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KEY=RECLAIM - STEWART JAELYN

Women, Food and Desire Embrace Your Cravings, Make Peace with Food, Reclaim Your Body

Piatkus Books

Women, Food, and Desire Embrace Your Cravings, Make

Peace with Food, Reclaim Your Body

Simon and Schuster A transformational health expert and co-star of the documentary *Super Size Me* describes how actually listening to our body's cravings can help cleanse the nutritional, emotional, physical and mental blocks that are preventing happiness. 100,000 first printing.

The Self-Care Solution

A Modern Mother's Must-Have Guide to Health and Well-Being

She Writes Press Combining the thoughtful and expert narrative of a veteran mom of four children with the voices of hundreds of moms she surveyed, *The Self-Care Solution* offers insightful answers to poignant questions about how mothers take care of themselves, their relationships, and their jobs while raising their children—and how they don't. Here, mothers reveal their struggles with self-care, and the consequences of neglecting themselves and their relationships, and share successful strategies to combat these issues. Each chapter also includes reflective self-assessment questions for mothers to gauge where they are from a self-care standpoint, as well as lists of tried and true tools they can employ to achieve more balance, and ultimately more satisfaction, within themselves and in their relationships. Inspirational yet practical, *The Self-Care Solution* will dramatically impact women who are navigating the critical responsibility of motherhood while attempting to stay true to themselves.

Goddesses Never Age

The Secret Prescription for Radiance, Vitality, and Well-Being

Hay House, Inc THE NEW YORK TIMES BESTSELLER! Though we talk about wanting to "age gracefully," the truth is that when it comes to getting older, we're programmed to dread an inevitable decline: in our health, our looks, our sexual relationships, even the pleasure we take in living life. But as Christiane Northrup, M.D., shows us in this profoundly empowering book, we have it in us to make growing older an entirely different experience, both for our bodies and for our souls. In chapters that blend personal stories and practical exercises with the latest research on health and aging, Dr. Northrup lays out the principles of ageless living, from rejecting processed foods

to releasing stuck emotions, from embracing our sensuality to connecting deeply with our Divine Source. Explaining that the state of our health is dictated far more by our beliefs than by our biology, she works to shift our perceptions about getting older and show us what we are entitled to expect from our later years—no matter what our culture tries to teach us to the contrary—including: · Vibrant good health · A fulfilling sex life · The capacity to love without losing ourselves · The ability to move our bodies with ease and pleasure · Clarity and authenticity in all our relationships—especially the one we have with ourselves "Taking all the right supplements and pills, or getting the right procedure done, isn't the prescription for anti-aging," Dr. Northrup explains. "Agelessness is all about vitality, the creative force that gives birth to new life." Goddesses Never Age is filled with tools and inspiration for bringing vitality and vibrancy into your own ageless years—and it all comes together in Dr. Northrup's 14-day Ageless Goddess Program, your personal prescription for creating a healthful, soulful, joyful new way of being at any stage of life.

The Great American Detox Diet

Feel Better, Look Better, and Lose Weight by Cleaning Up Your Diet

Rodale Here, in response to all the requests, is the detox program that undid the damage Morgan Spurlock—director and star of *Super Size Me*—did to his body in a month of gorging on nothing but McDonald's. What would happen if you ate nothing but fast food for an entire month? That's what filmmaker Morgan Spurlock attempted to find out by making his scathing tongue-in-cheek documentary *Super Size Me*. A 33-year-old New Yorker in excellent health, he would eat nothing but McDonald's for 30 days, to gauge the effects on his body. The results were shocking: He gained almost 30 pounds, saw his cholesterol skyrocket, and developed chest pains and dangerously high blood pressure. The Great American Detox is an everyman's version of Spurlock's detox diet. Designed by vegan chef and holistic nutritionist (and Spurlock's significant other) Alex Jamieson, it is the program that gave Spurlock his health back. While doctors feared the damage might be permanent, Jamieson knew otherwise. She regularly sees her detox diet help clients achieve radical improvements in their emotional, spiritual, and physical health. Now she has written it up for popular use. Filled with mouthwatering recipes, it is a flexible 8-week program for weight loss, increased energy, allergy elimination, and other long-term health benefits.

Living Vegan For Dummies

John Wiley & Sons The fun and easy way® to live a vegan lifestyle Are you thinking about becoming a vegan? Already a practicing vegan? More than 3 million Americans currently live a vegan lifestyle, and that number is growing. Living Vegan For

Dummies is your one-stop resource for understanding vegan practices, sharing them with your friends and loved ones, and maintaining a vegan way of life. This friendly, practical guide explains the types of products that vegans abstain from eating and consuming, and provides healthy and animal-free options. You'll see how to create a balanced, nutritious vegan diet; read food and product labels to determine animal-derived product content; and stock a vegan pantry. You'll also get 40 great-tasting recipes to expand your cooking repertoire. Features expert guidance in living a vegan lifestyle and explaining it to friends and family Includes proper dietary guidelines so you can get the nutrition you need Gives you several action plans for making the switch to veganism Provides parents with everything they need to understand and support their children's choices With the tips and advice in Living Vegan For Dummies, you can truly live and enjoy a vegan way of life!

