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LEWSER! - G. B. Trudeau 2020-07-07

A mirthful and merciless skewering of the Trump administration from the senior statesman of political cartooning, Garry Trudeau. From the Pulitzer Prize-winning cartoonist whose acclaimed Yuge!: 30 Years of Doonesbury on Trump blew up the bestseller list, G.B. Trudeau's third (and final?) collection of Doonesbury

Trump cartoons takes readers through the dark heart of Trump's presidency and into 2020 election mania. Including two years' worth of original Doonesbury Sundays, full-color spreads, and 18 previously unpublished strips, the completion of Trudeau's Trump trilogy arrives just as the 2020 election is in full swing.

Turkey and European Integration - Nergis

Canefe 2004-08-02

This book examines the important issue of Turkey's relationship with Europe. The authors uniquely present the Turkish view of integration within the broad context of the debates on Europeanisation and sovereignty, but with a specific focus on the internal debates and issues in Turkey itself. Key issues considered include populism, economic policy design, nationalism, Islam, human rights, business, public attitudes to Europeanisation and the position of the Turkish polity.

Every Cradle Is a Grave - Sarah Perry

2014-11-21

Millions of years ago, humans just happened. Accidents of environment and genetics contributed to the emergence of sentient beings like us. Today, however, people no longer "just happen"; they are created by the voluntary acts of other people. This book examines several questions about the ethics of human existence. Is it a good thing, for humans, that humans

"happened"? Is it ethical to keep making new humans, now that reproduction is under our control? And given that a person exists (through no fault or choice of his own), is it immoral or irrational for him to refuse to live out his natural lifespan? Sarah Perry answers these questions in the negative--not out of misanthropy, but out of empathy for human suffering and respect for human autonomy. "Every Cradle Is a Grave undertakes a difficult task--to write on discomfiting matters from a perspective that is socially unsanctioned. Strange as it may seem to some of us, there are scads of volumes that praise the abuses we endure in our lives. Such works have always been well thumbed, though they are only prayer-books for the purpose of worshipping misery. Sarah Perry is more honest and less perverse on the subject of suffering, treating pain as both a philosophical and a practical problem to which, it is admitted, there is no ultimate solution. Nonetheless, in her view there still remains intelligence and compassion

as a means for confronting the insoluble. That is what makes this book as much a necessity as it is a rarity." --Thomas Ligotti, author of *The Conspiracy against the Human Race* Meaning. Value. Birth. Death. Sanctity. These subjects and others are reexamined through the lens of suicide rights and procreation ethics in Sarah Perry's *Every Cradle Is a Grave*. If you're at all fond of asking the truly Big Questions, this is the read you've been waiting for. Why are we here, and why do we stay? Prepare to have your assumptions dissected and turned on their heads. It's a bumpy ride, but then, so is this little journey we're on as we spin aimlessly around a sun that's destined to burn out, just as surely as each individual life will one day fall back down into the mud from which all life arises. Asking the hard questions is one thing, but hearing answers that might shake us to the core can be something else again. --Jim Crawford, author of *Confessions of an Antinatalist* "In this eminently rational, clear and serious book, Sarah Perry is

courageous and strong enough to confront the forbidden truths of human life. *Every Cradle Is a Grave* should be mandatory reading for anyone who plans to have children." -Mikita Brottman, author of *Thirteen Girls*

The Persistence of Gender Inequality - Mary Evans 2016-12-20

Despite centuries of campaigning, women still earn less and have less power than men. Equality remains a goal not yet reached. In this incisive account of why this is the case, Mary Evans argues that optimistic narratives of progress and emancipation have served to obscure long-term structural inequalities between women and men, structural inequalities which are not only about gender but also about general social inequality. In widening the lenses on the persistence of gender inequality, Evans shows how in contemporary debates about social inequality gender is often ignored, implicitly side-lining critical aspects of relations between women and men. This engaging short book

attempts to join up some of the dots in the ways that we think about both social and gender inequality, and offers a new perspective on a problem that still demands society's full attention.

Thoughts on Interaction Design - Chris Connors 2010

Interaction Designers—whether practicing as Usability Engineers, Visual Interface Designers, or Information Architects—attempt to understand and shape human behavior in order to design products that are at once usable, useful, and desirable. Although the value of design is now recognized as essential to product development, the field is often misunderstood by managers and other team members, who don't understand a designer's role in a team. This can cause inefficient and ineffective products.

