

# Dreamland David K Randall

THANK YOU CATEGORICALLY MUCH FOR DOWNLOADING **DREAMLAND DAVID K RANDALL** .MOST LIKELY YOU HAVE KNOWLEDGE THAT , PEOPLE HAVE LOOK NUMEROUS TIMES FOR THEIR FAVORITE BOOKS TAKING INTO CONSIDERATION THIS DREAMLAND DAVID K RANDALL , BUT STOP GOING ON IN HARMFUL DOWNLOADS.

RATHER THAN ENJOYING A GOOD PDF PAST A MUG OF COFFEE IN THE AFTERNOON, INSTEAD THEY JUGGLED IN IMITATION OF SOME HARMFUL VIRUS INSIDE THEIR COMPUTER. **DREAMLAND DAVID K RANDALL** IS EASY TO GET TO IN OUR DIGITAL LIBRARY AN ONLINE RIGHT OF ENTRY TO IT IS SET AS PUBLIC AS A RESULT YOU CAN DOWNLOAD IT INSTANTLY. OUR DIGITAL LIBRARY SAVES IN COMBINED COUNTRIES, ALLOWING YOU TO ACQUIRE THE MOST LESS LATENCY ERA TO DOWNLOAD ANY OF OUR BOOKS NEXT THIS ONE. MERELY SAID, THE DREAMLAND DAVID K RANDALL IS UNIVERSALLY COMPATIBLE WHEN ANY DEVICES TO READ.

**THE BARTENDER’S TALE** - Ivan Doig 2013-08-06

A NATIONAL BESTSELLER, THE STORY OF “A BOY’S LAST DAYS OF YOUTH AND A HISTORY HIS FATHER CAN’T LEAVE BEHIND” (THE DAILY BEAST). TOM HARRY HAS A STREAK OF FROST IN HIS BLACK POMPADOUR AND A VENERABLE BAR CALLED THE MEDICINE LODGE, THE CHIEF WATERING HOLE AND LAST REFUGE IN THE TOWN OF GROS VENTRE, IN NORTHERN MONTANA. TOM ALSO HAS A SON NAMED RUSTY, AN “ACCIDENT BETWEEN THE SHEETS” WHOSE MOTHER DESERTED THEM BOTH YEARS AGO. THE PAIR MAKE AN ODD KIND OF FAMILY, WITH THE BAR THEIR TRUE HOME, BUT THEY MANAGE JUST FINE. UNTIL THE SUMMER OF 1960, THAT IS, WHEN RUSTY TURNS TWELVE. CHANGE ARRIVES WITH GALE FORCE, IN THE PERSON OF PROXY, A TAXI DANCER TOM KNEW BACK WHEN, AND HER BEATNIK DAUGHTER, FRANCINE. IS FRANCINE, AS PROXY CLAIMS, THE UNSUSPECTED LEGACY OF HER AND TOM’S PAST? WITHOUT A DOUBT SHE IS AN UNSETTLING GUST OF THE FUTURE, UPENDING EVERY CERTAINTY IN RUSTY’S LIFE AND GENERATING A MIST OF PASSION AND PRETENSE THAT SEEMS TO OBSCURE EVERYONE’S VISION BUT HIS OWN. THE BARTENDER’S TALE WONDERFULLY CAPTURES HOW THE WORLD BECOMES BIGGER AND THE PAST BECOMES MORE COMPLEX IN THE LAST MOMENTS OF CHILDHOOD.

**LUCID DREAMING** - Stephen LaBerge 2012-06-08

THE AVERAGE PERSON SPENDS NEARLY 25 YEARS OF THEIR LIFE SLEEPING. BUT YOU CAN GET A LOT MORE FROM SLEEPING THAN JUST A HEALTHY NIGHT’S REST. WITH THE ART OF LUCID DREAMING—OR BECOMING FULLY CONSCIOUS IN THE DREAM STATE—YOU CAN FIND CREATIVE INSPIRATIONS, PROMOTE EMOTIONAL HEALING, GAIN RICH INSIGHTS INTO YOUR WAKING REALITY, AND MUCH MORE. NOW, WITH LUCID DREAMING: A CONCISE GUIDE TO AWAKENING IN YOUR DREAMS AND IN YOUR LIFE, STEPHEN LABERGE INVITES YOU ON A GUIDED JOURNEY TO LEARN TO USE CONSCIOUS DREAMING IN YOUR LIFE. DISTILLED FROM HIS MORE THAN 20 YEARS OF PIONEERING RESEARCH AT STANFORD UNIVERSITY AND THE LUCIDITY INSTITUTE—including many new and updated techniques and discoveries—HERE IS THE MOST EFFECTIVE AND EASY-TO-LEARN TOOL AVAILABLE FOR YOU TO BEGIN YOUR OWN FASCINATING NIGHTLY EXPLORATION INTO LUCID DREAMING. GUIDED DREAM PRACTICES ON CD (OR DOWNLOAD) INCLUDE: TWO TRANCE INDUCTIONS INTO THE LUCID-DREAM STATE TWO DAYTIME EXERCISES DESIGNED TO TRIGGER LUCID DREAMS AT NIGHT LABERGE’S BREAKTHROUGH MILD TECHNIQUE FOR INCREASING LUCID-DREAM PROBABILITY FIVEFOLD OR MORE A TIBETAN-YOGA DREAM PRACTICE

**HOW TO BUILD A DINOSAUR** - Jack Horner 2009-03-19

A WORLD-RENOWNED PALEONTOLOGIST REVEALS GROUNDBREAKING SCIENCE THAT TRUMPS SCIENCE FICTION: HOW TO GROW A LIVING DINOSAUR. OVER A DECADE AFTER JURASSIC PARK, JACK HORNER AND HIS COLLEAGUES IN MOLECULAR BIOLOGY LABS ARE IN THE PROCESS OF BUILDING THE TECHNOLOGY TO CREATE A REAL DINOSAUR. BASED ON NEW RESEARCH IN EVOLUTIONARY DEVELOPMENTAL BIOLOGY ON HOW A FEW SELECT CELLS GROW TO CREATE ARMS, LEGS, EYES, AND BRAINS THAT FUNCTION TOGETHER, JACK HORNER TAKES THE SCIENCE A STEP FURTHER IN A PLAN TO “REVERSE EVOLUTION” AND REVEALS THE AWESOME, EVEN FRIGHTENING, POWER BEING ACQUIRED TO RECREATE THE PREHISTORIC PAST. THE KEY IS THE DINOSAUR’S GENETIC CODE THAT LIVES ON IN MODERN BIRDS- EVEN CHICKENS. FROM CUTTING-EDGE BIOLOGY LABS TO FIELD DIGS UNDERNEATH THE MONTANA SUN, HOW TO BUILD A DINOSAUR EXPLAINS AND ENLIGHTENS AN AWESOME NEW SCIENCE.

**LIARS AND OUTLIERS** - Bruce Schneier 2012-01-27

IN TODAY’S HYPER-CONNECTED SOCIETY, UNDERSTANDING THE MECHANISMS OF TRUST IS CRUCIAL. ISSUES OF TRUST ARE CRITICAL TO SOLVING PROBLEMS AS DIVERSE AS CORPORATE RESPONSIBILITY, GLOBAL WARMING, AND THE POLITICAL SYSTEM. IN THIS INSIGHTFUL AND ENTERTAINING BOOK, SCHNEIER WEAVES TOGETHER IDEAS FROM ACROSS THE SOCIAL AND BIOLOGICAL SCIENCES TO EXPLAIN HOW SOCIETY INDUCES TRUST. HE SHOWS THE UNIQUE ROLE OF TRUST IN FACILITATING AND STABILIZING HUMAN SOCIETY. HE DISCUSSES WHY AND HOW TRUST HAS EVOLVED, WHY IT WORKS THE WAY IT DOES, AND THE WAYS THE INFORMATION SOCIETY IS CHANGING EVERYTHING.

**PANDEMIC, INC.** - J. David McSwane 2022-04-12

“THIS STARTLING, VITAL BOOK DESERVES OUR ATTENTION.” —SAN FRANCISCO CHRONICLE FOR READERS OF WAR DOGS AND BAD BLOOD, AN EXPLOSIVE LOOK INSIDE THE RUSH TO PROFIT FROM THE COVID-19 PANDEMIC, FROM THE AWARD-WINNING ProPublica REPORTER WHO SAW IT FIRSHAND. THE UNITED STATES FEDERAL GOVERNMENT HAS SPENT OVER \$10 BILLION ON MEDICAL PROTECTIVE WEAR AND EMERGENCY SUPPLIES, YET AS COVID-19 SWEEPED THE NATION, LIFE-SAVING EQUIPMENT SUCH AS MASKS, GLOVES, AND VENTILATORS WAS NEARLY IMPOSSIBLE TO FIND. IN THIS BRILLIANT NONFICTION THRILLER, AWARD-WINNING INVESTIGATIVE REPORTER J. DAVID McSWANE TAKES US BEHIND THE SCENES TO REVEAL HOW TRADERS, CONTRACTORS, AND HEALTHCARE COMPANIES USED ONE OF THE DARKEST MOMENTS IN AMERICAN HISTORY TO FILL THEIR POCKETS. DETERMINED TO UNCOVER HOW THIS WAS POSSIBLE, HE SPENT OVER A YEAR ON PRIVATE JETS AND IN SECRET WAREHOUSES, TRAVELING FROM CALIFORNIA TO CHICAGO TO WASHINGTON DC, TO

INTERVIEW BOTH THE MOST TREACHEROUS OF PROFITEERS AND THE VICTIMS OF THEIR CRIMES. PANDEMIC, INC. IS THE STORY OF THE FRAUDSTER WHO SIGNED A MULTI-MILLION-DOLLAR CONTRACT WITH THE GOVERNMENT TO PROVIDE LIFESAVING PPE, AND YET NEVER CAME UP WITH A SINGLE MASK. THE NAVY ADMIRAL AT THE HELM OF THE NATIONAL HUNT FOR ADDITIONAL MEDICAL RESOURCES. THE DEPARTMENT OF HEALTH WHISTLEBLOWER WHO CHAMPIONED MASKS EARLY ON AND WAS SILENCED BY THE GOVERNMENT AND CONSERVATIVE MEDIA. AND THE POLITICIAN WHO CALLOUSLY SLASHED FEDERAL EMERGENCY FUNDING AND GUTTED THE FEDERAL PPE STOCKPILE. WINNER OF THE GOLDSMITH PRIZE FOR INVESTIGATIVE REPORTING, McSWANE CONNECTS THE DOTS BETWEEN BACKDOOR DEALS AND THE SPOILS SYSTEMS TO PROVIDE THE DEFINITIVE ACCOUNT OF HOW THIS PANDEMIC WAS SO CATASTROPHICALLY MISHANDLED. SHOCKING AND REVELATORY, PANDEMIC, INC. EXPOSES A SYSTEM THAT IS BOTH DEEPLY RIGGED, AND SINGULARLY AMERICAN.

