

Environmental Studies By Rajagopalan

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Text Book of Environmental Studies - D K Asthana 2006

For undergraduate Students. This textbook is simple, comprehensible, illustrated and documented account of the state of environment, wildlife and natural resources today. The book covers all aspects of the subject which students of graduate classes should be ware of not for their own sake but for the sake of forging a pattern of right conduct towards the nature, natural resources and the environment.

[The Handbook of Science and Technology Studies, fourth edition](#) - Ulrike Felt 2016-12-23

The fourth edition of an authoritative overview, with all new chapters that capture the state of the art in a rapidly growing field. Science and Technology Studies (STS) is a flourishing interdisciplinary field that examines the transformative power of science and technology to arrange and rearrange contemporary societies. The Handbook of Science and Technology Studies provides a comprehensive and authoritative overview of the field, reviewing current research and major theoretical and methodological approaches in a way that is accessible to both new and established scholars from a range of disciplines. This new edition, sponsored by the Society for Social Studies of Science, is the fourth in a series of volumes that have defined the field of STS. It features 36 chapters, each written for the fourth edition, that capture the state of the art in a rich and rapidly growing field. One especially notable

development is the increasing integration of feminist, gender, and postcolonial studies into the body of STS knowledge. The book covers methods and participatory practices in STS research; mechanisms by which knowledge, people, and societies are coproduced; the design, construction, and use of material devices and infrastructures; the organization and governance of science; and STS and societal challenges including aging, agriculture, security, disasters, environmental justice, and climate change.

Why We Need Nuclear Power - Michael H. Fox 2014-05

"Makes a case for nuclear energy as a clean-energy solution."--

Environmental Studies (JNTU, Hyderabad) - Mukkanti K.

Multidisciplinary Nature Of Environmental Science| Natural Resources | The Ecosystems | Biodiversity And Conservation | Environmental Pollution | Social Issues Of Environment | Human Population And The Environment | Fieldvisit Of Eco-Tourism| Bibliography

Perspectives in Environmental Studies - Anubha Kaushik 2006

Environmental Studies pertain to a systematic analysis of the natural and man-made world encompassing various scientific, economic, social and ethical aspects. Human impacts leading to large scale degradation of the environment have aroused global concern on environmental issues in the recent years. The apex court has hence, issued directive to impart environmental literacy to all. In this book the fundamental concepts of

environmental studies have been introduced and analysed in a simple manner strictly as per the module syllabus designed by the U.G.C. for undergraduate courses in science, humanities, engineering, medicine, pharmacy, commerce, management and law. Besides the undergraduate students of all disciplines the book will also be useful for those appearing in various competitive exams since environmental issues now find a focus in most of such examinations. The contents of the book will be of interest to all educationists, planners and policy makers. Key features of the book include a simple and holistic approach with illustrations, tables and specific case studies mainly in the Indian context. The basic terminologies have been defined in the text while introducing the topics and some useful terms mentioned in the text have been explained in the glossary for an easy grasp by students of all disciplines.

Environment & Ecology - R. Rajagopalan 2009-04-09

Worldviews of Aspiring Powers - Henry R. Nau 2012-10-03

Worldviews of Aspiring Powers provides a serious study of the domestic foreign policy debates in five world powers who have gained more influence as the US's has waned: China, Japan, India, Russia and Iran. Featuring a leading regional scholar for each essay, each essay identifies the most important domestic schools of thought--nationalists, realists, globalists, idealists/exceptionalists--and connects them to the historical and institutional sources that fuel each nation's foreign policy experience. While scholars have applied this approach to US foreign policy, this book is the first to track the competing schools of foreign policy thought within five of the world's most important rising powers. Concise and systematic, Worldviews of Aspiring Powers will serve as both an essential resource for foreign policy scholars trying to understand international power transitions and as a text for courses that focus on the same.

