

The Continuum Concept In Search Of Happiness Lost Jean Liedloff

Jean-Jacques Rousseau has a claim to be ranked above even Karl Marx as the political philosopher who has most influenced everyday life. His much-read philosophy of education alone would qualify him for a high place, but his political theory is even more important: decisions affecting millions of people were made based on the reading of certain lines of the Social Contract. Yet while politicians and scholars have studied this book for 250 years, almost no agreement exists on how to interpret its central concept: freedom. Rousseau's theory of freedom has led him to be called everything from the greatest prophet of individual liberty to the designer of the first totalitarian state. This book offers a new, unifying interpretation of the theory of freedom in the Social Contract. Simpson gives a careful analysis of Rousseau's theory of the social pact, and then examines the kinds of freedom that it brings about, showing how Rousseau's individualist and collectivist aspects fit into a larger and logically coherent theory of human liberty. Simpson's book not only helps us to understand one of the pre-eminent political minds of the 18th century, but also brings us into closer conversation with those he influenced, who have done so much to shape our world. And in light of the interest in contemporary contractualist philosophers like Rawls, Scanlon, and Gauthier, readers will find it worthwhile to return to the thinker who offers one of the most radical, profound, and insightful theories of the social contract ever devised.

Foucault and Fiction develops a unique approach to thinking about the power of literature by drawing upon the often neglected concept of experience in Foucault's work. For Foucault, an 'experience book' is a book which transforms our experience by acting on us in a direct and unsettling way. Timothy O'Leary develops and applies this concept to literary texts. Starting from the premise that works of literature are capable of having a profound effect on their audiences, he suggests a way of understanding how these effects are produced. Offering extended analyses of Irish writers such as Swift, Joyce, Beckett, Friel and Heaney, O'Leary draws on Foucault's concept of experience as well as the work of Dewey, Gadamer, and Deleuze and Guattari. Combining these resources, he proposes a new approach to the ethics of literature. Of interest to readers in both philosophy and literary studies, this book offers new insights into Foucault's mature philosophy and an improved understanding of what it is to read and be affected by a work of fiction.

This textbook treats solids and fluids in a balanced manner, using thermodynamic restrictions on the relation between applied forces and material responses. This unified approach can be appreciated by engineers, physicists, and applied mathematicians with some background in engineering mechanics. It has many examples and about 150 exercises for students to practice. The higher mathematics needed for a complete understanding is provided in the early chapters. This subject is essential for engineers involved in experimental or numerical modeling of material behavior.

Tremendous advances in computer technologies and methods have precipitated a great demand for refinements in the constitutive models of plasticity. Such refinements include the development of a model that would account for material anisotropy and produces results that compare well with experimental data. Key to developing such models-and to meeting many other challenges in the field- is a firm grasp of the principles of continuum mechanics and how they apply to the formulation of plasticity theory. Also critical is understanding the experimental aspects of plasticity and material anisotropy. Integrating the traditionally separate subjects of continuum mechanics and plasticity, this book builds understanding in all of those areas. Part I provides systematic, comprehensive coverage of continuum mechanics, from a review of Cartesian tensors to the relevant conservation laws and constitutive equation. Part II offers an exhaustive presentation of the continuum theory of plasticity. This includes a unique treatment of the experimental aspects of plasticity, covers anisotropic plasticity, and incorporates recent research results related to the endochronic theory of plasticity obtained by the author and his colleagues. By bringing all of these together in one book, Continuum Mechanics and Plasticity facilitates the learning of solid mechanics. Its readers will be well prepared for pursuing either research related to the mechanical behavior of engineering materials or developmental work in engineering analysis and design.

THE DAILY GROOVE is an introduction to Scott Noelle's holistic parenting philosophy and a collection of more than 175 brief, simple, one-a-day tips and techniques for transforming the daily "grind" of parenting into a joyful daily "groove"! Ideal for parents who want to cultivate a spirit of creative partnership in their families, this book also makes a great gift for new parents and parents-to-be.