Thoughts on Interaction Design gives individuals engaged in this profession the dialogue to justify their work to other stakeholders. It provides a framework upon which to build intellectual

discourse, and it substantiates the rigorous and unique nature of interaction design work.

Ultimately, the text exists to provide a definition that encompasses the intellectual facets of the field, the conceptual underpinnings of interaction design as a legitimate human-centered field, and the particular methods used by practitioners in their day to day experiences.

- *First book to provide a solid definition and framework for the booming field of interaction design, finally giving designers the justification needed to prove their essential role on every development team
- *Provides designers with tools they need to operate effectively in the workplace without compromising their goals: making useable, useful, and desirable products
- *Outlines process, theory, practice, and challenges of interaction design - intertwined with real world stories from a variety of perspectives

UNIX Network Programming - W. Richard Stevens 1990

The Unix model; Interprocess communication; A network primer; Communication protocols; Berkeley sockets; System V transport layer interface; Library routines; Security; Time and date routines; Ping routines; Trivial file transfer protocol; Line printer spoolers; Remote command execution; Remote login; Remote tape drive access; Performance; Remote procedure calls.

Computers as Theatre - Brenda Laurel 2014

Brenda Laurel's *Computers as Theatre* revolutionized the field of human-computer interaction, offering ideas that inspired generations of interface and interaction designers-and continue to inspire them. Laurel's insight was that effective interface design, like effective drama, must engage the user directly in an experience involving both thought and emotion. Her practical conclusion was that a user's enjoyment must be a paramount design consideration, and this demands a deep awareness of dramatic theory and technique,

both ancient and modern. Now, two decades later, Laurel has revised and revamped her influential work, reflecting back on enormous change and personal experience and forward toward emerging technologies and ideas that will transform human-computer interaction yet again. Beginning with a clear analysis of classical drama theory, Laurel explores new territory through the lens of dramatic structure and purpose. *Computers as Theatre, Second Edition*, is directed to a far wider audience, is written more simply and elegantly, is packed with new examples, and is replete with exciting and important new ideas. This book Draws lessons from massively multiplayer online games and systems, social networks, and mobile devices with embedded sensors Integrates values-driven design as a key principle Integrates key ideas about virtual reality Covers new frontiers, including augmented reality, distributed and participatory sensing, interactive public installations and venues, and design for

emergence Once more, Brenda Laurel will help you see the connection between humans and computers as you never have before-and help you build interfaces and interactions that are pleasurable, joyously right!

Designing Interfaces - Jenifer Tidwell 2005-11-21
Provides information on designing easy-to-use interfaces.

Internetworking with TCP/IP - Douglas E. Comer (Informatiker.) 1991

The Book in a Box Method: The New Way to Quickly and Easily Write Your Book (Even If You're Not a Writer) - Tucker Max 2015-08-24
You have plenty of ideas you want to put into a book, but you're stalled. Maybe you start, but can't find the time to continue. Or you're frustrated with the writing process. And when you seek advice, people tell you, "It's all about discipline," or they talk about what writing software to use. But that doesn't help you actually write your book. So you never finish

your book, the world never gets the benefit of your wisdom, and you never get the benefits of being an author. Isn't there an easier way? Now there is. In "The Book In A Box Method," Tucker Max and Zach Obront show you the exact steps you can follow to go from idea to finished manuscript, in an easy, quick way -- even if you're not a writer. Using the same methods, processes, and templates that they use for their authors at their company, Tucker and Zach show you exactly how to: Crystallize your book idea
Create your book outline
Create all the content for your book
Edit that content into a great manuscript
With "The Book In A Box Method," you'll be able to write a better book - in less time - than you ever thought possible.

Art-write - Vicki Krohn Amorose 2013
Practical information for artists trying to sell their work. Formatted in a workbook style with fill exercises and examples.

