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KEY=101 - REID JADON

Tolerable upper intake levels for vitamins and minerals Multinational Corporations and Foreign Direct Investment Avoiding Simplicity, Embracing Complexity *Oxford University Press* Foreign direct investment (FDI) and multinational corporations (MNCs)--for better and worse--play a large and growing role in shaping our world. The integrating thesis of this book is the inevitability of heterogeneity in FDI and MNCs and, accordingly, the imperative of disaggregation. Large companies doing business on a global basis increasingly dominate the production and marketing of the world's goods and services. The importance of these companies continues to grow while the debate about their nature and effects remains mired in a long-standing stalemate couched in strong black and white terms. Stephen D. Cohen seeks to reconcile this impasse by analyzing multinational corporations and foreign direct investment in an eclectic, nuanced manner. The core thesis is that an accurate understanding of the nature and impact of these phenomena comes from acknowledging the dominance of heterogeneity, perceptions, and ambiguity and the paucity of universal truths. This approach should contribute significantly to both a better academic understanding and a more productive policy debate of an increasingly important element of the world economy. **The Shyness and Social Anxiety Workbook Proven, Step-by-Step Techniques for Overcoming Your Fear** *ReadHowYouWant.com* There's nothing wrong with being shy. But if social anxiety keeps you from forming relationships with others, advancing in your education or your career, or carrying on with everyday activities, you may need to confront your fears to live an enjoyable, satisfying life. This new edition of *The Shyness and Social Anxiety Workbook* offers a comprehensive program to help you do just that. As you complete the activities in this workbook, you'll learn to: Find your strengths and weaknesses with a self-evaluation ; Explore and examine your fears; Create a personalized plan for change; Put your plan into action through gentle and gradual exposure to social situations.... Information about therapy, medications, and other resources is also included. After completing this program, you'll be well-equipped to make connections with the people around you. Soon, you'll be on your way to enjoying all the benefits of being actively involved in the social world. **Mental Capital and Wellbeing** *John Wiley & Sons* This major new reference presents The Foresight Mental Capital and Wellbeing Project (a UK Government project in the Government Office for Science). It offers a comprehensive exploration of how mental capital and wellbeing operate over the lifespan; how experiences in the family, in school, at work and following retirement augment or reduce mental capital and wellbeing, and the impact that this has for the individual and for the welfare and economic progress of the nation. Mental Capital and Wellbeing comprises a series of scientific reviews written by leading international scientists and social scientists in the field. The reviews undertake systematic analyses of the evidence base surrounding five key themes, on which they propose future policies will have to be based. An internationally renowned team of Editors introduce each theme and draw together conclusions in terms of both policy and practice. Section 1 (Mental Capital and Wellbeing Through Life)– Mental capital refers to the totality of an individual's cognitive and emotional resources, including their cognitive capability, flexibility and efficiency of learning, emotional intelligence and resilience in the face of stress. The extent of an individual's resources reflects his or her basic endowment (e.g. genes and early biological programming), motivation and experiences (e.g. education) which take place throughout the life course. This section presents the very latest on the science of mental capital throughout life. Section 2 (Learning Through Life) provides a coherent overview of a fast-moving and complex field of policy and practice. Educational attainment has a considerable impact on physical and mental wellbeing, both directly and indirectly, by enabling people better to achieve their goals. The ability to continue learning throughout the lifespan is critical to a successful and rewarding life in contemporary societies. Section 3 (Mental Health and Ill-Health) draws together the most recent evidence about positive mental health as well as a range of mental disorders to consider their importance to the population and economy in terms of prevalence and disability and the wider burden on society. Section 4 (Wellbeing and Work) – It is estimated that 13 million working days are lost through stress each year, costing the economy over £3.7 billion per annum. This theme explores those drivers that influence the nature and structure of work and the impact this has on employee wellbeing. Section 5 (Learning Difficulties) – This theme provides a cutting-edge picture of how recent insights from genetics, cognitive and neuroscience improve our understanding of learning difficulties such as dyslexia, dyscalculia and attention-deficit-hyperactivity disorder. Reviews focus on how current research can contribute to early diagnosis and improved intervention. **The UltraSimple Diet Kick-Start Your Metabolism and Safely Lose Up to 10 