FROM THE BACK COVER:"I've read a lot about parenting from many, many different people, but your words just have a way of going straight to my heart. They have been truly life-changing for me and my husband." --Amy (Maryland, US). "I really love The Daily Groove. It's nice to have something that takes a short while to read and gives me a boost for my day with my two adventurous, energetic boys." --Jeanette (New Zealand). "I just wanted to tell you how uplifting I find The Daily Groove. I use it as my morning meditation, and I have become a much gentler and patient mother." --Sarah (Georgia, US). "Your Daily Groove tips have changed my parenting completely for the better. I've read every parenting book I could get my hands on, but your approach is the first that's matched with my world view, resonated with my soul, doesn't make me feel bad about myself, and works all the time!" --Anna (Brighton, UK).

This is an elementary book on stress and strain theory for geologists. It is written in the belief that a sound introduction to the mechanics of continuous bodies is essential for students of structural geology and tectonics, just as a sound introduction to physical chemistry is necessary for students of petrology. This view is shared by most specialists in structural geology, but it is not yet reflected in typical geology curricula. Undergraduates are still traditionally given just a

few lectures on mechanical fundamentals, and there is rarely any systematic lecturing on this subject at the graduate level. The result is that many students interested in structure and tectonics finish their formal training without being able to understand or contribute to modern literature on rocks as mechanical systems. The long-term remedy for this is to introduce courses in continuum mechanics and material behavior as routine parts of the undergraduate curriculum. These subjects are difficult, but no more so than optical mineralogy or thermodynamics or other rigorous subjects customarily studied by undergraduates. The short-term remedy is to provide books suitable for independent study by those students and working geologists alike who wish to improve their understanding of mechanical topics relevant to geology. This book is intended to meet the short-term need with respect to stress and strain, two elementary yet challenging concepts of continuum mechanics.

In twelve essays—eight of which appear here in English for the first time—the internationally known analyst Marie-Louise von Franz explores important aspects of psychotherapy from a Jungian perspective. She draws on her many years of practical experience in psychotherapy, her intimate knowledge of Jung's methods and theories, and her wide-ranging interests in fields such as mythology, alchemy, science, and religion to illumine these varied topics: • Projection • Transference • Dream interpretation • Self-realization • Group psychology • Personality types • Active imagination • The therapeutic use of hallucinogenic drugs • The choice of psychotherapy as a profession • The role of religious experience in psychological healing

• Explores the lifestyle of indigenous peoples of the world who exist in complete harmony with the natural world and with each other. • Reveals a model of a society built on trust, patience, and joy rather than anxiety, hurry, and acquisition. • Shows how we can reconnect with the ancient intuitive awareness of the world's original people. Deep in the mountainous jungle of Malaysia the aboriginal Sng'oi exist on the edge of extinction, though their way of living may ultimately be the kind of existence that will allow us all to survive. The Sng'oi--pre-industrial, pre-agricultural, semi-nomadic--live without cars or cell phones, without clocks or schedules in a lush green place where worry and hurry, competition and suspicion are not known. Yet these indigenous people--as do many other aboriginal groups--possess an acute and uncanny sense of the energies, emotions, and intentions of their place and the living beings who populate it, and trustingly follow this intuition, using it to make decisions about their actions each day. Psychologist Robert Wolff lived with the Sng'oi, learned their language, shared their food, slept in their huts, and came to love and admire these people who respect silence, trust time to reveal and heal, and live entirely in the present with a sense of joy. Even more, he came to recognize the depth of our alienation from these basic qualities of life. Much more than a document of a disappearing people, *Original Wisdom: Stories of an Ancient Way of Knowing* holds a mirror to our own existence,

allowing us to see how far we have wandered from the ways of the intuitive and trusting Sng'oi, and challenges us, in our fragmented world, to rediscover this humanity within ourselves.

This exploration of a notorious mathematical problem is the work of the man who discovered the solution. Written by an award-winning professor at Stanford University, it employs intuitive explanations as well as detailed mathematical proofs in a self-contained treatment. This unique text and reference is suitable for students and professionals. 1966 edition. Copyright renewed 1994.

