

Unplugged

Unplug your toddlers! Here is screen-free play for ages 1-2 that's creative, fun, and makes the most of everyday household objects. Here are games to play alone and games to play with siblings and friends and parents. Games to play indoors and games for outside. There are toddler-friendly hand-clapping games, games to play with stuffed animals, and games to let off a little steam, plus lots of ideas for keeping toddlers busy (perfect for when you're making dinner). These are the kinds of truly fun games and activities deliberately designed to stretch the imagination, spark creativity, build strong bodies, forge friendships, and explore the real world—the opposite of hunkering down in front of an addictive screen. Originally published as a single, parent-friendly encyclopedia of more than 700 screen-free, no-batteries-needed games and activities, Unplugged Play is acclaimed as “A terrific prescription for much of what ails children and parents today” (Richard Louv, author of *Last Child in the Woods*) and “Just plain fun! . . . Will help parents give their children the kind of childhood that more and more children are missing” (Mary Pipher, PhD, author of *Reviving Ophelia*). These new editions are brightly designed books targeted to a specific age group. And the need, of course, is even greater than when the book was originally published—screens are far more ubiquitous, causing parents even greater concern about their overuse—and these timeless, imaginative, easy-to-implement games are here to the rescue.

In this “highly entertaining snapshot of a wild-frontier moment in pop culture” (Rolling Stone), discover the wild and explosive true story of the early years of MTV directly from the original VJs. Nina Blackwood, Mark Goodman, Alan Hunter, and Martha Quinn (along with the late J. J. Jackson) had front-row seats to a cultural revolution—and the hijinks of pop music icons like Adam Ant, Cyndi Lauper, Madonna, and Duran Duran—as the first VJs on the fledgling network MTV. From partying with David Lee Roth to flying on Bob Dylan's private jet, they were on a breakneck journey through a music revolution. Boing beyond the compelling behind the scenes tales of this unforgettable era, *VJ* is also a coming-of-age story about the 1980s, its excesses, controversies, and everything in between. “At last—the real inside story of the MTV explosion that rocked the world, in all its giddy excess, from the video pioneers who saw all the hair, drugs and guitars up close. *VJ* is the wild, hilarious, addictive tale of how one crazy moment changed pop culture forever” (Rob Sheffield, *New York Times* bestselling author).

Jimi Hendrix. Janis Joplin. Jim Morrison. And recently, Amy Winehouse. Each died at 27 as a result of drug abuse, despair, or both. Back when Kurt Cobain took his own life at that age, his mother lamented, “I told him not to join that stupid club.” *Unplugged* imagines a talented and tormented woman whose membership in the club is denied—barely. Up-and-coming rocker Dayna Clay struggles to make it through the final night of a wildly successful concert tour. Tormented by an ever-deepening depression, the 27-year-old hands her guitar to a fan and beats a hasty retreat. She flies home to Chicago and attempts suicide ... but nature seemingly steps in to spare her. Still unsure whether her life is worth living, she forfeits her career and disappears, setting out incognito for parts unknown. Dayna winds up, quite by accident, in the South Dakota Badlands, whose inhabitants—human and otherwise—challenge and change her in striking ways. She develops a profound affinity for the jagged, dramatic, semi-stable

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Badlands formations, which she takes strength from climbing. She forms a bond with the bighorn sheep she finds living on this seemingly unlivable land. And she befriends Drake, a “wise-acre” but wise rancher and retired stuntman who himself has struggled with depression, and his mischievous daughter, Kayla—with whom Dayna begins to fall in love. All the while, Dayna’s mysterious disappearance and continuing absence only serve to boost public interest in her—and to fuel her now-skyrocketing record sales. Laboring to choose between her musical ambitions and the new life she has made, Dayna finds herself stranded, alone, in a far-flung corner of the wilderness she has come to know and love. Saved from suicide earlier by nature, she now may perish by the very same hand This expanded 15th-anniversary edition of the critically acclaimed novel contains sheet music for the dozen "Dayna Clay" songs that the author composed—six of them in collaboration with creative partner Maya Kuper, who plays "Dayna" in their adapted live show "Unplugged: A Survivor's Story in Scenes & Songs."

A dark, irreverent, coming of middle-age story about giving up what you always thought you wanted in order to figure out what it is that you actually want.