Pounds in 7 Days** *Simon and Schuster* Offers an accelerated program designed to help readers lose weight quickly and keep it off, in a guide that features menus, exercise routines, and stress reduction techniques. **The Daniel Plan 40 Days to a Healthier Life** *Zondervan* NEW YORK TIMES BESTSELLER The Daniel Plan is far more than a diet plan. It is an appetizing approach to achieving a healthy lifestyle by optimizing the five key essentials of faith, food, fitness, focus, and friends. Unlike the thousands of other books on the market, this book is not about a new diet, guilt-driven gym sessions, or shame-driven fasts. Your path to holistic health begins here, as Pastor Rick Warren and fitness and medical experts Dr. Daniel Amen and Dr. Mark Hyman guide you to incorporate healthy choices into your current lifestyle. The concepts in this book will encourage you to deepen your relationship with God and develop a community of supportive friends who will encourage you to make smart food and fitness choices each and every day. This results in gradual changes that transform your life as they help you: Conquer your worst cravings Find healthy replacement foods for the foods you love Discover exercise you enjoy Boost your energy and kick-start your metabolism Lose weight Think more clearly Explore biblical principles for health . . . and ultimately create an all-around healthy lifestyle It's time to feast on something bigger than a fad. Start your journey to impactful, long-lasting, and sustainable results today! Plus, get more from The Daniel Plan with The Daniel Plan Cookbook, The Daniel Plan Journal, and The Daniel Plan 365-Day Devotional. **Basic Methods of Policy Analysis and Planning -- Pearson eText** *Routledge* Updated in its 3rd edition, *Basic Methods of Policy Analysis and Planning* presents quickly applied methods for analyzing and resolving planning and policy issues at state, regional, and urban levels. Divided into two parts, *Methods* which presents quick methods in nine chapters and is organized around the steps in the policy analysis process, and *Cases* which presents seven policy cases, ranging in degree of complexity, the text provides readers with the resources they need for effective policy planning and analysis. Quantitative and qualitative methods are systematically combined to address policy dilemmas and urban planning problems. Readers and analysts utilizing this text gain comprehensive skills and background needed to impact public policy. **Maritime Economics** *Routledge* Now in its second edition *Maritime Economics* provides a valuable introduction to the organisation and workings of the global shipping industry. The author outlines the economic theory as well as many of the operational practicalities involved. Extensively revised for the new edition, the book has many clear illustrations and tables. Topics covered include: * an overview of international trade * Maritime Law * economic organisation and principles * financing ships and shipping companies * market research and forecasting. **The Making of Global Capitalism The Political Economy of American Empire** *Verso Books* A groundbreaking account of America's role in global capitalism. The all-encompassing embrace of world capitalism at the beginning of the twenty-first century was generally attributed to the superiority of competitive markets. Globalization had appeared to be the natural outcome of this unstoppable process. But today, with global markets reeling and increasingly reliant on state intervention to stay afloat, it has become clear that markets and states aren't straightforwardly opposing forces. In this groundbreaking work, Leo Panitch and Sam Gindin demonstrate the intimate relationship between modern capitalism and the American state, including its role as an "informal empire" promoting free trade and capital movements. Through a powerful historical survey, they show how the US has superintended the restructuring of other states in favor of competitive markets and coordinated the management of increasingly frequent financial crises. *The Making of Global Capitalism*, through its highly original analysis of the first great economic crisis of the twenty-first century, identifies the centrality of the social conflicts that occur within states rather than between them. These emerging fault lines hold out the possibility of new political movements transforming nation states and transcending global markets. **Rising to the Challenge U.S. Innovation Policy for the Global Economy** *National Academies Press* America's position as the source of much of the world's global innovation has been the foundation of its economic vitality and military power in the post-war. No longer is U.S. pre-eminence assured as a place to turn laboratory discoveries into new commercial products, companies, industries, and high-paying jobs. As the pillars of the U.S. innovation system erode through wavering financial and policy support, the rest of the world is racing to improve its capacity to generate new technologies and products, attract and grow existing industries, and build positions in the high technology industries of tomorrow. *Rising to the Challenge: U.S. Innovation Policy for Global Economy* emphasizes the importance of sustaining global leadership in the commercialization of innovation which is vital to America's security, its role as a world power, and the welfare of its people. The second decade