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The groundbreaking bestseller that redefines intelligence and success Does IQ define our destiny? Daniel Goleman argues that our view of human intelligence is far too narrow, and that our emotions play major role in thought, decision making and individual success. Self-awareness, impulse control, persistence, motivation, empathy and social deftness are all qualities that mark people who excel: whose relationships flourish, who are stars in the workplace. With new insights into the brain architecture underlying emotion and rationality, Goleman shows precisely how emotional intelligence can be nurtured and strengthened in all of us.

NEW YORK TIMES BESTSELLER - Thought leader, visionary, philanthropist, mystic, and yogi Sadhguru presents Western readers with a time-tested path to achieving absolute well-being: the classical science of yoga. NAMED ONE OF THE TEN BEST BOOKS OF THE YEAR BY SPIRITUALITY & HEALTH The practice of hatha yoga, as we commonly know it, is but one of eight branches of the body of knowledge that is yoga. In fact, yoga is a sophisticated system of self-empowerment that is capable of harnessing and activating inner energies in such a way that your body and mind function at their optimal capacity. It is a means to create inner situations exactly the way you want them, turning you into the architect of your own joy. A yogi lives life in this expansive state, and in this transformative book Sadhguru tells the story of his own awakening, from a boy with an unusual affinity for the natural world to a young daredevil who crossed the Indian continent on his motorcycle. He relates the moment of his enlightenment on a mountaintop in southern India, where time stood still and he emerged radically changed. Today, as the founder of Isha, an organization devoted to humanitarian causes, he lights the path for millions. The term guru, he notes, means "dispeller of darkness, someone who opens the door for you. . . . As a guru, I have no doctrine to teach, no philosophy to impart, no belief to propagate. And that is because the only solution for all the ills that plague humanity is self-transformation. Self-transformation means that nothing of the old remains. It is a dimensional shift in the way you perceive and experience life." The wisdom distilled in this accessible, profound, and engaging book offers readers time-tested tools that are fresh, alive, and radiantly new. Inner Engineering presents a revolutionary way of thinking about our agency and our humanity and the opportunity to achieve nothing less than a life of joy. Praise for Sadhguru and Inner Engineering "Contrarian and consistent, ancient and contemporary, Inner Engineering is a loving invitation to live our best lives and a profound reassurance of why and how we can."--Sir Ken Robinson, author of *The Element*, *Finding Your Element*, and *Out of Our Minds: Learning to Be Creative* "I am inspired by Sadhguru's capacity for joy, his exuberance for life, and the depth and breadth of his curiosity and knowledge. His book is filled with moments of wonder, awe, and intellectual challenge. I highly recommend it for anyone interested in self-transformation."--Mark Hyman, M.D., director, Cleveland Clinic Center for Functional Medicine, and New York Times bestselling author "Inner Engineering is a fascinating read of Sadhguru's insights and his teachings. If you are ready, it is a tool to help awaken your own inner intelligence, the ultimate and supreme genius that mirrors the wisdom of the cosmos."--Deepak Chopra

The revised and expanded third edition of the bestselling guide to understanding borderline personality disorder—with advice for communicating with and helping the borderline individuals in your life. After more than three decades as the essential guide to borderline personality disorder (BPD), the third edition of *I Hate You—Don't Leave Me* now reflects the most up-to-date research that has opened doors to the neurobiological, genetic, and developmental roots of the disorder, as well as connections between BPD and substance abuse, sexual abuse, post-traumatic stress syndrome, ADHD, and eating disorders. Both pharmacological and psychotherapeutic advancements point to

real hope for success in the treatment and understanding of BPD. This expanded and revised edition is an invaluable resource for those diagnosed with BPD and their family, friends, and colleagues, as well as professionals and students in the field, and the practical tools and advice are easy to understand and use in your day-to-day interactions with the borderline individuals in your life.

Quantitative Social Research Methods explores the entire spectrum of quantitative social research methods and their application, with special reference to the development sector. It provides detailed coverage of all statistical research and analysis method with an emphasis on multivariate analysis techniques, such as regression discriminant analysis, logistic regression, factor, factor, cluster, correspondence and conjoint analysis. The book is thematically arranged in two sections: the first section introduces development research techniques, explores the genesis and scope of social research, research processes and then goes on to explain univariate, bivariate and multivariate data analysis with the help of software packages such as SPSS and STATA. The second focuses on the application of social and development research methods in the development sector. It explores research method application and the issues relevant to aspects of development such as population, health and nutrition, poverty and rural development, education, water and sanitation, and environment and natural resource management.