Bayleigh is sent to her grandparent's house for the summer--without her cell phone, lap-top, and Ipod. She has no idea what to do in the middle of nowhere, until she meets the boy next door.

Struggling to cope with her needy clients and her up-and-down romance with Lieutenant Jack Rivera, psychologist Christina McMullen joins the investigation into the disappearance of her secretary Elaine's boyfriend, computer geek J. D. Solberg, a search that leads her right into the middle of a bizarre embezzlement scam. Original.

The parables of Jesus have long been read either as allegories encoding Christian theology or as tantalizing clues to the authentic voice of Jesus. Thurn proposes instead to read the parables "unplugged" from any assumptions beyond those given in the narrative situation in the text, on the common-sense premise that the very form of the parable works to propose a (sometimes startling) resolution to a particular problem. Thurn applies his method to the parables in Luke, exploring the Evangelist's specific narrative purposes in the use of individual parables.

(Guitar Recorded Versions). Guitar tab for 14 songs, plus photos from the MTV sessions. About a Girl * All Apologies * Come As You Are * Dumb * Jesus Doesn't Want Me for a Sunbeam * Lake of Fire * The Man Who Sold the World * Oh Me * On a Plain * Penny Royal Tea * Plateau * (New Wave) Polly * Something in the Way * Where Did You Sleep Last Night.

In the tradition of M. T. Anderson’s *Feed* and Scott Westerfeld’s *Uglies*, this heart-pounding sequel to *Unplugged* continues the series that Kass Morgan, New York Times bestselling author of *The 100*, called “chilling and addictive.” Skylar Cruz found her sister in the Real World—only to learn that her sister has betrayed her and put everyone in the App World in danger. The Body Market is now open for business and everyone still plugged into the App World is for sale. Shaken by the betrayal of everyone she trusted, Skylar is through being a pawn. She may be the only one who can stop what her family started. And she has to do it before the App World runs out of time.

Can Dot and her family make it through a rainy day without any tech? It's pouring rain, and the power's gone out at Dot's house. Should they take it as a challenge to honor the National Day of Unplugging? Playing outside is out of the question, and so is using the many devices Dot is accustomed to. But what might the basement hold? Dot, her friend Hal, Mom, Dad, and Scratch find lots of exciting stuff, including an old

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spinner game. It turns out it's super fun to watch Dad do charades, Mom speed-sculpt from clay, Hal tweet-sing a song, and Dot hunt for something surprising. Their improvised game keeps them so entertained, they just might decide to stay unplugged a bit longer!

UnpluggedHarperCollins

Most men today are sent off into society with a broken belief system, which they use to make choices, that get them terrible results with life and women. Men have been conditioned to be the quintessential "nice guy." They're trained to be overly humble, kind to a fault, and that just "being themselves" is enough to attract and keep the woman of their dreams. Men are told to believe that conventional masculinity is toxic, and to put women ahead of their own interests, passions, and purpose. This has led to an entire generation of men forming very unhealthy attachments to women that they, unfortunately, often make their sole focus of their lives. The playbook to women and life has changed, but most men missed the memo. Do you want to succeed, and level up in every area of your life? If so, then this book explains: - The importance of maximizing your looks, money, social status, and game. - Why it's essential to get genuine burning desire from a woman who wants to date you. - The top 20 red flags that you must vet women for a long term relationship. - How to become one of the top 20% of men that women swipe right for on online dating. - Why smart men avoid marriage. And much more. This book exposes the comforting lies you've been told throughout your life for what they really are. Enabling you to become a truly authentic Alpha that chases excellence, and leads a successful passion-filled life.