TCP/IP Illustrated, Volume 1 - Kevin R. Fall
2011-11-08

“For an engineer determined to refine and secure Internet operation or to explore alternative solutions to persistent problems, the insights provided by this book will be invaluable.” —Vint Cerf, Internet pioneer TCP/IP Illustrated, Volume 1, Second Edition, is a detailed and visual guide to today’s TCP/IP protocol suite. Fully updated for the newest innovations, it demonstrates each protocol in action through realistic examples from modern Linux, Windows, and Mac OS environments. There’s no better way to discover why TCP/IP works as it does, how it reacts to common conditions, and how to apply it in your own applications and networks. Building on the late W. Richard Stevens’ classic first edition, author Kevin R. Fall adds his cutting-edge experience as a leader in TCP/IP protocol research, updating the book to fully reflect the latest protocols and best practices. He first introduces TCP/IP’s core goals and architectural concepts, showing how they can robustly connect diverse networks and

support multiple services running concurrently. Next, he carefully explains Internet addressing in both IPv4 and IPv6 networks. Then, he walks through TCP/IP’s structure and function from the bottom up: from link layer protocols—such as Ethernet and Wi-Fi—through network, transport, and application layers. Fall thoroughly introduces ARP, DHCP, NAT, firewalls, ICMPv4/ICMPv6, broadcasting, multicasting, UDP, DNS, and much more. He offers extensive coverage of reliable transport and TCP, including connection management, timeout, retransmission, interactive data flow, and congestion control. Finally, he introduces the basics of security and cryptography, and illuminates the crucial modern protocols for protecting security and privacy, including EAP, IPsec, TLS, DNSSEC, and DKIM. Whatever your TCP/IP experience, this book will help you gain a deeper, more intuitive understanding of the entire protocol suite so you can build better applications and run more reliable, efficient

networks.

The Case Against Reality: Why Evolution Hid the Truth from Our Eyes - Donald Hoffman
2019-08-13

Can we trust our senses to tell us the truth? Challenging leading scientific theories that claim that our senses report back objective reality, cognitive scientist Donald Hoffman argues that while we should take our perceptions seriously, we should not take them literally. From examining why fashion designers create clothes that give the illusion of a more “attractive” body shape to studying how companies use color to elicit specific emotions in consumers, and even dismantling the very notion that spacetime is objective reality, *The Case Against Reality* dares us to question everything we thought we knew about the world we see.

Homosexual No More - William Consiglio 1991

Design: A Very Short Introduction - John Heskett 2005

This book will transform the way you think about design by showing how integral it is to our daily lives, from the spoon we use to eat our breakfast cereal to the medical equipment used to save lives. John Heskett goes beyond style and taste to look at how different cultures and individuals personalise objects.

Be Your Future Self Now - Dr. Benjamin Hardy
2022-06-14

This isn't a book about BECOMING it's about BEING: noted psychologist Dr. Benjamin Hardy shows how to imagine the person you want to be, then BE that person now. When you do this, your imagined FUTURE directs your behavior, rather than your past. Who is your Future-Self? That question may seem trite. But it's literally the answer to all of your life's questions. It's the answer to what you're going to do today. It's the answer to how motivated you are, and how you feel about yourself. It's the answer to whether you'll distract yourself on social media for hours, whether you'll eat junk food, and what time you

get up in the morning. Your imagined Future-Self is the driver of your current reality. It is up to you to develop the ability to imagine better and more expansive visions of your Future-Self. Your current view of your Future-Self is very limited. If you seek learning, growth, and new experiences, you'll be able to imagine a different and better Future-Self than you currently can. It's not only useful to see your Future-Self as a different person from who you are today, but it is also completely accurate. Your Future-Self will not be the same person you are today. They will see the world differently. They'll have had experiences, challenges, and growth you currently don't have. They'll have different goals and priorities. They'll have different habits. They'll also be in a different world—a world with different cultural values, different technologies, and different challenges.

Crisis in Autocratic Regimes - Johannes Gerschewski 2017

Analog Behavioral Modeling with the Verilog-A Language - Dan FitzPatrick

2007-05-08

Analog Behavioral Modeling With The Verilog-A Language provides the IC designer with an introduction to the methodologies and uses of analog behavioral modeling with the Verilog-A language. In doing so, an overview of Verilog-A language constructs as well as applications using the language are presented. In addition, the book is accompanied by the Verilog-A Explorer IDE (Integrated Development Environment), a limited capability Verilog-A enhanced SPICE simulator for further learning and experimentation with the Verilog-A language. This book assumes a basic level of understanding of the usage of SPICE-based analog simulation and the Verilog HDL language, although any programming language background and a little determination should suffice. From the Foreword: `Verilog-A is a new hardware design language (HDL) for analog

