

## Discover The Extreme World II Pianeta Terra Come Non Lo Avete Mai Conosciuto Prima

Shakespeare and the Italian Renaissance investigates the works of Shakespeare and his fellow dramatists from within the context of the European Renaissance and, more specifically, from within the context of Italian cultural, dramatic, and literary traditions, with reference to the impact and influence of classical, coeval, and contemporary culture. In contrast to previous studies, the critical perspectives pursued in this volume's tripartite organization take into account a wider European intertextual dimension and, above all, an ideological interpretation of the 'aesthetics' or 'politics' of intertextuality. Contributors perceive the presence of the Italian world in early modern England not as a traditional treasure trove of influence and imitation, but as a potential cultural force, consonant with complex processes of appropriation, transformation, and ideological opposition through a continuous dialectical interchange of compliance and subversion.

Scientific milestones and the people who made them possible.

Coming of age and political consciousness in turbulent times. Luciana Castellina is one of Italy's most prominent left intellectuals and a cofounder of the newspaper *il manifesto*. In this coming-of-age memoir, based on her diaries, she recounts her political awakening as a teenage girl in Fascist Italy—where she used to play tennis with Mussolini's daughter—and the subsequent downfall of the regime. Discovery of the World is about war, anti-Semitism, anti-fascism, resistance, the belief in social justice, the craving for experience, travel, political rallies, cinema, French intellectuals and FIAT workers, international diplomacy and friendship. All this is built on an intricate web made of reason and affection, of rational questioning and ironic self-narration as well as of profound nostalgia, disappointment and discovery.

**THE BESTSELLING CLASSIC ON 'FLOW' – THE KEY TO UNLOCKING MEANING, CREATIVITY, PEAK PERFORMANCE, AND TRUE HAPPINESS** Legendary psychologist Mihaly Csikszentmihalyi's famous investigations of "optimal experience" have revealed that what makes an experience genuinely satisfying is a state of consciousness called flow. During flow, people typically experience deep enjoyment, creativity, and a total involvement with life. In this new edition of his groundbreaking classic work, Csikszentmihalyi ("the leading researcher into 'flow states'" —*Newsweek*) demonstrates the ways this positive state can be controlled, not just left to chance. *Flow: The Psychology of Optimal Experience* teaches how, by ordering the information that enters our consciousness, we can discover true happiness, unlock our potential, and greatly improve the quality of our lives. "Explores a happy state of mind called flow, the feeling of complete engagement in a creative or playful activity." —*Time*

Active botanical ingredients are a prime requirement for herbal formulations and discovering a drug is all about integration of science disciplines. In recent decades there has been a growing interest in treating wounds and diseases using traditional remedies based on local herbs, combined with chemical advances. Although this has led to the development of new bioactive ingredients from plants, there has been little success in terms of clinical trials and post-marketing studies to comply with FDA guidelines. Plants have been used as a source of medicine throughout history and continue to serve as the basis for many pharmaceuticals used today. However, despite the modern pharmaceutical industry being founded on botanical medicine, synthetic approaches to drug discovery have now become standard. Science-driven translational discovery and botanical development has created a new reality, leading to enormous changes in strategies, technologies and the disciplines involved, which have been embraced by the pharmaceutical and biotech industries. This book gathers scientific expertise

and traditional knowledge to promote the discovery and development of new formulations and drugs based on active ingredients and to provide guidance on taking these to clinical trials. It discusses major topics, such as how the phytochemical composition of many plants has changed over time due to factors like cultivation, which can have both positive and negative effects on the levels of bioactive compounds. It also explores the importance of plants as a valuable source of therapeutic compounds as a result of their vast biosynthetic capacity, and classifies them according to their intended use, safety and regulatory status. Further, the book offers insights into the regulatory aspects of botanical products, which is an important issue when considering standardization and quality assessment, and also examines the commercial aspects of plant-derived medications and their proven role in the treatment of chronic diseases such as heart disease, high blood pressure, pain, asthma, and other associated conditions. Given its scope, this book is a valuable tool for botanists, natural product chemists, pharmacologists and microbiologists involved in the study of phytochemicals for drug discovery.