Essentials of Ecology and Environmental Science - 2009

Leadership and the Rise of Great Powers - Yan Xuetong 2020-12-22

A leading foreign policy thinker uses Chinese political theory to explain

why some powers rise as others decline and what this means for the international order Why has China grown increasingly important in the world arena while lagging behind the United States and its allies across certain sectors? Using the lens of classical Chinese political theory, Leadership and the Rise of Great Powers explains China's expanding influence by presenting a moral-realist theory that attributes the rise and fall of great powers to political leadership. Yan Xuetong shows that the stronger a rising state's political leadership, the more likely it is to displace a prevailing state in the international system. Yan shows how rising states like China transform the international order by reshaping power distribution and norms, and he considers America's relative decline in international stature even as its economy, education system, military, political institutions, and technology hold steady. Leadership and the Rise of Great Powers offers a provocative, alternative perspective on the changing dominance of states.

ELEMENTS OF ENVIRONMENTAL SCIENCE AND ENGINEERING -

P. MEENAKSHI 2012-10-03

Designed as a text for all undergraduate students of engineering for their core course in Environmental Science and Engineering and for elective courses in environmental health engineering and pollution and control engineering for students of civil engineering, this comprehensive text, now in its Second Edition provides an in-depth analysis of the fundamental concepts. It also introduces the reader to different niche areas of environmental science and engineering. The book covers a wide array of topics, such as natural resources, disaster management, biodiversity, and various forms of pollution, viz. water pollution, air pollution, soil pollution, noise pollution, thermal pollution, and marine pollution, as well as environmental impact assessment and environmental protection. This edition introduces a new chapter on Environment and Human Health. KEY FEATURES : Gives in-depth yet lucid analysis of topics, making the book user-friendly. Covers important topics, which are adequately supported by illustrative diagrams. Provides case studies to explore real-life problems. Supplies review questions at the end of each chapter to drill the students in self-study.

Gaian Systems - Bruce Clarke 2020-09-29

A groundbreaking look at Gaia theory's intersections with neocybernetic systems theory. Often seen as an outlier in science, Gaia has run a long and varied course since its formulation in the 1970s by atmospheric chemist James Lovelock and microbiologist Lynn Margulis. *Gaian Systems* is a pioneering exploration of the dynamic and complex evolution of Gaia's many variants, with special attention to Margulis's foundational role in these developments. Bruce Clarke assesses the different dialects of systems theory brought to bear on Gaia discourse. Focusing in particular on Margulis's work—including multiple pieces of her unpublished Gaia correspondence—he shows how her research and that of Lovelock was concurrent and conceptually parallel with the new discourse of self-referential systems that emerged within neocybernetic systems theory. The recent Gaia writings of Donna Haraway, Isabelle Stengers, and Bruno Latour contest its cybernetic status. Clarke engages Latour on the issue of Gaia's systems description and extends his own systems-theoretical synthesis under what he terms "metabioc Gaia." This study illuminates current issues in neighboring theoretical conversations—from biopolitics and the immunitary paradigm to NASA astrobiology and the Anthropocene. Along the way, he points to science fiction as a vehicle of Gaian thought. Delving into many issues not previously treated in accounts of Gaia, *Gaian Systems* describes the history of a theory that has the potential to help us survive an environmental crisis of our own making.

The Oxford Handbook of the Indian Constitution - Sujit Choudhry 2016-05-03

The Indian Constitution is one of the world's longest and most important political texts. Its birth, over six decades ago, signalled the arrival of the first major post-colonial constitution and the world's largest and arguably most daring democratic experiment. Apart from greater domestic focus on the Constitution and the institutional role of the Supreme Court within India's democratic framework, recent years have also witnessed enormous comparative interest in India's constitutional experiment. The *Oxford Handbook of the Indian Constitution* is a wide-ranging, analytical

reflection on the major themes and debates that surround India's Constitution. The Handbook provides a comprehensive account of the developments and doctrinal features of India's Constitution, as well as articulating frameworks and methodological approaches through which studies of Indian constitutionalism, and constitutionalism more generally, might proceed. Its contributions range from rigorous, legal studies of provisions within the text to reflections upon historical trends and social practices. As such the Handbook is an essential reference point not merely for Indian and comparative constitutional scholars, but for students of Indian democracy more generally.