**LIE THERE AND LOSE WEIGHT: HOW I LOST 100 POUNDS BY DOING NEXT TO NOTHING** - John J. Ordovery 2018-03-25

STARTING A DIET IS EASY STICKING TO ONE IS HARD HOW DO YOU LOSE A HUNDRED POUNDS? HOW DO YOU STICK TO A DIET DAY AFTER DAY AFTER DAY? TO SAVE HIS LIFE, JOHN ORDOVER HAD TO FIND A WAY. FOR OVER A YEAR ORDOVER DOCUMENTED HIS STRUGGLE TO LOSE WEIGHT, IN THE PROCESS CREATING A BATTLEFIELD JOURNAL OF THE PHYSICAL AND EMOTIONAL CHALLENGES HE FACED.

**RESET YOUR INNER CLOCK** - Michael Terman 2013

AN ALTERNATIVE APPROACH TO INSOMNIA, DEPRESSION, CHRONIC FATIGUE AND OTHER SLEEP-RELATED CHALLENGES DRAWS ON THE EXPERTISE OF A LEADING AUTHORITY ON THE CIRCADIAN CLOCK WHILE EXPLAINING HOW READERS CAN DECIPHER THEIR INHERENT SLEEP RHYTHMS AND USE NATURAL LIGHT TO OVERCOME THE SLEEP-COMPROMISING DEMANDS OF TODAY’S LIFESTYLES. ORIGINAL. 35,000 FIRST PRINTING.

**THE DESTINED** - E.J. Mellow Mellow 2016-10-17

I SEARCHED FOR YOU IN THE STARS TONIGHT. BUT I FOUND NONETHAT BURNED AS BRIGHT AS YOU.--PART OF A LETTER FROM DEV TO MOLLY WITH THE LOSS OF TERRA’S GREATEST WEAPON, THE WAR AGAINST DARKNESS ESCALATES RAPIDLY, AND TIME IS ON NO ONE’S SIDE. WHILE DEV STRUGGLES TO KEEP HIS HOME AND HOPE ALIVE, MOLLY AND RAE FIND THEMSELVES FORCED TO CONFRONT A DESPERATELY KEPT SECRET AND QUICKLY LEARN THAT A LIFE-ALTERING SACRIFICE IS THE ASKING PRICE TO RESTORE ORDER. NIGHTMARES, BETRAYAL, THE FATE OF TWO WORLDS, AND ONE MAN’S HUNGER FOR VENGEANCE LEAD MOLLY DOWN A TWISTED AND DARK PATH SHE FEARS SHE MIGHT NEVER COME BACK FROM. CORNERED INTO MAKING A HEART-WRENCHING DECISION, MOLLY TEETERS BETWEEN DELIVERANCE AND DAMNATION. WHO IS WORTH SAVING MOST--A NATION OR THE ONE SHE LOVES?FROM AWARD WINNING AUTHOR, E.J. MELLOW, COMES THE BREATHTAKING CONCLUSION OF THE DREAMLAND SERIES. A STORY THAT WILL TAKE YOU ON A SPINE-TINGLING AND GRIPPING RIDE THROUGH SELF-SACRIFICE, THE TRUE POWER OF LOVE, AND THE IMPORTANCE OF FRIENDSHIP.

**WHEN BRAINS DREAM** - Antonio Zadra 2021-01-12

A COMPREHENSIVE, EYE-OPENING EXPLORATION OF WHAT DREAMS ARE, WHERE THEY COME FROM, WHAT THEY MEAN, AND WHY WE HAVE THEM. QUESTIONS ON THE ORIGINS AND MEANING OF DREAMS ARE AS OLD AS HUMANKIND, AND AS CONFOUNDING AND EXCITING TODAY AS WHEN NINETEENTH-CENTURY SCIENTISTS FIRST ATTEMPTED TO UNRAVEL THEM. WHY DO WE DREAM? DO DREAMS HOLD PSYCHOLOGICAL MEANING OR ARE THEY MERELY THE REFLECTION OF RANDOM BRAIN ACTIVITY? WHAT PURPOSE DO DREAMS SERVE? WHEN BRAINS DREAM ADDRESSES THESE CORE QUESTIONS ABOUT DREAMS WHILE ILLUMINATING THE MOST UP-TO-DATE SCIENCE IN THE FIELD. WRITTEN BY TWO WORLD-RENOWNED SLEEP AND DREAM RESEARCHERS, IT DEBUNKS COMMON MYTHS THAT WE ONLY DREAM IN REM SLEEP, FOR EXAMPLE—WHILE ACKNOWLEDGING THE MYSTERIES THAT PERSIST AROUND BOTH THE SCIENCE AND EXPERIENCE OF DREAMING. ANTONIO ZADRA AND ROBERT STICKGOLD BRING TOGETHER STATE-OF-THE-ART NEUROSCIENTIFIC IDEAS AND FINDINGS TO PROPOSE A NEW AND INNOVATIVE MODEL OF DREAM FUNCTION CALLED NEXTUP—NETWORK EXPLORATION TO UNDERSTAND POSSIBILITIES. BY DETAILING THIS MODEL’S WORKINGS, THEY HELP READERS UNDERSTAND KEY FEATURES OF SEVERAL TYPES OF DREAMS, FROM PROPHETIC DREAMS TO NIGHTMARES AND LUCID DREAMS. WHEN BRAINS DREAM REVEALS RECENT DISCOVERIES ABOUT THE SLEEPING BRAIN AND THE MANY WAYS IN WHICH DREAMS ARE PSYCHOLOGICALLY, AND NEUROLOGICALLY, MEANINGFUL EXPERIENCES; EXPLORES A HOST OF DREAM-RELATED DISORDERS; AND EXPLAINS HOW DREAMS CAN FACILITATE CREATIVITY AND BE A SOURCE OF PERSONAL INSIGHT. MAKING AN ELOQUENT AND ENGAGING CASE FOR WHY THE HUMAN BRAIN NEEDS TO DREAM, WHEN BRAINS DREAM OFFERS COMPELLING ANSWERS TO AGE-OLD QUESTIONS ABOUT THE MYSTERIES OF SLEEP.

**DREAMLAND BURNING** - Jennifer Latham 2017-02-21

A COMPELLING DUAL-NARRATED TALE FROM JENNIFER LATHAM THAT QUESTIONS HOW FAR WE’VE COME WITH RACE RELATIONS. SOME

BODIES WON'T STAY BURIED. SOME STORIES NEED TO BE TOLD. WHEN SEVENTEEN-YEAR-OLD ROWAN CHASE FINDS A SKELETON ON HER FAMILY'S PROPERTY, SHE HAS NO IDEA THAT INVESTIGATING THE BRUTAL CENTURY-OLD MURDER WILL LEAD TO A SUMMER OF PAINFUL DISCOVERIES ABOUT THE PRESENT AND THE PAST. NEARLY ONE HUNDRED YEARS EARLIER, A MISGUIDED VIOLENT ENCOUNTER PROPELS SEVENTEEN-YEAR-OLD WILL TILLMAN INTO A RACIAL FIRESTORM. IN A COUNTRY RIFE WITH VIOLENCE AGAINST BLACKS AND A HOMETOWN SEGREGATED BY JIM CROW, WILL MUST MAKE HARD CHOICES ON A PAINFUL JOURNEY TOWARDS SELF DISCOVERY AND FACE HIS INNER DEMONS IN ORDER TO DO WHAT'S RIGHT THE NIGHT TULSA BURNS. THROUGH INTRICATELY INTERWOVEN ALTERNATING PERSPECTIVES, JENNIFER LATHAM'S LIGHTNING-PACED PAGE-TURNER BRINGS THE TULSA RACE RIOT OF 1921 TO BLAZING LIFE AND RAISES IMPORTANT QUESTIONS ABOUT THE COMPLEX STATE OF US RACE RELATIONS--BOTH YESTERDAY AND TODAY.

*SAN FRANCISCO'S TENDERLOIN DISTRICT* - PETER FIELD 2018-12-10

THE TENDERLOIN DISTRICT OF SAN FRANCISCO THROUGH TIME IS A BRIEF HISTORY OF A NEIGHBORHOOD KNOWN TO EARLY SAN FRANCISCANS AS ST. ANN'S VALLEY. THE STORY OF THIS ONCE-PLACID PIECE OF REAL ESTATE PROVIDES US WITH A FASCINATING MICROCOSM OF URBAN HISTORY AS WE FOLLOW ITS TURBULENT PASSAGE FROM AN OUTLYING VILLAGE OF GOLD RUSH PIONEERS TO PROSPEROUS BUT QUIET RESIDENTIAL RESPECTABILITY; ITS DEVELOPMENT INTO A HOTEL, ENTERTAINMENT, AND VICE DISTRICT; ITS GRADUAL DECAY INTO DECADES OF MEAN AND HOMELESS STREETS; AND ITS ON-GOING EFFORTS TOWARDS ECONOMIC REHABILITATION. NUMEROUS PHOTOGRAPHS AND IMAGES OFFER GLIMPSES OF ITS SUCCESSIVE WORLDS OF EARLY SETTLERS IN THE SAND DUNES; HOUSES, CHURCHES, SCHOOLS AND MANSIONS IN A RESPECTABLE MIDDLE- AND UPPER-CLASS NEIGHBORHOOD; FANCY AND NOT-SO-FANCY HOTELS AND RESTAURANTS AND SALOONS AND THEATERS; WARD POLITICIANS AND POLITICAL BOSSES, LABOR UNIONS, GAMBLERS, ENTERTAINERS, HIGH-CLASS BROTHELS, AND PETTY CRIMINALS; BARS, STRIP CLUBS, BURLESQUE, AND POKER JOINTS; AND THE POLITICS OF A DECAYING CENTRAL CITY NEIGHBORHOOD TRYING TO SAVE ITSELF.