A compendium of outrageous, hilarious or just plain shocking trivia about everything from history and politics to arts, religion, technology and much more. For years, the Chicago Tribune's "10 Things You Might Not Know" column has been informing and entertaining readers on a diverse range of subjects. This volume collects the best of these columns, offering readers obscure, fascinating facts on universal topics that will appeal to everyone from sports fans to history buffs, foodies, and more. Expertly researched and thoroughly entertaining, 10 Things You Might Not Know About Nearly Everything contains a plethora of surprising trivia on numerous topics, with an especially close look into Chicago-area history and facts. For example, in Zion, Illinois it was once illegal to spit, eat oysters, wear tan-colored shoes, or whistle on Sundays. 10 Things You Might Not Know About Nearly Everything will leave readers brighter, wittier, and curious to learn more about myriad subjects and stories they will never forget.

Meriwether Lewis and William Clark wove science and raw adventure together in their journals as they blazed a trail from St. Louis to the Pacific. Now, with fresh information drawn from many fields, Albert Furtwangler mines those journals for valuable insights into western American history as well as the process of discovery. Acts of Discovery argues that Lewis and Clark surpassed the enlightened instructions given to them by President Thomas Jefferson. They made a literal, large-scale experiment, probing the interior of a continent and weighing information that eventually would supersede the science, the politics, and even the artistic ideals of Jefferson and his age. Drawing on a background of interdisciplinary learning, Furtwangler illuminates the achievements of Lewis and Clark as naturalists, navigators, and diplomats who faced ever-new surprises as they worked their way west. He shows that their journals trace two very different patterns at the same time - as records of modern scientific reasoning and as a narrative of epic deeds in an American epic setting. Furtwangler also attempts to define Lewis and Clark's place in American history. He examines some ironic outcomes of westward expansion and conquest and brings out the peculiar courage of explorers who were the first (and almost the last) to cross the continent by pulling their way up the Missouri. He also compares Lewis and Clark's discoveries to those of other generations (from George Washington's early years as a surveyor of the new American interior, to the Apollo moon landings), discussing them in light of questions about progress posed by Francis Bacon, Henry Adams, and modern experimental scientists.

Based on a Navy SEAL's inspiring graduation speech, this #1 New York Times bestseller of powerful life lessons "should be read by every leader in America" (Wall Street Journal). If you want to change the world, start off by making your bed. On May 17, 2014, Admiral William H. McRaven addressed the graduating class of the University of Texas at Austin on their Commencement day. Taking inspiration from the university's slogan, "What starts here changes the world," he shared the ten principles he learned during Navy Seal training that helped him

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overcome challenges not only in his training and long Naval career, but also throughout his life; and he explained how anyone can use these basic lessons to change themselves-and the world-for the better. Admiral McRaven's original speech went viral with over 10 million views. Building on the core tenets laid out in his speech, McRaven now recounts tales from his own life and from those of people he encountered during his military service who dealt with hardship and made tough decisions with determination, compassion, honor, and courage. Told with great humility and optimism, this timeless book provides simple wisdom, practical advice, and words of encouragement that will inspire readers to achieve more, even in life's darkest moments. "Powerful." --USA Today "Full of captivating personal anecdotes from inside the national security vault." --Washington Post "Superb, smart, and succinct." --Forbes

Los Angeles Times bestseller • More than 1.5 million copies sold "If hygge is the art of doing nothing, ikigai is the art of doing something—and doing it with supreme focus and joy." —New York Post Bring meaning and joy to all your days with this internationally bestselling guide to the Japanese concept of ikigai (pronounced ee-key-guy)—the happiness of always being busy—as revealed by the daily habits of the world's longest-living people. \*And from the same authors, don't miss The Book of Ichigo Ichie—about making the most of every moment in your life.\* \* \* \* What's your ikigai? "Only staying active will make you want to live a hundred years." —Japanese proverb According to the Japanese, everyone has an ikigai—a reason for living. And according to the residents of the Japanese village with the world's longest-living people, finding it is the key to a happier and longer life. Having a strong sense of ikigai—the place where passion, mission, vocation, and profession intersect—means that each day is infused with meaning. It's the reason we get up in the morning. It's also the reason many Japanese never really retire (in fact there's no word in Japanese that means retire in the sense it does in English): They remain active and work at what they enjoy, because they've found a real purpose in life—the happiness of always being busy. In researching this book, the authors interviewed the residents of the Japanese village with the highest percentage of 100-year-olds—one of the world's Blue Zones. Ikigai reveals the secrets to their longevity and happiness: how they eat, how they move, how they work, how they foster collaboration and community, and—their best-kept secret—how they find the ikigai that brings satisfaction to their lives. And it provides practical tools to help you discover your own ikigai. Because who doesn't want to find happiness in every day? A PENGUIN LIFE TITLE