circuit and systems design. Since the mid-eighties, Verilog HDL has been used extensively in the design and verification of digital systems. However, there have been no analogous high-level languages available for analog and mixed-signal circuits and systems. Verilog-A provides a new dimension of design and simulation capability for analog electronic systems. Previously, analog simulation has been based upon the SPICE circuit simulator or some derivative of it. Digital simulation is primarily performed with a hardware description language such as Verilog, which is popular since it is easy to learn and use. Making Verilog more worthwhile is the fact that several tools exist in the industry that complement and extend Verilog's capabilities ... Behavioral Modeling With the Verilog-A Language provides a good introduction and starting place for students and practicing engineers with interest in understanding this new level of simulation technology. This book contains numerous

examples that enhance the text material and provide a helpful learning tool for the reader. The text and the simulation program included can be used for individual study or in a classroom environment ...' Dr. Thomas A. DeMassa, Professor of Engineering, Arizona State University
C++ Primer Plus - Stephen Prata 2004-11-15
If you are new to C++ programming, C++ Primer Plus, Fifth Edition is a friendly and easy-to-use self-study guide. You will cover the latest and most useful language enhancements, the Standard Template Library and ways to streamline object-oriented programming with C++. This guide also illustrates how to handle input and output, make programs perform repetitive tasks, manipulate data, hide information, use functions and build flexible, easily modifiable programs. With the help of this book, you will: Learn C++ programming from the ground up. Learn through real-world, hands-on examples. Experiment with concepts,

including classes, inheritance, templates and exceptions. Reinforce knowledge gained through end-of-chapter review questions and practice programming exercises. C++ Primer Plus, Fifth Edition makes learning and using important object-oriented programming concepts understandable. Choose this classic to learn the fundamentals and more of C++ programming.

Solid State Electronic Devices - Ben G. Streetman 2000

"This is the fifth edition of the most widely used introductory book on semiconductor materials, physics, devices and technology. The book was written with two basic goals in mind: 1) develop the basic semiconductor physics concepts to understand current and future devices; 2) provide a sound understanding of current semiconductor devices and technology so that their applications to electronic and optoelectronic circuits and systems can be appreciated."--BOOK JACKET.Title Summary field provided by Blackwell North America, Inc.

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TCP/IP Illustrated - Kevin R. Fall 2011

TCP/IP Illustrated, Volume 1, Second Edition, is a detailed and visual guide to today's TCP/IP protocol suite. Fully updated for the newest innovations, it demonstrates each protocol in action through realistic examples from modern Linux, Windows, and Mac OS environments. There's no better way to discover why TCP/IP works as it does, how it reacts to common conditions, and how to apply it in your own applications and networks. Building on the late W. Richard Stevens' classic first edition, author Kevin R. Fall adds his cutting-edge experience as a leader in TCP/IP protocol research, updating the book to fully reflect the latest protocols and best practices.

Universal Access in HCI - Constantine Stephanidis 2001-08-01

Please see Volume I for a full description.

Fighting Scholars - Raúl Sánchez García 2014-12-01

'Fighting Scholars' offers the first book-length overview of the ethnographic study of martial arts and combat sports. The book's main claim is that such activities represent privileged grounds to access different social dimensions, such as emotion, violence, pain, gender, ethnicity and religion. In order to explore these dimensions, the concept of 'habitus' is presented prominently as an epistemic remedy for the academic distant gaze of the effaced academic body. The book's most innovative features are its empirical focus and theoretical orientation. While ethnographic research is a widespread and popular approach within the social sciences, combat sports and martial arts have yet to be sufficiently interrogated from an ethnographic standpoint. The different contributions of this volume are aligned within the same project that began to crystallize in Loïc Wacquant's 'Body and Soul': the construction of a 'carnal sociology' that constitutes an exploration of the social world 'from' the body.

A Story is a Promise - Bill Johnson 2000

"A Story Is a Promise offers a new model for understanding one of the most difficult of all arts: writing dramatic, engaging stories."