**ORIGIN** - JENNIFER RAFF 2022-02-08

AN INSTANT NEW YORK TIMES BESTSELLER! FROM CELEBRATED ANTHROPOLOGIST JENNIFER RAFF COMES THE UNTOLD STORY—AND FASCINATING MYSTERY—OF HOW HUMANS MIGRATED TO THE AMERICAS. ORIGIN IS THE STORY OF WHO THE FIRST PEOPLES IN THE AMERICAS WERE, HOW AND WHY THEY MADE THE CROSSING, HOW THEY DISPERSED SOUTH, AND HOW THEY LIVED BASED ON A NEW AND POWERFUL KIND OF EVIDENCE: THEIR COMPLETE GENOMES. ORIGIN PROVIDES AN OVERVIEW OF THESE NEW HISTORIES THROUGHOUT NORTH AND SOUTH AMERICA, AND A GLIMPSE INTO HOW THE TOOLS OF GENETICS REVEAL DETAILS ABOUT HUMAN HISTORY AND EVOLUTION. 20,000 YEARS AGO, PEOPLE CROSSED A GREAT LAND BRIDGE FROM SIBERIA INTO WESTERN ALASKA AND THEN DISPERSED SOUTHWARD INTO WHAT IS NOW CALLED THE AMERICAS. UNTIL WE VENTURE OUT TO OTHER WORLDS, THIS REMAINS THE LAST TIME OUR SPECIES HAS POPULATED AN ENTIRELY NEW PLACE, AND THIS EVENT HAS BEEN A SUBJECT OF DEEP FASCINATION AND CONTROVERSY. NO WRITTEN RECORDS—AND SCANT ARCHAEOLOGICAL EVIDENCE—EXIST TO TELL US WHAT HAPPENED OR HOW IT TOOK PLACE. MANY DIFFERENT MODELS HAVE BEEN PROPOSED TO EXPLAIN HOW THE AMERICAS WERE PEOPLED AND WHAT HAPPENED IN THE THOUSANDS OF YEARS THAT FOLLOWED. A STUDY OF BOTH PAST AND PRESENT, ORIGIN EXPLORES HOW GENETICS IS CURRENTLY BEING USED TO CONSTRUCT NARRATIVES THAT PROFOUNDLY IMPACT INDIGENOUS PEOPLES OF THE AMERICAS. IT SERVES AS A PRIMER FOR ANYONE INTERESTED IN HOW GENETICS HAS BECOME ENTANGLED WITH IDENTITY IN THE WAY THAT SOCIETY ADDRESSES THE QUESTION “WHO IS INDIGENOUS?”

**THE LAST DAYS OF THE DINOSAURS** - RILEY BLACK 2022-04-26

IN THE LAST DAYS OF THE DINOSAURS, RILEY BLACK WALKS READERS THROUGH WHAT HAPPENED IN THE DAYS, THE YEARS, THE CENTURIES, AND THE MILLION YEARS AFTER THE IMPACT, TRACKING THE SWEEPING DISRUPTIONS THAT OVERTOOK THIS ONE SPOT, AND IMAGINING WHAT MIGHT HAVE BEEN HAPPENING ELSEWHERE ON THE GLOBE. LIFE'S LOSSES WERE SHARP AND DEEPLY-FELT, BUT THE HOPE CARRIED BY THE BEINGS THAT SURVIVED SETS THE STAGE FOR THE WORLD AS WE KNOW IT NOW. PICTURE YOURSELF IN THE CRETACEOUS PERIOD. IT'S A SUNNY AFTERNOON IN THE HELL CREEK OF ANCIENT MONTANA 66 MILLION YEARS AGO. A TRICERATOPS HORRIDUS AMBLES ALONG THE EDGE OF THE FOREST. IN A MATTER OF HOURS, EVERYTHING HERE WILL BE WIPED AWAY. LUSH VERDURE WILL BE REPLACED WITH FIRE. TYRANNOSAURUS REX WILL BE TOPPLED FROM THEIR THRONE, ALONG WITH EVERY OTHER SPECIES OF NON-AVIAN DINOSAUR NO MATTER THEIR SIZE, DIET, OR DISPOSITION. THEY JUST DON'T KNOW IT YET. THE CAUSE OF THIS DISASTER WAS IDENTIFIED DECADES AGO. AN ASTEROID SOME SEVEN MILES ACROSS SLAMMED INTO THE EARTH, LEAVING A GEOLOGIC WOUND OVER 50 MILES IN DIAMETER. IN THE TERRIBLE MASS EXTINCTION THAT FOLLOWED, MORE THAN HALF OF KNOWN SPECIES VANISHED SEEMINGLY OVERNIGHT. BUT THIS WORST SINGLE DAY IN THE HISTORY OF LIFE ON EARTH WAS AS CRITICAL FOR US AS IT WAS FOR THE DINOSAURS, AS IT ALLOWED FOR EVOLUTIONARY OPPORTUNITIES THAT WERE CLOSED FOR THE PREVIOUS 100 MILLION YEARS.

*FIRE IN PARADISE: AN AMERICAN TRAGEDY* - ALASTAIR GEE 2020-05-05

THE HARROWING STORY OF THE MOST DESTRUCTIVE AMERICAN WILDFIRE IN A CENTURY. THERE IS NO PRECEDENT IN POSTWAR AMERICAN HISTORY FOR THE DESTRUCTION OF THE TOWN OF PARADISE, CALIFORNIA. ON NOVEMBER 8, 2018, THE COMMUNITY OF 27,000 PEOPLE WAS SWALLOWED BY THE FEROCIOUS CAMP FIRE, WHICH RAZED VIRTUALLY EVERY HOME AND KILLED AT LEAST 85 PEOPLE. THE CATASTROPHE SEARED THE AMERICAN IMAGINATION, TAKING THE FRONT PAGE OF EVERY MAJOR NATIONAL NEWSPAPER AND TOP BILLING ON THE NEWS NETWORKS. IT DISPLACED TENS OF THOUSANDS OF PEOPLE, YIELDING A REFUGEE CRISIS THAT CONTINUES TO UNFOLD. FIRE IN PARADISE IS A DRAMATIC AND MOVING NARRATIVE OF THE DISASTER BASED ON HUNDREDS OF IN-DEPTH INTERVIEWS WITH RESIDENTS, FIREFIGHTERS AND POLICE, AND SCIENTIFIC EXPERTS. ALASTAIR GEE AND DANI ANGUIANO ARE CALIFORNIA-BASED JOURNALISTS WHO HAVE REPORTED ON PARADISE SINCE THE DAY THE FIRE BEGAN. TOGETHER THEY REVEAL THE HEROICS OF THE FIRST RESPONDERS, THE MIRACULOUS ESCAPES OF THOSE WHO GOT OUT OF PARADISE, AND THE HORRORS EXPERIENCED BY THOSE WHO WERE TRAPPED. THEIR ACCOUNTS ARE INTIMATE AND UNFORGETTABLE, INCLUDING THE LOCAL WHO LEFT HER HOME ON FOOT AS FIRE APPROACHED WHILE HER 82-YEAR-OLD FATHER STAYED TO BATTLE IT; THE FIREFIGHTER WHO DROVE INTO THE HEART OF THE INFERNO IN HIS BULLDOZER; THE

POLICE OFFICER WHO SWITCHED ON HIS BODY CAMERA TO RECORD WHAT HE THOUGHT WOULD BE HIS FINAL MOMENTS AS THE FLAMES CLOSED IN; AND THE MOTHER WHO, LESS THAN 12 HOURS AFTER GIVING BIRTH IN THE LOCAL HOSPITAL, THOUGHT SHE WOULD DIE IN THE CHAOTIC EVACUATION WITH HER BABY IN HER LAP. GEE AND ANGUIANO ALSO EXPLAIN THE SCIENCE OF WILDFIRES, WRITE POWERFULLY ABOUT THE ROLE OF THE POWER COMPANY PG&E IN THE BLAZE, AND DESCRIBE THE POIGNANT EFFORTS TO RAISE PARADISE FROM THE RUINS. THIS IS THE STORY OF A TOWN AT THE FOREFRONT OF A DEVASTATING GLOBAL SHIFT—OF A REMARKABLE LANDSCAPE SUCKED EVER DRIER OF MOISTURE AND BECOMING INHOSPITABLE EVEN TO TREES, NOW DYING IN THEIR TENS OF MILLIONS AND TURNING TO KINDLING. IT IS ALSO THE STORY OF A LOST COMMUNITY, ONE THAT EPITOMIZED A PROVINCIAL, AFFORDABLE KIND OF CALIFORNIAN EXISTENCE THAT IS INCREASINGLY UNATTAINABLE. IT IS, FINALLY, A STORY OF A NEW KIND OF FIRE BEHAVIOR THAT FIREFIGHTERS HAVE NEVER WITNESSED BEFORE AND BARELY KNOW HOW TO HANDLE. WHAT HAPPENED IN PARADISE WAS UNPRECEDENTED IN AMERICA. YET ACCORDING TO CLIMATE SCIENTISTS AND FIRE EXPERTS, IT WILL SURELY HAPPEN AGAIN.

*DREAMLAND: ADVENTURES IN THE STRANGE SCIENCE OF SLEEP* - DAVID K. RANDALL 2012-08-13

AN ENGROSSING EXAMINATION OF THE SCIENCE BEHIND THE LITTLE-KNOWN WORLD OF SLEEP. LIKE MANY OF US, JOURNALIST DAVID K. RANDALL NEVER GAVE SLEEP MUCH THOUGHT. THAT IS, UNTIL HE BEGAN SLEEPWALKING. ONE MIDNIGHT CRASH INTO A HALLWAY WALL SENT HIM ON AN INVESTIGATION INTO THE STRANGE SCIENCE OF SLEEP. IN DREAMLAND, RANDALL EXPLORES THE RESEARCH THAT IS INVESTIGATING THOSE DARK HOURS THAT MAKE UP NEARLY A THIRD OF OUR LIVES. TAKING READERS FROM MILITARY BATTLEFIELDS TO CHILDREN'S BEDROOMS, DREAMLAND SHOWS THAT SLEEP ISN'T AS SIMPLE AS IT SEEMS. WHY DID THE RESULTS OF ONE SLEEP STUDY CHANGE THE BOOKMAKERS' ODDS FOR CERTAIN MONDAY NIGHT FOOTBALL GAMES? DO WOMEN SLEEP DIFFERENTLY THAN MEN? AND IF YOU HAPPEN TO KILL SOMEONE WHILE YOU ARE SLEEPWALKING, DOES THAT COUNT AS MURDER? THIS BOOK IS A TOUR OF THE OFTEN ODD, SOMETIMES DISTURBING, AND ALWAYS FASCINATING THINGS THAT GO ON IN THE PECULIAR WORLD OF SLEEP. YOU'LL NEVER LOOK AT YOUR PILLOW THE SAME WAY AGAIN.