Walls - Thomas Oles 2015-01-08

This book about walls is genuinely exciting and alive with insights, elegance, rigor, style, and thoughtful humanism. It reveals and interrogates the social, political, and historical complexities of one of our most common landscape features, demonstrating how we misconstrue or fail to appreciate the nature and possibilities of physical boundaries. Oles shows that our societies and our politics are shaped by the nature and quality of the divisions we make on and among landscapes, and he interrogates practical, theoretical, and ethical aspects of our landscapes and the boundaries between them. This leads him into stark discussions of barriers such as the US-Mexico border fence, Israel's fortifications in the West Bank, and the kinds of residential barriers that define neighborhoods by their edges in communities worldwide, from Johannesburg to Levittown. Oles further locates counternarratives of walls, showing how people have lived in walls or used them in seemingly contradictory ways, letting permeability become a form of strength.

Large Carnivores and the Conservation of Biodiversity - Justina Ray 2013-04-09

Large Carnivores and the Conservation of Biodiversity brings together more than thirty leading scientists and conservation practitioners to consider a key question in environmental conservation: Is the conservation of large carnivores in ecosystems that evolved with their presence equivalent to the conservation of biological diversity within those systems? Building their discussions from empirical, long-term data

sets, contributors including James A. Estes, David S. Maehr, Tim McClanahan, Andrés J. Novaro, John Terborgh, and Rosie Woodroffe explore a variety of issues surrounding the link between predation and biodiversity: What is the evidence for or against the link? Is it stronger in marine systems? What are the implications for conservation strategies? Large Carnivores and the Conservation of Biodiversity is the first detailed, broad-scale examination of the empirical evidence regarding the role of large carnivores in biodiversity conservation in both marine and terrestrial ecosystems. It contributes to a much more precise and global understanding of when, where, and whether protecting and restoring top predators will directly contribute to the conservation of biodiversity. Everyone concerned with ecology, biodiversity, or large carnivores will find this volume a unique and thought-provoking analysis and synthesis.

Environmental Studies - Benny Joseph 2008

The Florentine Codex - Jeanette Favrot Peterson 2019-09-10

In the sixteenth century, the Franciscan friar Bernardino de Sahagún and a team of indigenous grammarians, scribes, and painters completed decades of work on an extraordinary encyclopedic project titled General History of the Things of New Spain, known as the Florentine Codex (1575–1577). Now housed in the Biblioteca Medicea Laurenziana in Florence and bound in three lavishly illustrated volumes, the codex is a remarkable product of cultural exchange in the early Americas. In this edited volume, experts from multiple disciplines analyze the manuscript's bilingual texts and more than 2,000 painted images and offer fascinating, new insights on its twelve books. The contributors examine the “three texts” of the codex—the original Nahuatl, its translation into Spanish, and its painted images. Together, these constitute complementary, as well as conflicting, voices of an extended dialogue that occurred in and around Mexico City. The volume chapters address a range of subjects, from Nahua sacred beliefs, moral discourse, and natural history to the Florentine artists' models and the manuscript's reception in Europe. The Florentine Codex ultimately yields new perspectives on the Nahua world

several decades after the fall of the Aztec empire.

Environmental Science - Y. K. Singh 2006-12

Environmental Science is one of the most important areas of research and study in present time and its application in every aspect of life has also increased. Keeping this in view, almost all Indian Universities have introduced it as a compulsory course. This book is intended to suit the needs of graduate and postgraduate students pursuing environmental studies. To save the natural environment, a good and effective understanding of environmental science is needed. Environmental science is a term that has been widely used in recent years and its manifestations can range from environmental awareness learning through complex and expensive environmental study to operational research studies of environmental education systems.