Magical Child, a classic work, profoundly questioned the current thinking on childbirth practices, parenting, and educating our children. Now its daring ideas about how Western society is damaging our children, and how we can better nurture them and ourselves, ring truer than ever. From the very instant of birth, says Joseph Chilton Pearce, the human child has only one concern: to learn all that there is to learn about the world. This planet is the child's playground, and nothing should interfere with a child's play. Raised this way, the Magical Child is a happy genius, capable of anything, equipped to fulfill his amazing potential. Expanding on the ideas of internationally acclaimed child psychologist Jean Piaget, Pearce traces the growth of the mind-brain from birth to adulthood. He connects the alarming rise in autism, hyperkinetic behavior, childhood schizophrenia, and adolescent suicide to the all too common errors we make in raising and educating our children. Then he shows how we can restore the astonishing wealth of creative intelligence that is the birthright of every human being. Pearce challenged all our notions about child rearing, and in the process challenges us to re-examine ourselves. Pearce's message is simple: it is never too late to play, for we are all Magical Children.

During the last three decades, there have been enormous advances in our understanding of the neural mechanisms of selective attention at the network as well as the cellular level. The Oxford Handbook of Attention brings together the different research areas that constitute contemporary attention research into one comprehensive and authoritative volume. In 40 chapters, it covers the most important aspects of attention research from the areas of cognitive psychology, neuropsychology, human and animal neuroscience, computational modelling, and philosophy. The book is divided into 4 main sections. Following an introduction from Michael Posner, the book starts by looking at theoretical models of attention. The next two sections are dedicated to spatial attention and non-spatial attention respectively. Within section 4, the authors consider the interactions between attention and other psychological domains. The last two sections focus on attention-related disorders, and finally, on computational models of attention. Aimed at both scholars and students, the Oxford Handbook of Attention provides a concise and state-of-the-art review of the current literature in this field.

The threat of terror, which flares in Africa and Indonesia, has given the problem of failed states an unprecedented immediacy and importance. In the past, failure had a primarily humanitarian dimension, with fewer implications for peace and security. Now nation-states that fail, or may do so, pose dangers to themselves, to their neighbors, and to people around the globe: preventing their failure, and reviving those that do fail, has become a strategic as well as a moral imperative. State Failure and State Weakness in

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a Time of Terror develops an innovative theory of state failure that classifies and categorizes states along a continuum from weak to failed to collapsed. By understanding the mechanisms and identifying the tell-tale indicators of state failure, it is possible to develop strategies to arrest the fatal slide from weakness to collapse. This state failure paradigm is illustrated through detailed case studies of states that have failed and collapsed (the Democratic Republic of the Congo, Sierra Leone, the Sudan, Somalia), states that are dangerously weak (Colombia, Indonesia, Sri Lanka, Tajikistan), and states that are weak but safe (Fiji, Haiti, Lebanon).

#1 NEW YORK TIMES BESTSELLER • NATIONAL BOOK AWARD WINNER • NAMED ONE OF TIME'S TEN BEST NONFICTION BOOKS OF THE DECADE • PULITZER PRIZE FINALIST • NATIONAL BOOK CRITICS CIRCLE AWARD FINALIST • ONE OF OPRAH'S "BOOKS THAT HELP ME THROUGH" • NOW AN HBO ORIGINAL SPECIAL EVENT Hailed by Toni Morrison as "required reading," a bold and personal literary exploration of America's racial history by "the most important essayist in a generation and a writer who changed the national political conversation about race" (Rolling Stone) NAMED ONE OF THE MOST INFLUENTIAL BOOKS OF THE DECADE BY CNN • NAMED ONE OF PASTE'S BEST MEMOIRS OF THE DECADE • NAMED ONE OF THE TEN BEST BOOKS OF THE YEAR BY The New York Times Book Review • O: The Oprah Magazine • The Washington Post • People • Entertainment Weekly • Vogue • Los Angeles Times • San Francisco Chronicle • Chicago Tribune • New York • Newsday • Library Journal • Publishers Weekly In a profound work that pivots from the biggest questions about American history and ideals to the most intimate concerns of a father for his son, Ta-Nehisi Coates offers a powerful new framework for understanding our nation's history and current crisis. Americans have built an empire on the idea of "race," a falsehood that damages us all but falls most heavily on the bodies of black women and men—bodies exploited through slavery and segregation, and, today, threatened, locked up, and murdered out of all proportion. What is it like to inhabit a black body and find a way to live within it? And how can we all honestly reckon with this fraught history and free ourselves from its burden? *Between the World and Me* is Ta-Nehisi Coates's attempt to answer these questions in a letter to his adolescent son. Coates shares with his son—and readers—the story of his awakening to the truth about his place in the world through a series of revelatory experiences, from Howard University to Civil War battlefields, from the South Side of Chicago to Paris, from his childhood home to the living rooms of mothers whose children's lives were taken as American plunder. Beautifully woven from personal narrative, reimagined history, and fresh, emotionally charged reportage, *Between the World and Me* clearly illuminates the past, bracingly confronts our present, and offers a transcendent vision for a way forward.