"Written in a style reminiscent of a workshop, A Story Is a Promise guides the writer toward a keen understanding of the principle underlying all well-told stories, that a story is both a promise made and a promise kept. Step by step, this book teaches writers how to set out a story's promise in an active voice, which is the voice of the true storyteller."--BOOK JACKET.Title Summary field provided by Blackwell North America, Inc. All Rights Reserved

Perfect SoloPreneur - They Call Me Hoz
2018-12-31

I wrote Perfect SoloPreneur to answer the question: how would I become a SoloPreneur if I had to start from scratch all over again? Today, everybody has the opportunity to create a personal brand and become a SoloPreneur or an entrepreneur using mostly free tools on the

World Wide Web. But the path is littered with traps, sharks and missing information. If you're hustling to build your own side business - your own digital empire - then you already know about the endless temptations for cool tools and software and the endless monthly subscriptions that are required to run these tools. You know also about the countless motivational videos and tips out there telling us to just go for it, make it happen, etc. In this book, I talk about the things not to fall for and the mindset the SoloPreneur needs to cultivate. I talk about the things to be mindful of when you're building your personal brand and the ways others may try to attack it in future. I talk about the problem with all these motivational videos (they're great to watch and I recommend that you use them to get inspired, but we need to remember context because context is everything. The fact is that today, there is an incredible opportunity for anyone to become a SoloPreneur and build a successful business online in their spare time from their

spare room, and every day more people join the laptop lifestyle (aka the Internet lifestyle) and become financially independent. But the idea of achieving online success is being romanticised into a work your b*tt off and it will happen formula (well, those make great videos...) I tried and failed more times than I care to remember and ended up in ugly situations from following a lot of similar advice blindly. I finally got things to work after a lot of effort and backtracking and applying certain rules based on common sense. At the end of that 'little journey' it struck me that it should not have been this hard, and I should not have had to go through so much stress both financially and emotionally. I realised that the reason I made things a lot harder than they need to be is because I followed other people's models without applying any criteria of my own. This book is about the things I've learnt on this journey, and about how I would do this next time, to make it as easy and efficient as possible. Enjoy. Hoz About Hoz: Hoz has worked

with clients in 21 countries. He has created 3 physical product brands of his own which he runs to this day as well as a digital marketing agency and a publishing business. Before that he was a touring musician. Recently, Hoz decided to start blogging and vlogging to share his journey with other SoloPreneurs. He's just getting started in the blogosphere but he brings all his experience and humour with him. He decided to put his hindsight to use and write Perfect SoloPreneur as the blueprint he would have followed if he had to do this whole thing again from scratch. Perfect SoloPreneur is a bird's eye view of what it takes to create digital empires. The premise of the book is a call to action to today's unprecedented opportunity to create a personal brand and generate revenue online working from home or anywhere else and designing the life you want. Q&As What's the difference between a solopreneur and an entrepreneur? Entrepreneurs have teams on whom they rely on to carry out their ideas.

SoloPreneurs come up with ideas and then roll up their sleeves and do the work. Because of this limitation, SoloPreneurs have less scale than entrepreneurs - especially those on a budget. This book talks about the most important things SoloPreneurs can leverage to increase their output.

[Access to Supercomputers](#) - 1985

Reality+: Virtual Worlds and the Problems of Philosophy - David J. Chalmers 2022-01-25

A leading philosopher takes a mind-bending journey through virtual worlds, illuminating the nature of reality and our place within it. Virtual reality is genuine reality; that's the central thesis of Reality+. In a highly original work of "technophilosophy," David J. Chalmers gives a compelling analysis of our technological future. He argues that virtual worlds are not second-class worlds, and that we can live a meaningful life in virtual reality. We may even be in a virtual world already. Along the way, Chalmers

conducts a grand tour of big ideas in philosophy and science. He uses virtual reality technology to offer a new perspective on long-established philosophical questions. How do we know that there's an external world? Is there a god? What is the nature of reality? What's the relation between mind and body? How can we lead a good life? All of these questions are illuminated or transformed by Chalmers' mind-bending analysis. Studded with illustrations that bring philosophical issues to life, *Reality+* is a major statement that will shape discussion of philosophy, science, and technology for years to come.