In Alagaèesia, a fifteen-year-old boy of unknown lineage called Eragon finds a mysterious stone that weaves his life into an intricate tapestry of destiny, magic, and power, peopled with dragons, elves, and monsters.

For years, Microsoft and other high-tech companies have been posing riddles and logic puzzles like these in their notoriously grueling job interviews. Now "puzzle interviews" have become a hot new trend in hiring. From Wall Street to Silicon Valley, employers are using tough and tricky questions to gauge job candidates' intelligence, imagination, and problem-solving ability -- qualities needed to survive in today's hypercompetitive global marketplace. For the first time, William Poundstone reveals the toughest questions used at Microsoft and other Fortune 500 companies -- and supplies the answers. He traces the rise and controversial fall of employer-mandated IQ tests, the peculiar obsessions of Bill Gates (who plays jigsaw puzzles as a competitive sport), the sadistic mind games of Wall Street (which reportedly led one job seeker to smash a forty-third-story window), and the bizarre excesses of today's hiring managers (who may start off your interview with a box of Legos or a game of virtual Russian roulette). How Would You Move Mount Fuji? is an indispensable book for anyone in business. Managers seeking the most talented employees will learn to incorporate puzzle interviews in their search for the top candidates. Job seekers will discover how to tackle even the most brain-busting questions, and gain the advantage that could win the job of a lifetime. And anyone who has ever dreamed of going up against the best minds in business may discover that these puzzles are simply a lot of fun. Why are beer cans tapered on the end, anyway?

First published in 1987. Routledge is an imprint of Taylor & Francis, an informa company.

AN INSTANT NEW YORK TIMES BESTSELLER! "The End of Her will keep you guessing right up to the end . . . once you pick it up, you will not want to put it down."—USA Today The new domestic suspense novel from the New York Times bestselling author of The Couple Next Door and Someone We Know A long-ago accident--and a visitor from out of the blue. . . Stephanie and Patrick are adjusting to life with their colicky twin girls. The babies are a handful, but even as Stephanie struggles with the disorientation of sleep deprivation, there's one thing she's sure of: she has all she ever wanted. Then Erica, a woman from Patrick's past, appears and makes a disturbing accusation. Patrick had always said his first wife's death was an accident, but now Erica claims it was murder. Patrick insists he's innocent, that this is nothing but a blackmail attempt. Still, Erica knows things about Patrick--things that make Stephanie begin to question her husband. Stephanie isn't sure

what, or who, to believe. As Stephanie's trust in Patrick begins to falter, Patrick stands to lose everything. Is Patrick telling the truth--is Erica the persuasive liar Patrick says she is? Or has Stephanie made a terrible mistake? How will it end?

As the elite of the military elite, U.S. Navy SEALs know that they can be deployed anywhere in the world at a moment's notice. Whether in a temperate, tropical, arctic, or subarctic region, they might find themselves alone in a remote area with little or no personal gear. In *The U.S. Navy SEAL Survival Handbook*, decorated Navy SEAL Team Six member Don Mann provides a definitive survival resource. From basic camp craft and navigation to fear management and strategies for coping with any type of disaster, it is an essential resource for all outdoorspeople. Complete with 150 color photographs, this comprehensive guide includes life-saving information on: - Making weapons and tools - Finding water - Wildlife for food - Making shelters - Signaling - Sea survival - And much more

"Slow violence" from climate change, toxic drift, deforestation, oil spills, and the environmental aftermath of war takes place gradually and often invisibly. Rob Nixon focuses on the inattention we have paid to the lethality of many environmental crises, in contrast with the sensational, spectacle-driven messaging that impels public activism today.