A Wrinkle in Time is the winner of the 1963 Newbery Medal. It was a dark and stormy night—Meg Murry, her small brother Charles Wallace, and her mother had come down to the kitchen for a midnight snack when they were upset by the arrival of a most disturbing stranger. "Wild nights are my glory," the unearthly stranger told them. "I just got caught in a downdraft and blown off course. Let me sit down for a moment, and then I'll be on my way. Speaking of ways, by the way, there is such a thing as a tesseract." A tesseract (in case the reader doesn't know) is a wrinkle in time. To tell more would rob the reader of the enjoyment of

Miss L'Engle's unusual book. *A Wrinkle in Time*, winner of the Newbery Medal in 1963, is the story of the adventures in space and time of Meg, Charles Wallace, and Calvin O'Keefe (athlete, student, and one of the most popular boys in high school). They are in search of Meg's father, a scientist who disappeared while engaged in secret work for the government on the tesseract problem. [This title] operates on the radical premise that neither child nor parent must dominate. -- Review.

There are few comprehensive books on the market on the subject of rheology – the complex science dealing with flow and deformation of matter – and these are several years old. At last there is now a book that explains the meaning of a science that many scientists need to use but only a few can fully grasp. It does so by striking the balance between oversimplification and overload of theory in a very compelling and readable manner. The author's systematic presentation enables the authors to include all components of rheology in one volume. The first four chapters of this book discuss various aspects of theoretical rheology and, by examples of many studies, show how particular theory, model, or equation can be used in solving different problems. The main emphasis is on liquids, but solid materials are discussed in one full chapter as well. Methods of measurement and raw data treatment are included in one large chapter which constitutes more than one quarter of the book. Eight groups of methods are discussed giving many choices for experimentation and guidance on where and how to use them properly. The final chapter shows how to use rheological methods in different groups of products and methods of their manufacture. Usefulness of chemorheological (rheokinetic) measurements is also emphasized. This chapter continues with examples of purposeful applications in practical matters.

America's foremost baby and childcare experts, William Sears M.D. and Martha Sears, R.N., explain the benefits -- for both you and your child -- of connecting with your baby early. Would you and your baby both sleep better if you shared a bed? How old is too old for breastfeeding? What is a father's role in nurturing a newborn? How does early attachment foster a child's eventual independence? Dr. Bill and Martha Sears -- the doctor-and-nurse, husband-and-wife team who coined the term "attachment parenting" -- answer these and many more questions in this practical, inspiring guide.

Attachment parenting is a style of parenting that encourages a strong early attachment, and advocates parental responsiveness to babies' dependency needs. The Attachment Parenting Book clearly explains the six "Baby B's" that form the basis of this popular parenting style: Bonding, Breastfeeding, Babywearing, Bedding close to baby, Belief in the language value of baby's cry, and Beware of baby trainers. Here's all the information you need to achieve your most important goals as a new parent: to know your child, to help your child feel right, and to enjoy parenting.

This book is a comprehensive overview of the main current concepts in brain cognitive activities at the global, collective (or network) level, with a focus on transitions between normal neurophysiology and brain pathological states. It provides a unique approach of linking molecular and cellular aspects of normal and pathological brain functioning with their corresponding network, collective and dynamical manifestations that are subsequently extended to behavioral

manifestations of healthy and diseased brains. This book introduces a high-level perspective, searching for simplification amongst the structural and functional complexity of nervous systems by consideration of the distributed interactions that underlie the collective behavior of the system. The authors hope that this approach could promote a global comprehensive understanding of high-level laws behind the elementary biological processes in the neuroscientific community, while, perhaps, introducing elements of biological complexities to the mathematical/computational readership. The title of the book refers to the main point of the monograph: that there is a smooth continuum between distinct brain activities resulting in different behaviors, and that, due to the plastic nature of the brain, the behavior can also alter the brain function, thus rendering artificial the boundaries between the brain and its behavior.