of the 21st century is witnessing the rise of a global competition that is based on innovative advantage. To this end, both advanced as well as emerging nations are developing and pursuing policies and programs that are in many cases less constrained by ideological limitations on the role of government and the concept of free market economics. The rapid transformation of the global innovation landscape presents tremendous challenges as well as important opportunities for the United States. This report argues that far more vigorous attention be paid to capturing the outputs of innovation - the commercial products, the industries, and particularly high-quality jobs to restore full employment. America's economic and national security future depends on our succeeding in this endeavor. **Fields of Gold Financing the Global Land Rush** *Cornell University Press* *Fields of Gold* critically examines the history, ideas, and political struggles surrounding the financialization of farmland. In particular, Madeleine Fairbairn focuses on developments in two of the most popular investment locations, the US and Brazil, looking at the implications of financiers' acquisition of land and control over resources for rural livelihoods and economic justice. At the heart of *Fields of Gold* is a tension between efforts to transform farmland into a new financial asset class, and land's physical and social properties, which frequently obstruct that transformation. But what makes the book unique among the growing body of work on the global land grab is Fairbairn's interest in those acquiring land, rather than those affected by land acquisitions. Fairbairn's work sheds ethnographic light on the actors and relationships—from Iowa to Manhattan to São Paulo—that have helped to turn land into an attractive financial asset class. **Equity, Social Determinants and Public Health Programmes** *World Health Organization* This book is a collection of analyses of the social determinants of health that impact on specific health conditions. Stemming from the recommendations of the Commission on Social Determinants of Health, promising interventions to improve health equity are presented for the areas of: alcohol-related disorders, cardiovascular diseases, child health and nutrition, diabetes, food safety, maternal health, mental health, neglected tropical diseases, oral health, pregnancy outcomes, tobacco and health, tuberculosis, and violence and injuries. The book was commissioned by the Department of Ethics, Equity, Trade and Human Rights as part of the work undertaken by the Priority Public Health Conditions Knowledge Network of the Commission on Social Determinants of Health, in collaboration with 16 of the major public health programmes of WHO. In addition to this, through collaboration with the Special Programme of Research, Development and Research Training in Human Reproduction, the Special Programme for Research

and Training in Tropical Diseases, and the Alliance for Health Policy and Systems Research, 13 case studies were commissioned to examine the implementation challenges in addressing social determinants of health in low-and middle-income settings. **Understanding Popular Music Culture** *Routledge* This extensively revised and expanded fifth edition of *Understanding Popular Music Culture* provides an accessible and comprehensive introduction to the production, distribution, consumption and meaning of popular music, and the debates that surround popular culture and popular music. Reflecting the continued proliferation of popular music studies, the new music industry in a digital age, and the emergence of new stars, this new edition has been reorganized and extensively updated throughout, making for a more coherent and sequenced coverage of the field. These updates include: two new chapters entitled 'The Real Thing': Authenticity, covers and the canon and 'Time Will Pass You By': Histories and popular memory new case studies on artists including The Rolling Stones, Lorde, One Direction and Taylor Swift further examples of musical texts, genres, and performers throughout including additional coverage of Electronic Dance Music expanded coverage on the importance of the back catalogue and the box set; reality television and the music biopic greater attention to the role and impact of the internet and digital developments in relation to production, dissemination, mediation and consumption; including the role of social network sites and streaming services each chapter now has its own set of expanded references to facilitate further investigation. Additional resources for students and teachers can also be found on the companion website (www.routledge.com/cw/shuker), which includes additional case studies, links to relevant websites and a discography of popular music metagenres. **Crisis Economics A Crash Course in the Future of Finance** *Penguin UK* In this myth-busting book Nouriel Roubini shows that everything we think about economics is wrong. Financial crises are not unpredictable 'black swans', but an inherent part of capitalism. Only by remaking our financial systems to acknowledge this, can we get out of the mess we're in. Will there be another recession, and if so what shape? When will the next bubble occur? What can we do about it? Here Roubini gives the answers, and lists his commandments for the future. **The Innovator's Method Bringing the Lean Startup Into Your Organization** *Harvard