Rewire Your Brain

Think Your Way to a Better Life

John Wiley & Sons How to rewire your brain to improve virtually every aspect of your life-based on the latest research in neuroscience and psychology on neuroplasticity and evidence-based practices Not long ago, it was thought that the brain you were born with was the brain you would die with, and that the brain cells you had at birth were the most you would ever possess. Your brain was thought to be "hardwired" to function in predetermined ways. It turns out that's not true. Your brain is not hardwired, it's "softwired" by experience. This book shows you how you can rewire parts of the brain to feel more positive about your life, remain calm during stressful times, and improve your social relationships. Written by a leader in the field of Brain-Based Therapy, it teaches you how to activate the parts of your brain that have been underactivated and calm down those areas that have been hyperactivated so that you feel positive about your life and remain calm during stressful times. You will also learn to improve your memory, boost your mood, have better relationships, and get a good night sleep. Reveals how cutting-edge developments in neuroscience, and evidence-based practices can be used to improve your everyday life Other titles by Dr. Arden include: Brain-Based Therapy-Adult, Brain-Based Therapy-Child, Improving Your Memory For Dummies and Heal Your Anxiety Workbook Dr. Arden is a leader in integrating the new developments in neuroscience with psychotherapy and Director of Training in Mental Health for Kaiser Permanente for the Northern California Region Explaining exciting new developments in neuroscience and their applications to daily living, Rewire Your Brain will guide you through the process of changing your brain so you can change your life and be free of self-imposed limitations.

You Have 4 Minutes to Change Your

Life

Hay House, Inc “I don’t have time to meditate!” Rebekah “Bex” Borucki has heard this a lot. A certified yoga and meditation teacher, she’s taught hundreds of thousands of people how to create simple yet powerful meditation practices. In fact, as she’ll show you in this book, in as little as 4 minutes, you can change your life. After years of suffering from anxiety and depression, both as a child and as an adult, Bex took control of her mental and physical health by establishing a rigorous fitness and yoga routine that quickly evolved into her own regular, homegrown 4-minute daily meditation practice. Bex’s 4-minute meditations combine mantras, affirmations, breathing and bodywork techniques, and they’re designed so that even the busiest people can fit them into their lives. In this book, Bex guides you through 27 different meditation practices, and shares personal stories that demonstrate how meditation has helped her overcome various challenges. She also answers commonly asked questions like “Do my eyes have to stay closed?” and “What do I do if my body starts to hurt?”; provides technical information about props, postures, and mantras; and offers tools to cope with complex issues such as grief, body acceptance, and relationships. By spending just 4 minutes a day with this practice, you will find deep, meaningful, and lasting healing.

Vegan Cooking For Dummies

John Wiley & Sons An authoritative resource on making delicious, healthy vegan-friendly meals Veganism is a lifestyle abstaining from the consumption of meat, poultry, dairy products, eggs, and all foods originating from animals. The perfect companion to *Living Vegan For Dummies*, *Vegan Cooking For Dummies* provides vegans, and those thinking about becoming vegan, with more than 100 healthy and hearty vegan recipes. Features vegan recipes including entrees, appetizers, desserts, sweet treats, snacks, and lunchbox fare An 8-page insert showcases full-color photos of many of the book’s recipes Offers parents a helping hand in making vegan-friendly dishes for their whole family *Vegan Cooking For Dummies* is a great way to maintain a healthy, balanced vegan diet!

Body Thrive

Uplevel Your Body and Your Life with 10 Habits from Ayurveda and Yoga

Sounds True Discover an innovative new curriculum for smarter, naturally rejuvenating daily habits through Ayurveda and yoga “This is the next frontier of Ayurveda.” —Mark Hyman, MD, medical director at Cleveland Clinic’s Center for

Functional Medicine and 11-time New York Times bestselling author The habits you choose over time create your day-to-day thrive. What habits have you been choosing? Are they helping you—or holding you back? Evolving your habits doesn't have to be a struggle. In Body Thrive, wellness expert Cate Stillman guides you into 10 critical daily routines based on Ayurveda that will rejuvenate you by aligning your daily schedule with natural biorhythms. Rather than presenting a rigid checklist of scheduled tasks, Cate encourages easy and steady progress through small actions. Including access to dozens of downloadable worksheets to help you chart your progress through the habits, Body Thrive provides step-by-step instruction for developing aligned action in your daily routine. Here you will learn: The immediate advantages of lighter, earlier dinners Why you should listen to your body clock and go to bed before 10 PM How to set up a vibrant, energized day with an intentional morning routine Coordinating your workout with the intelligence of the breath The satisfaction and abundance of eating a locally sourced, plant-based diet Techniques for invigorating self-massage How to properly sit in contemplative silence Healthy eating guidelines that will leave you feeling nourished and fulfilled Methods for heeding and maintaining the wisdom of your senses How to choose ease and spaciousness instead of stress and constriction "You only get one body," writes Cate. "What habits are you going to mold it with?" With Body Thrive, you'll discover how to catalyze more energy, improve your digestion, hone your fitness routine, cultivate peace of mind, and shift your own habits toward lifelong health and wellness.