ORGB A SOUTH-ASIAN PERSPECTIVE WITH COURSEMATE. - DEBRA L. NELSON 2016

Indoor Pollutants - National Research Council 1981-01-01

Discusses pollution from tobacco smoke, radon and radon progeny, asbestos and other fibers, formaldehyde, indoor combustion, aeropathogens and allergens, consumer products, moisture, microwave radiation, ultraviolet radiation, odors, radioactivity, and dirt and discusses means of controlling or eliminating them.

Dietary Reference Intakes for Vitamin A, Vitamin K, Arsenic, Boron, Chromium, Copper, Iodine, Iron, Manganese, Molybdenum, Nickel, Silicon, Vanadium, and Zinc - Institute of Medicine 2002-07-19

This volume is the newest release in the authoritative series issued by the National Academy of Sciences on dietary reference intakes (DRIs). This series provides recommended intakes, such as Recommended Dietary Allowances (RDAs), for use in planning nutritionally adequate diets for individuals based on age and gender. In addition, a new reference intake, the Tolerable Upper Intake Level (UL), has also been established to assist an individual in knowing how much is "too much" of a nutrient. Based on the Institute of Medicine's review of the scientific

literature regarding dietary micronutrients, recommendations have been formulated regarding vitamins A and K, iron, iodine, chromium, copper, manganese, molybdenum, zinc, and other potentially beneficial trace elements such as boron to determine the roles, if any, they play in health. The book also: Reviews selected components of food that may influence the bioavailability of these compounds. Develops estimates of dietary intake of these compounds that are compatible with good nutrition throughout the life span and that may decrease risk of chronic disease where data indicate they play a role. Determines Tolerable Upper Intake levels for each nutrient reviewed where adequate scientific data are available in specific population subgroups. Identifies research needed to improve knowledge of the role of these micronutrients in human health. This book will be important to professionals in nutrition research and education.

Environmental Science - Daniel D. Chiras 2013

Completely updated, the ninth edition of 'Environmental Science' enlightens students on the fundamental causes of the current environmental crisis and offers ideas on how we, as a global community, can create a sustainable future.

Environmental Studies - Rajagopalan 2016

The Third Edition of this popular textbook is based on the latest syllabus of the Ability Enhancement Compulsory Course on Environmental Studies, prescribed by the University Grants Commission (UGC) under the new Choice-based Credit System. It also includes additional topics included in the syllabi of some universities. The book is meant for undergraduates of all disciplines. Assuming very little background in mathematics or science, it gives a balanced presentation of the major issues and concerns related to the environment. This book will also be useful for those taking the UPSC Civil Services Examinations, since it covers the ecology/environment topics of the Preliminary and Main Examinations.

Her Right To Equality - Nisha Agrawal 2021-03-08

The sixth volume in the Rethinking India series, in collaboration with the Samruddha Bharat Foundation, looks at the reality of gender equality in

the country against the promises of justice and equality made in the Constitution of India. What it finds is that even today, India remains an unequal country and that women control, at best, about 10-15 per cent of economic and political resources. While there has been progress in some areas, in many other areas there has been very little and uneven change. One of the main reasons for this slow progress is that social norms that assign particular roles and identities to men and women are 'sticky' and hard to change. In India, a highly patriarchal society, these norms give very little power to women and, consequently, they have little control or influence over decisions taken within their households, in markets or in political spaces. Challenging the status quo can cause a backlash, leading to high levels of violence against women in the domestic sphere, the workplace and in public places. If we are to see a more safe, just and equal society by 2047, a hundred years after Independence, it cannot be business as usual. *Her Right to Equality* argues that what we require is disruptive change through individual and collective leadership and action.