Business Press* "Whether you call it "lean start-up," "design thinking," or "agile," a new method is revolutionizing how to successfully create, refine, and bring ideas to market--without traditional business planning. But because these ideas and techniques run counter to conventional managerial thinking and practice, managers in established organizations have difficulty implementing them. Innovation experts Nathan Furr and Jeff Dyer aim to change that. Based on field work with thousands of managers and validated insidedozens of companies, THE INNOVATOR'S METHOD shows when and how to apply a "lean start-up" approach to innovation in established businesses. THE INNOVATOR'S METHOD takes managers through these new practices for managing innovation, showing how to adapt them to their businesses and answering such questions as: How do we know this idea is worth pursuing? Does it solve the right problem for customers? Have we found the right solution? Do we have the right business model for our new offering? With detailed cases from the authors' work implementing these ideas with companies such as Intuit, NEC, P&G, Virgin Airlines, Kia, Folio, Citi, Hallmark, and Verizon, THE INNOVATOR'S METHOD picks up where Jeff Dyer's THE INNOVATOR'S DNA leaves off, showing how to test, validate and commercialize ideas with the lean and agile techniques that successful entrepreneurs use"-- **Good Economics for Hard Times Better Answers to Our Biggest Problems** *Penguin UK* FROM THE WINNERS OF THE 2019 NOBEL PRIZE IN ECONOMICS 'Wonderfully refreshing . . . A must read' Thomas Piketty In this revolutionary book, prize-winning economists Abhijit V. Banerjee and Esther Dufo show how economics, when done right, can help us solve the thorniest social and political problems of our day. From immigration to inequality, slowing growth to accelerating climate change, we have the resources to address the challenges we face but we are so often blinded by ideology. Original, provocative and urgent, *Good Economics for Hard Times* offers the new thinking that we need. It builds on cutting-edge research in economics - and years of exploring the most effective solutions to alleviate extreme poverty - to make a persuasive case for an intelligent interventionism and a society built on compassion and respect. A much-needed antidote to polarized discourse, this book shines a light to help us appreciate and understand our precariously balanced world. **Consumer Behavior** *Pearson Education India* **The Blood Sugar Solution The Bestselling Programme for Preventing Diabetes, Losing Weight and Feeling Great** *Hachette UK* The No.1 New York Times bestselling programme to fight diabetes, lose weight, and stay healthy. By 2025 there will be more than 4 million people in Britain with diabetes. Every day, 400 new cases are diagnosed. In *The Blood Sugar Solution*, Dr Mark Hyman reveals that the secret solution to losing weight and preventing diabetes - as well as heart disease, stroke, dementia, and cancer - is balanced insulin levels. *The Blood Sugar Solution*, Dr. Hyman gives us the tools to achieve this with his revolutionary six-week healthy-living programme and the seven keys to achieving wellness - nutrition, hormones, inflammation, digestion, detoxification, energy metabolism, and a calm mind. With advice on diet, exercise, supplements and medication, and options to personalise the plan for optimal results, *The Blood Sugar Solution* teaches readers how to maintain lifelong health. Groundbreaking and timely, *The Blood Sugar Solution* is the fastest way to lose weight, prevent disease, and feel better than ever. **Sports Law** *Jones & Bartlett Publishers* *Sports Law* looks at major court cases, statutes, and regulations that explore a variety of legal issues in the sports industry. The early chapters provide an overview of sports law in general terms and explore its impact on race, politics, religion, and everyday affairs. Later chapters address hot button issues such as gender equity, drug testing, and discrimination. Written from a sport management perspective, rather than from a lawyer's, this text covers all the major areas presented in sports law today including: cases relating to torts, contracts, intellectual property, and agents. Factual scenarios throughout the text allow students to critically examine and apply sport management principles to legal issues facing the sports executive. Important Notice: The digital edition of this book is missing some of the images or content found in the physical edition. **Haunted Media Electronic Presence from Telegraphy to Television** *Duke University Press* Examines the repeated association of new electronic media with spiritual phenomena from the telegraph in the late 19th century to television. **Handbook of Sports Medicine and Science, The Paralympic Athlete** *Wiley-Blackwell* This brand new Handbook addresses Paralympic sports and athletes, providing practical information on the medical issues, biological factors in the performance of the sports and physical conditioning. The book begins with a comprehensive introduction of the Paralympic athlete, followed by discipline-specific reviews from leading authorities in disability sport science, each covering the biomechanics, physiology, medicine, philosophy, sociology and psychology of the discipline. The Paralympic Athlete also addresses recent assessment and training tools to enhance the performance of