Built Upon the Rock

The Church

Christ Church Bronxville The local church is meant to be living, growing, distinct, and God-glorifying, yet many disagree about what a church really is and what it should look like. This study works through seven biblical aspects of the church and, in so doing, helps participants to discover a big-picture vision of the church. A series of ten 6-7 week studies covering the nine distinctives of a healthy church as originally laid out in Nine Marks of a Healthy Church by Mark Dever. This series explores the biblical foundations of key aspects of the church, helping Christians to live out those realities as members of a local body. Conveniently packaged and accessibly written, the format of this series is guided, inductive discussion of Scripture passages and is ideal for use in Sunday school, church-wide studies, or small group contexts.

Radical Alignment

How to Have Game-Changing

Conversations That Will Transform Your Business and Your Life

Sounds True Discover the Proven “Low Drama, High Joy” Method for Productive, Empathy-Based Communication and Collaboration. Why do so many organizations, teams, couples, families, and groups who should be working together end up wasting energy on unproductive conflict? Even when everyone has the same general goals, what’s often missing is a deeper alignment based on mutual trust, respect, and empathy. With Radical Alignment, top-level life and business coaches (and happily married couple) Alexandra Jamieson and Bob Gower share their potent method for helping groups to stop clashing and start working together—to jump from “we can’t” to an enthusiastic “hell yes!” The essential tool at the heart of Radical Alignment is the All-In Method: a four-step approach to communication designed to increase clarity, minimize miscommunication, honor each person’s individuality, and build a shared sense of trust and respect for long-term success. With easy-to-follow instruction, Jamieson and Gower bring you: • The Foundations of Great Communication—what works, what doesn’t, and how to analyze the strengths and weaknesses of your own style • The All-In Method—a step-by-step walk-through of this proven approach to getting into radical alignment with others • The Method in Action—examples and exercises for using the All-In Method at work, at home, and in any situation • Scripts, suggestions, guidance, and additional resources for making this a lifelong practice for greater connection and intimacy “We believe passionately that the world needs more aligned teams in our businesses, organizations, communities, families, and intimate partnerships,” write the authors. “This means we need people who are able to have powerful and clear exchanges that build better connections.” Radical Alignment brings you a “low drama, high joy” technique to transform the way you collaborate and communicate in every area of your life.

Weight Loss for People Who Feel Too Much

A 4-Step, 8-Week Plan to Finally Lose the Weight, Manage Emotional Eating, and Find Your Fabulous Self

Harmony Here’s the truth: Other people’s drama is making you fat. You’re a good person. You feel for other people’s troubles and challenges. Heck, you’re probably the go-to person for a whole list of people when the going gets tough! But is your caring nature keeping you out of the best shape of your life? Break the cycle and be

the loving person you are—without letting other people’s drama keep you from being a hot mamma! Weight Loss for People Who Feel Too Much focuses on the keys to weight loss for sensitive people. With a simple, practical program, bestselling author and internationally renowned intuitive counselor Colette Baron-Reid shows you how to release the extra pounds and create a new, healthy relationship with your body, your weight, and food. This 4-step, 8-week program will show you how to finally let go of what’s weighing you down, physically and emotionally. You will learn how to:

- Reverse empathy overload and establish healthy boundaries
- Avoid the “noisy” trigger foods that lead to autopilot eating
- Deal with challenging situations and avoid your detours, from procrastination to perfectionism, that sabotage the success you deserve

This book is your guide to having a new healthy, loving relationship with your food and your feelings. It’s the end to other people’s drama—and the beginning to the body (and life) you deserve!

Speculative Everything

Design, Fiction, and Social Dreaming

MIT Press How to use design as a tool to create not only things but ideas, to speculate about possible futures. Today designers often focus on making technology easy to use, sexy, and consumable. In Speculative Everything, Anthony Dunne and Fiona Raby propose a kind of design that is used as a tool to create not only things but ideas. For them, design is a means of speculating about how things could be—to imagine possible futures. This is not the usual sort of predicting or forecasting, spotting trends and extrapolating; these kinds of predictions have been proven wrong, again and again. Instead, Dunne and Raby pose “what if” questions that are intended to open debate and discussion about the kind of future people want (and do not want). Speculative Everything offers a tour through an emerging cultural landscape of design ideas, ideals, and approaches. Dunne and Raby cite examples from their own design and teaching and from other projects from fine art, design, architecture, cinema, and photography. They also draw on futurology, political theory, the philosophy of technology, and literary fiction. They show us, for example, ideas for a solar kitchen restaurant; a flypaper robotic clock; a menstruation machine; a cloud-seeding truck; a phantom-limb sensation recorder; and devices for food foraging that use the tools of synthetic biology. Dunne and Raby contend that if we speculate more—about everything—reality will become more malleable. The ideas freed by speculative design increase the odds of achieving desirable futures.