INTERNATIONAL BESTSELLER "For anyone who wants to understand capitalism not as economists or politicians have pictured it but as it actually operates, this book will be invaluable."-Observer (UK) If you've wondered how we did not see the economic collapse coming, Ha-Joon Chang knows the answer: We didn't ask what they didn't tell us about capitalism. This is a lighthearted book with a serious purpose: to question the assumptions behind the dogma and sheer hype that the dominant school of neoliberal economists-the apostles of the freemarket-have spun since the Age of Reagan. Chang, the author of the international bestseller *Bad Samaritans*, is one of the world's most respected economists, a voice of sanity-and wit-in the tradition of John Kenneth Galbraith and Joseph Stiglitz. *23 Things They Don't Tell You About Capitalism* equips readers with an understanding of how global capitalism works-and doesn't. In his final chapter, "How to Rebuild the World," Chang offers a vision of how we can shape capitalism to humane ends, instead of becoming slaves of the market.

No feminism or feminist philosophy without "A Vindication of the Rights of Woman". Wollstonecraft argues not only that women ought to have the education of a woman should fit her position and role in society, but also that they are human beings and thus deserve the same fundamental rights as men.

From agriculture to big business, from medicine to politics, *The Cigarette Century* is the definitive account of how smoking came to be so deeply implicated in our culture, science, policy, and law. No product has been so heavily promoted or has become so deeply entrenched in American consciousness. *The Cigarette Century* shows in striking detail how one ephemeral (and largely useless) product came to play such a dominant role in so many aspects of our

lives—and deaths.

This format is designed to be read on color devices and cannot be read on black-and-white e-readers. In *Pumpkinheads*, beloved #1 New York Times bestselling author Rainbow Rowell and Eisner Award-winning artist Faith Erin Hicks have teamed up to create this tender and hilarious story about two irresistible teens discovering what it means to leave behind a place—and a person—with no regrets. Deja and Josiah are seasonal best friends. Every autumn, all through high school, they've worked together at the best pumpkin patch in the whole wide world. (Not many people know that the best pumpkin patch in the whole wide world is in Omaha, Nebraska, but it definitely is.) They say good-bye every Halloween, and they're reunited every September 1. But this Halloween is different—Josiah and Deja are finally seniors, and this is their last season at the pumpkin patch. Their last shift together. Their last good-bye. Josiah's ready to spend the whole night feeling melancholy about it. Deja isn't ready to let him. She's got a plan: What if—instead of moping and the usual slinging lima beans down at the Succotash Hut—they went out with a bang? They could see all the sights! Taste all the snacks! And Josiah could finally talk to that cute girl he's been mooning over for three years . . . What if their last shift was an adventure?

This is a wonderful book rich in empirical detail, full of theoretical insights, offering hope in a bleak world, altogether inspiring. . . a tremendous achievement of having helped to create the disciplines of ecological economics and political ecology, bringing them alive in this book, and making their insights available to the developing worldwide movement for environmental justice. Pat Devine, *Environmental Values* Any book by the ecological economist Joan Martinez-Alier is a Big Publishing Event. . . this is a book by a writer who loves his subject, knows it well, respects its history, and is driven by the desire to do justice. These are qualities enough to send you to the bookshop or the library in search of *The Environmentalism of the Poor*. Andrew Dobson, *Environment Politics* The book is a worthy and in-depth contribution to debates about political ecology and ecological economics. It should be read by all environmental and ecological economists who wish to make their analysis more relevant. Tim Forsyth, *Progress in Development Studies* A marvellous combination of insight, research and activism. . . A must-read for policymakers, practitioners and academics alike, and for anyone concerned with sustainable development, environmentalism or poverty alleviation. *Human Ecology Journal* . . . one of the most important environmental books to have been published recently. Martinez-Alier integrates two of the most significant areas of environmental theory political ecology and ecological economics. Eurig Scandrett, *Friends of the Earth Scotland* The book has three main strengths: its bibliography, which is extensive; the global perspective on the environmental movement and the relationship with poverty; and the general theme of this interdisciplinary work, which is not so much to provide new information, but to consider the existing information in a new light. Martinez-Alier is to be

