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The Body Book

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BREANNA SELINA

Unleash Your Primal Brain A&C Black

A guide to writing a full-length transformational nonfiction book, from an editor with two decades' experience working in publishing. "I know I have a book in me." "I've always wanted to be an author." "People always ask me when I'm going to write my book." "I have a story to tell, but I never seem to make time to write." Are you a thought leader, healer, or change-agent stuck at the starting line of book publication? Life coach and publishing industry insider Kelly Notaras offers a clear, step-by-step path for turning your transformational idea or story into a finished book as quickly as possible. With humor, encouragement, and common sense, she demystifies the publishing process so you can get started, keep writing, and successfully get your wisdom out into the world. Notaras guides you through: Getting clear on your motivation for writing a book, Crafting a powerful, compelling hook and strong internal book structure, Overcoming resistance and writer's block, and Getting your finished manuscript onto the printed page, whether through traditional publishing or self-publishing. Publishing a book has never been as simple, accessible, and affordable as it is today, and in our tumultuous world, readers need your healing voice. Be brave, be bold, and take the steps you need to share your message with those who need to hear it most.

The Book You Were Born to Write Abrams

An authoritative introduction to the exciting new technologies of digital money Bitcoin and Cryptocurrency Technologies provides a comprehensive introduction to the revolutionary yet often misunderstood new technologies of digital currency. Whether you are a student, software developer, tech entrepreneur, or researcher in computer science, this authoritative and self-contained book tells you everything you need to know about the new global money for the Internet age. How do Bitcoin and its block chain actually work? How secure are your bitcoins? How anonymous are their users? Can cryptocurrencies be regulated?

These are some of the many questions this book answers. It begins by tracing the history and development of Bitcoin and cryptocurrencies, and then gives the conceptual and practical foundations you need to engineer secure software that interacts with the Bitcoin network as well as to integrate ideas from Bitcoin into your own projects. Topics include decentralization, mining, the politics of Bitcoin, altcoins and the cryptocurrency ecosystem, the future of Bitcoin, and more. An essential introduction to the new technologies of digital currency Covers the history and mechanics of Bitcoin and the block chain, security, decentralization, anonymity, politics and regulation, altcoins, and much more Features an accompanying website that includes instructional videos for each chapter, homework problems, programming assignments, and lecture slides Also suitable for use with the authors' Coursera online course Electronic solutions manual (available only to professors)

1000 Andrews McMeel Publishing

In the complex process of turning war into peace, international conflict mediators play an increasingly pivotal role. Yet almost nothing is known about these influential individuals. In *Kings of Peace*, Pawns of War, six of the world's leading mediators talk in detail for the first time about their efforts to secure peace in Iraq, South Sudan, Afghanistan, Sri Lanka, Cyprus, Iraq and Aceh. Former war correspondent Harriet Martin draws on unparalleled access to top-level mediators at work on the international scene today. Thus she is able to provide for the first time important insights into a profession rarely subjected to public scrutiny. She investigates the tactics they use to keep the two sides talking, and their drive to complete what is often a thankless task. She exposes how the warring parties, and also the international backers of a mediation, will manipulate a peace effort - and the mediator himself - in order to retain the upper hand.

The White-Luck Warrior Hay House, Inc

Conscious business owners and entrepreneurs must be highly skilled at selling their ideas, products and services. This book demystifies the sales process and shows that sharing our vision, expressing our mission and standing for what are possible are all acts of selling.