An American Utopia

Dual Power and the Universal Army

Verso Books Controversial manifesto by acclaimed cultural theorist debated by leading writers Fredric Jameson's pathbreaking essay "An American Utopia" radically questions standard leftist notions of what constitutes an emancipated society. Advocated here are—among other things—universal conscription, the full acknowledgment of envy and resentment as a fundamental challenge to any communist society, and the acceptance that the division between work and leisure cannot be overcome. To create a new world, we must first change the way we envision the world. Jameson's text is ideally placed to trigger a debate on the alternatives to global capitalism. In addition to Jameson's essay, the volume includes responses from philosophers and political and cultural analysts, as well as an epilogue from Jameson himself. Many will be appalled at what they will encounter in these pages—there will be blood! But perhaps one has to spill such (ideological) blood to give the Left a chance. Contributing are Kim Stanley Robinson, Jodi Dean, Saroj Giri, Agon Hamza, Kojin Karatani, Frank Ruda, Alberto Toscano, Kathi Weeks, and Slavoj Žižek.

The Political Unconscious

Narrative as a Socially Symbolic Act

Cornell University Press Fredric Jameson, in *The Political Unconscious*, opposes the view that literary creation can take place in isolation from its political context. He asserts the priority of the political interpretation of literary texts, claiming it to be at the center of all reading and understanding, not just a supplement or auxiliary to other methods current today. Jameson supports his thesis by looking closely at the nature of interpretation. Our understanding, he says, is colored by the concepts and categories that we inherit from our culture's interpretive tradition and that we use to comprehend what we read. How then can the literature of other ages be understood by readers from a present that is culturally so different from the past? Marxism lies at the foundation of Jameson's answer, because it conceives of history as a single collective narrative that links past and present; Marxist literary criticism reveals the unity of that uninterrupted narrative. Jameson applies his interpretive theory to nineteenth- and twentieth-century texts, including the works of Balzac, Gissing, and Conrad. Throughout, he considers other interpretive approaches to the works he discusses, assessing the importance and limitations of methods as different as Lacanian psychoanalysis, semiotics, dialectical analysis, and allegorical readings. The book as a whole raises directly issues that have been only implicit in Jameson's earlier work, namely the relationship between dialectics and structuralism, and the tension between the German and the French aesthetic traditions.

The Tapping Solution for Weight Loss & Body Confidence

A Woman's Guide to Stressing Less, Weighing Less, and Loving More

Hay House, Inc “The Tapping Solution for Weight Loss and Body Confidence may just go down in history as a game-changer when it comes to leading women out of weight loss hell.” — Cheryl Richardson, New York Times best-selling author of *The Art of Extreme Self-Care* Placing conditions on our lives and our happiness has become the norm. We see it all the time: We must establish a career before looking for a relationship. We must find love before feeling fulfilled. We must feel stressed out until we finish everything on our to-do list. But by far, the most common conditions we put on ourselves revolve around our weight—no love until we lose the weight, no pursuing a dream until we lose the weight, no happiness until we lose the weight. But now there’s a better option. Using tapping, also known as EFT, Jessica Ortner walks you through a process that helps you drop stress so you can drop pounds—without dieting, deprivation, or extreme exercise. Tapping, a tool that is based on the principles of both ancient acupressure and modern psychology, helps you address the underlying issues that make your body hold on to weight and gives you the ability to overcome some of the most common weight loss obstacles. Say good-bye to the cravings, panic, and self-doubt that keep you in a constant fight against your body! Using her own struggles with weight loss, along with success stories of some of the thousands of women she’s worked with, Jessica teaches you not only the basics of tapping but also how to use it to address the deeper facets of your weight and self-worth challenges. This proven process is based on extensive research into the effects of tapping on stress hormones, and it provides simple, step-by-step instructions throughout and easy tapping meditations at the end of each chapter. With this loving and supportive guidance you can learn to create a more empowering relationship with food, find pleasure in exercise, and implement self-care into your life. So join Jessica and learn to love yourself and your body!

When Scotland Was Jewish

DNA Evidence, Archeology, Analysis of Migrations, and Public and Family

Records Show Twelfth Century Semitic Roots

McFarland The popular image of Scotland is dominated by widely recognized elements of Celtic culture. But a significant non-Celtic influence on Scotland's history has been largely ignored for centuries? This book argues that much of Scotland's history and culture from 1100 forward is Jewish. The authors provide evidence that many of the national heroes, villains, rulers, nobles, traders, merchants, bishops, guild members, burgesses, and ministers of Scotland were of Jewish descent, their ancestors originating in France and Spain. Much of the traditional historical account of Scotland, it is proposed, rests on fundamental interpretive errors, perpetuated in order to affirm Scotland's identity as a Celtic, Christian society. A more accurate and profound understanding of Scottish history has thus been buried. The authors' wide-ranging research includes examination of census records, archaeological artifacts, castle carvings, cemetery inscriptions, religious seals, coinage, burgess and guild member rolls, noble genealogies, family crests, portraiture, and geographic place names.