commended for taking such a step in the literature . . . the writing style is extremely approachable . . . Recommended. B.J. Peterson, Choice [Joan] Martinez-Alier combines the honest discipline of a scholar with the passionate energy of an activist. The result, *The Environmentalism of the Poor*, is highly recommended! Herman E. Daly, University of Maryland, College Park, US *The Environmentalism of the Poor* has the explicit intention of helping to establish two emerging fields of study political ecology and ecological economics whilst also investigating the relations between them. The book analyses several manifestations of the growing environmental justice movement , and also of popular environmentalism and the environmentalism of the poor , which will be seen in the coming decades as driving forces in the process to achieve an ecologically sustainable society. The author studies, in detail, many ecological distribution conflicts in history and at present, in urban and rural settings, showing how poor people often favour resource conservation. The environment is thus not so much a luxury of the rich as a necessity of the poor. It concludes with the fundamental questions: who has the right to impose a language of valuation and who has the power to simplify complexity? Joan Martinez-Alier combines the study of ecological conflicts and the study of environmental valuation in a totally original approach that will appeal to a wide cross-section of academics, ecologists and environmentalists.

UNDERSTANDING NORMAL AND CLINICAL NUTRITION, 11e, explores the latest approaches to nutrition and nutritional therapy, along with their practical applications. Starting with normal nutrition, chapters introduce nutrients and their physiological impacts, as well as recommended guidelines for good health and preventing disease. Later chapters explore clinical nutrition, including pathophysiology and dietary changes for treating a variety of medical conditions. Known for its easily digestible narrative, *UNDERSTANDING NORMAL AND CLINICAL NUTRITION*, 11e, also presents features that help you use nutrition concepts from the chapters to improve your own health or prepare for a clinical career. In-book features add to your skills and understanding with step-by-step “How To” discussions, case studies, end-of-chapter questions, and “Highlight” sections that depict the world of nutrition through a provocative lens. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

This revised edition of *Communication Systems from GSM to LTE: An Introduction to Mobile Networks and Mobile Broadband Second Edition* (Wiley 2010) contains not only a technical description of the different wireless systems available today, but also explains the rationale behind the different mechanisms and implementations; not only the ‘how’ but also the ‘why’. In this way, the advantages and also limitations of each technology become apparent. Offering a solid introduction to major global wireless standards and comparisons of the different wireless technologies and their applications, this edition has been updated to provide the latest directions and activities in 3GPP standardization up to Release 12, and importantly includes a new chapter on Voice over LTE (VoLTE). There are new sections on Building Blocks of a Voice Centric Device, Building Blocks of a Smart Phone, Fast Dormancy, IMS and High-Speed Downlink Packet Access, and Wi-Fi-Protected

Setup. Other sections have been considerably updated in places reflecting the current state of the technology. • Describes the different systems based on the standards, their practical implementation and design assumptions, and the performance and capacity of each system in practice is analyzed and explained • Questions at the end of each chapter and answers on the accompanying website make this book ideal for self-study or as course material

Imperialism as we knew it may be no more, but Empire is alive and well. It is, as Michael Hardt and Antonio Negri demonstrate in this bold work, the new political order of globalization. Their book shows how this emerging Empire is fundamentally different from the imperialism of European dominance and capitalist expansion in previous eras. Rather, today's Empire draws on elements of U.S. constitutionalism, with its tradition of hybrid identities and expanding frontiers. More than analysis, Empire is also an unabashedly utopian work of political philosophy. Paul de Kruif's *Microbe Hunters* is a timeless dramatization of the scientists, bacteriologists, doctors, and medical technicians who discovered microbes and invented the vaccines to counter them. De Kruif reveals the now seemingly simple but really fundamental discoveries of science - for instance, how a microbe was first viewed in a clear drop of rain water, and when, for the first time ever, Louis Pasteur discovered that a simple vaccine could save a man from the ravages of rabies by attacking the microbes that cause it.

