.

Examines sexual violence throughout history in the United States and around the world, and covers infamous rape cases, date-rape drugs, and victims' rights.

Kisumu has shown a rising HIV prevalence over the past sentinel surveillance surveys, and most new infections are occurring among youth. We conducted a qualitative study to explore risk situations that can explain the high HIV prevalence among youth in Kisumu town, Kenya. Proceeds from the sale of this book go to support an elderly disabled person.

Covering philosophical issues ranging from tattooed religious symbols to a feminist aesthetics of tattoo, Tattoos and Philosophy offers an enthusiastic analysis of inking that will lead readers to consider the nature of the tattooing arts in a new and profound way. Contains chapters written by philosophers (most all with tattoos themselves), tattoo artists, and tattoo enthusiasts that touch upon many areas in Western and Eastern philosophy Enlightens people to the nature of tattoos and the tattooing arts, leading readers to think deeply about tattoos in new ways Offers thoughtful and humorous insights that make philosophical ideas accessible to the non-philosopher

Pastor Lorraina "Rain" McCall is anointed, righteous, and a pillar in her community. She preaches the Word of God every Sunday and Tuesday at her family's longtime ministry and has made a lucrative career out of speaking on women empowerment. But behind closed doors, there's a monster beneath the warm smiles, low-sitting hats, and purposeful sermons. On her off days, Rain succumbs helplessly to a sex addiction by sleeping with men who step through her church corridors. Riddled with temptation, she ventures down a road that grows too treacherous to bear, and soon, her reputation and

ministry is put on the line. Can she accept help by the very God she preaches about, or are her sexual desires far too great? Will another man fall victim to her seduction? One of Las Vegas' most eligible bachelors, Jhalil Harrison, wasn't necessarily looking for love when he ran into Lorraina, but fate said otherwise. He fights to save Lorraina from her demons, not knowing that the damage is much too late. He realizes that only God can save her, and for the sake of obedience, he bids a goodbye to his one true love. Soul ties are real; once the door to intimacy is opened, two souls are joined forever.

Learn to: Solve linear algebra equations in several ways Put data in order with matrices Determine values with determinants Work with eigenvalues and eigenvectors Your hands-on guide to real-world applications of linear algebra Does linear algebra leave you feeling lost? No worries — this easy-to-follow guide explains the how and the why of solving linear algebra problems in plain English. From matrices to vector spaces to linear transformations, you'll understand the key concepts and see how they relate to everything from genetics to nutrition to spotted owl extinction. Line up the basics — discover several different approaches to organizing numbers and equations, and solve systems of equations algebraically or with matrices Relate vectors and linear transformations — link vectors and matrices with linear combinations and seek solutions of homogeneous systems Evaluate determinants — see how to perform the determinant function on different sizes of matrices and take advantage of Cramer's rule Hone your skills with vector spaces — determine the properties of vector spaces and their subspaces and see linear transformation in action Tackle eigenvalues and eigenvectors — define and solve for eigenvalues and eigenvectors and understand how they interact with specific matrices Open the book and find: Theoretical and practical ways of solving linear algebra problems Definitions of terms throughout and in the glossary New ways of looking at operations How linear algebra ties together vectors, matrices, determinants, and linear transformations Ten common mathematical representations of Greek letters Real-world applications of matrices and determinants

This book proposes a detailed picture of the continuities and ruptures between communication in primates and language in humans. It explores a diversity of perspectives on the origins of language, including a fine description of vocal communication in animals, mainly in monkeys and apes, but also in birds, the study of vocal tract anatomy and cortical control of the vocal productions in monkeys and apes, the description of combinatorial structures and their social and communicative value, and the exploration of the cognitive environment in which language may have emerged from nonhuman primate vocal or gestural communication.

This book offers the first sustained jurisprudential inquiry into Islamic natural law theory. It introduces readers to competing theories of Islamic natural law theory based on close readings of Islamic legal sources from as early as the 9th and 10th centuries CE. In popular debates about Islamic law, modern Muslims perpetuate an image of Islamic law as legislated by God, to whom the devout are bound to obey. Reason alone cannot obligate obedience; at most it can confirm or corroborate what is established by source texts endowed with divine authority. This book shows, however, that premodern Sunni Muslim jurists were not so resolute. Instead, they asked whether and how reason alone can be the basis for asserting the good and the bad, thereby justifying obligations and prohibitions under Shari'a. They theorized about the authority of reason amidst

competing theologies of God. For premodern Sunni Muslim jurists, nature became the link between the divine will and human reason. Nature is the product of God's purposeful creation for the benefit of humanity. Since nature is created by God and thereby reflects His goodness, nature is fused with both fact and value. Consequently, as a divinely created good, nature can be investigated to reach both empirical and normative conclusions about the good and bad. They disagreed, however, whether nature's goodness is contingent upon a theology of God's justice or God's potentially contingent grace upon humanity, thus contributing to different theories of natural law. By recasting the Islamic legal tradition in terms of legal philosophy, the book sheds substantial light on an uncharted tradition of natural law theory and offers critical insights into contemporary global debates about Islamic law and reform.