The classic guide of the post-Dr. Spock generation has been revised to include the latest information on virtually every aspect of infant and baby care. THE BABY BOOK is unrivaled in its scope and authority, and presents a practical, contemporary approach to parenting that reflects the way we live today. Focusing on the essential needs of babies--eating, sleeping, development, health, and comfort--it addresses the questions of greatest concern to parents. The Seares acknowledge that there is no one way to parent a baby, and they offer the basic guidance and inspiration you need to develop the parenting style that best suits you and your child. THE BABY BOOK is a rich and invaluable resource that will help you get the most out of parenting--for your child, for yourself, and for your entire family.

"Apocalypticism has been the source of hope and courage for the oppressed, but has also given rise, on many occasions, to fanaticism and intolerance. The essays in this volume seek neither to apologize for the extravagance of apocalyptic thinkers nor to excuse the perverse actions of some of their followers. Rather, they strive to understand a powerful, perhaps even indispensable, element in the history of Western religions that has been the source of both good and evil, and still is yet today."The Editors The Continuum History of Apocalypticism is a 1-volume, select edition of the 3-vol. Encyclopedia of Apocalypticism first published in 1998. The main historical surveys that provided the spine of the Encyclopedia have been retained, while essays of a thematic nature, and a few whose subject matter is not central to the historical development, have been omitted. The work begins with 8 articles on "The Origins of Apocalypticism in the Ancient World," extending from ancient Near Eastern myth through the Old Testament to the Dead Sea Scrolls, Jesus, Paul, and the Book of Revelation. Next are 7 articles on "Apocalyptic Traditions from Late Antiquity to ca. 1800 C.E.," including early Christian theology, radical movements in the Middle Ages, and both Jewish and Islamic apocalypticism in the classic period. The final section, "Apocalypticism in the Modern Age," includes 10 articles on apocalypticism in the Americas, in Western and Eastern Europe, and, finally, in modern Judaism and modern Islam.

Stop changing diapers?start potting your baby. Over half the world's children are potty trained by one year old, yet the

average potty training age in the United States is currently three years old. This leaves parents wondering: What did people do before diapers? and How do I help my own baby out of diapers sooner? Elimination Communication, also known as EC, is the natural alternative to full-time diapers and conventional toilet training. Although human babies have been pottied from birth for all human history, we've modernized the technique to work in today's busy world. Go Diaper Free shows parents of 0-18 month babies, step-by-step, how to do EC with confidence, whether full time or part time, with diapers or without. "Diaper-free" doesn't mean a naked baby making a mess everywhere - it actually means free from dependence upon diapers. With this book, new parents can avoid years of messy diapers, potty training struggles, diaper rash, and unexplained fussiness. Also helpful for those considering EC, in the middle of a potty pause, or confused about how to begin. This 6th edition includes a new section on The Dream Pee, a full text and graphic revision, more photos of EC in action, and a complete list of further resources. MULTIMEDIA EDITION: includes the book and access to private video library, helpful downloads, additional troubleshooting, and our private online support group run by our Certified Coaches. For less than the cost of a case of diapers, you can learn EC hands-on, the way it's meant to be learned.

"One thousand years after a cataclysmic event leaves humanity on the brink of extinction, the survivors take refuge in continuums designed to sustain the human race until repopulation of Earth becomes possible. Against this backdrop, a group of young friends in the underwater Thirteenth Continuum dream about life outside their totalitarian existence, an idea that has been outlawed for centuries. When a shocking discovery turns the dream into a reality, they must decide if they will risk their own extinction to experience something no one has for generations, the Surface"--

Introduction to Continuum Mechanics is a recently updated and revised text which is perfect for either introductory courses in an undergraduate engineering curriculum or for a beginning graduate course. Continuum Mechanics studies the response of materials to different loading conditions. The concept of tensors is introduced through the idea of linear transformation in a self-contained chapter, and the interrelation of direct notation, indicial notation, and matrix operations is clearly presented. A wide range of idealized materials are considered through simple static and dynamic problems, and the book contains an abundance of illustrative examples of problems, many with solutions. Serves as either a introductory undergraduate course or a beginning graduate course textbook. Includes many problems with illustrations and answers.