The New York Times bestselling 10-Day Green Smoothie Cleanse will jump-start your weight loss, increase your energy level, clear your mind, and improve your overall health as you lose ten to fifteen pounds in just ten days. Made up of supernutrients from leafy greens and fruits, green smoothies are filling and healthy and you will enjoy drinking them. Your body will also thank you for drinking them as your health and energy improve to levels you never thought possible. It is an experience that could change your life if you stick with it! This book provides a shopping list, recipes, and detailed instructions for the 10-day cleanse, along with suggestions for getting the best results. It also offers advice on how to continue to lose weight and maintain good health afterwards. Are you ready to look slimmer, healthier, and sexier than you have in years? Then get ready to begin the 10-Day Green Smoothie Cleanse! If you successfully complete the 10-Day Green Smoothie Cleanse, you will... • Lose 10–15 pounds in 10 days • Get rid of stubborn body fat, including belly fat • Drop pounds and inches fast, without grueling workouts • Learn to live a healthier lifestyle of detoxing and healthy eating • Naturally crave healthy foods so you never have to diet again • Receive over 100 recipes for various health conditions and goals

Discusses the obstacles women have had to overcome in order to become writers, and identifies the sexist rationalizations used to trivialize their contributions

An updated edition of the bestselling guide on reprogramming one's negative thoughts and behaviour Once the province of mental health professionals, CBT (or Cognitive Behavioural Therapy) has gained wide acceptance as the treatment of choice for anyone looking to overcome anxiety, manage anger, beat an addiction, lose weight or simply gain a new outlook on life. Written by two CBT therapists, this bestselling guide helps you apply the principles of CBT in your everyday life-allowing you to spot errors in your thinking; tackle toxic thoughts; refocus and retrain your awareness; and finally, stand up to and become free of the fear, depression, anger, and obsessions that have been plaguing you. Includes tips on establishing ten healthy attitudes for living as well as ten ways to lighten up Helps you chart a path by defining problems and setting goals Offers advice on taking a fresh look at your past, overcoming any obstacles to progress as well as ways to maintain your CBT gains Includes new and refreshed content, including chapters on how to beat an addiction and overcome body image issues With indispensable advice on finding your way out of the debilitating maze of negative thoughts and actions, the book is brimming with invaluable suggestions that will have even a confirmed pessimist well armed for the journey forward.

William Rothwell honored with the ASTD Distinguished Contribution Award in Workplace Learning and Performance. The definitive guide to a timely and timeless topic-- now fully revised and updated. As baby boomers continue to retire en masse from executive suites, managerial offices, and specialized or technical jobs, the question is—who will take their places? This loss of valuable institutional memory has made it apparent that no organization can afford to be without a strong succession program. Now in its fourth edition, *Effective Succession Planning* provides the tools organizations need to establish, revitalize, or revise their own succession planning and management (SP&M) programs. The book has been fully updated to address challenges brought on by sea changes such as globalization, recession, technology, and the aftereffects of the terror attacks. It features new sections on identifying and assessing competencies and future needs; management vs. technical succession planning; and ethics and conduct; and new chapters on integrating recruitment and retention strategies with succession planning programs. This edition incorporates the results of two extensive new surveys, and includes a Quick Start guide to help begin immediate implementation as well as a CD-ROM packed with assessments, checklists, customizable guides, and other practical tools. Examines the relationship between imperialism and international law.

The greatly anticipated final book in the New York Times bestselling Hunger Games trilogy by Suzanne Collins.

The author, Dr Yash Tandon, executive director of the South Centre, an intergovernmental think-tank of the developing countries, argues that ending aid dependence should be at the top of the political agenda of all countries. This will specially affect the present donor-dependent countries, in particular the poorer and vulnerable countries in Africa, Latin America, Asia and the Caribbean.

Textbook of Pharmacognosy and Phytochemistry This comprehensive textbook is primarily aimed at the course requirements of the B. Pharm. students. This book is specially designed to impart knowledge alternative systems of medicine as well as modern pharmacognosy. It would also serve as a valuable resource of information to other allied botanical and alternative healthcare science students as well as researchers and industrialists working in the field of herbal technology. Only Textbook Offering...

Recent data on trade of Indian medicinal plants (till 2008) Illustrated biosynthetic pathways of metabolites as well as extraction and isolation methodologies of medicinal compounds Bioactivity determination and synthesis of herbal products of human interest Information on Ayurvedic plants and Chinese system of medicine Simple narrative text that will help the students quickly understand important concepts Over 300 illustrations and 120 tables in order to help students memorize and recall vital concepts making this book a student's companion cum teacher A must buy for every student of pharmacognosy!