*Sexting Panic* illustrates that anxieties about technology and teen girls' sexuality distract from critical questions about how to adapt norms of privacy and consent for new media. Though mobile phones can be used to cause harm, Amy Adele Hasinoff notes that the criminalization and abstinence policies meant to curb sexting often fail to account for distinctions between consensual sharing and malicious distribution. Challenging the idea that sexting inevitably victimizes young women, Hasinoff argues for recognizing young people's capacity for choice and encourages rethinking the assumption that everything digital is public. Timely and engaging, *Sexting Panic* analyzes the debates about sexting while recommending realistic and nuanced responses.

The stories in this booklet are but a cross section of the more than 400 stories that comprise the 10 volumes of: *The Bible story*.

*Shoulder Arthroscopy – Principles and Practice* is a comprehensive and fully up-to-date work covering all major shoulder problems and related arthroscopic treatments. Two sections on basic science and principles of shoulder arthroscopy will provide essential information to build primary knowledge on shoulder arthroscopy issues. Shoulder problems and related treatments will be described according to a learning pathway, which will allow the readers to improve their knowledge and skills in shoulder arthroscopy from simple, standardized techniques to more complex and advanced procedures. All chapters will be written by expert arthroscopic surgeons who will provide decision-making algorithms for diagnosis and treatment of shoulder disorders, step-by-step-instructions on arthroscopic techniques, and technical “tips & pearls” on how they would perform the procedure. Dedicated section on outcome measurements will help readers in learning principles of outcome research on the topics of the book.

'The best thriller I've ever read.' Philip Pullman *Kolymsky Heights*. A Siberian permafrost hell lost in endless night, the perfect setting for an underground Russian research station. It's a place so secret it doesn't officially exist; once there, the scientists are forbidden to leave. But one scientist is desperate to get a message to the outside world. So desperate, he sends a plea across the wildness to the West in order to summon the one man alive capable of achieving the impossible... 'Excellent...'

*Kolymsky Heights* is up there with *The Silence of the Lambs*, *Casino Royale* and *Smiley's People*.' Toby Young, *Spectator* 'A breathless story of fear and courage.' *Daily Telegraph*

?This volume presents the most current theoretical advances in the fields of social marketing and public health communications. The volume is divided in two parts. Part 1 contains chapters

pertaining to research and theory reflecting improvements and contributions to theories that help improving quality of life. It includes literature reviews, conceptual research and empirical studies on social marketing communications, models to understand individual's risky behaviors, and how to improve social interventions. The second part emphasizes applied research, consisting of best practices, applied experiments, and case studies on social marketing innovative practices with implications for quality of life.

This volume includes the latest diagnostic criteria for PCOS and comprises the most up-to-date information about the genetic features and pathogenesis of PCOS. It critically reviews the methodological approaches and the evidence for various PCOS susceptibility genes. The book also discusses additional familial phenotypes of PCOS and their potential genetic basis. All four editors of this title are extremely prominent in the field of PCOS.

Full Disclosure  
St. Martin's Press

In the 1970s a group of pioneering feminist entrepreneurs launched a movement that ultimately changed the way sex was talked about, had, and enjoyed. Boldly reimagining who sex shops were for and the kinds of spaces they could be, these entrepreneurs opened sex-toy stores like Eve's Garden, Good Vibrations, and Babeland not just as commercial enterprises, but to provide educational and community resources as well. In *Vibrator Nation* Lynn Comella tells the fascinating history of how these stores raised sexual consciousness, redefined the adult industry, and changed women's lives. Comella describes a world where sex-positive retailers double as social activists, where products are framed as tools of liberation, and where consumers are willing to pay for the promise of better living—one conversation, vibrator, and orgasm at a time.

"Bolshevik Sexual Forensics explores the institutional history of Russian and Soviet forensic medicine and examines the effects of its authority when confronting sexual disorder. This study will appeal to Soviet historians and those interested in gender studies, sexuality, medicine, and forensics." --Book Jacket.

"AI and the Technological Singularity: A Fallacy or a Great Opportunity" is a collection of essays that addresses the question of whether the technological singularity—the notion that AI-based computers can program the next generation of AI-based computers until a singularity is achieved, where an AI-based computer can exceed human intelligence—is a fallacy or a great opportunity. The group of scholars that address this question have a variety of positions on the singularity, ranging from advocates to skeptics. No conclusion can be reached, as the development of artificial intelligence is still in its infancy, and there is much wishful thinking and imagination in this issue rather than trustworthy data. The reader will find a cogent summary of the issues faced by researchers who are working to develop the field of artificial intelligence and, in particular, artificial general intelligence. The only conclusion that can be reached is that there exists a variety of well-argued positions as to where AI research is headed.

This book gathers a selection of essays on the multifaceted aspects of cyber culture in India, both online and offline. It presents an in-depth analysis of cyberspace and its components, while also exploring its lived reality. The respective contributions highlight theoretical perspectives that address questions of relationality regarding all aspects of cyber culture in India, from the physical to the virtual. Bearing in mind India's vast cultural diversity, which is shaped by different levels of political, social, and economic development, the book offers nuanced studies that analyze the complexities of cyberspace and digital culture in India. The book appeals to all readers interested in technology, cultural studies, online communication networks, feminism, virtual diasporas, and sociology.