Humankind has imagined and depicted fantastical creatures since the formation of the first societies. Beasts such as the Chimera, the Golem, the Minotaur and Galatea could be said to be culturally symptomatic. Today, in the twenty-first century, we witness the emergence of a new class of beings: organisms that are first imagined and then--through the agency of biotechnologies--brought to life. What once was myth is today a medium. In Eduardo Kac: Life Extreme, Kac, the pioneer of "bio art" who is internationally recognized for celebrated works such as "Genesis" and the fluorescent green "GFP Bunny," has selected 36 new organisms and invited the prominent philosopher Avital Ronell to discover these new beings. The book, published in Dis Voir's new Encountersseries, is prefaced by Kac's "Anthroduction" and includes a whimsical taxonomy of taxonomies, offering a unique classification method for future species.

#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

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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, bravely confronts our present, and offers a transcendent vision for a way forward. *Shedding the Veil* is a highly original overview of Europe's exploration and discovery beyond her own confines. It tackles the subject via an analysis of maps dating from circa 1434 to 1865, with an emphasis on the period before 1600. The book begins with an appraisal of the peculiar circumstances which led late medieval Europe to pursue long-distance travel, both overland and by sea, introduces cosmographic traditions inherited from classical times, and investigates pre-Columbian excursions into the western ocean. Finally, the great voyages and mappamundi of the early sixteenth century are described in depth. After 1600 the focus begins to narrow North America and particularly to the colonization of the American Northeast. All maps discussed in detail are illustrated. 40 full-page b/w plates, 25 full-page color plates. Contents: Part One: A World Called Europe: Precedents The World As Known to Medieval Europe Classical Enlightenment: The Renaissance Before Columbus Part Two: A New World: The Western Antipodes? The Race to Skirt America Truly a Fourth Part of the Globe Part Three: Early Colonization: The British and French The Dutch Pre- and Post- Revolution Readership: General. keywords: "... it is wonderful that a single collector could put together such treasures! The author provides readers with good information in a spritely manner ... The Book is physically attractive, and the sixty-five illustrations (40 black and white; 25 color) are good. According to David Jolly in the flyer about the book, it will be sought after by collectors and dealers. In my opinion scholars could learn much from it as well ... The book offers a lively text about some very interesting and rare maps." Meridian "It is based on selected items from the collection of Sidney R Knafel, the quality and depth of which is clearly shown in the book ... It is good to see such a well illustrated book, and a work in which the discussions are clear, concise and informative ... An unusual feature is the binding of the book which is imitation leather rather than the usual cloth binding. This should ensure its longevity." The Map Collector "The individual entries not only describe the map, but contain a wealth of information on the historical context of each item. Many obscure but interesting sidelights are given ... More than 300 footnotes and an extensive index evidence just how wide-ranging this work is ... any collector or dealer will find this a valuable addition to their reference library." Antique Map Handbook "The many explanatory footnotes will be of interest and help to less expert readers ... Mr Knafel, the collector; Mr Suarez the compiler, and the publisher deserve credit for an outstanding production that should please cartomaniacs very much." Cartomania "This recently published book is probably the best book available on the early maps of the discovery period. It also covers some important later maps chiefly relating to New England. The book is destined to be a classic." Paul Mahoney "In this well produced book, Thomas Suárez illustrates and describes 61

maps and globes in the Sidney R Knafel Collection. The maps were produced between 1472 and 1865, a period which saw considerable developments in exploration, science and map-making ... he shows wide knowledge and scholarship." IMCOS Journal "The book's excellent scholarly commentary on the 61 maps discussed and illustrated sets it apart from the many coffee table publications which have appeared in recent years." Society for the History of Discoveries "This book provide a very personal, interpretive look at important early map of the Americas ... I enjoyed the journey — and know I will return to this book again and again. Mr Suarez has great respect for the maps he describes, both for their cartographic artistry and the intellectual puzzles they present us ... This book represents a welcome and unusual linking of private collector, dealer, publisher and exhibitors." Association of Canadian Map Libraries and Archives "Shedding the Veil is a welcome overview of an extensive private collection for which no catalogue had been published. For individuals interested in the history of cartography, Suárez serves as a knowledgeable guide to these cartographic documents, interpreting them in the light of the historical, political and cultural context in which they were shaped." Cartographica