This new edition of David Forsythe's successful textbook provides an authoritative overview of the place of human rights in international politics in an age of terrorism. The book focuses on four central themes: the resilience of human rights norms, the importance of 'soft' law, the key role of non-governmental organizations, and the changing nature of state sovereignty. Human rights standards are examined according to global, regional, and national levels of analysis with a separate chapter dedicated to transnational corporations. This second edition has been updated to reflect recent events, notably the creation of the ICC and events in Iraq and Guantanamo Bay, and new sections have been added on subjects such as the correlation between world conditions and the fate of universal human rights. Containing chapter-by-chapter guides to further reading and discussion questions, this book will be of interest to undergraduate and graduate students of human rights, and their teachers. David Forsythe

received the Distinguished Scholar Award for 2007 from the Human Rights Section of the American Political Science Association. Anthony Gottlieb's landmark *The Dream of Reason* and its sequel challenge Bertrand Russell's classic as the definitive history of Western philosophy. Western philosophy is now two and a half millennia old, but much of it came in just two staccato bursts, each lasting only about 150 years. In his landmark survey of Western philosophy from the Greeks to the Renaissance, *The Dream of Reason*, Anthony Gottlieb documented the first burst, which came in the Athens of Socrates, Plato, and Aristotle. Now, in his sequel, *The Dream of Enlightenment*, Gottlieb expertly navigates a second great explosion of thought, taking us to northern Europe in the wake of its wars of religion and the rise of Galilean science. In a relatively short period—from the early 1640s to the eve of the French Revolution—Descartes, Hobbes, Spinoza, Locke, Leibniz, and Hume all made their mark. *The Dream of Enlightenment* tells their story and that of the birth of modern philosophy. As Gottlieb explains, all these men were amateurs: none had much to do with any university. They tried to fathom the implications of the new science and of religious upheaval, which led them to question traditional teachings and attitudes. What does the advance of science entail for our understanding of ourselves and for our ideas of God? How should a government deal with religious diversity—and what, actually, is government for? Such questions remain our questions, which is why Descartes, Hobbes, and the others are still pondered today. Yet it is because we still want to hear them that we can easily get these philosophers wrong. It is tempting to think they speak our language and live in our world; but to understand them properly, we must step back into their shoes. Gottlieb puts readers in the minds of these frequently misinterpreted figures, elucidating the history of their times and the development of scientific ideas while engagingly explaining their arguments and assessing their legacy in lively prose. With chapters focusing on Descartes, Hobbes, Spinoza, Locke, Pierre Bayle, Leibniz, Hume, Rousseau, and Voltaire—and many walk-on parts—*The Dream of Enlightenment* creates a sweeping account of what the Enlightenment amounted to, and why we are still in its debt.

The Cigarette Century The Rise, Fall, and Deadly Persistence of the Product That Defined America Basic Books

CBT is a proven and effective approach to mastering your thoughts, and here the authors of *Cognitive Behavioural Therapy For Dummies* show you step-by-step how to put the lessons of their book into practice. Inside you'll find a huge number of hands-on exercises and techniques to help you remove roadblocks to change - whether you're seeking to overcome anxiety and depression, boost self-esteem, lose weight, beat addiction or simply improve your outlook in your professional and personal life – and regain control over your life. Rhena Branch and Rob Willson are CBT therapists at the Priory Clinic in London, and the authors of *Cognitive Behavioural Therapy For Dummies*.

Half of this new, post-Cold War world is intent on building a better Lexus, on streamlining their societies and economies for the global marketplace, while the other half is locked in elemental struggles over who owns which olive tree, which strip of land.

The film adaptation of Dashner's third installment of his #1 "New York Times"-bestselling *Maze Runner* series hits theaters on January 26. This special tie-in edition features an eight-page full-color insert with photos from the film.

The Epicureans, Skeptics, and Stoics practiced philosophy not as a detached intellectual discipline but as a worldly art of grappling

with issues of daily and urgent human significance. In this classic work, Martha Nussbaum maintains that these Hellenistic schools have been unjustly neglected in recent philosophic accounts of what the classical "tradition" has to offer. By examining texts of philosophers such as Epicurus, Lucretius, and Seneca, she recovers a valuable source for current moral and political thought and encourages us to reconsider philosophical argument as a technique through which to improve lives. Written for general readers and specialists, *The Therapy of Desire* addresses compelling issues ranging from the psychology of human passion through rhetoric to the role of philosophy in public and private life.