Listen to This re.press

From the president of EMILY's List, a playbook for women changing the world in politics, business, or any arena, with a foreword from Vice President Elect Kamala Harris. "I have long believed that women who dream big, work hard, and get back up after they get knocked down can do anything; Stephanie Schriock is one of those women. I'm so glad her thoughtful guidance is now available for women everywhere."—Hillary Rodham Clinton For the past thirty-five years EMILY's List has helped the campaigns of thousands of pro-choice Democratic women, but the hardest part has always been convincing more women to run. Then Donald Trump was elected, and something shifted into place. American women who were furious and frustrated were looking for a way to channel their outrage into action, united in proclaiming, "If that guy can get elected, why not me?" The day after the 2016 election, dozens of women searched out an old sign-up link buried on the EMILY's List website. By Thanksgiving, those dozens had grown to a few thousand. And that was only the beginning. By the end of 2018, there were nearly fifty thousand women signed up to run for office, with scores more signing up each day. Run to Win is for all women who are looking to lead. Organized around the steps that EMILY's List coaches its candidates through (from deciding to run through celebrating victory), this book is full of essential lessons for any woman trying to succeed in a male-dominated field. Their arena is politics but their message is universal. And Stephanie Schriock is the most qualified person to share these lessons. Not only is she a powerful figure in politics but she's also a woman who commands respect for her astounding success as president of EMILY's List and a longtime Democratic operative. Her message is uplifting and actionable, her voice is that of your best girlfriend walking you through what you need to consider as you make your plan, and her experience coaching the biggest female candidates in recent elections (including all of the female 2020 Democratic presidential candidates) makes her the de facto authority on the strategies women can employ to run, fight, and win, whatever their field or goal.

Demystifying Islam John Wiley & Sons

No matter how big your home or busy your schedule, Rapinchuk believes that in just ten minutes a day you can keep your house clean and decluttered. She shares her system to turn cleaning from a chore into an effortless habit, and also shares recipes for organic, environmentally conscious cleaning supplies.

Good and Real New World Library

Suggests techniques for overcoming self-consciousness and improving musical performances, shares a variety of exercises, and includes advice on improving one's listening skills.

Talent Chooses You Simon and Schuster

WINNER OF THE BANCROFT PRIZE • A Pulitzer Prize finalist that's as unsettling as it is enlightening: a book that brilliantly weaves together the story of cotton with how the present global world came to exist. "Masterly ... An astonishing achievement." —The New York Times The empire of cotton was, from the beginning, a fulcrum of constant global struggle between slaves and planters, merchants and statesmen, workers and factory owners. Sven Beckert makes clear how these forces ushered in the world of modern capitalism, including the vast wealth and disturbing inequalities that are with us today. In a remarkably brief period, European entrepreneurs and powerful politicians recast the world's most significant manufacturing industry, combining imperial expansion and slave labor with new machines and wage workers to make and remake global capitalism.

Vegan Richa's Indian Kitchen Harper Collins

Understand what makes us human! This book is about the commonalities all 8,000,000,000 people on earth share. Our ancestors were molded by ruthless survival pressures from the earliest days of life on the planet. Adaptations which worked long ago are still inside of us – also shared with insects and reptiles. Later additions are common to all mammals from the tiniest shrews to the most massive whales. Some capabilities were bolted on relatively recently, and are only shared with our primate cousins. And the runaway explosion of humans on the planet can only be explained by our own bizarre species-level evolution. The only way to understand how our brains work is to examine the complete evolutionary arc. Find out why your primal brain is in charge, and your logical mind is usually asleep Learn what makes people unique among all other animals Understand the biased shortcuts your brain takes to make decisions Discover how culture has evolved us for learning and cooperation Find out

how fairness and group conformity impact our behavior Understand the real purpose of memory, sleep, and dreaming Learn how stories allow us to mind-meld with other people Should I read this book? Yes – if you have a brain and want to understand how it works!... Personal development – Improve your memory, strengthen personal relationships and community, understand your motivations and drives, make peace with your emotional nature Relationships – Learn why you have an affinity for certain kinds of cultures and beliefs, understand gender differences and deep-seated emotional needs, get insights into children's development, create stronger friendships Business – This book can be mined for insights about leadership, group cooperation, motivation, marketing and persuasion, sales, and effective communication

Empire of Cotton Princeton University Press

Brimming with references and up-to-date statistics, this edition allows the reader to quickly and intelligently become familiar with the precepts upon which Islam stands, and to decide whether what is presented by the media is representative or biased.

(World Religions)

The Vision Revolution Hodder Education

This book is a step-by-step guide to re-engineer your life, a process through which true greatness can be achieved. It's a deep dive into the workings of the human psyche and its link to performance. The process, when committed to and followed, will create massive success in every area of life.