**MALIBU BURNING** - ROBERT KERBECK 2019-11

BLENDING INVESTIGATIVE JOURNALISM AND PERSONAL MEMOIR, MALIBU BURNING BRINGS YOU ON THE DRAMATIC, LIFE-THREATENING JOURNEY OF REAL PEOPLE FIGHTING 2,000 DEGREE FLAMES TO SAVE ENTIRE NEIGHBORHOODS.

**DREAMLAND** - PHIL PATTON 2012-10-31

THERE IS A PLACE IN THE NEVADA DESERT THE SIZE OF BELGIUM THAT DOESN'T OFFICIALLY EXIST. IT IS THE AIRBASE WHERE TEST FLIGHTS OF OUR TOP-SECRET EXPERIMENTAL MILITARY AIRCRAFT ARE CONDUCTED AND --NOT COINCIDENTALLY--WHERE THE CONSPIRACY THEORISTS INSIST THE PENTAGON IS HIDING UFOs AND ALIENS. THIS IS DREAMLAND--OR AREA 51. FOR PHIL PATTON, THE IDEA OF WRITING A TRAVEL ACCOUNT OF A PLACE HE COULDN'T ACTUALLY VISIT WAS IRRESISTIBLE. WHAT HE FOUND WAS A WORLD WHERE CHICK YEAGER AND THE SECRET PLANES OF THE COLD WAR CONVERGED WITH THE NEVADA TEST SITE AND ALIEN LANDINGS AT ROSWELL. A THINK TANK FOR AVIATION ENGINEERING, DREAMLAND CAN BE SEEN FROM A SUMMIT OUTSIDE THE BASE'S PERIMETER, A HUNDRED MILES NORTH OF LAS VEGAS. ON FREEDOM RIDGE, GROUPS OF AIRPLANE BUFFS GATHER WITH THEIR CAMOUFLAGE OUTFITS AND BINOCULARS. THESE ARE THE STEALTH CHASERS, THE SKUNKERS, GUYS WITH CODE NAMES LIKE AGENT X AND ZERO, HOPING FOR A GLIMPSE OF THE RUMORED RAYLIKE SHAPES OF PLANES LIKE BLACK MANTA AND "THE MOTHER SHIP." THE MOST MYSTERIOUS CRAFT IS AURORA, THE SUCCESSOR TO THE LEGENDARY U-2, SAID TO RUN ON METHANE AND FLY AS FAST AS MACH 6. SCANNING THE SAME HORIZON, THE UFO BUFFS ARE LOOKING FOR THE HOVERING LIGHTS AND DOUGHNUT-SHAPED CONTRAILS OF ALIEN AIRCRAFT. ARE THEY LOOKING AT SOMETHING SINISTER AND MYSTERIOUS? IMAGINED? OR MORE TERRESTRIAL THAN THEY THINK? DREAMLAND SHOWS HOW MUCH WE NEED MYSTERY IN THE INFORMATION AGE, AND HOW THE CULTURES OF NUCLEAR POWER AND AIRPOWER MERGE WITH THE FOLKLORES OF EXTRATERRESTRIALS AND EARTHLY CONSPIRACIES. PATTON FOUND PEOPLE WHO FOUND THEMSELVES IN THE MYSTERIES OF THE PLACE. JOHN LEAR, THE SON OF AVIATION PIONEER BILL LEAR--WHO GAVE HIS NAME TO THE JET--SERVED AS A PILOT FOR THE CIA'S AIR AMERICA, BUT BACK HOME, HE BECAME FASCINATED BY UFOs AND EVENTUALLY BELIEVED IN IT ALL: THE UNDERGROUND BASES, THE ALIEN-HUMAN HYBRIDS, THE SECRET TREATIES. BUT WAS HE A TRUE BELIEVER, OR PART OF A DISINFORMATION CAMPAIGN? BOB LAZAR SEEMS TO KNOW WHEN THE SAUCERS WILL COME, AND HAS MADE THREE CLEAR SIGHTINGS AT NIGHT ALONG DREAMLAND'S PERIMETER, BUT IS HIS STORY REAL, OR A VISION OF WHAT'S POSSIBLE? DREAMLAND IS AN EXPLORATION OF AMERICA'S MOST SECRET PLACE: THE BASE FOR OUR EXPERIMENTAL AIRPLANES, THE FOUNT OF UFO RUMORS, AN OFFSHOOT OF THE NEVADA TEST SITE. HOW THIS "BLACKSPOT" CAME TO EXIST--ITS HISTORY, ITS CREATORS, ITS SPIES AND COUNTERSPIES--IS PHIL PATTON'S TALE. HE TUNNELS INTO THE SUBCULTURES OF THE CONSPIRACY BUFFS, THE TRUE BELIEVERS, AND THE AERONAUTIC GENIUSES, CREATING A NOVELISTIC TOUR DE FORCE DESTINED TO MAKE US ALL RETHINK OUR CONVICTIONS ABOUT AMERICAN KNOW-HOW--AND ALIEN INVENTIVENESS.

**THE SECRET WORLD OF SLEEP** - PENELOPE A. LEWIS 2013-08-27

IN RECENT YEARS NEUROSCIENTISTS HAVE UNCOVERED THE COUNTLESS WAYS OUR BRAIN TRIPS US UP IN DAY-TO-DAY LIFE, FROM ITS PROPENSITY TOWARD IRRATIONAL THOUGHT TO HOW OUR INTUITIONS DECEIVE US. THE LATEST RESEARCH ON SLEEP, HOWEVER, POINTS IN THE OPPOSITE DIRECTION. WHERE OLD WIVES TALES HAVE LONG ADVISED TO "SLEEP ON A PROBLEM," TODAY SCIENTISTS ARE DISCOVERING THE TRUTH BEHIND THESE FOLK SAYINGS, AND HOW THE BUSY BRAIN RADICALLY IMPROVES OUR MINDS THROUGH SLEEP AND DREAMS. IN THE SECRET WORLD OF SLEEP, NEUROSCIENTIST PENNY LEWIS EXPLORES THE LATEST RESEARCH INTO THE NIGHTTIME BRAIN TO UNDERSTAND THE REAL BENEFITS OF SLEEP. SHE SHOWS HOW, WHILE OUR BODY RESTS, THE BRAIN PRACTICES TASKS IT LEARNED DURING THE DAY, REPLAYS TRAUMATIC EVENTS TO MOLLIFY THEM, AND FORGES CONNECTIONS BETWEEN DISTANT CONCEPTS. BY UNDERSTANDING THE ROLES THAT THE NOCTURNAL BRAIN PLAYS IN OUR WAKING LIFE, WE CAN IMPROVE THE RELATIONSHIP BETWEEN THE TWO, AND EVEN BOOST CREATIVITY AND BECOME SMARTER. THIS IS A FASCINATING EXPLORATION OF ONE OF THE MOST SURPRISING CORNERS OF NEUROSCIENCE THAT SHOWS HOW SCIENCE MAY BE ABLE TO HARNESS THE POWER OF SLEEP TO IMPROVE LEARNING, HEALTH, AND MORE.

### **THE MONSTER'S BONES: THE DISCOVERY OF T. REX AND HOW IT SHOOK OUR WORLD** - DAVID K. RANDALL 2022-06-07

A GRIPPING NARRATIVE OF A FEARLESS PALEONTOLOGIST, THE FOUNDING OF AMERICA'S MOST LOVED MUSEUMS, AND THE RACE TO FIND THE LARGEST DINOSAURS ON RECORD. IN THE DUST OF THE GILDED AGE BONE WARS, TWO VASTLY DIFFERENT MEN EMERGE WITH A MISSION TO FILL THE EMPTY HALLS OF NEW YORK'S STRUGGLING AMERICAN MUSEUM OF NATURAL HISTORY: HENRY FAIRFIELD OSBORN, A PRIVILEGED SOCIALITE WHOSE REPUTATION RESTS ON THE MUSEUM'S SUCCESS, AND INTREPID KANSAS-BORN FOSSIL HUNTER BARNUM BROWN. WHEN BROWN UNEARTHS THE FIRST TYRANNOSAURUS REX FOSSILS IN THE MONTANA WILDERNESS, FOREVER CHANGING THE WORLD OF PALEONTOLOGY, OSBORN SEES A PATH TO SAVE HIS MUSEUM FROM IRRELEVANCY. WITH FOUR-FOOT-LONG JAWS CAPABLE OF CRUSHING THE BONES OF ITS PREY AND HIPS THAT POWERED THE ANIMAL TO RUN AT SPEEDS OF 25 MILES PER HOUR, THE T. REX SUGGESTS A PREHISTORIC ECOSYSTEM MORE COMPLEX THAN ANYONE IMAGINED. AS THE PUBLIC TURNS OUT IN DROVES TO COWER BEFORE THIS BONE-CHILLING GIANT OF THE PAST AND WONDER AT THE MYSTERIES OF ITS DISAPPEARANCE, BROWN AND OSBORN TOGETHER TURN DINOSAURS FROM A BIOLOGICAL ODDITY INTO A BELOVED PART OF CULTURE. VIVID AND ENGAGING, THE MONSTER'S BONES JOURNEYS FROM PREHISTORY TO PRESENT DAY, FROM REMOTE PATAGONIA TO THE UNFORGIVING BADLANDS OF THE AMERICAN WEST TO THE PENTHOUSES OF MANHATTAN. WITH A WIDE-RANGING CAST OF ROBBER BARONS, EUGENICISTS, AND OPPORTUNISTIC COWBOYS, NEW YORK TIMES BEST-SELLING AUTHOR DAVID K. RANDALL REVEALS HOW A MONSTER OF A BYGONE ERA IGNITED A NEW UNDERSTANDING OF OUR PLANET AND OUR PLACE WITHIN IT.

### **FLU HUNTER** - ROBERT G. WEBSTER 2018-09

WHEN A NEW INFLUENZA VIRUS EMERGES THAT IS ABLE TO BE TRANSMITTED BETWEEN HUMANS, IT SPREADS GLOBALLY AS A PANDEMIC, OFTEN WITH HIGH MORTALITY. ENORMOUS SOCIAL DISRUPTION AND SUBSTANTIAL ECONOMIC COST CAN RESULT. THE 1918 SPANISH INFLUENZA PANDEMIC WAS UNDOUBTEDLY THE MOST DEVASTATING INFLUENZA PANDEMIC TO DATE, AND IT HAS BEEN WEBSTER'S LIFE'S WORK TO FIGURE OUT HOW AND WHY. IN SO DOING HE HAS MADE A REMARKABLE CONTRIBUTION TO OUR UNDERSTANDING OF THE EVOLUTION OF INFLUENZA VIRUSES AND HOW TO CONTROL THEM. A CENTURY ON, FLU HUNTER IS A GRIPPING ACCOUNT OF THE TENACIOUS SCIENTIFIC DETECTIVE WORK INVOLVED IN REVEALING THE SECRETS OF THIS KILLER VIRUS. COULD A GLOBAL INFLUENZA PANDEMIC OCCUR AGAIN? WEBSTER'S WARNS: "... IT IS NOT ONLY POSSIBLE, IT IS JUST A MATTER OF WHEN."