In the first quarter of 2016, Americans bought 19.7 million fitness wearables, an increase of 67 percent over the previous year. By 2020, the global market for fitness-focused apps and devices is expected to grow to \$30 billion. This means that more than ever, we're looking at our wrists not only to check the time, but also to see how much we've moved, monitor our heart rate, and see how we're stacking up against yesterday's tallies. As a result of our fitness tech addiction, we've lost awareness of what we're doing, how we're feeling, and what's going on around us. This is bad enough in the gym, but when we get outside, the constant checking of a tiny screen truly wreaks havoc, downgrading what should be a rich experience into yet another task we need to complete to meet our daily goals. And if we fall short, we feel inadequate. There's also the issue of data inaccuracy, with many device makers now admitting that their gadgets provide only estimates. So why do we continue to obsess over data and treat it as gospel truth? It's time to stop, take a breath, and hit the reset button in a big way. Unplugged provides a blueprint for using technology to meet your health and performance goals in a much smarter way, while reconnecting to your instincts and the natural world. In addition to sharing the performance expertise of Brian Mackenzie and the scientific insight of Dr. Andy Galpin, Unplugged features exclusive stories and advice from elite athletes and world-renowned experts like Laird Hamilton, Tim Ferriss, Kai Lenny, Kelly Starrett, Steven Kotler, Erin Cafaro, Lenny Wiersma, Dr. Frank Merritt, and Brandon Rager. Reading Unplugged will enable you to:

- Understand both the value and the limitations of technology in athletic performance, fitness, health, and lifestyle situations
- Know how and when to utilize physical activity technologies in your everyday life—and when not to
- Avoid the common mistakes that most people make with wearables and tracking apps
- Understand which technologies and tests are most effective and which are a waste of money
- End your addiction to fitness technology and start utilizing it as a tool for cueing, learning, and sensing instead of as a taskmaster that stresses you out
- Improve self-awareness and increase self-reliance
- Re-engage with nature by spending less time indoors and more time outside
- Rediscover the value of coaches' expertise, curation, and intuition, which technology can't replace
- Take back control of your health, fitness, and performance with the Unplugged training protocol

Learn statistics the easy way with STATISTICS UNPLUGGED! Written in a friendly, easy-to-understand style, this practical book takes the

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intimidation out of statistics and helps you understand the relevance of statistics to your own life. Interesting examples throughout the book allow you to see what is really going on with the numbers instead of being overwhelmed by the numbers themselves. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

A modernized approach to meditation that will appeal to anyone, even if - especially if - you believe you have no time, you can't sit still, or that "it's just not you." Whether you're a Fortune 500 CEO or someone bogged down with a never-ending to-do list, the proven secret to being more effective and living a happier, healthier life is to hurry up and slow down, to unplug. Studies show that you can get more done - and do it better - by doing less, just by consciously unplugging for a few minutes each day and meditating. This revolutionary book by the founder and CEO of the groundbreaking LA-based meditation studio Unplug Meditation brilliantly simplifies this powerful practice and shows the overwhelmed and overworked how easy it is to unplug in order to relieve stress, regain focus, and recharge. Schwartz debunks the common misperceptions about meditation, including the notion that you need to sit still for long periods of time, or that you need to "turn off your brain." She also shares the life-changing benefits you will experience, the proven science of how meditation literally changes your brain, as well as easy techniques and tips to easily incorporate meditation into your daily life.

The 12 Steps Unplugged

The tools we created to facilitate our lives now control us and our lives. More and more we rely on digital connection to attempt to fulfill our needs, but so many of our human needs cannot be met by a smart phone. Digital technology has enabled us to do things that ten years ago were unthinkable, but instead of freeing us and giving us more spare time to really enjoy life, our computers and smart phones have chained us to them. Skype and Facetime have taken the place of meeting with people; instead of playing with children, we use digital devices to entertain them; smart phone messages of no real importance are read while in the company of others. Through self-help assessments, step-by-step programmes and rebalancing techniques, Unplugged shows you how technology can still play an important role in your life but not at the expense of relationships, and shows how to create a healthy balance between the two.

Originally published: United Kingdom: Hodder Children's Books, 2017.

Argues that career breaks are necessary and provides information on how to pay for a sabbatical leave, managing money matters from afar, and returning to the workforce.

Offers guidance on not only recovering from addictions, but transcending them, including how to avoid victim mentality, how to make full use of your personal power, and more.

Get ready for kid-approved ideas that celebrate the great outdoors year round! Whether you're building forts or making fresh cider, there's something for every kid and every season. Each season is full of excitement waiting to be found and Rachel highlights the best of each one with sections for recipes, nature exploration and play, and natural history: In spring, make candied violets, spruce tip ice cream, or paper from wildflower seeds. Craft a kite, weave flower crowns, and make a DIY fairy garden! When summer comes, whip up herb-infused balms, rosewater, and zucchini boats. Host a backyard camp-out, build a nature exploration pack, cast shadow drawings, sail a leaf-boat, and master giant bubbles. As the days cool for autumn, brew mulled cider, make spiced honey, and discover the deliciousness of homemade apple sauce. Plant bulbs for next year's flowers, create an autumn rainbow, or craft a felted acorn necklace. Cozy up in winter with homemade maple candy, an herbal tea blend, and learn how to set out pine cone bird feeders. Build a snow fort or try some winter stargazing followed by making paper stars. (Or for those in warmer climates, make an ice lantern!) Unique celebrations throughout give the entire family

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a reason to gather, from winter bonfires and Solstice celebrations to maple tappings and beeswax candle dippings!