The Speculative Turn Corwin Press

Examining a series of provocative paradoxes about consciousness, choice, ethics, and other topics, *Good and Real* tries to reconcile a purely mechanical view of the universe with key aspects of our subjective impressions of our own existence. In *Good and Real*, Gary Drescher examines a series of provocative paradoxes about consciousness, choice, ethics, quantum mechanics, and other topics, in an effort to reconcile a purely mechanical view of the universe with key aspects of our subjective impressions of our own existence. Many scientists suspect that the universe can ultimately be described by a simple (perhaps even deterministic) formalism; all that is real unfolds mechanically according to that formalism. But how, then, is it possible for us to be conscious, or to make genuine choices? And how can there be an ethical dimension to such choices? Drescher

sketches computational models of consciousness, choice, and subjunctive reasoning--what would happen if this or that were to occur? --to show how such phenomena are compatible with a mechanical, even deterministic universe. Analyses of Newcomb's Problem (a paradox about choice) and the Prisoner's Dilemma (a paradox about self-interest vs. altruism, arguably reducible to Newcomb's Problem) help bring the problems and proposed solutions into focus. Regarding quantum mechanics, Drescher builds on Everett's relative-state formulation--but presenting a simplified formalism, accessible to laypersons--to argue that, contrary to some popular impressions, quantum mechanics is compatible with an objective, deterministic physical reality, and that there is no special connection between quantum phenomena and consciousness. In each of several disparate but intertwined topics ranging from physics to ethics, Drescher argues that a missing technical linchpin can make the quest for objectivity seem impossible, until the elusive technical fix is at hand.

Witch, Please Tim Ash Enterprises Press

Pizza, Pancakes, French Toast, Lasagna, Ice Cream, Brownies—you thought they were off-limits forever but now they're back on the menu! The Dairy-Free & Gluten-Free Kitchen offers more than 150 flavor-packed recipes created especially for those who must avoid dairy and gluten in their diets—proving that you no longer have to abandon the foods you love, even when you do have to give up the dairy and gluten that doesn't love you. Denise Jardine's *The Dairy-Free & Gluten-Free Kitchen* addresses these issues and many more, demystifying the confusing and often conflicting data about what defines healthful eating. Along with a deliciously varied selection of dishes, Denise shares her "master" recipes, including her all-purpose Gluten-Free Flour Mix, Dairy Milk Alternative, Fiber-Rich Sandwich Bread, Creamy Macadamia Pine Nut Cheese, and Soy Velvet Whipped Cream—key staples that make Classic French Toast, Mushroom Kale Lasagna, Rustic Heirloom Pesto Pizza, and Pumpkin Cheesecake possible. In addition to being entirely dairy- and gluten-free, each recipe has been calibrated to reduce or eliminate the need for refined oil and sweeteners. And for those who must avoid eggs, nuts, and soy products, recipes that are free of these components are clearly labeled. So whether you've been diagnosed with a particular food intolerance or sensitivity, or you're just trying to consume a less refined, more healthful diet,

The Dairy-Free & Gluten-Free Kitchen has something for just about everyone!

The Media Book Delacorte Press

Neuroscience tells us that the products of the mind--thought, emotions, artistic creation--are the result of the interactions of the biological brain with our senses and the physical world: in short, that thinking and learning are the products of a biological process. This realization, that learning actually alters the brain by changing the number and strength of synapses, offers a powerful foundation for rethinking teaching practice and one's philosophy of teaching. James Zull invites teachers in higher education or any other setting to accompany him in his exploration of what scientists can tell us about the brain and to discover how this knowledge can influence the practice of teaching. He describes the brain in clear non-technical language and an engaging conversational tone, highlighting its functions and parts and how they interact, and always relating them to the real world of the classroom and his own evolution as a teacher. "The Art of Changing the Brain" is grounded in the practicalities and challenges of creating effective opportunities for deep and lasting learning, and of dealing with students as unique learners.