### **NATURE'S MUTINY** - PHILIPP BLOM 2019-03-07

EUROPE WHERE THE SUN DARES SCARCE APPEAR FOR FREEZING METEORS AND CONGEALED COLD.' - CHRISTOPHER MARLOWE IN THIS INNOVATIVE AND COMPELLING WORK OF ENVIRONMENTAL HISTORY, PHILIPP BLOM CHRONICLES THE GREAT CLIMATE CRISIS OF THE 1600S, A CRISIS THAT WOULD TRANSFORM THE ENTIRE SOCIAL AND POLITICAL FABRIC OF EUROPE. WHILE HINTS OF A CRISIS APPEARED AS EARLY AS THE 1570S, BY THE END OF THE SIXTEENTH CENTURY THE TEMPERATURE PLUMMETED SO DRASTICALLY THAT MEDITERRANEAN HARBOURS WERE COVERED WITH ICE, BIRDS LITERALLY DROPPED OUT OF THE SKY, AND 'FROST FAIRS' WERE ERECTED ON A FROZEN THAMES - WITH KIOSKS, TAVERNS, AND EVEN BROTHELS THAT BECAME A SEMI-PERMANENT PART OF THE CITY. RECOUNTING THE DEEP LEGACY AND SWEEPING CONSEQUENCES OF THIS 'LITTLE ICE AGE', ACCLAIMED HISTORIAN PHILIPP BLOM REVEALS HOW THE EUROPEAN LANDSCAPE HAD INERADICABLY CHANGED BY THE MID-SEVENTEENTH CENTURY. WHILE APOCALYPTIC WEATHER PATTERNS DESTROYED ENTIRE HARVESTS AND INCITED MASS MIGRATIONS, BLOM BRILLIANTLY SHOWS HOW THEY ALSO GAVE RISE TO THE GROWTH OF EUROPEAN CITIES, THE APPEARANCE OF EARLY CAPITALISM, AND THE VIGOROUS STIRRINGS OF THE ENLIGHTENMENT. A SWEEPING EXAMINATION OF HOW A SOCIETY RESPONDS TO PROFOUND AND UNEXPECTED CHANGE, NATURE'S MUTINY WILL TRANSFORM THE WAY WE THINK ABOUT CLIMATE CHANGE IN THE TWENTY-FIRST CENTURY AND BEYOND.

### **SUPERBUGS** - MATT MCCARTHY 2019

"AN AMAZING, INFORMATIVE BOOK THAT CHANGES OUR PERSPECTIVE ON MEDICINE, MICROBES AND OUR FUTURE." --SIDDHARTHA MUKHERJEE, MD, NEW YORK TIMES BESTSELLING AUTHOR OF THE EMPEROR OF ALL MALADIES A NEW YORK TIMES BESTSELLING AUTHOR SHARES THIS EXHILARATING STORY OF CUTTING-EDGE SCIENCE AND THE RACE AGAINST THE CLOCK TO FIND NEW TREATMENTS IN THE FIGHT AGAINST THE ANTIBIOTIC-RESISTANT BACTERIA KNOWN AS SUPERBUGS. PHYSICIAN, RESEARCHER, AND ETHICS PROFESSOR MATT MCCARTHY IS ON THE FRONT LINES OF A GROUNDBREAKING CLINICAL TRIAL TESTING A NEW ANTIBIOTIC TO FIGHT LETHAL SUPERBUGS, BACTERIA THAT HAVE BUILT UP RESISTANCE TO THE LIFE-SAVING DRUGS IN OUR RAPIDLY DWINDLING ARSENAL. THIS TRIAL SERVES AS THE BACKDROP FOR THE COMPULSIVELY READABLE SUPERBUGS, AND THE RESULTS WILL IMPACT NOTHING LESS THAN THE FUTURE OF HUMANITY. DR. MCCARTHY EXPLORES THE HISTORY OF BACTERIA AND ANTIBIOTICS, FROM ALEXANDER FLEMING'S DISCOVERY OF PENICILLIN, TO OBSCURE SOURCES OF INNOVATIVE NEW MEDICINES (OFTEN FOUND IN SOIL SAMPLES), TO THE CUTTING-EDGE DNA MANIPULATION KNOWN AS CRISPR, BRINGING TO LIGHT HOW WE ARRIVED AT THIS JUNCTURE OF BOTH INCREDIBLE BREAKTHROUGH AND EXTREME VULNERABILITY. WE ALSO MEET THE PATIENTS WHOSE LIVES ARE HANGING IN THE BALANCE, FROM REMY, A TEENAGER WITH A DANGEROUS AND RARE INFECTION, TO DONNY, A RETIRED NEW YORK CITY FIREFIGHTER WITH A COMPROMISED IMMUNE SYSTEM, AND MANY MORE. THE PROVERBIAL TICKING CLOCK WILL KEEP READERS ON THE EDGE OF THEIR SEATS. CAN DR. MCCARTHY SAVE THE LIVES OF HIS PATIENTS INFECTED WITH THE DEADLY BACTERIA, WHO HAVE OTHERWISE LOST ALL HOPE?

### **WEAPONIZED LIES** - DANIEL J. LEVITIN 2017-03-07

PREVIOUSLY PUBLISHED AS A FIELD GUIDE TO LIES WE'RE SURROUNDED BY FRINGE THEORIES, FAKE NEWS, AND PSEUDO-FACTS. THESE LIES ARE GETTING REPEATED. NEW YORK TIMES BESTSELLING AUTHOR DANIEL LEVITIN SHOWS HOW TO DISARM THESE SOCIALLY DEVASTATING INVENTIONS AND GET THE AMERICAN MIND BACK ON TRACK. HERE ARE THE FUNDAMENTAL LESSONS IN CRITICAL THINKING THAT WE NEED TO KNOW AND SHARE NOW. INVESTIGATING NUMERICAL MISINFORMATION, DANIEL LEVITIN SHOWS HOW MISHANDLED STATISTICS AND GRAPHS CAN GIVE A GROSSLY DISTORTED PERSPECTIVE AND LEAD US TO TERRIBLE DECISIONS. WORDY ARGUMENTS ON THE OTHER HAND CAN EASILY BE PERSUASIVE AS THEY DRIFT AWAY FROM THE FACTS IN AN APPEALING YET MISGUIDED WAY. THE STEPS WE CAN TAKE TO BETTER EVALUATE NEWS, ADVERTISEMENTS, AND REPORTS ARE CLEARLY DETAILED. ULTIMATELY, LEVITIN TURNS TO

WHAT UNDERLIES OUR ABILITY TO DETERMINE IF SOMETHING IS TRUE OR FALSE: THE SCIENTIFIC METHOD. HE GRAPPLES WITH THE LIMITS OF WHAT WE CAN AND CANNOT KNOW. CASE STUDIES ARE OFFERED TO DEMONSTRATE THE APPLICATIONS OF LOGICAL THINKING TO QUITE VARIED SETTINGS, SPANNING COURTROOM TESTIMONY, MEDICAL DECISION MAKING, MAGIC, MODERN PHYSICS, AND CONSPIRACY THEORIES. THIS URGENTLY NEEDED BOOK ENABLES US TO AVOID THE EXTREMES OF PASSIVE GULLIBILITY AND CYNICAL REJECTION. AS LEVITIN ATTESTS: TRUTH MATTERS. A POST-TRUTH ERA IS AN ERA OF WILLFUL IRRATIONALITY, REVERSING ALL THE GREAT ADVANCES HUMANKIND HAS MADE. EUPHEMISMS LIKE "FRINGE THEORIES," "EXTREME VIEWS," "ALT TRUTH," AND EVEN "FAKE NEWS" CAN LITERALLY BE DANGEROUS. LET'S CALL LIES WHAT THEY ARE AND CATCH THOSE MAKING THEM IN THE ACT.

### **SLEEP** - CARLOS SCHENCK 2007

DRAWS ON NEW RESEARCH TO OFFER INSIGHT INTO THE MECHANISM OF SLEEP AND ITS DISORDERS, POSING A RANGE OF TREATMENTS FOR SUCH CHALLENGES AS INSOMNIA, RESTLESS LEG SYNDROME, AND SLEEP APNEA WHILE ADDRESSING AREAS OF CONCERN RELATED TO MORE SERIOUS SLEEP PROBLEMS, FROM NIGHT TERRORS AND DREAM-ENACTMENT TO SLEEPWALKING AND SEXSOMNIA.

### **THE BIRTH OF THE PILL: HOW FOUR CRUSADERS REINVENTED SEX AND LAUNCHED A REVOLUTION** - JONATHAN EIG 2014-10-13

A CHICAGO TRIBUNE "BEST BOOKS OF 2014" • A SLATE "BEST BOOKS 2014: STAFF PICKS" • A ST. LOUIS POST-DISPATCH "BEST BOOKS OF 2014" THE FASCINATING STORY OF ONE OF THE MOST IMPORTANT SCIENTIFIC DISCOVERIES OF THE TWENTIETH CENTURY. WE KNOW IT SIMPLY AS "THE PILL," YET ITS GENESIS WAS ANYTHING BUT SIMPLE. JONATHAN EIG'S MASTERFUL NARRATIVE REVOLVES AROUND FOUR PRINCIPAL CHARACTERS: THE FIERY FEMINIST MARGARET SANGER, WHO WAS A CHAMPION OF BIRTH CONTROL IN HER CAMPAIGN FOR THE RIGHTS OF WOMEN BUT NEGLECTED HER OWN CHILDREN IN PURSUIT OF FREE LOVE; THE BEAUTIFUL KATHARINE MCCORMICK, WHO OWED HER FORTUNE TO HER WEALTHY HUSBAND, THE SON OF THE FOUNDER OF INTERNATIONAL HARVESTER AND A SCHIZOPHRENIC; THE VISIONARY SCIENTIST GREGORY PINCUS, WHO WAS DISMISSED BY HARVARD IN THE 1930S AS A RESULT OF HIS EXPERIMENTATION WITH IN VITRO FERTILIZATION BUT WHO, AFTER HE WAS APPROACHED BY SANGER AND MCCORMICK, GREW OBSESSED WITH THE IDEA OF INVENTING A DRUG THAT COULD STOP OVULATION; AND THE TELEGENIC JOHN ROCK, A CATHOLIC DOCTOR FROM BOSTON WHO BATTLED HIS OWN CHURCH TO BECOME AN ENORMOUSLY EFFECTIVE ADVOCATE IN THE EFFORT TO WIN PUBLIC APPROVAL FOR THE DRUG THAT WOULD BE MARKETED BY SEARLE AS ENOVID. SPANNING THE YEARS FROM SANGER'S HEADY GREENWICH VILLAGE DAYS IN THE EARLY TWENTIETH CENTURY TO TRIAL TESTS IN PUERTO RICO IN THE 1950S TO THE CUSP OF THE SEXUAL REVOLUTION IN THE 1960S, THIS IS A GRAND STORY OF RADICAL FEMINIST POLITICS, SCIENTIFIC INGENUITY, ESTABLISHMENT OPPOSITION, AND, ULTIMATELY, A SEA CHANGE IN SOCIAL ATTITUDES. BRILLIANTLY RESEARCHED AND BRISKLY WRITTEN, THE BIRTH OF THE PILL IS GRIPPING SOCIAL, CULTURAL, AND SCIENTIFIC HISTORY.