Pleasurable Weight Loss

The Secrets to Feeling Great, Losing Weight, and Loving Your Life Today

Sounds True No points. No calorie counting. Just trust pleasure and the wisdom of your body. "The key to losing weight is not about enjoying less," teaches Jena la Flamme, "it's about enjoying more." This revolutionary insight has allowed thousands of Jena's students to lose weight without boring food plans, arduous rules, or punishing exercise. Why does it work? Because pleasure is the secret to switching off the stress triggers that are the real culprit behind emotional eating and weight gain. With *Pleasurable Weight Loss*, Jena invites you to discover to a graceful, feminine way for attaining the body of your dreams, featuring:

- Taking the "guilty" out of pleasure—why pleasure is a trustworthy and intelligent guiding force in your life
- Accessing your body's wisdom—embracing your "animal nature" and turning your instincts and cravings into allies
- Discovering your "ideal ecology"—creating the right conditions for weight loss with your food choices, thoughts, and lifestyle
- Making it safe to be sexy—untangling the social and psychological issues of body image so you can feel good while looking your best
- Exercise, cooking, and savoring life—everyday tips and no-stress practices for liberating your natural radiance

How you feel about your body and how you relate with pleasure matters more than what

you eat when it comes to successful, sustainable weight loss. With Pleasurable Weight Loss, Jena la Flamme brings you a comprehensive, life-changing approach that starts with your mind—helping you relax, build self-esteem, and develop a sense of joy and trust in your body. Filled with inspiration, recipes, and practical guidance for women of all ages and body types, here is a powerful guide for transforming your relationship with food and exercise—a natural, enjoyable, and lasting path for looking and feeling your best.

Womancode

Hay House, Inc Alisa Vitti found herself suffering through the symptoms of polycystic ovarian syndrome (PCOS), and was able to heal herself through food and lifestyle changes. Relieved and reborn, she made it her mission to empower other women to be able to do the same. As she says, 'Hormones affect everything. Have you ever struggled with acne, oily hair, dandruff, dry skin, cramps, headaches, irritability, exhaustion, constipation, irregular cycles, heavy bleeding, clotting, shedding hair, weight gain, anxiety, insomnia, infertility, lowered sex drive, or bizarre food cravings and felt like your body was just irrational?' With this breadth of symptoms, improving hormonal health is a goal for women at every stage of their lives Alisa Vitti says that medication and anti-depressants aren't the only solutions. The thousands of women she has treated in her Manhattan clinic know the power of her process that focuses on uncovering your unique biological make up. Groundbreaking and informative, WomanCode educates women about hormone health in a way that's relevant and easy to understand. Bestselling author and women's health expert Christiane Northrup, who has called WomanCode the 'Our Bodies, Ourselves of this generation', provides an insightful foreword.

Vitamin C in Health and Disease

MDPI This book is a printed edition of the Special Issue "Vitamin C in Health and Disease" that was published in Nutrients

Intricate Ethics

Rights, Responsibilities, and Permissible Harm

Oxford University Press "Reading F.M. Kamm's latest book is like watching a brilliant astronomer map an uncharted galaxy--the meticulousness and the display of mental stamina must inspire awe. There is a kind of beauty in the performance alone. Intricate Ethics is a major event in normative ethical theory by a living master of the subject.... In the end, professional moral philosophers cannot reasonably ignore Intricate Ethics.... Kamm continues to prove herself the most imaginative, detail-oriented deontologist writing in English today... Professor Kamm is in a class by