The Continuum Concept introduces the idea that in order to achieve optimal physical, mental and emotional development, human beings - especially babies - require the kind of instinctive nurturing as practiced by our ancient relatives. It is a true back to basics approach to parenting. Author Jean Liedloff spent two and-a-half years in the jungle

deep in the heart of South America living with indigenous tribes and was astounded at how differently children are raised outside the Western world. She came to the realisation that essential child-rearing techniques such as touch, trust and community have been undermined in modern times, and in this book suggests practical ways to regain our natural well-being, for our children and ourselves.

#1 NEW YORK TIMES BESTSELLER • ONE OF TIME MAGAZINE'S 100 BEST YA BOOKS OF ALL TIME The extraordinary, beloved novel about the ability of books to feed the soul even in the darkest of times. When Death has a story to tell, you listen. It is 1939. Nazi Germany. The country is holding its breath. Death has never been busier, and will become busier still. Liesel Meminger is a foster girl living outside of Munich, who scratches out a meager existence for herself by stealing when she encounters something she can't resist—books. With the help of her accordion-playing foster father, she learns to read and shares her stolen books with her neighbors during bombing raids as well as with the Jewish man hidden in her basement. In superbly crafted writing that burns with intensity, award-winning author Markus Zusak, author of *I Am the Messenger*, has given us one of the most enduring stories of our time. “The kind of book that can be life-changing.” —The New York Times “Deserves a place on the same shelf with *The Diary of a Young Girl* by Anne Frank.” —USA Today DON'T MISS BRIDGE OF CLAY, MARKUS ZUSAK'S FIRST NOVEL SINCE THE BOOK THIEF.

Most new parents think of diapers as a smelly, expensive, and unavoidable necessity. The good news is that it's possible—even practical—to raise your kids without diapers. In *Diaper Free!*, Ingrid Bauer shows how you can: * Save thousands of dollars * Reduce landfill waste (single-use disposable diapers are responsible for one third of the non-biodegradable waste in landfills) * Avoid diaper rash * Use the “Four Tools for Diaper Freedom” to enhance your relationship with your baby and deepen communication. Based on extensive research, case studies, and the author's own experience, *Diaper Free!* is a warm and helpful companion at every stage, from the first magical days of your baby's life, to complete toilet independence. BACKCOVER: “The true solution to the diaper dilemma. . . . Packed with information, examples, and support. A valuable addition to the library of any pregnant or new mother.” —Teresa Pitman, La Leche League International

Towards the Definition of Philosophy brings together - in their first English translation - two of Heidegger's seminal lecture courses, *The Idea of Philosophy and the Problem of Worldview* and *Phenomenology and Transcendental Philosophy*. Value, as well as the lecture, *On the Nature of the University and Academic Study*. The volume also includes a short glossary.

The Book That Launched an International Movement “An absolute must-read for parents.” —The Boston Globe “It rivals

Rachel Carson's *Silent Spring*." —The Cincinnati Enquirer "I like to play indoors better 'cause that's where all the electrical outlets are," reports a fourth grader. But it's not only computers, television, and video games that are keeping kids inside. It's also their parents' fears of traffic, strangers, Lyme disease, and West Nile virus; their schools' emphasis on more and more homework; their structured schedules; and their lack of access to natural areas. Local governments, neighborhood associations, and even organizations devoted to the outdoors are placing legal and regulatory constraints on many wild spaces, sometimes making natural play a crime. As children's connections to nature diminish and the social, psychological, and spiritual implications become apparent, new research shows that nature can offer powerful therapy for such maladies as depression, obesity, and attention deficit disorder. Environment-based education dramatically improves standardized test scores and grade-point averages and develops skills in problem solving, critical thinking, and decision making. Anecdotal evidence strongly suggests that childhood experiences in nature stimulate creativity. In *Last Child in the Woods*, Louv talks with parents, children, teachers, scientists, religious leaders, child-development researchers, and environmentalists who recognize the threat and offer solutions. Louv shows us an alternative future, one in which parents help their kids experience the natural world more deeply—and find the joy of family connectedness in the process. Now includes *A Field Guide with 100 Practical Actions We Can Take* Discussion Points for Book Groups, Classrooms, and Communities Additional Notes by the Author New and Updated Research from the U.S. and Abroad Richard Louv's new book, *Our Wild Calling*, is available now.