Environmental Pollutant Exposures and Public Health - R. M. Harrison 2020-09-15

On a day-to-day basis, we are constantly exposed to a variety of different pollutants. From the air we breathe to the food we eat, undesirable substances can be found everywhere and they can have significant health effects. Covering topics from dietary exposure to chemicals through to the health effects of climate change, this book brings together contributors from around the world to highlight the latest science on how environmental pollutant exposure impacts upon public health.

Advances in Data-Based Approaches for Hydrologic Modeling and Forecasting -

Mosquitopia - Marcus Hall 2021-09-02

This edited volume brings together natural scientists, social scientists and humanists to assess if (or how) we may begin to coexist harmoniously with the mosquito. The mosquito is humanity's deadliest animal, killing over a million people each year by transmitting malaria,

yellow fever, Zika and several other diseases. Yet of the 3,500 species of mosquito on Earth, only a few dozen of them are really dangerous—so that the question arises as to whether humans and their mosquito foe can learn to live peacefully with one another. Chapters assess polarizing arguments for conserving and preserving mosquitoes, as well as for controlling and killing them, elaborating on possible consequences of both strategies. This book provides informed answers to the dual question: could we eliminate mosquitoes, and should we? Offering insights spanning the technical to the philosophical, this is the “go to” book for exploring humanity’s many relationships with the mosquito—which becomes a journey to finding better ways to inhabit the natural world. Mosquitopia will be of interest to anyone wanting to explore dependencies between human health and natural systems, while offering novel perspectives to health planners, medical experts, environmentalists and animal rights advocates.

Text Book of Environmental Studies - Gurdeep R. Chatwal 2004

Basics Of Environmental Studies (Gtu) - R. Rajagopalan 2008-11-19

Environmental Studies - R. Rajagopalan 2011

Adopting a lucid approach, the book aims to develop an appreciation of the seriousness of the environmental crisis at the local and global levels. The text discusses the major environmental problems we face today: global warming, overexploitation of natural resources, degraded land, disappearing forests, endangered species, rising pollution, growing population, and dangerous toxins, among others. The book illustrates various problems, solutions, successes, and failures with numerous Indian and global examples. Written in a student-friendly manner, the text is enriched with a number of photographs and illustrations.

Environmental Studies - Rajagopalan 2005

Designed to meet the UGC guidelines for a compulsory course on environmental studies, the book aims to create awareness among students for environmental issues both at local and global levels.

Fundamentals of Environmental Studies - Mahua Basu 2017-11-08

Fundamentals of Environmental Studies is taught as a compulsory paper to first-year undergraduate students across major technical universities in India. This book introduces the fundamental principles and concepts of environmental science, ecology and related interdisciplinary subjects, such as policy, law, pollution control, economics and natural resource management. It covers a wide range of topics and issues including biodiversity, global warming, acid rain, ozone layer depletion, nuclear accidents, nuclear holocaust, disaster management, manipulation of various natural resources including water, land, forests, food and mineral resources, and the problems associated with natural resource management. It also analyzes different types of ecosystems, biochemical cycles and laws of thermodynamics and provides easy-to-understand examples. In addition, the book offers separate chapters on various types of environmental pollution and waste management, including waste water treatment, solid waste management and green management.

Language, Culture and Power - C. T. Indra 2017-11-13

This volume examines the relationship between language and power across cultural boundaries. It evaluates the vital role of translation in redefining culture and ethnic identity. During the first phase of colonialism, mid-18th to late-19th century, the English-speaking missionaries and East India Company functionaries in South India were impelled to master Tamil, the local language, in order to transact their business. Tamil also comprised ancient classical literary works, especially ethical and moral literature, which were found especially suited to the preferences of Christian missionaries. This interface between English and Tamil acted as a conduit for cultural transmission among different groups. The essays in this volume explore the symbiotic relation between English and Tamil during the late colonial and postcolonial as also the modernist and the postmodernist periods. The book showcases the modernity of contemporary Tamil culture as reflected in its literary and artistic productions — poetry, fiction, short fiction and drama — and outlines the aesthetics, philosophy and methodology of these translations. This volume and its companion (which looks at the period between 1750 to 1900 CE) cover the late colonial and

postcolonial era and will be of interest to students, scholars and researchers of translation studies, literature, linguistics, sociology and social anthropology, South Asian studies, colonial and postcolonial studies, literary and critical theory as well as culture studies.