herself."--Jeffrey Brand-Ballard, Notre Dame Philosophical Reviews "The operative word in this masterful work is 'intricate.' Watching Kamm's mind dissect and reconstruct different cases is like watching a juggler, riding a unicycle, carrying on a conversation, while getting dressed. It is a glorious celebration of what moral philosophy does best, and what one of its most gifted practitioners can do to enlighten our understanding of the most pressing ethical issues of our time. But it is also a rich playground for empirically minded philosophers and psychologists who want to play with the clever class of dilemmas that Kamm has created, dilemmas that will both amuse and torture generations of people."--Marc Hauser is a Harvard College Professor and author of "Moral Minds" "Frances Kamm once again proves herself to be an astonishingly subtle and creative defender of a deontological outlook. Anyone at all interested in normative ethics will find something of value in *Intricate Ethics*. There are striking and original views on a wide range of topics. And no one--absolutely no one--compares to Kamm when it comes to constructing relevant test cases and carefully assessing our intuitive reactions to them. This is a master at work, at the height of her powers."--Shelly Kagan, Clark Professor of Philosophy, Yale University "*Intricate Ethics* fully justifies its title. It is as deep, subtle, imaginative, and analytically rigorous as any work in moral philosophy written in a great many years. It is dense with highly original and fertile ideas supported by powerful and ingenious arguments. This book amply confirms Frances Kamm's standing as one of the greatest living philosophers."--Jeff McMahan, Rutgers University "Kamm's virtuosity in hypothesizing cases in defense or refutation of moral principles remains unsurpassed. *Intricate Ethics* is also a testament to the fruitfulness of this rarefied method of ethics. One might have thought that, having already devoted several hundred path-breaking pages to the topic of nonconsequentialism in her earlier two-volume *Morality, Mortality*, it would have been impossible to break much new ground in this sequel. Yet what Kamm has to say here on the topics of harming and saving from harm is as novel, arresting, and insightful as ever."--Michael Otsuka, Professor of Philosophy, University College London "Kamm ...is the most sophisticated of the contemporary exponents of "intuitionist" or "nonconsequentialist" ethics...No one else makes such extraordinarily meticulous and penetrating attempts to extract the principles behind our ordinary moral intuitions...I highly recommend it as an inclusive and subtle attempt to work out nonconsequentialism on an intuitionist basis. As a bonus, *Intricate Ethics* also offers searching analyses of the work of Peter Unger, Peter Singer, Bernard Gert, T.M. Scanlon, Daniel Kahneman and Amos Tversky."--Ingmar Persson, *Times Literary Supplement*

Looking for Spinoza

Joy, Sorrow and the Feeling Brain

Random House Joy, sorrow, jealousy and awe - these and other feelings are the stuff of our daily lives. Presumed to be too private for science to explain and not to be essential for comprehending human rationality and understanding, they have largely

been ignored. But

The Oxford Guide to Effective Argument and Critical Thinking

Oxford University Press, USA This work takes you step by step through the art of argument, from thinking about what to write and how you might write it, to how you may strengthen your claims, and how to come to a strong conclusion.

A Journey

Random House In 1997, Tony Blair won the biggest Labour victory in history to sweep the party to power and end eighteen years of Conservative government. He remains the only living Labour leader to have won a general election. He has been one of the most dynamic leaders of modern times; few British prime ministers have shaped the nation's course as profoundly as Blair during his ten years in power, and his achievements and his legacy will be debated for years to come. His memoirs reveal in intimate detail this unique political and personal journey, providing an insight into the man, the politician and the statesman, and charting successes, controversies and disappointments with an extraordinary candour. A Journey will prove essential and compulsive reading for anyone who wants to understand the complexities of our global world. As an account of the nature and uses of power, it will also have a readership that extends well beyond politics, to all those who want to understand the challenges of leadership today.

Food as Medicine Everyday

Reclaim Your Health with Whole Foods

Ncnm Press "Food as medicine" is a powerful approach to health and healing, intimately woven into naturopathic medical education. "Food As Medicine Everyday: Reclaim Your Health With Whole Foods" is thoroughly researched, beautifully written and elegantly illustrated. Dr. Jackson and Dr. Briley remind us that poor dietary choices are a major element in the exploding issues of chronic disease. They also remind us that food is medicine, and a big part of the solution. "Drs. Julie Briley and Courtney Jackson have filled an enormous gap in the field of medical nutrition. They offer for the first time a well documented, but easy-to-read, pathway to healthy eating that can be trusted by everyone." -Kent Thornburg, PhD Director, Bob and Charlee Moore Institute of Nutrition and Wellness, Oregon Health & Science University "Drs. Briley and Jackson make critically needed connections between food choices and the real world dangers of illness that will provoke both thought and lifestyle changes. Their simple to follow and effective eating plan, including recipes,

makes sense for anyone. Health seekers will treasure this delightful book, because it offers a compelling avenue for improved vigor and vitality." -Jessica Black, ND. Author of "The Anti-Inflammation Diet and Recipe Book" and "The Freedom Diet."
"We have lost our way when it comes to the basic need of feeding ourselves and our families. We are inundated with conflicting advice about what we should and should not eat. Now, we have a source of solid information that helps us understand how to eat and its impact on our health. Read this book to learn how to bring real food back into your life in a delicious way." -Chef Alphonso Rosas, CCP The Organic Chef ""Food As Medicine Everyday" complements the theory of inflammation which is the basic mechanism that triggers our most urgent health threats: heart attack and stroke. The best way to treat cardiovascular disease is to prevent it by taking ownership of our health through disciplined lifestyle choices. Thank you Dr. Jackson and Dr. Briley for providing elegant education and credible insight with helpful tools for making healthy choices." -Tracy Stevens, MD Cardiologist, Saint Luke's Mid America Heart Institute Medical Director of Muriel I. Kauffman Women's Heart Center "To avoid illness and early death, we will have to rediscover the importance of real nutrients in whole foods. Drs. Briley and Jackson's guide is excellent for anyone committing to health through good food. Going back to our roots can scoot us ahead." -Jonn Matsen, ND Author of "Eating Alive: Prevention Thru Good Digestion," "Eating Alive II: Curing the Incurable, The Secrets to Great Health." ""Food As Medicine Everyday" is not a diet book, but a clearly written guide to improve well-being by making healthy lifestyle choices. This phenomenal tool provides strategies needed for a balanced approach to eating. Everyone should read this. The evidence is clear--food and nutrition significantly impact our health." -Andrew Erlandsen, ND Chair, Graduate Nutrition Program, NCNM"