#1 New York Times Bestseller "THIS. This is the right book for right now. Yes, learning requires focus. But, unlearning and relearning requires much more—it requires choosing courage over comfort. In Think Again, Adam Grant weaves together research and storytelling to help us build the intellectual and emotional muscle we need to stay curious enough about the world to actually change it. I've never felt so hopeful about what I don't know." —Brené Brown, Ph.D., #1 New York Times bestselling author of Dare to Lead The bestselling author of Give and Take and Originals examines the critical art of rethinking: learning to question your opinions and open other people's minds, which can position you for excellence at work and wisdom in life Intelligence is usually seen as the ability to think and learn, but in a rapidly changing world, there's another set of cognitive skills that might matter more: the ability to rethink and unlearn. In our daily lives, too many of us favor the comfort of conviction over the discomfort of doubt. We listen to opinions that make us feel good, instead of ideas that make us think hard. We see disagreement as a threat to our egos, rather than an opportunity to learn. We surround ourselves with people who agree with our conclusions, when we should be gravitating toward those who challenge our thought process. The result is that our beliefs get brittle long before our bones. We think too much like preachers defending our sacred beliefs, prosecutors proving the other side wrong, and politicians campaigning for approval--and too little like scientists searching for truth. Intelligence is no cure, and it can even be a curse: being good at thinking can make us worse at rethinking. The brighter we are, the blinder to our own limitations we can become. Organizational psychologist Adam Grant is an expert on opening other people's minds--and our own. As Wharton's top-rated professor and the bestselling author of Originals and Give and Take, he makes it one of his guiding principles to argue like he's right but listen like he's wrong. With bold ideas and rigorous evidence, he investigates how we can embrace the joy of being wrong, bring nuance to charged conversations, and build schools, workplaces, and communities of lifelong learners. You'll learn how an international debate champion wins arguments, a Black musician persuades white supremacists to abandon hate, a vaccine whisperer convinces concerned parents to immunize their children, and Adam has coaxed Yankees fans to root for the Red Sox. Think Again reveals that we don't have to believe everything we think or internalize everything we feel. It's an invitation to let go of views that are no longer serving us well and prize mental flexibility over foolish consistency. If knowledge is power, knowing what we don't

know is wisdom.

Winner of the National Outdoor Book Award for Natural History "After reading *Super Fly*, you will never take a fly for granted again. Thank you, Jonathan Balcombe, for reminding us of the infinite marvels of everyday creatures." —Sy Montgomery, Author of *How to Be a Good Creature* From an expert in animal consciousness, a book that will turn the fly on the wall into the elephant in the room. For most of us, the only thing we know about flies is that they're annoying, and our usual reaction is to try to kill them. In *Super Fly*, the myth-busting biologist Jonathan Balcombe shows the order Diptera in all of its diversity, illustrating the essential role that flies play in every ecosystem in the world as pollinators, waste-disposers, predators, and food source; and how flies continue to reshape our understanding of evolution. Along the way, he reintroduces us to familiar foes like the fruit fly and mosquito, and gives us the chance to meet their lesser-known cousins like the Petroleum Fly (the only animal in the world that breeds in crude oil) and the Chocolate Midge (the sole pollinator of the Cacao tree). No matter your outlook on our tiny buzzing neighbors, *Super Fly* will change the way you look at flies forever. Jonathan Balcombe is the author of four books on animal sentience, including the New York Times bestselling *What A Fish Knows*, which was nominated for the PEN/E.O. Wilson Award for Science Writing. He has worked for years as a researcher and educator with the Humane society to show us the consciousness of other creatures, and here he takes us to the farthest reaches of the animal kingdom.