### **DREAMLAND: ADVENTURES IN THE STRANGE SCIENCE OF SLEEP** - DAVID K. RANDALL 2012-08-13

EXAMINES THE COMPLEX WORLD OF SLEEP AND DISCUSSES WHETHER OR NOT WOMEN SLEEP DIFFERENTLY THAN MEN AND IF KILLING SOMEONE WHILE SLEEPWALKING WOULD COUNT AS MURDER.

### **BEDEVILED** - JIMENA CANALES 2020-11-10

HOW SCIENTISTS THROUGH THE AGES HAVE CONDUCTED THOUGHT EXPERIMENTS USING IMAGINARY ENTITIES—DEMONS—TO TEST THE LAWS OF NATURE AND PUSH THE FRONTIERS OF WHAT IS POSSIBLE SCIENCE MAY BE KNOWN FOR BANISHING THE DEMONS OF SUPERSTITION FROM THE MODERN WORLD. YET JUST AS THE DEMON-HAUNTED WORLD WAS BEING EXORCIZED BY THE ENLIGHTENING POWER OF REASON, A NEW KIND OF DEMON MISCHIEVOUSLY MATERIALIZED IN THE SCIENTIFIC IMAGINATION ITSELF. SCIENTISTS BEGAN TO EMPLOY HYPOTHETICAL BEINGS TO PERFORM CERTAIN ROLES IN THOUGHT EXPERIMENTS—EXPERIMENTS THAT CAN ONLY BE DONE IN THE IMAGINATION—AND THESE IMPISH ASSISTANTS HELPED SCIENTISTS ACHIEVE MAJOR BREAKTHROUGHS THAT PUSHED FORWARD THE FRONTIERS OF SCIENCE AND TECHNOLOGY. SPANNING FOUR CENTURIES OF DISCOVERY—FROM RENÉ DESCARTES, WHOSE DEMON COULD HIJACK SENSORIAL REALITY, TO JAMES CLERK MAXWELL, WHOSE MOLECULAR-SIZED DEMON DEFTLY BROKE THE SECOND LAW OF THERMODYNAMICS, TO DARWIN, EINSTEIN, FEYNMAN, AND BEYOND—JIMENA CANALES TELLS A SHADOW HISTORY OF SCIENCE AND THE DEMONS THAT BEDEVIL IT. SHE REVEALS HOW THE GREATEST SCIENTIFIC THINKERS USED DEMONS TO EXPLORE PROBLEMS, TEST THE LIMITS OF WHAT IS POSSIBLE, AND BETTER UNDERSTAND NATURE. THEIR IMAGINARY FAMILIARS HELPED UNLOCK THE SECRETS OF ENTROPY, HEREDITY, RELATIVITY, QUANTUM MECHANICS, AND OTHER SCIENTIFIC WONDERS—AND CONTINUE TO INSPIRE BREAKTHROUGHS IN THE REALMS OF COMPUTER SCIENCE, ARTIFICIAL INTELLIGENCE, AND ECONOMICS TODAY. THE WORLD MAY NO LONGER BE HAUNTED AS IT ONCE WAS, BUT THE DEMONS OF THE SCIENTIFIC IMAGINATION ARE ALIVE AND WELL, CONTINUING TO PLAY A VITAL ROLE IN SCIENTISTS' EFFORTS TO EXPLORE THE UNKNOWN AND MAKE THE IMPOSSIBLE REAL.

### **CLIMATE CHAOS** - BRIAN FAGAN 2021-09-21

A THIRTY-THOUSAND-YEAR HISTORY OF THE RELATIONSHIP BETWEEN CLIMATE AND CIVILIZATION THAT TEACHES POWERFUL LESSONS ABOUT HOW HUMANKIND CAN SURVIVE. HUMAN-MADE CLIMATE CHANGE MAY HAVE BEGUN IN THE LAST TWO HUNDRED YEARS, BUT OUR SPECIES HAS WITNESSED MANY ERAS OF CLIMATE INSTABILITY. THE RESULTS HAVE NOT ALWAYS BEEN PRETTY. FROM ANCIENT EGYPT TO ROME TO THE MAYA, SOME OF HISTORY'S MIGHTIEST CIVILIZATIONS HAVE BEEN FELLED BY PESTILENCE AND GLACIAL MELT AND DROUGHT. THE CHALLENGES ARE NO LESS GREAT TODAY. WE FACE HURRICANES AND MEGAFIRES AND FOOD SHORTAGES AND MORE. BUT WE HAVE ONE POWERFUL ADVANTAGE AS WE FACE OUR CURRENT CRISIS: THE PAST. OUR KNOWLEDGE OF ANCIENT CLIMATES HAS ADVANCED TREMENDOUSLY IN THE LAST DECADE, TO THE POINT WHERE WE CAN NOW RECONSTRUCT SEASONAL WEATHER GOING BACK THOUSANDS OF YEARS AND SEE JUST HOW PEOPLE AND NATURE INTERACTED. THE LESSON IS CLEAR: THE SOCIETIES THAT SURVIVE ARE THOSE THAT PLAN AHEAD. CLIMATE CHAOS IS A BOOK ABOUT SAVING OURSELVES. BRIAN FAGAN AND NADIA DURRANI SHOW IN REMARKABLE DETAIL WHAT IT WAS LIKE TO BATTLE OUR CLIMATE OVER CENTURIES AND OFFER US A PATH TO A SAFER AND HEALTHIER FUTURE.

### **THE NAKED TRUTH** - MARVELYN BROWN 2009-10-13

THE SURPRISINGLY HOPEFUL STORY OF HOW A STRAIGHT, NONPROMISCUOUS, EVERYDAY GIRL CONTRACTED HIV AND HOW SHE MANAGES

TO STAY UPBEAT, INSPIRED, AND MORE POSITIVE ABOUT LIFE THAN EVER BEFORE AT NINETEEN YEARS OF AGE, MARVELYN BROWN WAS LYING IN A STARK WHITE HOSPITAL BED AT TENNESSEE CHRISTIAN MEDICAL CENTER, FEELING HOPELESS. A FORMER TOP TRACK AND BASKETBALL ATHLETE, SHE WAS IN THE BEST SHAPE OF HER LIFE, BUT SHE WAS BATTLING A SUDDEN ILLNESS IN THE INTENSIVE CARE UNIT. DOCTORS HAD NO IDEA WHAT WAS GOING ON. IT NEVER OCCURRED TO BROWN THAT SHE MIGHT BE HIV POSITIVE. HAVING UNPROTECTED SEX WITH HER PRINCE CHARMING HAD SET INTO SWIFT MOTION A SET OF CIRCUMSTANCES THAT NOT ONLY LANDED HER IN THE FIGHT OF HER LIFE, BUT ALSO ALIENATED HER FROM HER COMMUNITY. RATHER THAN GIVE UP, HOWEVER, BROWN FOUND A REASON TO FIGHT AND A REASON TO LIVE. *THE NAKED TRUTH* IS AN INSPIRATIONAL MEMOIR THAT SHARES HOW AN EVERYDAY TEEN REFUSED TO GIVE UP ON HERSELF, EVEN AS OTHERS WOULD FORSAKE HER. MORE, IT'S A CAUTIONARY TALE THAT EVERY PARENT, GUIDANCE COUNSELOR, AND YOUNG ADULT SHOULD READ.

*THE SECRET LIFE OF SLEEP* - KAT DUFF 2014-03-18

UNLOCK THE ASTONISHING FACTS, MYTHS, AND BENEFITS OF ONE OF THE MOST ENDANGERED HUMAN RESOURCES—SLEEP. IT HAS BECOME INCREASINGLY CLEAR THAT OUR SLEEP SHAPES WHO WE ARE AS MUCH AS, IF NOT MORE THAN, WE SHAPE IT. WHILE MOST SLEEP RESEARCH HASN'T VENTURED FAR BEYOND RESEARCH LABS AND TREATMENT CLINICS, *THE SECRET LIFE OF SLEEP* TAPS INTO THE ENORMOUS RESERVOIR OF HUMAN EXPERIENCES TO ILLUMINATE THE COMPLEXITIES OF A WORLD WHERE SLEEP HAS BECOME A DWINDLING RESOURCE. WITH A SENSE OF INFECTIOUS CURIOSITY, AWARD WINNING AUTHOR KAT DUFF MIXES CUTTING-EDGE RESEARCH WITH INSIGHTFUL NARRATIVES, SURPRISING INSIGHTS, AND TIMELY QUESTIONS TO HELP US BETTER UNDERSTAND WHAT WE'RE LOSING BEFORE IT'S TOO LATE. *THE SECRET LIFE OF SLEEP* TACKLES THE FULL BREADTH OF WHAT SLEEP MEANS TO PEOPLE THE WORLD OVER. EMBARK ON AN EXPLORATION OF WHAT LIES BEHIND AND BEYOND OUR EYELIDS WHEN WE SURRENDER TO THE SECRET LIFE OF SLEEP.