Kings of Peace Pawns of War Taylor & Francis

In *The Vision Revolution: How the Latest Research Overturns Everything We Thought We Knew About Human Vision*, Mark Changizi, prominent neuroscientist and vision expert, addresses four areas of human vision and provides explanations for why we have those particular abilities, complete with a number of full-color illustrations to demonstrate his conclusions and to engage the reader. Written for both the casual reader and the science buff hungry for new information, *The Vision Revolution* is a resource that dispels commonly believed perceptions about sight and offers answers drawn from the field's most recent research. Changizi focuses on four "why" questions: 1. Why do we see in color? 2. Why do our eyes face forward? 3. Why do we see illusions? 4. Why does reading come so naturally to us? *Why Do We See in Color?* It was commonly believed that color vision evolved to help our primitive ancestors identify ripe fruit. Changizi says we should look closer to home: ourselves. Human color vision evolved to give us greater insights into the mental states and health of other people. People who can see color changes in skin have an advantage over their color-blind counterparts; they

can see when people are blushing with embarrassment, purple-faced with exertion or the reddening of rashes. Changizi's research reveals that the cones in our eyes that allow us to see color are exquisitely designed exactly for seeing color changes in the skin. And it's no coincidence that the primates with color vision are the ones with bare spots on their faces and other body parts; Changizi shows that the development of color vision in higher primates closely parallels the loss of facial hair, culminating in the near hairlessness and highly developed color vision of humans. *Why Do Our Eyes Face Forward?* Forward-facing eyes set us apart from most mammals, and there is much dispute as to why we have them. While some speculate that we evolved this feature to give us depth perception available through stereo vision, this type of vision only allows us to see short distances, and we already have other mechanisms that help us to estimate distance. Changizi's research shows that with two forward-facing eyes, primates and humans have an x-ray ability. Specifically, we're able to see through the cluttered leaves of the forest environment in which we evolved. This feature helps primates see their targets in a crowded, encroached environment. To see how this works, hold a finger in front of your eyes. You'll find that you're able to look "through" it, at what is beyond your finger. One of the most amazing feats of two forward-facing eyes? Our views aren't blocked by our noses, beaks, etc. *Why Do We See Illusions?* We evolved to see moving objects, not where they are, but where they are going to be. Without this ability, we couldn't catch a ball because the brain's ability to process visual information isn't fast enough to allow us to put our hands in the right place to intersect for a rapidly approaching baseball. "If our brains simply created a perception of the way the world was at the time light hit the eye, then by the time that perception was elicited—which takes about a tenth of a second for the brain to do—time would have marched on, and the perception would be of the recent past," Changizi explains. Simply put, illusions occur when our brain is tricked into thinking that a stationary two-dimensional picture has an element that is moving. Our brains project the "moving" element into the future and, as a result, we don't see what's on the page, but what our brain thinks will be the case a fraction of a second into the future. *Why Does Reading Come So Naturally to Us?* We can read faster than we can hear, which is odd, considering that reading is relatively recent,

They Say Taylor & Francis

Powerful, low-cost database development tools make it possible for virtually anybody to create their own database—and this hands-on guide makes it fun and easy. Databases permeate every nook and cranny of our highly connected, information-intensive world, from ATMs to personal finance, online shopping, and networked information management. Databases have become so integral to the business environment that, nowadays, it's next to impossible to stay competitive without the assistance of some sort of database technology—no matter what type or size of business you run. But developing your own database can be tricky. Whether you want to keep records for a small business or run a large e-commerce website, developing the right database system can be a major challenge. Which is where *Database Development For Dummies* comes in. From data modeling methods and development tools to Internet accessibility and security, this comprehensive guide shows you, step-by-step and with illustrations, everything you need to know about building a custom system from the ground up. You'll learn to: Model data accurately Design a reliable functional database Deliver robust relational databases on time and on budget Build a user-friendly database application Put your database on the Web The book acquaints you with the most popular data modeling methods and shows you how to systematically design and develop a system incorporating a database and one or more applications that operate on it. Here's more of what you'll discover in the book: Database architecture and how it has evolved How database technology affects everyday life A structured approach to database development How to create an appropriate data model How to develop a reliable relational design The complexities that you're likely to encounter in designing a database and how to simplify them Implementing your design using Microsoft Access 2000, SQL Server, and other powerful database development tools Database security Ten rules to know when creating a database Another ten rules to know when creating a database application If you need a database tailored to you and your company's current and future data storage and management needs, this is the book for you. Get *Database Development For Dummies* and discover what it takes to design, develop, and implement a sophisticated database system. *Complexity Demystified* Vintage