In the 16th century, the beginning of African enslavement in the Americas until the ratification of the Thirteenth Amendment and emancipation in 1865, Africans were hunted like animals, captured, sold, tortured, and raped. They experienced the worst kind of physical, emotional, psychological, and spiritual abuse. Given such history, isn't it likely that many of the enslaved were severely traumatized? And did the trauma and the effects of such horrific abuse end with the abolition of slavery? Emancipation was followed by one hundred more years of institutionalized subjugation through the enactment of Black Codes and Jim Crow laws, peonage, convict leasing, domestic terrorism and lynching. Today the violations continue, and when combined with the crimes of the past, they result in yet unmeasured injury. What do repeated traumas, endured generation after generation by a people produce? What impact have these ordeals had on African Americans today? Dr. Joy DeGruy, answers these questions and more. With over thirty years of practical experience as a professional in the mental health field, Dr. DeGruy encourages African Americans to view their attitudes, assumptions, and behaviors through the lens of history and so gain a greater understanding of how centuries of slavery and oppression have impacted people of African descent in America. *Post Traumatic Slave Syndrome* helps to lay the necessary foundation to ensure the well-being and sustained health of future generations and provides a rare glimpse into the evolution of society's beliefs, feelings, attitudes and behavior concerning race in America.

Traces the fateful period after the Earth is decimated by catastrophic solar flares and reveals the stories behind the formation of *WICKED*, the construction of the Glade, and Thomas' entry into the Maze.

An accessible, student-friendly handbook that covers all of the essential study skills that will ensure that Science, Engineering or Technology students get the most out of their course. *Study Skills for Science, Engineering & Technology Students* has been developed specifically to provide tried & tested guidance on the most important academic and study skills that students require throughout their time at university and beyond. Presented in a practical and easy-to-use style it demonstrates the immediate benefits to be gained by developing and improving these skills during each stage of their course.

Louis Althusser's renowned short text 'Ideology and Ideological State Apparatuses' radically transformed the concept of the subject, the understanding of the state and even the very frameworks of cultural, political and literary theory. The text has influenced thinkers such as Judith Butler, Ernesto Laclau and Slavoj Žižek. The piece is, in fact, an extract from a much longer book, *On the Reproduction of Capitalism*, until now unavailable in English. Its publication makes possible a reappraisal of seminal Althusserian texts already available in English, their place in Althusser's oeuvre and the relevance of his ideas for contemporary

theory. *On the Reproduction of Capitalism* develops Althusser's conception of historical materialism, outlining the conditions of reproduction in capitalist society and the revolutionary struggle for its overthrow. Written in the afterglow of May 1968, the text addresses a question that continues to haunt us today: in a society that proclaims its attachment to the ideals of liberty and equality, why do we witness the ever-renewed reproduction of relations of domination? Both a conceptually innovative text and a key theoretical tool for activists, *On the Reproduction of Capitalism* is an essential addition to the corpus of the twentieth-century Left.

Fresh-cut Fruits and Vegetables: Science, Technology, and Market provides a comprehensive reference source for the emerging fresh-cut fruits and vegetables industry. It focuses on the unique biochemical, physiological, microbiological, and quality changes in fresh-cut processing and storage and on the distinct equipment design, packaging requirements, production economics, and marketing considerations for fresh-cut products. Based on the extensive research in this area during the past 10 years, this reference is the first to cover the complete spectrum of science, technology, and marketing issues related to this field, including production, processing, physiology, biochemistry, microbiology, safety, engineering, sensory, biotechnology, and economics.

ABOUT THE EDITOR: Olusola Lamikanra, Ph.D., is a Research Chemist and Lead Scientist at the U.S. Department of Agriculture, Agricultural Research Service, Southern Regional Research Center, New Orleans, Louisiana. He received his B.S. degree from the University of Lagos, Nigeria, and his Ph.D. from the University of Leeds, England. He was Professor in the Division of Agricultural Sciences and Director of the Center for Viticultural Science and Small Farm Development at Florida A&M University, Tallahassee. Dr. Lamikanra is the author of more than 100 publications.

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