*SLEEP: A VERY SHORT INTRODUCTION* - STEVEN W. LOCKLEY 2012-03-22

EXPLORES SLEEP DISORDERS, DESCRIBES BREAKTHROUGHS IN THE STUDY OF SLEEP, AND CONSIDERS THE IMPACT OF MODERN SOCIETY ON IT. *DREAMLAND* - BOB LAZAR 2019-10-15

BOB LAZAR IS THE REASON AREA 51 BECAME INFAMOUS IN THE 1980S AND HIS RECENT APPEARANCE ON JOE ROGAN'S PODCAST WITH 7 MILLION LISTENERS IS CREDITED WITH INSPIRING THE STORM AREA 51 PHENOMENON. IN HIS *DREAMLAND* AUTOBIOGRAPHY, LAZAR REVEALS EVERY DETAIL OF HIS HIGHLY CONTROVERSIAL STORY ABOUT BEING AN INSIDER WITHIN THE WORLD'S MOST LEGENDARY MILITARY RESEARCH BASE. BOB LAZAR WAS A BRILLIANT YOUNG PHYSICIST THAT FOUND HIMSELF EMPLOYED AT A TOP SECRET FACILITY IN THE MIDDLE OF THE DESERT OUTSIDE LAS VEGAS. UNDER THE WATCHFUL EYE OF THE GOVERNMENT ELITE, HE IS TASKED WITH UNDERSTANDING AN EXOTIC PROPULSION SYSTEM BEING USED BY AN ADVANCED AEROSPACE VEHICLE HE IS TOLD CAME FROM OUTER SPACE. THE STRESSFUL WORK AND LONG, ODD HOURS START TO WEAR ON BOB AND HE BECOMES CONCERNED FOR HIS SAFETY. HE TELLS HIS WIFE AND A COUPLE CLOSE FRIENDS ABOUT WHAT HE'S DOING IN THE DESERT, AND HIS EMPLOYERS FIND OUT AND ARE FURIOUS. WHEN THEY STATION GOONS OUTSIDE HIS HOUSE, BOB SEEKS HELP FROM WEALTHY UFOLOGIST, JOHN LEAR, WHO ENCOURAGES BOB TO TAKE HIS STORY TO AWARD-WINNING INVESTIGATIVE JOURNALIST GEORGE KNAPP AT KLAS-TV, A CBS AFFILIATE. TO PROVE HE'S TELLING THE TRUTH, BOB TAKES A GROUP OF PEOPLE OUT INTO THE DESERT TO WATCH A TEST FLIGHT OF THE "FLYING SAUCER." ON THE WAY HOME, THEY ARE STOPPED BY THE POLICE, WHO NOTIFY THE BASE, AND BOB LOSES HIS JOB. IN A SERIES OF INTERVIEWS WITH CBS TV, BOB LAZAR THEN BLOWS THE LID OFF "AREA 51," BLOWS THE WHISTLE ON THE EFFORT TO CONCEAL THIS CRAFT FROM THE AMERICAN PEOPLE, AND BLOWS UP HIS CAREER AS A TOP PHYSICIST. BOB LAZAR'S REPORTS HAVE BEEN THE SUBJECT OF INTENSE CONTROVERSY FOR DECADES. HE HAS BEEN INTERVIEWED NUMEROUS TIMES AND HIS STORY HAS BEEN CORROBORATED BY OTHER INDIVIDUALS HE WORKED WITH AND WHO WERE PRESENT WHEN THESE EVENTS HAPPENED. BUT UNTIL NOW, BOB LAZAR HAS NEVER TOLD HIS OWN STORY, IN EVERY DETAIL IN HIS OWN WORDS, ABOUT THOSE EXCITING DAYS IN THE DESERT OUTSIDE OF LAS VEGAS AND HOW THE WORLD CAME TO LEARN ABOUT THE EXPERIMENTS BEING CONDUCTED AT AREA 51.

*THE NOCTURNAL BRAIN* - DR. GUY LESCHZINER 2019-07-23

A RENOWNED NEUROLOGIST SHARES THE TRUE STORIES OF PEOPLE UNABLE TO GET A GOOD NIGHT'S REST IN *THE NOCTURNAL BRAIN: NIGHTMARES, NEUROSCIENCE, AND THE SECRET WORLD OF SLEEP*, A FASCINATING EXPLORATION OF THE SYMPTOMS AND SYNDROMES BEHIND SLEEP DISORDERS. FOR DR. GUY LESCHZINER'S PATIENTS, THERE IS NO REST FOR THE WEARY IN MIND AND BODY. INSOMNIA, NARCOLEPSY, NIGHT TERRORS, APNEA, AND SLEEPWALKING ARE JUST A SAMPLING OF CONDITIONS AFFLICTING SUFFERERS WHO CANNOT SLEEP—AND THEIR EXPERIENCES IN TRYING ARE THE STUFF OF NIGHTMARES. DEMONIC HALLUCINATIONS FRIGHTEN PEOPLE INTO PARALYSIS. RESTLESS LEGS ROCK BOTH THE SLEEPLESS AND THEIR SLEEPING PARTNERS WITH UNPREDICTABLE AND UNCONTROLLABLE KICKING. OUT-OF-SYNC CIRCADIAN RHYTHMS CONFUSE THE NATURAL BODY CLOCK'S DAYS AND NIGHTS. THEN THERE ARE THE EXTREME CASES. A WOMAN IN A STATE OF DEEP SLEEP WHO GETS DRESSED, UNLOCKS HER CAR, AND DRIVES FOR SEVERAL MILES BEFORE RETURNING TO BED. THE MAN WHO HAS SPENT DECADES CLEANING OUT KITCHENS WHILE "SLEEP-EATING." THE TEENAGER PRONE TO THE SERIOUS, YET UNFORTUNATELY NICKNAMED SLEEPING BEAUTY SYNDROME STUCK IN A CYCLE OF EXCESSIVE UNCONSCIOUSNESS, BINGE EATING, AND UNCHARACTERISTIC DISPLAYS OF AGGRESSION AND HYPERSEXUALITY WHILE AWAKE. WITH COMPASSIONATE STORIES OF HIS PATIENTS AND THEIR CONDITIONS, DR. LESCHZINER ILLUSTRATES THE NEUROSCIENCE BEHIND OUR SLEEPING MINDS, REVEALING THE MANY BIOLOGICAL AND PSYCHOLOGICAL FACTORS NECESSARY IN GETTING THE REST THAT WILL NOT ONLY MAINTAIN OUR PHYSICAL AND MENTAL HEALTH, BUT IMPROVE OUR COGNITIVE ABILITIES AND OVERALL HAPPINESS.

*THE INVENTION OF MEDICINE* - ROBIN LANE FOX 2020-12-08

A PREEMINENT CLASSICS SCHOLAR REVISES THE HISTORY OF MEDICINE. MEDICAL THINKING AND OBSERVATION WERE RADICALLY CHANGED BY THE ANCIENT GREEKS, ONE OF THEIR GREAT LEGACIES TO THE WORLD. IN THE FIFTH CENTURY BCE, A GREEK DOCTOR PUT FORWARD HIS CLINICAL OBSERVATIONS OF INDIVIDUAL MEN, WOMEN, AND CHILDREN IN A COLLECTION OF CASE HISTORIES KNOWN AS THE EPIDEMICS. AMONG HIS WORKING PRINCIPLES WAS THE FAMOUS MAXIM "DO NO HARM." IN *THE INVENTION OF MEDICINE*, ACCLAIMED HISTORIAN ROBIN

LANE FOX PUTS THESE REMARKABLE WORKS IN A WIDER CONTEXT AND UPENDS OUR UNDERSTANDING OF MEDICAL HISTORY BY ESTABLISHING THAT THEY WERE WRITTEN MUCH EARLIER THAN PREVIOUSLY THOUGHT. LANE FOX ENDORSES THE ANCIENT GREEKS' VIEW THAT THEIR TEXTS' AUTHOR, NOT NAMED, WAS NONE OTHER THAN THE FATHER OF MEDICINE, THE GREAT HIPPOCRATES HIMSELF. LANE FOX'S ARGUMENT CHANGES OUR SENSE OF THE DEVELOPMENT OF SCIENTIFIC AND RATIONAL THINKING IN WESTERN CULTURE, AND HE EXPLORES THE CONSEQUENCES FOR GREEK ARTISTS, DRAMATISTS AND THE FIRST WRITERS OF HISTORY. HIPPOCRATES EMERGES AS A KEY FIGURE IN THE CRUCIAL CHANGE FROM AN ARCHAIC TO A CLASSICAL WORLD. ELEGANTLY WRITTEN AND REMARKABLY LEARNED, *THE INVENTION OF MEDICINE* IS A GROUNDBREAKING REASSESSMENT OF MANY ASPECTS OF GREEK CULTURE AND CITY LIFE.

*KITTY'S HOUSE OF HORRORS* - CARRIE VAUGHN 2010-01-01

REALITY BITES TALK RADIO HOST AND WEREWOLF KITTY NORVILLE HAS AGREED TO APPEAR ON TV'S FIRST ALL-SUPERNATURAL REALITY SHOW. SHE'S EXPECTING CHEESY COMPETITIONS AND MANUFACTURED DRAMA STARRING SHAPESHIFTERS, VAMPIRES, AND PSYCHICS. BUT WHAT BEGINS AS A PUBLICITY STUNT WILL TURN INTO A FIGHT FOR HER LIFE. THE CAST MEMBERS, INCLUDING KITTY, ARRIVE AT THE REMOTE MOUNTAIN LODGE WHERE THE SHOW IS SET. AS SOON AS FILMING STARTS, VIOLENCE ERUPTS AND KITTY SUSPECTS THAT THE SHOW IS A COVER FOR A NEFARIOUS PLOT. THEN THE CAMERAS STOP ROLLING, CAST MEMBERS START DYING, AND KITTY REALIZES SHE AND HER MONSTER HOUSEMATES ARE IRONICALLY THE ULTIMATE PRIZE IN A VERY DIFFERENT GAME. STRANDED WITH NO POWER, NO PHONES, AND NO WAY TO KNOW WHO CAN BE TRUSTED, SHE MUST FIND A WAY TO DEFEAT THE EVIL CLOSING IN . . . BEFORE IT KILLS THEM ALL.