The author of *The Bomb: A Life* revisits the elements of the 1960s that have been forgotten or neglected and shows how opportunity was squandered and why nostalgia for the decade has obscured the sordidness and futility of the era.

Doug is a robot. His parents want him to be smart, so each morning they plug him in and start the information download. After a morning spent learning facts about the city, Doug suspects he could learn even more about the city by going outside and exploring it. And so Doug . . . unplugs. What follows is an exciting day of adventure and discovery. Doug learns amazing things by doing and seeing and touching and listening--and above all, by interacting with a new friend. Dan Yaccarino's funny story of robot rebellion is a great reminder that sometimes the best way to learn about the world is to go out and be in it.

From the creator of the bestselling Mr. Panda series comes an amusing picture book about the fun you can have when you unplug.

From New York Times bestselling author Gordon Korman comes a hilarious middle grade novel about a group of kids forced to “unplug” at a wellness camp—where they instead find intrigue, adventure, and a whole lot of chaos. Perfect for fans of Korman’s *The Unteachables* and *Masterminds* series, as well as Carl Hiaasen’s eco mysteries. As the son of the world’s most famous tech billionaire, spoiled Jett Baranov has always gotten what he wanted. So when his father’s private jet drops him in the middle of a place called the Oasis, Jett can’t believe it. He’s forced to hand over his cell phone, eat grainy veggie patties, and participate in wholesome activities with the other kids whom he has absolutely no interest in hanging out with. As the weeks go on, Jett starts to get used to the unplugged life and even bonds with the other kids over their discovery of a baby-lizard-turned-pet, Needles. But he can’t help noticing that the adults at the Oasis are acting really strange. Could it be all those suspicious “meditation” sessions? Jett is determined to get to the bottom of things, but can he convince the other kids that he is no longer just a spoiled brat making trouble?

"Add this title to your "Recommended Reading for Summer Camp" bibliographies"--School Library Journal Cody's mom is pulling the plug and sending him off to camp. That means no TV, no video games, no computers-for one whole week! According to his wilderness guide, the first rule of survival is to be prepared. The only thing Cody's not prepared for is how much fun he'll have at camp! "Fans of Cody will stay unplugged themselves until the final pages of this fun-filled story." -Booklist

In a candid discussion, two well-known faith healers talk about why they entered the healing ministry, their early setbacks, the most amazing miracles they have seen, advice for prospective faith healers and more. Original.

After surviving the long and excruciating recruitment process, I thought I would end up working for Madonna or the CIA at the very least. Boy, was I wrong. Even in my wildest dreams I couldn't have imagined what I was in for. What my heart was in for. I couldn't have possibly fathomed the lifestyle, the responsibility, how much it would take out of me, the inner battles, and mostly, the emotional whirlwind. I could never have imagined, prepared myself for, or anticipated... Him. It

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was supposed to be a job. Just a temporary job. Just a few months. Just a short stop before the journey I was about to take to follow my dream. It was supposed to be a lot of things...but not this. Little did I know it would be the one event that would shape me, would change me, would bring on such a shift in the balance of my world. Would bring... Him. Would bring... Them. Both. Into my life.

In the tradition of M. T. Anderson's *Feed* and Scott Westerfeld's *Uglies*, *Unplugged* is the first in a thrilling and provocative new series that Kass Morgan, New York Times bestselling author of *The 100*, called "chilling and addictive." Skylar Cruz still remembers the day she plugged in and joined the App World for the promise of a better life—the day she left her family behind in the Real World. Skylar is now a virtual teenager and even though she's surrounded by everything she ever dreamed about, she's never felt like she fits in and all she wants is to see her mother and sister again. Skye is desperate and ready to risk everything to unplug from the App World. But she soon learns that the only person she can trust—in either world, including friends and family—is herself.