A landmark treatise on how humanity lives versus how we should, what we've lost with our "progress," and how we can reclaim our true nature Jean Liedloff, an American writer, spent two and a half years in the South American jungle living with Stone Age Indians. The experience demolished her Western preconceptions of how we should live and led her to a radically different view of what human nature really is. She offers a new understanding of how we have lost much of our natural well-being and shows us practical ways to regain it for our children and for ourselves.

A guide to ACT: the revolutionary mindfulness-based program for reducing stress, overcoming fear, and finding fulfillment – now updated. International bestseller, 'The Happiness Trap', has been published in over thirty countries and twenty-two languages. NOW UPDATED. Popular ideas about happiness are misleading, inaccurate, and are directly contributing to our current epidemic of stress, anxiety and depression. And unfortunately, popular psychological approaches are making it even worse! In this easy-to-read, practical and empowering self-help book, Dr Russ Harries, reveals how millions of people are unwittingly caught in the 'The Happiness Trap', where the more they strive for happiness the more they suffer in the long term. He then provides an effective means to escape through the insights and techniques of ACT (Acceptance and Commitment Therapy), a groundbreaking new approach based on mindfulness skills. By clarifying your values and

developing mindfulness (a technique for living fully in the present moment), ACT helps you escape the happiness trap and find true satisfaction in life. Mindfulness skills are easy to learn and will rapidly and effectively help you to reduce stress, enhance performance, manage emotions, improve health, increase vitality, and generally change your life for the better. The book provides scientifically proven techniques to: reduce stress and worry; rise above fear, doubt and insecurity; handle painful thoughts and feelings far more effectively; break self-defeating habits; improve performance and find fulfilment in your work; build more satisfying relationships; and, create a rich, full and meaningful life.

A detailed and self-contained text written for beginners, Continuum Mechanics offers concise coverage of the basic concepts, general principles, and applications of continuum mechanics. Without sacrificing rigor, the clear and simple mathematical derivations are made accessible to a large number of students with little or no previous background in solid or fluid mechanics. With the inclusion of more than 250 fully worked-out examples and 500 worked exercises, this book is certain to become a standard introductory text for students as well as an indispensable reference for professionals. Key Features * Provides a clear and self-contained treatment of vectors, matrices, and tensors specifically tailored to the needs of continuum mechanics * Develops the concepts and principles common to all areas in solid and fluid mechanics with a common notation and terminology * Covers the fundamentals of elasticity theory and fluid mechanics

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DIV Comprehensive treatment offers 115 solved problems and exercises to promote understanding of vector and tensor theory, basic kinematics, balance laws, field equations, jump conditions, and constitutive equations. /div

Useful as a reference for engineers in industry and as an advanced level text for graduate engineering students, Multiphase Flow and Fluidization takes the reader beyond the theoretical to demonstrate how multiphase flow equations can be used to provide applied, practical, predictive solutions to industrial fluidization problems. Written to help advance progress in the emerging science of multiphase flow, this book begins with the development of the conservation laws and moves on through kinetic theory, clarifying many physical concepts (such as particulate viscosity and solids pressure) and introducing the new dependent variable--the volume fraction of the dispersed phase. Exercises at the end of each chapter are provided for further study and lead into applications not covered in the text itself. Treats fluidization as a branch of transport phenomena Demonstrates how to do transient, multidimensional simulation of multiphase processes The first book to apply kinetic theory to flow of particulates Is the only book to discuss numerical stability of multiphase equations and whether or not such equations are well-posed Explains the origin of bubbles and the concept of critical granular flow Presents clearly written exercises at the end of each chapter to facilitate understanding and further study Concise classic by great mathematician and physicist deals with logic and mathematics of set and function, concept of

number and the continuum. Bibliography. Originally published 1918.