The ultimate plant-based Indian cookbook by the creator of VeganRicha.com, featuring breakfasts, snacks, one-pot meals, mains, flatbreads, and desserts. From delicious dals to rich curries, flat breads, savory breakfasts, snacks, and much more, this vegan cookbook brings you Richa Hingle's collection of plant-based Indian recipes inspired by regional cuisines, Indian culture, local foods, and proven methods. Whether you want to enjoy Indian cooking, try some new spices, or add more protein to your meals using legumes and lentils, this book has got it covered. You'll explore some well-known and new Indian flavor profiles that are easy to make in your own kitchen. Learn the secrets of eclectic Indian taste and textures, and discover meals in which pulses and vegetables are the stars of the dish. And once you taste Richa's mouth-watering desserts, they will likely become your new favorites. Within these pages you will find recipes to please all the senses, including: • Mango Curry Tofu • Whole Roasted Cauliflower in Makhani Gravy • Baked Lentil Kachori Pastries • Quick Tamarind-Date Chutney • Avocado Naan • Fudgy Cardamom Squares The recipes have been designed to simplify complex vegan cooking procedures, and Richa's workflow tips incorporate modern appliances and techniques from other cuisines to reduce cooking times. Replacement spices are indicated wherever possible, and Richa also provides alternatives and variations that allow people to be playful and creative with the Indian spices called for in the recipes. The restaurant-quality vegan recipes are ideal to make for yourself, for family, and for entertaining guests. "One of the Best Vegan Cookbooks of

2015"—Vegetarian Times "Whether you have a love affair with Indian food or are new to the flavors of one of the world's greatest cuisines, you will be dazzled by Richa's recipes and accessible style. . . . I can't wait to keep cooking from one of the best cookbooks on Indian food (vegan or not) I've ever seen."

—Colleen Holland, co-founder of VegNews Magazine

Authority Marketing Penguin

As seen in Real Simple, Shape Magazine, and on Oprah.com Cleaning products that save money--and the planet! Forget about chemical cleaners and pricey "green" products--all you need are a few simple kitchen staples to make your whole house sparkle! The Organically Clean Home features 150 easy-to-make recipes for cleaning products filled with all-natural ingredients you can trust (and actually pronounce!). From dishwasher detergent to antibacterial wipes, America's favorite cleaning blogger Becky Rapinchuk guides you through the steps needed to make these everyday necessities--without spending a fortune. Complete with simple instructions for packaging and storing your homemade cleaners, you'll enjoy turning each room into a beautiful and toxic-free space with fresh-scented products like: Lemon and clove hardwood floor cleaner No-bleach laundry whitener and brightener Peppermint glass and mirror wipes Lavender and lemon bathroom disinfecting spray Citrus foaming hand soap With The Organically Clean Home, you'll save hundreds of dollars every month--and have a clean, healthy home that you and your family can feel good about.

The Art of Is Penguin

David Kupelian, veteran journalist and bestselling author of *The Marketing of Evil*, probes the millennia-old questions of evil—what it is, how it works, and why it so routinely and effortlessly ruins our lives—once again demonstrating his uncanny knack for demystifying complex, elusive, and intimidating subjects with fresh insights into the hidden mechanisms of seduction, corruption, religion, and power politics. Analyzing today's most electrifying news stories and hot-button topics, Kupelian explores such profoundly troubling questions as Why are big lies more believable than little ones? How does terrorism really work? Why do so many celebrities who "have it all" end up self-destructing? Why are boys doing worse in school today than girls? Why do we treat the problems of anger and depression with drugs? . . . and much more. Fortunately, once we really understand "how evil works"—both in our own lives and in the world at large—evil loses much of its power and the way out becomes more clear.

Secret Sauce MIT Press

A modern mystic's practical guide to life, love, and creating the life you want. Learn to take control of your life and reconnect with your purpose, using modern magic based on ancient spirituality. *Witch, Please* is a modern mystic's practical guide to life, love, and creating a fulfilling existence--from turning your home into a sacred sanctuary and manifesting magical relationships, to loving your career, and money magic. Full of inspiration, practical advice and rituals, this book will guide you through the process of tapping into your intuition, intention, and self-empowerment to discover and harness the magic within you.