Learn the simplicity of using hand tools, while you build! Traditional woodworking using hand tools can offer a more satisfying relationship with the wood and the creative woodworking process. It's quieter, cleaner and maybe even a little spiritual. It's no surprise that many "plugged-in" woodworkers are returning to the roots of this treasured skill. Where some hand-tool books focus solely on the use of hand tools, *Made By Hand* takes you right to the bench and shows you how to start building furniture using these tools. By working through the six projects in this book, you'll learn the basics of hand-tool woodworking and how to use the tools effectively and efficiently, then add joinery skills and design complexity. The accompanying DVD includes valuable insight into the tools themselves and a look at the techniques that make these tools work so well. If you're interested in hand tools, start here!

An engaging and effective way to learn all the essential anesthesia procedures More than any other text, *Anesthesia Unplugged, 2e* disarmingly demystifies anesthesiology. Featuring an easy-to-navigate atlas-style design, this skill-sharpening book delivers step-by-step instruction on the entire spectrum of perioperative, ambulatory, regional, and general procedures. Essential for anesthesiology residents, student registered nurse anesthetists, medical students with an interest in anesthesiology, and Intensive Care Unit personnel, *Anesthesia Unplugged, 2e* features: Authoritative, complete coverage of all relevant anesthesia procedures, from the IV and laryngoscopy, to the combined spinal-epidural and transesophageal echocardiography An efficient organization featuring one procedure per chapter Critical information broken down into manageable chunks and templates – ideal for busy residents and clinicians 600 high-quality photographs and illustrations that put key anesthesia procedures into proper clinical perspective Amusing insights you won't get anywhere else with chapters that include: *The Mask of Zorro: Mask Ventilation; Whiz-Bang Intubation Gizmos;*

PICC Lines – Just Really, Really Long IVs; Goodnight, Sleep Tight: Setup and Mask Induction for Pediatric Patients; The Lung's Not Down, You Idiot! – Lung Isolation; Thoracic Epidurals—What's the Big Deal?; Stand By Me: The Femoral Arterial Line

Presents step-by-step instructions for woodworking projects using only hand-held tools, and includes advice on glues and finishes; instructions for making woodworking tools; and dimensioning lumber by hand.

Unplugged Ninja learns to do create activities, reconnect with the outdoors, and relax instead of being on his electronic devices all day long.

In the tradition of M. T. Anderson's *Feed* and Scott Westerfeld's *Uglies*, *Unplugged* is the first in a provocative and compelling new series from acclaimed author Donna Freitas. Humanity is split into a dying physical world for the poor and an extravagant virtual world for the wealthy. Years ago, Skylar Cruz crossed over to the App World for a chance at a better life, and her family stayed behind in the Real World. Now Skye is a virtual teenager, surrounded by glamorous apps and expensive downloads—yet she's never felt like she fits in, and all she wants is to see her mother and sister again. Skye is desperate and ready to risk everything to unplug from the App World. But she soon learns that the only person she can trust—in either world, including friends and family—is herself.

WARNING: This video game may impair your judgment. It may cause sleep deprivation, alienation of friends and family, weight loss or gain, neglect of one's basic needs as well as the needs of loved ones and/or dependents, and decreased performance on the job. The distinction between fantasy and reality may become blurred. Play at your own risk. Not responsible for suicide attempts, whether failed or successful. No such warning was included on the latest and greatest release from the Warcraft series of massive multiplayer on-line role-playing games (MMORPGs)--*World of Warcraft (WoW)*. So when Ryan Van Cleave--a college professor, husband, father, and one of the 11.5 million Warcraft subscribers worldwide--found himself teetering on the edge of the Arlington Memorial Bridge, he had no one to blame but himself. He had neglected his wife and children and had jeopardized his livelihood, all for the rush of living a life of high adventure in a virtual world. Ultimately, Ryan decided to live, but not for the sake of his family or for a newly found love of life: he had to get back home for his evening session of Warcraft. A fabulously written and gripping tale, *Unplugged* takes us on a journey through Ryan's semi-reclusive life with video games at the center of his experiences. Even when he was sexually molested by a young school teacher at age eleven, it was the promise of a new video game that lured him to her house. As Ryan's life progresses, we witness the evolution of videogames--from simple two-button consoles to today's complicated multi-key technology, brilliantly designed to keep the user actively participating. As is the case with most recovering addicts, Ryan eventually hits rock bottom and shares with the reader his ongoing battle to control his impulses to play, providing prescriptive advice and resources for those caught in the grip of this very real addiction.