athletes, particularly useful for trainers and coaches, and examples of best practice on athletes' scientific counseling are also presented. This new title sits in a series of specialist reference volumes, ideal for the use of professionals working directly with competitive athletes. **The Book of Payments Historical and Contemporary Views on the Cashless Society** *Springer* This book examines the nature of retail financial transaction infrastructures. Contributions assume a long-term outlook in their exploration of the key financial processes and systems that support a global transition to a cashless economy. The volume offers both modern and historic accounts that demonstrate the constantly changing role of payment instruments. It brings together different theoretical approaches to the study, re-examining and forecasting changes in retail payment systems. Chapters explore a global transition to a cashless society and contemplate future alternatives to cash, cheques and plastic, featuring the perspectives of academics from different disciplines in conversation and industry participants from six continents. Readers are invited to discover the innovation in payment systems and how it co-evolves with changes in society and organisations through personal, corporate and governmental processes. **Sustainable Investing Revolutions in theory and practice** *Taylor & Francis* A seminal shift has taken place in the world of investing. A clear and overarching reality has emerged which must be solved: financial considerations must factor in sustainability considerations for ongoing societal success, while sustainability issues equally need to be driven by a business case. As a result, investment practices are evolving, especially towards more positive philosophies and frameworks. Sustainable Investing brings the reader up to speed on trends playing out in each region and asset class, drawing on contributions from leading practitioners across the globe. Implications abound for financial professionals and other interested investors, as well as corporations seeking to understand future investment trends that will affect their shareholders' thinking. Policymakers and other stakeholders also need to be aware of what is happening in order to understand how they can be most effective at helping implement and enable the changes arguably now required for economic and financial success. Sustainable Investing represents an essential overview of sustainable investment practices that will be a valuable resource for students and scholars of sustainable banking and finance, as well as professionals and policymakers with an interest in this fast-moving field. **Marketing Strategies of the Horticultural Production Chain MDPI** This book consists of a series of articles that present novel trends in horticulture marketing and some of the key supply chain management issues for the horticulture industry across a wide range of geographical regions. **ECONned: How Unenlightened Self Interest Undermined Democracy and Corrupted Capitalism** *St. Martin's Press* Why are we in such a financial mess today? There are lots of proximate causes: over-leverage, global imbalances, bad financial technology that lead to widespread underestimation of risk. But these are all symptoms. Until we isolate and tackle fundamental causes, we will fail to extirpate the disease. *ECONned* is the first book to examine the unquestioned role of economists as policy-makers, and how they helped create an unmitigated economic disaster. Here, Yves Smith looks at how economists in key policy positions put doctrine before hard evidence, ignoring the deteriorating conditions and rising dangers that eventually led them, and us, off the cliff and into financial meltdown. Intelligently written for the layman, Smith takes us on a terrifying investigation of the financial realm over the last twenty-five years of misrepresentations, naive interpretations of economic conditions, rationalizations of bad outcomes, and rejection of clear signs of growing instability. In *eConned*, author Yves Smith reveals: --why the measures taken by the Obama Administration are mere palliatives and are unlikely to pave the way for a solid recovery --how economists have come to play a profoundly anti-democratic role in policy --how financial models and concepts that were discredited more than thirty years ago are still widely used by banks, regulators, and investors --how management and employees of major financial firms looted them, enriching themselves and leaving the mess to taxpayers --how financial regulation enabled predatory behavior by Wall Street towards investors --how economics has no theory of financial systems, yet economists fearlessly prescribe how to manage them **The Tragedy of Great Power Politics (Updated Edition)** *W. W. Norton & Company* "A superb book....Mearsheimer has made a significant contribution to our understanding of the behavior of great powers."