Take Back What the Devil Stole

An African American Prophet's Encounters in the Spirit World

Columbia University Press Ms. Donna Haskins is an African American woman who wrestles with structural inequity in the streets of Boston by inhabiting an alternate dimension she refers to as the "spirit realm." In this other place, she is prepared by the Holy Spirit to challenge the restrictions placed upon Black female bodies in the United States. Growing into her spiritual gifts of astral flight and time travel, Donna meets the spirits of enslaved Africans, conducts spiritual warfare against sexual predators, and tends to the souls of murdered Black children whose ghosts haunt the inner city. Take Back What the Devil Stole centers Donna's encounters with the supernatural to offer a powerful narrative of how one woman seeks to reclaim her power from a lifetime of social violence. Both ethnographic and personal, Onaje X. O. Woodbine's portrait of her spiritual life sheds new light on the complexities of Black women's religious participation and the lived religion of the dispossessed. Woodbine explores Donna's religious creativity and her sense of multireligious belonging as she

blends together Catholic, Afro-Caribbean, and Black Baptist traditions. Through the gripping story of one local prophet, this book offers a deeply original account of the religious experiences of Black women in contemporary America: their bodies, their haunted landscapes, and their spiritual worlds.

Girl Made Of Stars

HarperCollins For readers of Girl in Pieces and The Way I Used to Be comes an emotionally gripping story about facing hard truths in the aftermath of sexual assault. Mara and Owen are as close as twins can get, so when Mara's friend Hannah accuses Owen of rape, Mara doesn't know what to think. Can her brother really be guilty of such a violent act? Torn between her family and her sense of right and wrong, Mara feels lost, and it doesn't help that things are strained with her ex-girlfriend, Charlie. As Mara, Hannah, and Charlie come together in the aftermath of this terrible crime, Mara must face a trauma from her own past and decide where Charlie fits into her future. With sensitivity and openness, this timely novel confronts the difficult questions surrounding consent, victim blaming, and sexual assault.

Getting to Hell Yes

The Conversation That Will Change Your Business (and the Rest of Your Life)

A simple, proven, step-by-step formula to get unstuck and into radical alignment on any topic.

Stepping Westward

Writing the Highland Tour C. 1720-1830

Oxford University Press, USA Stepping Westward is the first book dedicated to the literature of the Scottish Highland tour of 1720-1830, a major cultural phenomenon that attracted writers and artists like Pennant, Johnson and Boswell, William and Dorothy Wordsworth, Coleridge, Scott, Hogg, Keats, Daniell, and Turner, as well as numerous less celebrated travellers and tourists. Addressing more than a century's worth of literary and visual representations of the Highlands, the book casts new light on how the tour developed a modern literature of place, acting as a catalyst for thinking about improvement, landscape, and the shaping of British, Scottish, and Gaelic identities. It pays attention to the relationship between travellers and the

native Gaels, whose world was plunged into crisis by rapid and forced social change. At the book's core lie the best-selling tours of Pennant and Dr Johnson, associated with attempts to 'improve' the intractable Gaidhealtachd in the wake of Culloden. Alongside the Ossian craze and Gilpin's picturesque, their books stimulated a wave of 'home tours' from the 1770s through the romantic period, including writing by women like Sarah Murray and Dorothy Wordsworth. The incidence of published Highland Tours (many lavishly illustrated), peaked around 1800, but as the genre reached exhaustion, the 'romantic Highlands' were reinvented in Scott's poems and novels, coinciding with steam boats and mass tourism, but also rack-renting, sheep clearance, and emigration.

A Dictionary of Mechanical Science, Arts, Manufactures, and Miscellaneous Knowledge

A Dictionary of Mechanical Science, Arts, Manufactures and Miscellaneous Knowledge

Music and Social Movements

Mobilizing Traditions in the Twentieth Century

Cambridge University Press On music and cultural change.

Digital Sociology

Critical Perspectives

Springer Sociology and our sociological imaginations are having to confront new digital landscapes spanning mediated social relationships, practices and social structures. This volume assesses the substantive challenges faced by the discipline as it critically reassesses its position in the digital age.