Addressing the concerns of parents worried about the amount of time children spend in front of a TV or computer screen, a family-friendly resource introduces more than seven hundred games and variations for every age group, including craft projects, music

activities, games, and many other types of activities. Simultaneous.

A charming, meticulously researched, and illuminating look at how technology infiltrates every aspect of raising children today, filled with helpful advice parents can use to best navigate the digital landscape, and ultimately learn to trust their own judgment. There's an app or device for nearly every aspect of parenting today: monitoring your baby; entertaining or educating your toddler; connecting with other new parents for tips, tricks, and community—virtually every aspect of daily life. But it isn't a parenting paradise; the truth is much more complicated. The mother of two young daughters, journalist Sophie Brickman wondered what living in a tech-saturated world was doing to her and her children. She turned to experts, academics, doctors, and innovators for advice and insight. *Baby, Unplugged* brings together Brickman's in-depth research with her own candid (sometimes hilarious) personal experience to help parents sort through the wide and often confusing tech offerings available today and to sort out what's helpful and what's not. Filled with relatable and entertaining stories as well as practical takeaways, *Baby, Unplugged* is destined to become a touchstone for parents today, giving them the permission to forge their own path through the morass of technological options, to restore their faith in themselves, and to help them raise good, social, and engaged people in the modern world.

Screen-free. Battery-free. Pure fun. When *Unplugged Play* was first published as a parent-friendly encyclopedia of games and activities for all ages, Richard Louv, author of *Last Child in the Woods*, called it “A terrific prescription for much of what ails children and parents today.” Now *Unplugged Play* gets a fresh and appealing new life as three separate, brightly designed books, each targeted to a specific age group. The need, of course, is significantly more pressing than when the book was originally published—screens are far more ubiquitous, causing parents even greater concern about their overuse—and these timeless, imaginative, easy-to-implement games are here to the rescue. Each volume includes games to play alone and games to play with siblings and friends and parents. Games to play indoors and games for outside. There are craft projects, music activities, guessing games—the kinds of truly fun activities designed to stretch the imagination, spark creativity, build strong bodies, forge friendships, and explore the real world. The opposite of hunkering down in front of an addictive screen.

Algorithms specify the way computers process information and how they execute tasks. Many recent technological innovations and achievements rely on algorithmic ideas – they facilitate new applications in science, medicine, production, logistics, traffic, communication and entertainment. Efficient algorithms not only enable your personal computer to execute the newest generation of games with features unimaginable only a few years ago, they are also key to several recent scientific breakthroughs – for example, the sequencing of the human genome would not have been possible without the invention of new algorithmic ideas that speed up computations by several orders of magnitude. The greatest improvements in the area of algorithms rely on beautiful ideas for tackling computational tasks more efficiently. The problems solved are not restricted to arithmetic tasks in a narrow sense but often relate to exciting questions of nonmathematical flavor, such as: How can I find the exit out of a maze? How can I partition a treasure map so that the treasure can only be found if all parts of the map are recombined? How should I plan my trip to

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minimize cost? Solving these challenging problems requires logical reasoning, geometric and combinatorial imagination, and, last but not least, creativity – the skills needed for the design and analysis of algorithms. In this book we present some of the most beautiful algorithmic ideas in 41 articles written in colloquial, nontechnical language. Most of the articles arose out of an initiative among German-language universities to communicate the fascination of algorithms and computer science to high-school students. The book can be understood without any prior knowledge of algorithms and computing, and it will be an enlightening and fun read for students and interested adults.

Zendaya Fernwood carries with her a secret. The world around her is a lie, an ingeniously designed digital prison for the mind. Escape occupies her every thought. Freedom is her goal and nothing will stop her from unplugging. What awaits Zendaya is a fate far worse than she could have imagined. Beyond her prison is a scorched earth where man and machine wage war in a seemingly endless campaign of suffering. There is hope on the horizon, a unique figure with the potential of rising from the shadows of the scorched earth to make a difference. To finally, after so very long, give humans the freedom they deserve.

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