Multi-scale modelling of composites is a very relevant topic in composites science. This is illustrated by the numerous sessions in the recent European and International Conferences on Composite Materials, but also by the fast developments in multi-scale modelling software tools, developed by large industrial players such as Siemens (Virtual Material Characterization toolkit and MultiMechanics virtual testing software), MSC/e-Xstream (Digimat software), Simulia (micromechanics plug-in in Abaqus), HyperSizer (Multi-scale design of composites), Altair (Altair Multiscale Designer) This book is intended to be an ideal reference on the latest advances in multi-scale modelling of fibre-reinforced polymer composites, that is accessible for both (young) researchers and end users of modelling software. We target three main groups: This book aims at a complete introduction and overview of the state-of-the-art in multi-scale modelling of composites in three axes: • ranging from prediction of homogenized elastic properties to nonlinear material behaviour • ranging from geometrical models for random packing of unidirectional fibres over meso-scale geometries for textile composites to orientation tensors for short fibre composites • ranging from damage modelling of unidirectionally reinforced composites over textile composites to short fibre-reinforced composites The book covers the three most important scales in multi-scale modelling of composites: (i) micro-scale, (ii) meso-scale and (iii) macro-scale. The nano-scale and related atomistic and molecular modelling approaches are deliberately excluded, since the book wants to focus on continuum mechanics and there are already a lot of dedicated books about polymer nanocomposites. A strong focus is put on physics-based damage modelling, in the sense that the chapters devote attention to modelling the different damage mechanisms (matrix cracking, fibre/matrix debonding, delamination, fibre fracture,...) in such a way that the underlying physics of the initiation and growth of these damage modes is respected. The book also gives room to not only discuss the finite element based approaches for multi-scale modelling, but also much faster methods that are popular in industrial software, such as Mean Field Homogenization methods (based on Mori-Tanaka and Eshelby solutions) and variational methods (shear lag theory and more advanced theories). Since the book targets a wide audience, the focus is put on the most common numerical approaches that are used in multi-scale modelling. Very specialized numerical methods like peridynamics modelling, Material Point Method, eXtended Finite Element Method (XFEM), isogeometric analysis, SPH (Smoothed Particle Hydrodynamics),... are excluded. Outline of the book The book is divided in three large parts, well balanced with each a similar number of chapters:

In this post-apocalyptic novel from Newbery Medal-winning author Robert C. O'Brien, a teen girl struggling to survive in the wake of unimaginable disaster comes across another survivor. Ann Burden is sixteen years old and completely alone. The world as she once knew it is gone, ravaged by a nuclear war that has taken everyone from her. For the past year,

she has lived in a remote valley with no evidence of any other survivors. But the smoke from a distant campfire shatters Ann's solitude. Someone else is still alive and making his way toward the valley. Who is this man? What does he want? Can he be trusted? Both excited and terrified, Ann soon realizes there may be worse things than being the last person on Earth.

Mathematical and philosophical thought about continuity has changed considerably over the ages, from Aristotle's insistence that a continuum is a unified whole, to the dominant account today, that a continuum is composed of infinitely many points. This book explores the key ideas and debates concerning continuity over more than 2500 years.

This New York Times–bestselling book upends conventional thinking about autism and suggests a broader model for acceptance, understanding, and full participation in society for people who think differently. What is autism? A lifelong disability, or a naturally occurring form of cognitive difference akin to certain forms of genius? In truth, it is all of these things and more—and the future of our society depends on our understanding it. Wired reporter Steve Silberman unearths the secret history of autism, long suppressed by the same clinicians who became famous for discovering it, and finds surprising answers to the crucial question of why the number of diagnoses has soared in recent years. Going back to the earliest days of autism research, Silberman offers a gripping narrative of Leo Kanner and Hans Asperger, the research pioneers who defined the scope of autism in profoundly different ways; he then goes on to explore the game-changing concept of neurodiversity. NeuroTribes considers the idea that neurological differences such as autism, dyslexia, and ADHD are not errors of nature or products of the toxic modern world, but the result of natural variations in the human genome. This groundbreaking book will reshape our understanding of the history, meaning, function, and implications of neurodiversity in our world.

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