This volume rethinks the work of Jacques Ellul (1912-1994) on the centenary of his birth, by presenting an overview of the current debates based on Ellul's insights. As one of the most significant twentieth-century thinkers about technology, Ellul was among the first thinkers to realize the importance of topics such as globalization, terrorism, communication technologies

and ecology, and study them from a technological perspective. The book is divided into three sections. The first discusses Ellul's diagnosis of modern society, and addresses the reception of his work on the technological society, the notion of efficiency, the process of symbolization/de-symbolization, and ecology. The second analyzes communicational and cultural problems, as well as threats and trends in early twenty-first century societies. Many of the issues Ellul saw as crucial – such as energy, propaganda, applied life sciences and communication – continue to be so. In fact they have grown exponentially, on a global scale, producing new forms of risk. Essays in the final section examine the duality of reason and revelation. They pursue an understanding of Ellul in terms of the depth of experience and the traditions of human knowledge, which is to say, on the one hand, the experience of the human being as contained in the rationalist, sociological and philosophical traditions. On the other hand there are the transcendent roots of human existence, as well as “revealed knowledge,” in the mystical and religious traditions. The meeting of these two traditions enables us to look at Ellul's work as a whole, but above all it opens up a space for examining religious life in the technological society.

This book provides a comprehensive overview of contemporary evidence-based management of urothelial carcinoma. The first part of the book is devoted to urothelial carcinoma of the bladder and includes detailed description of the diagnosis and treatment of non-muscle-invasive, muscle-invasive, and advanced or metastatic disease. Attention then turns to upper tract urothelial carcinoma (UTUC), with individual chapters on diagnosis, nephron-sparing surgery, nephroureterectomy, and treatment of advanced or metastatic UTUC. The text is supported by many illustrations, photos, and tables that clarify management, and surgical video clips are also available to readers. The book will be a welcome addition to the literature as progress continues to be made in understanding the exact pathophysiology of urothelial carcinoma and in developing more effective diagnostic and therapeutic modalities. It will be useful both to researchers in the field of urothelial carcinoma and to clinicians, including especially residents and fellows.

The Devil's Chain is the first book to examine the world of commercial sex throughout the partitioned Polish territories, uncovering a previously hidden conversation about sexuality, gender propriety, and social class.

The new guidelines are meant to protect public health, help evaluate development projects near freshwater and recreational sites and assess potential health aspects of recreational projects.

Offering philosophical insights into the popular morning brew, *Coffee -- Philosophy for Everyone* kick starts the day with an entertaining but critical discussion of the ethics, aesthetics, metaphysics, and culture of coffee. Matt Lounsbury of pioneering business Stumptown Coffee discusses just how good coffee can be. Caffeine-related chapters cover the ethics of the coffee trade, the metaphysics of coffee and the centrality of the coffee house to the public sphere. Includes a foreword by Donald Schoenholt, President at Gillies Coffee Company. Instant New York Times bestseller "Standing up to bullies is my kind of thing." How did Stormy Daniels become the woman willing to take on a president? In this book, Stormy Daniels tells her whole story for the first time: what it's like to be



a leading actress and director in the adult film business, the full truth about her journey from a rough childhood in Louisiana onto the national stage, and everything about her interaction with Donald Trump that led to the nondisclosure agreement and the behind-the-scenes attempts to intimidate her. Stormy is funny, sharp, warm, and impassioned by turns. Her story is a thoroughly American one, of a girl who loved reading and horses and who understood from a very young age what she wanted—and who also knew she'd have to get every step of the way there on her own. People can't stop talking about Stormy Daniels. And they won't be able to stop talking about her fresh, surprising, completely candid, nothing-held-back book.

A brilliant condemnation of political hobbyism—treating politics like entertainment—and a call to arms for well-meaning, well-informed citizens who consume political news, but do not take political action. Who is to blame for our broken politics? The uncomfortable answer to this question starts with ordinary citizens with good intentions. We vote (sometimes) and occasionally sign a petition or attend a rally. But we mainly “engage” by consuming politics as if it's a sport or a hobby. We soak in daily political gossip and eat up statistics about who's up and who's down. We tweet and post and share. We crave outrage. The hours we spend on politics are used mainly as pastime. Instead, we should be spending the same number of hours building political organizations, implementing a long-term vision for our city or town, and getting to know our neighbors, whose votes will be needed for solving hard problems. We could be accumulating power so that when there are opportunities to make a difference—to lobby, to advocate, to mobilize—we will be ready. But most of us who are spending time on politics today are focused inward, choosing roles and activities designed for our short-term pleasure. We are repelled by the slow-and-steady activities that characterize service to the common good. In *Politics Is for Power*, pioneering and brilliant data analyst Eitan Hersh shows us a way toward more effective political participation. Aided by political theory, history, cutting-edge social science, as well as remarkable stories of ordinary citizens who got off their couches and took political power seriously, this book shows us how to channel our energy away from political hobbyism and toward empowering our values.

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