—Barry R. Posen, *The National Interest* The updated edition of this classic treatise on the behavior of great powers takes a penetrating look at the question likely to dominate international relations in the twenty-first century: Can China rise peacefully? In clear, eloquent prose, John Mearsheimer explains why the answer is no: a rising China will seek to dominate Asia, while the United States, determined to remain the world's sole regional hegemon, will go to great lengths to prevent that from happening. The tragedy of great power politics is inescapable. **Economy Studies A Guide to Rethinking Economics Education** *Amsterdam University Press* The *Economy Studies* project emerged from the worldwide movement to modernise economics education, spurred on by the global financial crisis of 2008, the climate crisis, and the COVID-19 pandemic. It envisions a wide variety of economics graduates and specialists, equipped with a broad toolkit, enabling them to collectively understand and help tackle the issues the world faces today. This is a practical guide for (re-)designing economics courses and programs. Based on a clear conceptual framework and ten flexible building blocks, this handbook offers refreshing ideas and practical suggestions to stimulate student engagement and critical thinking across a wide range of courses. **The Use of Force in UN Peace Operations** *Oxford University Press on Demand* One of the most vexing issues that has faced the international community since the end of the Cold War has been the use of force by the United Nations peacekeeping forces. UN intervention in civil wars, as in Somalia, Bosnia and Herzegovina, and Rwanda, has thrown into stark relief the difficulty of peacekeepers operating in situations where consent to their presence and activities is fragile or incomplete and where there is little peace to keep. Complex questions arise in these circumstances. When and how should peacekeepers use force to protect themselves, to protect their mission, or, most troublingly, to ensure compliance by recalcitrant parties with peace accords? Is a peace enforcement role for peacekeepers possible or is this simply war by another name? Is there a grey zone between peacekeeping and peace enforcement? Trevor Findlay reveals the history of the use of force by UN peacekeepers from Sinai in the 1950s to Haiti in the 1990s. He untangles the arguments about the use of force in peace operations and sets these within the broader context of military doctrine and practice. Drawing on these insights the author examines proposals for future conduct of UN operations, including the formulation of UN peacekeeping doctrine and the establishment of a UN rapid reaction force. **Distributive Justice in Transitions** *Torkel Opsahl Academic EPublisher* The chapters of this book explore, from different disciplinary perspectives, the relationship between transitional justice, distributive justice, and economic efficiency in the settlement of internal armed conflicts. They specifically discuss the role of land reform as an instrument of these goals, and examine how the balance between different perspectives has been attempted (or not) in selected cases of internal armed conflicts, and how it should be attempted in principle. Although most chapters closely examine the Colombian case, some provide a comparative perspective that includes countries in Latin America, Africa, and Eastern Europe, while others examine some of the more general, theoretical issues involved. **Information—Consciousness—Reality How a New Understanding of the Universe Can Help Answer Age-Old Questions of Existence** *Springer* This open access book chronicles the rise of a new scientific paradigm offering novel insights into the age-old enigmas of existence. Over 300 years ago, the human mind discovered the machine code of reality: mathematics. By utilizing abstract thought systems, humans began to decode the workings of the cosmos. From this understanding, the current scientific paradigm emerged, ultimately discovering the gift of technology. Today, however, our island of knowledge is surrounded by ever longer shores of ignorance. Science appears to have hit a dead end when confronted

with the nature of reality and consciousness. In this fascinating and accessible volume, James Glattfelder explores a radical paradigm shift uncovering the ontology of reality. It is found to be information-theoretic and participatory, yielding a computational and programmable universe. **Genius Foods Become Smarter, Happier, and More Productive While Protecting Your Brain for Life** HarperCollins New York Times Bestseller Discover the critical link between your brain and the food you eat and change the way your brain ages, in this cutting-edge, practical guide to eliminating brain fog, optimizing brain health, and achieving peak mental performance from media personality and leading voice in health Max Lugavere. After his mother was diagnosed with a mysterious form of dementia, Max Lugavere put his successful media career on hold to learn everything he could about brain health and performance. For the better half of a decade, he consumed the most up-to-date scientific research, talked to dozens of leading scientists and clinicians around the world, and visited the country's best neurology departments—all in the hopes of understanding his mother's condition. Now, in *Genius Foods*, Lugavere presents a comprehensive guide to brain optimization. He uncovers the stunning link between our dietary and lifestyle choices and our brain functions, revealing how the foods you eat directly affect your ability to focus, learn, remember, create, analyze new ideas, and maintain a balanced mood. Weaving together pioneering research on dementia prevention, cognitive optimization, and nutritional psychiatry, Lugavere distills groundbreaking science into actionable lifestyle changes. He shares invaluable insights into how to improve