Thoi Tiet (the Weather) - National Resource Center for Asian Languages (NRCAL) 2021

Flamin' Hot - Richard Montanez 2021-06-15
Soon to be a Hulu feature film directed by Eva Longoria - scheduled release for Summer 2023
Read the story everyone is talking about: how a janitor struggling to put food on the table

invented Flamin' Hot Cheetos in a secret test kitchen, breaking barriers and becoming the first Latino frontline worker promoted to executive at Frito-Lay. Richard Montañez is a man who made a science out of walking through closed doors, and his success story is an empowerment manual for anyone stuck in a dead-end job or facing a system stacked against them. Having taken a job mopping floors at Frito-Lay's California factory to support his family, Montañez took his future into his own hands and created the world's hottest snack food: Flamin' Hot Cheetos. This bold move not only disrupted the food industry with some much-needed spice, but also shook up a corporate culture in which everyone stayed in their lane. When a top food scientist at Frito-Lay sent out a memo telling sales and marketing to kill the new product before it made it to the store shelves—jealous that someone with no formal education beyond the sixth grade could do his job—Montañez was forced to go rogue

once again to save his idea. Through creative thinking, community building, and a few powerful mindset shifts, he outsmarted the naysayers who tried to get in his way. Flamin' Hot proves that you can break out of your career rut and that your present circumstances don't have to dictate your future.

Gay Male Pornography - Christopher N. Kendall 2004

The 2000 case of Little Sisters Book and Art Emporium v. Customs Canada provided Canada's highest court with its first opportunity to consider whether the analysis set out in R. v. Butler - in which the Supreme Court identified pornography as an issue of sex discrimination - applies to pornography intended for a lesbian or gay male audience. The Court held that it did, finding that, like heterosexual pornography, same-sex pornography also violates the sex equality interests of all Canadians. Christopher Kendall supports this finding, arguing that gay male pornography reinforces those social

attitudes that create systemic inequality on the basis of sex and sexual orientation - misogyny and homophobia alike - by sexually conditioning gay men to those attitudes and practices. The author contends that as a result of litigation efforts like those brought by lesbian and gay activists in the Little Sisters case, the notion of empowerment and the rejection of those values that daily result in all that is anti-gay have been replaced with a misguided community ethic and identity politic that encourages inequality. This is best exemplified in the gay male pornography defended in Little Sisters as "liberation" and "central to sexual freedom." Gay Male Pornography rejects the equality claims of gay male pro-pornography advocates and argues that there is little to be gained from sexualized conformity. To date, no one has taken the position that gay male pornography violates the legal right to sex equality. This book does that and, as such, it will be of value to scholars of law, sociology, and gender studies, as well as to

all who have an interest in equality and justice.
Mopeks - Bob Cory 2014

Zoom in on Caregiving Robots - Jill Sherman
2017-12-15

Robotics is envisioned as a field that will make human life easier and better. Part of that vision includes taking care of the sick, injured, and disabled. Caregiving robots are already on the job in some places. From monitoring a person's health to fetching items and cleaning homes to providing companionship, robots are improving people's lives. Readers will discover all the ways that robots can assist when special help is needed. A hands-on activity helps students learn more about science and supports the NGSS K-2 Engineering Design Standards.

Books in Print - 1991

Early Bird Gets the Bitcoin - Andrew Courey
2018-02-20

If you are looking for an easy to understand

introduction to Bitcoin in plain language, this is the book for you! Bitcoin, blockchain, Ethereum, ICOs, cryptocurrencies - these are some of the important terms that you will learn about in this book. We will start with an introduction to Bitcoin, and then review the history of Bitcoin. We will then explain how blockchain works, because it is essential to all cryptocurrencies. Next, we will walk through Bitcoin wallets, Bitcoin mining, and of course Bitcoin hacks. Afterwards, we will have a discussion about investing in Bitcoin, and the risks of Bitcoin crashing. Lastly, we will review another cryptocurrency called Ethereum, and discuss ICOs, which stands for initial coin offerings. The appendix provides some supplemental information on resources for further reading about Bitcoin, as well as a dictionary of key terms and 12 interesting Bitcoin products/services. I am very passionate about Bitcoin, and I hope that after reading this book you are too!

Universal Principles of Design, Revised and Updated - William Lidwell 2010

Universal Principles of Design is the first comprehensive, cross-disciplinary encyclopedia of design.