Textbook of Environmental Studies for Undergraduate Courses - Erach Bharucha 2005-11

The Importance Of Environmental Studies Cannot Be Disputed Since The Need For Sustainable Development Is A Key To The Future Of Mankind. Recognising This, The Honourable Supreme Court Of India Directed The Ugc To Introduce A Basic Course On Environmental Education For Undergraduate Courses In All Disciplines, To Be Implemented By Every University In The Country. Accordingly, The Ugc Constituted An Expert Committee To Formulate A Six-Month Core Module Syllabus For Environmental Studies. This Textbook Is The Outcome Of The Ugc S Efforts And Has Been Prepared As Per The Syllabus. It Is Designed To Bring About An Awareness On A Variety Of Environmental Concerns. It Attempts To Create A Pro-Environmental Attitude And A Behavioural Pattern In Society That Is Based On Creating Sustainable Lifestyles And A New Ethic Towards Conservation. This Textbook Stresses On A Balanced View Of Issues That Affect Our Daily Lives. These Issues Are Related To The Conflict Between Existing `Development Strategies And The Need For `Conservation . It Not Only Makes The Student Better Informed On These Concerns, But Is Expected To Lead The Student Towards Positive Action To Improve The Environment. Based On A Multidisciplinary Approach That Brings About An Appreciation Of The Natural World And Human Impact On Its Integrity, This Textbook Seeks Practical Answers To Make Human Civilization Sustainable On The Earth S Finite Resources. Attractively Priced At Rupees One Hundred And Fifteen Only, This Textbook Covers The Syllabus As Structured By The Ugc, Divided Into 8 Units And 50 Lectures. The First 7 Units, Which Cover 45 Lectures Are Classroom Teaching-Based, And Enhance Knowledge Skills And Attitude To Environment. Unit 8 Is Based On Field Activities To Be Covered In 5 Lecture Hours And Would Provide Students With First Hand Knowledge On Various Local Environmental Issues.

Python for Data Analysis - Wes McKinney 2017-09-25

Get complete instructions for manipulating, processing, cleaning, and crunching datasets in Python. Updated for Python 3.6, the second edition of this hands-on guide is packed with practical case studies that show you how to solve a broad set of data analysis problems effectively. You'll learn the latest versions of pandas, NumPy, IPython, and Jupyter in the process. Written by Wes McKinney, the creator of the Python pandas project, this book is a practical, modern introduction to data science tools in Python. It's ideal for analysts new to Python and for Python programmers new to data science and scientific computing. Data files and related material are available on GitHub. Use the IPython shell and Jupyter notebook for exploratory computing Learn basic and advanced features in NumPy (Numerical Python) Get started with data analysis tools in the pandas library Use flexible tools to load, clean, transform, merge, and reshape data Create informative visualizations with matplotlib Apply the pandas groupby facility to slice, dice, and summarize datasets Analyze and manipulate regular and irregular time series data Learn how to solve real-world data analysis problems with thorough, detailed examples

Ecology And Environment - P. D. Sharma 2012

1. Introduction 2. Climatic and Topographic Factors 3. Edaphic Factors (Soil Science)4. Biotic Factor 5. Ecological Adaptations 6. Autecology of Species 7. Population - Structure and Dynamics 8. Community-Structure and Classification 9. Community Dynamics (Ecological Succession)10. Ecosystem: Structure and Function 11. Habitat Ecology 12. Degradation of Natural Resources andthe Environmental Problems 13. Energy Crisis and Non-Conventional Sources 14. Biodiversity and Wildlife of India and its Conservation 15. Environment and Development-India's Viewpoint16. Global Warming and Climate Change 17.