A supplementary volume to R-2654/1 presenting statistical details behind the descriptions and analyses of that report. The six appendixes include (1) the significant oil and gas fields database; (2) cumulative and current (1975) production data for crude oil and natural gas by field size class for each state or statistical area and region; (3) the number of significant oil and gas field discoveries in the United States by field size class over five-year periods by region and type of field; (4) data on the amounts of crude oil and natural gas discovered in the United States by five-year periods up to and including 1975; (5) data on exploratory drilling by region in the United States from 1936 to 1975; and (6) the authors' estimates of future significant discoveries in the lower 48 states by field size and region.

Understanding the motivations behind those who partake in extreme sports can be difficult for some. If the popular conception holds that the incentive behind extreme sports participation is entirely to do with risking one's life, then this confusion will continue to exist. However, an in-depth examination of the phenomenology of the extreme sport experience yields a much more complex picture. This book revisits the definition of extreme sports as those activities where a mismanaged mistake or accident would most likely result in death. Extreme sports are not necessarily synonymous with risk and participation may not be about risk-taking. Participants report deep inner transformations that influence world views and meaningfulness, feelings of coming home and authentic integration as well as a freedom beyond the everyday. Phenomenologically, these experiences have been interpreted as transcendent of time, other, space and body. Extreme sport participation therefore points to a more potent, life-enhancing endeavour worthy of further investigation. This book adopts a broad hermeneutic phenomenological approach to critique the assumed relationship to risk-taking, the death wish and the concept of "No Fear" in extreme sports, and repositions the experience

in a previously unexplored manner. This is valuable reading for students and academics interested in Sports Psychology, Social Psychology, Health Psychology, Tourism, Leisure Studies and the practical applications of phenomenology.

"In bars and backstreets, Ryan got to know the pale faces of the boy-next-door killers, barely men, burning with frustration, needing belief, prepared to act - loners and zealots like Oklahoma bomber Timothy McVeigh. Ryan spoke to people who loved their children, worked nine to five and thought of themselves as respectable citizens, yet subscribed to organizations bent on creating a self-contained nationalist homeland where only white Christians are welcome. Sometimes in fear for his life, he interviewed some of the top men running the biggest hate organizations in the world."--BOOK JACKET.

Discover the world through its gastronomic diversity. Perfect for those with an appetite for the bizarre, "Weird Food" encourages readers to learn more about the dishes and where they can be found. Full color.

Outlines a program developed by Gallup experts and based on a study of more than two million people to help readers discover their distinct talents and strengths and how they can be translated into personal and career successes. 100,000 first printing.

Good graphs make complex problems clear. From the weather forecast to the Dow Jones average, graphs are so ubiquitous today that it is hard to imagine a world without them. Yet they are a modern invention. This book is the first to comprehensively plot humankind's fascinating efforts to visualize data, from a key seventeenth-century precursor--England's plague-driven initiative to register vital statistics--right up to the latest advances. In a highly readable, richly illustrated story of invention and inventor that mixes science and politics, intrigue and scandal, revolution and shopping, Howard Wainer validates Thoreau's observation that circumstantial evidence can be quite convincing, as when you find a trout in the milk. The story really begins with the eighteenth-century origins of the art, logic, and methods of data display, which emerged, full-grown, in William Playfair's landmark 1786 trade atlas of England and Wales. The remarkable Scot singlehandedly popularized the atheoretical plotting of data to reveal suggestive patterns--an achievement that foretold the graphic explosion of the nineteenth century, with atlases published across the observational sciences as the language of science moved from words to pictures. Next come succinct chapters illustrating the uses and abuses of this marvelous invention more recently, from a murder trial in Connecticut to the Vietnam War's effect on college admissions. Finally Wainer examines the great twentieth-century polymath John Wilder Tukey's vision of future graphic displays and the resultant methods--methods poised to help us make sense of the torrent of data in our information-laden world.