*THE KING AND QUEEN OF MALIBU: THE TRUE STORY OF THE BATTLE FOR PARADISE* - DAVID K. RANDALL 2016-03-02

"A TRUE STORY OF THE BATTLE FOR PARADISE...MEN AND WOMEN FIGHTING FOR A SLICE OF EARTH LIKE NO OTHER." —NEW YORK TIMES BOOK REVIEW FREDERICK AND MAY RINDGE, THE UNLIKELY COUPLE WHOSE LOVE STORY PROPELLED MALIBU'S TRANSFORMATION FROM AN UNTAMED RANCH IN THE MIDDLE OF NOWHERE TO A PARADISE SEEDED WITH MOVIE STARS, ARE AT THE HEART OF THIS STORY OF AMERICAN GRIT AND DETERMINISM. HE WAS A HARVARD-TRAINED CONFIDANT OF PRESIDENTS; SHE WAS A POOR MIDWESTERN FARMER'S DAUGHTER RAISED TO BE SUSPICIOUS OF THE SEASONS. YET THE BOND BETWEEN THEM WOULD SHAPE HISTORY. THE NEWLY MARRIED COUPLE REACHED LOS ANGELES IN 1887 WHEN IT WAS STILL A FRONTIER, AND WITHIN A FEW YEARS FREDERICK, THE ONLY HEIR TO AN IMMENSE BOSTON FORTUNE, BECAME ONE OF THE WEALTHIEST MEN IN THE STATE. AFTER HIS SUDDEN DEATH IN 1905, MAY SPENT THE NEXT THIRTY YEARS FIGHTING OFF SOME OF THE MOST POWERFUL MEN IN THE COUNTRY—AS WELL AS FISSURES WITHIN HER OWN FAMILY—TO PRESERVE MALIBU AS HER PRIVATE KINGDOM. HER STRUGGLE, ONE OF THE LONGEST OVER LAND IN CALIFORNIA HISTORY, WOULD CULMINATE IN A LANDMARK SUPREME COURT DECISION AND LEAD TO THE CREATION OF THE PACIFIC COAST HIGHWAY. *THE KING AND QUEEN OF MALIBU* TRACES THE PATH OF ONE FAMILY AS THE COUNTRY AROUND THEM SWEEPED OFF THE LAST VESTIGES OF THE CIVIL WAR AND MOVED INTO WHAT WE WOULD RECOGNIZE AS THE MODERN AGE. THE STORY OF MALIBU RANGES FROM THE HALLS OF HARVARD TO THE OLD WEST IN NEW MEXICO TO THE BEGINNINGS OF SAN FRANCISCO'S COUNTER CULTURE AMID THE GILDED AGE, AND CULMINATES IN THE GLAMOUR OF EARLY HOLLYWOOD—ALL DURING THE BRIEF SLIVER OF HISTORY IN WHICH THE ADVENT OF RAILROADS AND THE AUTOMOBILE TRAVERSED A BECKONING AMERICAN FRONTIER AND ANYTHING SEEMED POSSIBLE.

*SLEEPYHEAD* - HENRY NICHOLLS 2018-09-04

A NARCOLEPTIC'S TIRELESS JOURNEY THROUGH THE NEUROSCIENCE OF DISORDERED SLEEP WHETHER IT'S A BOUT OF BAD JET LAG OR A STRESS-INDUCED ALL-NIGHTER, WE'VE ALL SUFFERED FROM NIGHTS THAT LEFT US FEELING LESS THAN WELL-RESTED. BUT FOR SOME PEOPLE, GETTING A BAD NIGHT'S SLEEP ISN'T JUST AN INCONVENIENCE: IT'S A NIGHTMARE. IN *SLEEPYHEAD*, SCIENCE WRITER HENRY NICHOLLS USES HIS OWN EXPERIENCE WITH CHRONIC NARCOLEPSY AS A GATEWAY TO BETTER UNDERSTANDING THE CRYPTIC, CURIOUS, AND RELATIVELY UNCHARTED WORLD OF SLEEP DISORDERS. WE MEET INSOMNIACS WHO CAN'T GET ANY SLEEP, NARCOLEPTICS WHO CAN'T CONTROL WHEN THEY SLEEP, AND SLEEP APNEA VICTIMS WHO NEARLY SUFFOCATE IN THEIR SLEEP. WE LEARN THE UNDERLYING DIFFERENCE BETWEEN MORNING LARKS AND NIGHT OWLS; WHY OUR SLEEPING HABITS SHIFT AS WE GROW OLDER; AND THE EVOLUTIONARY SIGNIFICANCE OF REM SLEEP AND DREAMING. CHARMING, EYE-OPENING, AND DEEPLY HUMANIZING, *SLEEPYHEAD* WILL HELP US ALL UNCOVER THE SECRETS OF A GOOD NIGHT'S SLEEP.

*THE HIDDEN GEOMETRY OF LIFE: THE SCIENCE AND SPIRITUALITY OF NATURE* - KAREN L. FRENCH 2014-05-10

ENCOMPASSING NATURE, SCIENCE, ART, ARCHITECTURE, AND SPIRITUALITY, AND ILLUSTRATED WITH OVER 700 PHOTOGRAPHS AND LINE DRAWINGS, *THE HIDDEN GEOMETRY OF LIFE* ILLUMINATES THE SECRET UNDERPINNINGS OF EXISTENCE. IN HER TRADEMARK EASY-TO-UNDERSTAND STYLE, MATHEMATICIAN KAREN FRENCH SHOWS HOW SACRED GEOMETRY PERMEATES EVERY LEVEL OF BEING, MANIFESTING ITSELF IN SIMPLE SHAPES AND NUMBERS, MUSIC AND SOUNDS, LIGHT AND COLOR, EVEN IN THE MYSTERIES OF CREATION ITSELF. BUT THESE GEOMETRICAL ARCHETYPES ARE MORE THAN THE BUILDING BLOCKS OF REALITY: THEY ARE GATEWAYS TO PROFOUND NEW LEVELS OF AWARENESS.

*SLEEP DONATION* - KAREN RUSSELL 2020-09-29

NEWLY ILLUSTRATED AND AVAILABLE FOR THE FIRST TIME IN YEARS, A HAUNTING NOVELLA FROM THE UNCANNILY IMAGINATIVE AUTHOR OF *THE NATIONAL BESTSELLERS SWAMPLANDIA!* AND *ORANGE WORLD: THE STORY OF A DEADLY INSOMNIA EPIDEMIC* AND THE LENGTHS ONE WOMAN WILL GO TO TO FIGHT IT. TRISH EDGEWATER IS THE SLUMBER CORPS' TOP RECRUITER. ON THE PHONE, AT A SPECIALLY ORGANIZED SLEEP DRIVE, EVEN IN A SUPERMARKET PARKING LOT: TRISH CAN GET EVEN THE MOST RELUCTANT HEALTHY DREAMER TO DONATE SLEEP TO AN INSOMNIAC IN CRISIS--ONE OF HUNDREDS OF THOUSANDS OF PEOPLE WHO HAVE TOTALLY LOST THE ABILITY TO SLEEP. TRISH CRIES, SHE SHAKES, SHE SHOWS POTENTIAL DONORS A PICTURE OF HER DECEASED SISTER, DORI: ONE OF THE FIRST VICTIMS OF THE LETHAL INSOMNIA PLAGUE THAT HAS SWEEPED THE GLOBE. RUN BY THE WEALTHY AND ENIGMATIC STORCH BROTHERS, THE SLUMBER CORPS IS AT THE FOREFRONT OF THE FIGHT AGAINST THIS DEADLY NEW DISEASE. BUT WHEN TRISH IS CONFRONTED BY "BABY A," THE FIRST UNIVERSAL SLEEP DONOR, AND THE MYSTERIOUS "DONOR Y," WHOSE HORRIFIC INFECTIOUS NIGHTMARES ARE THREATENING TO

SWEEP THROUGH THE PRECIOUS SLEEP SUPPLY, HER FAITH IN THE ORGANIZATION AND IN HER OWN MOTIVES BEGINS TO FALTER. FULLY ILLUSTRATED WITH DREAMY EVOCATIONS OF RUSSELL'S SINGULAR IMAGINATION AND FEATURING A BRAND-NEW "NIGHTMARE APPENDIX," SLEEP DONATION WILL KEEP READERS UP LONG INTO THE NIGHT AND LONG AFTER HAUNT THEIR DREAMS.

**PHONOLOGICAL ARCHITECTURE** - BRIDGET D. SAMUELS 2011-10-13

PHONOLOGICAL ARCHITECTURE BRIDGES LINGUISTIC THEORY AND THE BIOLOGICAL SCIENCES, PRESENTING A COMPREHENSIVE VIEW OF PHONOLOGY FROM A BIOLOGICAL PERSPECTIVE. ITS BACK-TO-BASICS APPROACH BREAKS PHONOLOGY INTO PRIMITIVE OPERATIONS AND REPRESENTATIONS AND INVESTIGATES THEIR POSSIBLE ORIGINS IN COGNITIVE ABILITIES FOUND THROUGHOUT THE ANIMAL KINGDOM.

BRIDGET SAMUELS OPENS THE DISCUSSION BY CONSIDERING THE GENERAL PROPERTIES OF THE EXTERNALISATION SYSTEM IN A THEORY-NEUTRAL MANNER, USING ANIMAL COGNITION STUDIES TO IDENTIFY WHICH COMPONENTS OF PHONOLOGY MAY NOT BE UNIQUE TO HUMANS AND/OR TO LANGUAGE. SHE DEMONSTRATES, ON THE BASIS OF BEHAVIOURAL AND PHYSIOLOGICAL STUDIES ON PRIMATES, SONGBIRDS,

AND A WIDE VARIETY OF OTHER SPECIES, THAT THE COGNITIVE ABILITIES UNDERLYING HUMAN PHONOLOGICAL REPRESENTATIONS AND OPERATIONS ARE PRESENT IN CREATURES OTHER THAN HOMO SAPIENS (EVEN IF NOT TO THE SAME DEGREE) AND IN DOMAINS OTHER THAN PHONOLOGY OR, INDEED, LANGUAGE PROPER. THE SECOND, MORE LINGUISTICALLY TECHNICAL HALF OF THE BOOK EXPLORES WHAT IS NECESSARILY UNIQUE ABOUT PHONOLOGY. THE AUTHOR DISCUSSES THE PROPERTIES OF THE PHONOLOGICAL MODULE WHICH ARE DICTATED BY THE INTERFACE REQUIREMENTS OF THE SYNTACTIC MODULE OF UNIVERSAL GRAMMAR AS WELL AS DIFFERENT COMPONENTS OF THE HUMAN SENSORY-MOTOR SYSTEM (IE AUDITION, VISION, AND MOTOR CONTROL). SHE PROPOSES A RÉPERTOIRE OF PHONOLOGICAL REPRESENTATIONS AND OPERATIONS WHICH ARE CONSISTENT WITH UNIVERSAL GRAMMAR AND HUMAN COGNITIVE EVOLUTION. SHE ILLUSTRATES THE APPLICATION OF THESE OPERATIONS WITH ANALYSES OF REPRESENTATIVE PHONOLOGICAL DATA SUCH AS VOWEL HARMONY, REDUPLICATION, AND TONE SPREADING PATTERNS. FINALLY, THE AUTHOR ADDRESSES THE ISSUE OF CROSS-LINGUISTIC AND INTER-SPEAKER VARIATION.