your brain power, including the nutrients that can boost your memory and improve mental clarity (and where to find them); the foods and tactics that can energize and rejuvenate your brain, no matter your age; a brain-boosting fat-loss method so powerful it has been called "biochemical liposuction"; and the foods that can improve your happiness, both now and for the long term. With *Genius Foods*, Lugavere offers a cutting-edge yet practical road map to eliminating brain fog and optimizing the brain's health and performance today—and decades into the future. **The French Revolution in Global Perspective** Cornell University Press Situating the French Revolution in the context of early modern globalization for the first time, this book offers a new approach to understanding its international origins and worldwide effects. A distinguished group of contributors shows that the political culture of the Revolution emerged out of a long history of global commerce, imperial competition, and the movement of people and ideas in places as far flung as India, Egypt, Guiana, and the Caribbean. This international approach helps to explain how the Revolution fused immense idealism with territorial ambition and combined the drive for human rights with various forms of exclusion. The essays examine topics including the role of smuggling and free trade in the origins of the French Revolution, the entwined nature of feminism and abolitionism, and the influence of the French revolutionary wars on the shape of American empire. *The French Revolution in Global Perspective* illuminates the dense connections among the cultural, social, and economic aspects of the French Revolution, revealing how new political forms—at once democratic and imperial, anticolonial and centralizing—were generated in and through continual transnational exchanges and dialogues. Contributors: Rafe Blaufarb, Florida State University; Ian Coller, La Trobe University; Denise Davidson, Georgia State University; Suzanne Desan, University of Wisconsin-Madison; Lynn Hunt, University of California, Los Angeles; Andrew Jainchill, Queen's University; Michael Kwass, The Johns Hopkins University; William Max Nelson, University of Toronto; Pierre Serna, Université Paris I Panthéon-Sorbonne; Miranda Spieler, University of Arizona; Charles Walton, Yale University **Nostalgia Sanctuary of Meaning** Bucknell University Press Individuals decide, in the present, how to recall the past, and, in the process, imbue the past with meaning that has evolved over time and is relevant in the present." "Tracing the changing meanings of the term over time, considering its connection to memory, analyzing its relationship with identity, and exploring the way in which nostalgia is used personally and collectively constitute the main thrust of the book."--Jacket. **The Black Box Society The Secret Algorithms That Control Money and Information** Harvard University Press Every day, corporations are connecting the dots about our personal behavior—silently scrutinizing clues left behind by our work habits and Internet use. But who connects the dots about what firms are doing with all this information? Frank Pasquale exposes how powerful interests abuse secrecy for profit and explains ways to rein them in. **Money and Banking China's Labor Question** Rainer Hampp **The Anatomy of Fascism** Penguin UK Fascism was the major political invention of the twentieth century and the source of much of its pain. How can we try to comprehend its allure and its horror? Is it a philosophy, a movement, an aesthetic experience? What makes states and nations become fascist? Acclaimed historian Robert O. Paxton shows that in order to understand fascism we must look at it in action - at what it did, as much as what it said it was about. He explores its falsehoods and common threads; the social and political base that allowed it to prosper; its leaders and internal struggles; how it manifested itself differently in each country - France, Britain, the low countries, Eastern Europe, even Latin America as well as Italy and Germany; how fascists viewed the Holocaust; and, finally, whether fascism is still possible in today's world. Offering a bold new interpretation of the fascist phenomenon, this groundbreaking book will overturn our understanding of twentieth-century history. **A Glossary of Literary Terms** Alphabetically arranged and followed by an index of terms at the end, this handy reference of literary terms is bound to be of invaluable assistance to any student of English literature. **The Shyness and Social Anxiety Workbook Understanding Audiences Theory and Method** SAGE The history of audience research tells us that the relationship between the media and viewers, readers and listeners is complex and requires multiple methods of analysis. In *Understanding Audiences*, Andy Ruddock introduces students to the range of quantitative and qualitative methods and invites his readers to consider the merits of both. *Understanding Audiences*: demonstrates how - practically - to investigate media power; places audience research - from early mass communication models to cultural studies approaches - in their historical and epistemological context; explores the relationship between theory and method; concludes with a consideration of the long-running debate on media effects; includes exercises which invite readers to engage with the practical difficulties of conducting social research.