• New York Times bestseller • The 100 most substantive solutions to reverse global warming, based on meticulous research by leading scientists and policymakers around the world "At this point in time, the Drawdown book is exactly what is needed; a credible, conservative solution-by-solution narrative that we can do it. Reading it is an effective inoculation against the widespread perception of doom that humanity cannot and will not solve the climate crisis. Reported by-effects include increased determination and a sense of grounded hope." —Per Espen Stoknes, Author, *What We Think About When We Try Not To Think About Global Warming* "There's been no real way for ordinary people to get an understanding of what they can do and what impact it can have. There remains no single, comprehensive, reliable compendium of carbon-reduction solutions across sectors. At least until now. . . . The public is hungry for this kind of practical wisdom." —David Roberts, *Vox* "This is the ideal environmental sciences textbook—only it is too interesting and inspiring to be called a textbook." —Peter Kareiva, Director of the Institute of the Environment and Sustainability, UCLA In the face of widespread fear and apathy, an international coalition of researchers, professionals, and scientists have come together to offer a set of realistic and bold solutions to climate change. One hundred techniques and

practices are described here—some are well known; some you may have never heard of. They range from clean energy to educating girls in lower-income countries to land use practices that pull carbon out of the air. The solutions exist, are economically viable, and communities throughout the world are currently enacting them with skill and determination. If deployed collectively on a global scale over the next thirty years, they represent a credible path forward, not just to slow the earth's warming but to reach drawdown, that point in time when greenhouse gases in the atmosphere peak and begin to decline. These measures promise cascading benefits to human health, security, prosperity, and well-being—giving us every reason to see this planetary crisis as an opportunity to create a just and livable world.

"Using a countdown format, describes 10 of the world's fastest animals."

The Light of Discovery is a Festschrift honoring Dr. Edwin Yamauchi and it focuses on the Mediterranean world. The collection is ambitious in terms of time (from ancient Egypt to Late Antiquity) and wide-ranging in topic (from astrology and Gnosticism to the Van Kampen Collection of manuscripts in Orlando). Yamauchi is Professor of History at Miami University, Oxford, Ohio where he has taught since 1969. He received his Ph.D. from Brandeis University in 1964 working under Cyrus Gordon. He teaches in the areas of ancient history, biblical archaeology, and early church history. He has authored and edited seventeen books including Greece and Babylon, Persia and the Bible, The Archaeology of New Testament Cities in Western Asia Minor, Harper's World of the New Testament, Gnostic Ethics and Mandaeen Origins, and Pre-Christian Gnosticism. A coedited work, Peoples of the Old Testament World, received a prize from the Biblical Archaeological Society. He has recently edited Africa and Africans in Antiquity. His writings have been translated into a dozen languages.

**NATIONAL BOOK AWARD FINALIST • NATIONAL BESTSELLER •** An audacious, darkly glittering novel set in the eerie days of civilization's collapse—the spellbinding story of a Hollywood star, his would-be savior, and a nomadic group of actors roaming the scattered outposts of the Great Lakes region, risking everything for art and humanity. Now an original series on HBO Max. Kirsten Raymonde will never forget the night Arthur Leander, the famous Hollywood actor, had a heart attack on stage during a production of King Lear. That was the night when a devastating flu pandemic arrived in the city, and within weeks, civilization as we know it came to an end. Twenty years later, Kirsten moves between the settlements of the altered world with a small troupe of actors and musicians. They call themselves The Traveling Symphony, and they have dedicated themselves to keeping the remnants of art and humanity alive. But when they arrive in St. Deborah by the Water, they encounter a violent prophet who will threaten the tiny band's existence. And as the story takes off, moving back and forth in time, and vividly depicting life before and after the pandemic, the strange twist of fate that connects them all will be revealed. Look for Emily St. John Mandel's new novel, Sea of Tranquility, coming in April 2022!

Recounts the author's experiences with the reclusive Tarahumara Indians, whose techniques allow them to run long distances with ease, and describes his training for a fifty-mile race with the tribe and a number of ultramarathoners.