Feminine Genius

The Provocative Path to Waking Up and Turning On the Wisdom of Being a Woman

Sounds True There is a particular kind of insanity running rampant in the world that compels most women to stuff down, ignore, or hide parts of ourselves in order to be acceptable, attractive, or taken seriously. Which doesn't work. It actually ensures we remain unfulfilled, miserable, and at war with ourselves—and that is a war no woman can win. So now comes the good news: There is a path to help you become the woman you are aching to become. This path is unruly, messy, a wee bit naughty, and audaciously asks you trust the very parts of you that you previously warred against. While this path has no script, map, or blueprint, you'll learn to use your sensuous, desirous, wildly feeling female body as a steadfast and trustworthy compass. This is the path of Feminine Genius. To get you started, you'll have the best of guides: women's life coach LiYana Silver. "One of the most enduringly inspiring things in my life," says LiYana, "is to watch a woman slip the Gordian knot of self-loathing, people-pleasing, and over-achieving and become simply and fully herself." Partly an irreverently reverent feminist treatise and partly a non-denominational devotional hymnal to the Sacred Feminine, *Feminine Genius* just might change forever what you know about your body, soul, sexuality, intuition, and power. In these pages, LiYana invites you to: Go deep and reconnect with the powerful parts of yourself you've hidden away Meet your innate genius: the wild, creative, and infallible wisdom of your body Brighten your everyday with hands-on practices Tap into your inner knowing so you can stop second-guessing yourself and get clear about your next steps Learn how to embrace your sexuality, emotions, desires, and cycles so you can achieve enormous effectiveness and fulfillment in life Navigate your "dark" and work with painful, difficult experiences in healthy ways Learn how you overuse your "masculine" strengths to the point of personal, cultural, and global breakdown Discover why your "feminine" isn't weak, but is one of the strongest and most trustworthy parts of you Explore the history, physics, and biology of a universe built for harmony between "masculine" and "feminine" Look in the mirror and see the face of the Goddess gazing back at you If you found a dusty bottle on a shelf of your cellar, there would be only one way to know if it contained an all-knowing genie with the power to actualize your deepest desires: open, and look inside. *Feminine Genius* is a provocative wake-up call, nudging you to uncork that fabulous flask and find out just how much magic you've been hiding. Because you do have a genie in your bottle—and genius in your body. Are you ready to open, and look inside?

The Business of Peace

The Private Sector as a Partner in Conflict Prevention and Resolution

Oral and Literate Culture in England, 1500-1700

Clarendon Press This book explores the varied vernacular forms and rich oral traditions which were such a part of popular culture in early modern England. It focuses, in particular, upon dialect speech and proverbial wisdom, "old wives' tales" and children's lore, historical legends and local customs, scurrilous versifying and scandalous rumour-mongering. Adam Fox argues that while the spoken word provides the most vivid insight into the mental world of the majority in this semi-literate society, it was by no means untouched by written influences. Even at the beginning of the period, centuries of reciprocal infusion between complementary media had created a cultural repertoire which had long ceased to be purely oral. Thereafter, the expansion of literacy together with the proliferation of texts both in manuscript and print saw the rapid acceleration and elaboration of this process. By 1700 popular traditions and modes of expression were the product of a fundamentally literate environment to a much greater extent than has yet been appreciated.

The Politics of Evidence (Open Access)

From evidence-based policy to the good governance of evidence

Taylor & Francis The Open Access version of this book, available at <http://www.tandfebooks.com/>, has been made available under a Creative Commons Attribution-Non Commercial-No Derivatives 3.0 license. There has been an enormous increase in interest in the use of evidence for public policymaking, but the vast majority of work on the subject has failed to engage with the political nature of decision making and how this influences the ways in which evidence will be used (or misused) within political areas. This book provides new insights into the nature of political bias with regards to evidence and critically considers what an 'improved'

use of evidence would look like from a policymaking perspective. Part I describes the great potential for evidence to help achieve social goals, as well as the challenges raised by the political nature of policymaking. It explores the concern of evidence advocates that political interests drive the misuse or manipulation of evidence, as well as counter-concerns of critical policy scholars about how appeals to 'evidence-based policy' can depoliticise political debates. Both concerns reflect forms of bias – the first representing technical bias, whereby evidence use violates principles of scientific best practice, and the second representing issue bias in how appeals to evidence can shift political debates to particular questions or marginalise policy-relevant social concerns. Part II then draws on the fields of policy studies and cognitive psychology to understand the origins and mechanisms of both forms of bias in relation to political interests and values. It illustrates how such biases are not only common, but can be much more predictable once we recognise their origins and manifestations in policy arenas. Finally, Part III discusses ways to move forward for those seeking to improve the use of evidence in public policymaking. It explores what constitutes 'good evidence for policy', as well as the 'good use of evidence' within policy processes, and considers how to build evidence-advisory institutions that embed key principles of both scientific good practice and democratic representation. Taken as a whole, the approach promoted is termed the 'good governance of evidence' – a concept that represents the use of rigorous, systematic and technically valid pieces of evidence within decision-making processes that are representative of, and accountable to, populations served.

George Jamesone

The Scottish Vandyck

The Economist

Weekly Commercial Times, Banker's Gazette and Railway Monitor