Heat and Mass Transfer Data Book - KOTHANDARAMAN 1977-01-01

Forests - Jaboury Ghazoul 2015

Forests have been entwined with human development and cultural history for centuries. In this 'Very Short Introduction' Jaboury Ghazoul

explores their origins, dynamics, and the range of goods and services they provide to human society, as well as looking at issues of deforestation, reforestation, and the effects of climate change.

The Myth of Mirror Neurons: The Real Neuroscience of Communication and Cognition - Gregory Hickok 2014-08-18

An essential reconsideration of one of the most far-reaching theories in modern neuroscience and psychology. In 1992, a group of neuroscientists from Parma, Italy, reported a new class of brain cells discovered in the motor cortex of the macaque monkey. These cells, later dubbed mirror neurons, responded equally well during the monkey's own motor actions, such as grabbing an object, and while the monkey watched someone else perform similar motor actions. Researchers speculated that the neurons allowed the monkey to understand others by simulating their actions in its own brain. Mirror neurons soon jumped species and took human neuroscience and psychology by storm. In the late 1990s theorists showed how the cells provided an elegantly simple new way to explain the evolution of language, the development of human empathy, and the neural foundation of autism. In the years that followed, a stream of scientific studies implicated mirror neurons in everything from schizophrenia and drug abuse to sexual orientation and contagious yawning. In *The Myth of Mirror Neurons*, neuroscientist Gregory Hickok reexamines the mirror neuron story and finds that it is built on a tenuous foundation—a pair of codependent assumptions about mirror neuron activity and human understanding. Drawing on a broad range of observations from work on animal behavior, modern neuroimaging, neurological disorders, and more, Hickok argues that the foundational assumptions fall flat in light of the facts. He then explores alternative explanations of mirror neuron function while illuminating crucial questions about human cognition and brain function: Why do humans imitate so prodigiously? How different are the left and right hemispheres of the brain? Why do we have two visual systems? Do we need to be able to talk to understand speech? What's going wrong in autism? Can humans read minds? *The Myth of Mirror Neurons* not only delivers an instructive tale about the course of scientific progress—from discovery to

theory to revision—but also provides deep insights into the organization and function of the human brain and the nature of communication and cognition.

Diet and Health - National Research Council 1989-01-01

Diet and Health examines the many complex issues concerning diet and its role in increasing or decreasing the risk of chronic disease. It proposes dietary recommendations for reducing the risk of the major diseases and causes of death today: atherosclerotic cardiovascular diseases (including heart attack and stroke), cancer, high blood pressure, obesity, osteoporosis, diabetes mellitus, liver disease, and dental caries.

The Mind of the Leader - Rasmus Hougaard 2018-03-13

Join the global movement that's making corporations more people-centric to achieve great results. The world is facing a global leadership crisis. Seventy-seven percent of leaders think they do a good job of engaging their people, yet 88 percent of employees say their leaders don't engage enough. There is also a high level of suffering in the workplace: 35 percent of employees would forgo a pay raise to see their leaders fired. This is an enormous waste of human talent--despite the fact that \$46 billion is spent each year on leadership development. Based on extensive research, including assessments of more than 35,000 leaders and interviews with 250 C-level executives, *The Mind of the Leader* concludes that organizations and leaders aren't meeting employees' basic human needs of finding meaning, purpose, connection, and genuine happiness in their work. But more than a description of the problem, *The Mind of the Leader* offers a radical, yet practical, solution. To solve the leadership crisis, organizations need to put people at the center of their strategy. They need to develop managers and executives who lead with three core mental qualities: mindfulness, selflessness, and compassion. Using real-world inspirational examples from Marriott, Accenture, McKinsey & Company, LinkedIn, and many more, *The Mind of the Leader* shows how this new kind of leadership turns conventional leadership thinking upside down. It represents a radical redefinition of what it takes to be an effective leader--and a practical, hard-nosed solution to every organization's engagement and execution problems.