Discover an empowering new way of understanding your multifaceted mind—and healing the many parts that make you who you are. Is there just one “you”? We've been taught to believe we have a single identity, and to feel fear or shame when we can't control the inner voices that don't match the ideal of who we think we should be. Yet Dr. Richard Schwartz's research now challenges this “mono-mind” theory. “All of us are born with many sub-minds—or parts,” says Dr. Schwartz. “These parts are not imaginary or symbolic. They are individuals who exist as an internal family within us—and the key to health and happiness is to honor, understand, and love every part.” Dr. Schwartz's Internal Family Systems (IFS) model has been transforming psychology



for decades. With *No Bad Parts*, you'll learn why IFS has been so effective in areas such as trauma recovery, addiction therapy, and depression treatment—and how this new understanding of consciousness has the potential to radically change our lives. Here you'll explore:

- The IFS revolution—how honoring and communicating with our parts changes our approach to mental wellness
- Overturning the cultural, scientific, and spiritual assumptions that reinforce an outdated mono-mind model
- The ego, the inner critic, the saboteur—making these often-maligned parts into powerful allies
- Burdens—why our parts become distorted and stuck in childhood traumas and cultural beliefs
- How IFS demonstrates human goodness by revealing that there are no bad parts
- The Self—discover your wise, compassionate essence of goodness that is the source of healing and harmony
- Exercises for mapping your parts, accessing the Self, working with a challenging protector, identifying each part's triggers, and more

IFS is a paradigm-changing model because it gives us a powerful approach for healing ourselves, our culture, and our planet. As Dr. Schwartz teaches, "Our parts can sometimes be disruptive or harmful, but once they're unburdened, they return to their essential goodness. When we learn to love all our parts, we can learn to love all people—and that will contribute to healing the world."

**INSTANT NEW YORK TIMES BESTSELLER** "One of the most important books I've ever read—an indispensable guide to thinking clearly about the world." – Bill Gates

"Hans Rosling tells the story of 'the secret silent miracle of human progress' as only he can. But *Factfulness* does much more than that. It also explains why progress is so often secret and silent and teaches readers how to see it clearly." —Melinda Gates

"*Factfulness* by Hans Rosling, an outstanding international public health expert, is a hopeful book about the potential for human progress when we work off facts rather than our inherent biases." - Former U.S. President Barack Obama

*Factfulness*: The stress-reducing habit of only carrying opinions for which you have strong supporting facts. When asked simple questions about global trends—what percentage of the world's population live in poverty; why the world's population is increasing; how many girls finish school—we systematically get the answers wrong. So wrong that a chimpanzee choosing answers at random will consistently outguess teachers, journalists, Nobel laureates, and investment bankers. In *Factfulness*, Professor of International Health and global TED phenomenon Hans Rosling, together with his two long-time collaborators, Anna and Ola, offers a radical new explanation of why this happens. They reveal the ten instincts that distort our perspective—from our tendency to divide the world into two camps (usually some version of us and them) to the way we consume media (where fear rules) to how we perceive progress (believing that most things are getting worse). Our problem is that we don't know what we don't know, and even our guesses are informed by unconscious and predictable biases. It turns out that the world, for all its imperfections, is in a much better state than we might think. That doesn't mean there aren't real concerns. But when we worry about everything all the time instead of embracing a worldview based on facts, we can lose our ability to focus on the things that threaten us most. Inspiring and revelatory, filled with lively anecdotes and moving stories, *Factfulness* is an urgent and essential book that will change the way you see the world and empower you to respond to the crises and opportunities of the future. --- "This book is my last battle in my life-long mission to fight devastating ignorance...Previously I armed myself with huge data sets, eye-opening software, an energetic learning style and a Swedish bayonet for sword-swallowing. It wasn't enough. But I hope this book will be."

Hans Rosling, February 2017.

Although there is constant conflict over its meanings and limits, political freedom itself is considered a fundamental and universal value throughout the modern world. For most of human history, however, this was not the case. In this book, Kurt Raaflaub asks the essential question: when, why, and under what circumstances did the concept of freedom originate? To find out, Raaflaub analyses ancient Greek texts from Homer to Thucydides in their social and political contexts. Archaic Greece, he concludes, had little use for the idea of political freedom; the concept arose instead during the great confrontation between Greeks and Persians in the early fifth century BCE. Raaflaub then examines the relationship of freedom with other concepts, such as equality, citizenship, and law, and pursues subsequent uses of the idea—often, paradoxically, as a tool of domination, propaganda, and ideology. Raaflaub's book thus illuminates both the history of ancient Greek society and the evolution of one of humankind's most important values, and will be of great interest to anyone who wants to understand the conceptual fabric that still shapes our world views.

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