Drop Acid - David Perlmutter 2022-03-03

*** NEW YORK TIMES BESTSELLER *** What do obesity, insulin resistance, diabetes, fatty liver disease, hypertension, cardiovascular disease, stroke, neurological disorders and premature death have in common? All can be stoked by high uric acid levels. Our most respected scientific literature is bursting with evidence that elevated uric acid levels lie at the root of many pervasive health conditions, but mainstream medicine for the most part remains unaware of this connection. This is especially alarming because many people don't know they are suffering from sky-high levels, putting them at risk for developing or exacerbating potentially life-threatening illnesses. Offering an engaging blend of science and practical advice, *Drop Acid*

exposes the deadly truth about uric acid and teaches invaluable strategies to manage its levels, including: - Simple dietary edits focused on reducing fructose and foods high in 'purines' that can raise uric acid. - Natural hacks that lower levels such as consuming tart cherries, vitamin C, quercetin, and coffee. - Identifying common pharmaceuticals that threaten to increase uric acid. - Lifestyle interventions, like restorative sleep and exercise. - How to easily test your uric acid levels at home - a test routinely performed in your doctor's office during regular check-ups but typically ignored. Featuring the ground-breaking 'LUV' (Lower Uric Values) diet, 35 delicious recipes, self-assessment quizzes and a 21 day program for dropping levels, *Drop Acid* empowers readers with the information they need to address this hidden danger and live longer, leaner and healthier lives.

Zoo Renewal - Lisa Uddin 2015-04-01

Why do we feel bad at the zoo? In a fascinating

counterhistory of American zoos in the 1960s and 1970s, Lisa Uddin revisits the familiar narrative of zoo reform, from naked cages to more naturalistic enclosures. She argues that reform belongs to the story of cities and feelings toward many of their human inhabitants. In *Zoo Renewal*, Uddin demonstrates how efforts to make the zoo more natural and a haven for particular species reflected white fears about the American city—and, pointedly, how the shame many visitors felt in observing confined animals drew on broader anxieties about race and urban life. Examining the campaign against cages, renovations at the National Zoo in Washington, D.C. and the San Diego Zoo, and the cases of a rare female white Bengal tiger and a collection of southern white rhinoceroses, Uddin unpacks episodes that challenge assumptions that zoos are about other worlds and other creatures and expand the history of U.S. urbanism. Uddin shows how the drive to protect endangered species and to ensure

larger, safer zoos was shaped by struggles over urban decay, suburban growth, and the dilemmas of postwar American whiteness. In so doing, *Zoo Renewal* ultimately reveals how feeling bad, or good, at the zoo is connected to our feelings about American cities and their residents.

101 Life Skills Games for Children - Bernie Badegruber 2005

"Collection of games aimed at enhancing children's self-awareness and social and emotional skills, helping them understand and deal with problems in daily interactions with other children and adults"--Provided by publisher.

Death of a Muruk - Bernard Narokobi 2013-04
This is one of Professor Bernard Mulu Narokobi's first plays that he wrote. Death of a Muruk is an old village tale in Wautogik, East Sepik Province where Narokobi was from. The story is a common legend among the Arapesh people in East Sepik. This is Narokobi's own

account of the popular fable. Bernard Narokobi derived a lot of inspiration from his village. He called it the "University of Melanesia," where lessons are offered on life. A lot of his plays like the Tok Pisin play "Tait Bilong Sun, Tait Bilong Nait," which was performed at the University of Papua New Guinea Outdoor Theatre by the Arts and Drama Society, and "Strangers Are My People" are in fact old village legends of Wautogik.

Emotional Design - Don Norman 2007-03-20
Why attractive things work better and other crucial insights into human-centered design
Emotions are inseparable from how we humans think, choose, and act. In Emotional Design, cognitive scientist Don Norman shows how the principles of human psychology apply to the invention and design of new technologies and products. In The Design of Everyday Things, Norman made the definitive case for human-

centered design, showing that good design demanded that the user's must take precedence over a designer's aesthetic if anything, from light switches to airplanes, was going to work as the user needed. In this book, he takes his thinking several steps farther, showing that successful design must incorporate not just what users need, but must address our minds by attending to our visceral reactions, to our behavioral choices, and to the stories we want the things in our lives to tell others about ourselves. Good human-centered design isn't just about making effective tools that are straightforward to use; it's about making affective tools that mesh well with our emotions and help us express our identities and support our social lives. From roller coasters to robots, sports cars to smart phones, attractive things work better. Whether designer or consumer, user or inventor, this book is the definitive guide to making Norman's insights work for you.