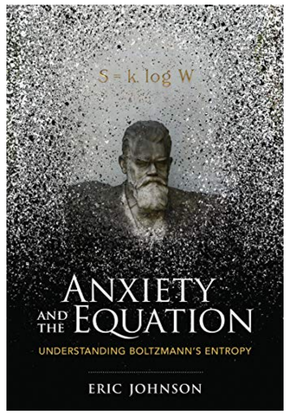

[eBooks] Anxiety And The Equation: Understanding Boltzmann's Entropy (The MIT Press)

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Anxiety and the Equation-Eric Johnson 2018-10-23 A man and his equation: the anxiety-plagued nineteenth-century physicist who contributed significantly to our understanding of the second law of thermodynamics. Ludwig Boltzmann's grave in Vienna's Central Cemetery bears a cryptic epitaph: S = k log W. This equation was Boltzmann's great discovery, and it contributed significantly to our understanding of the second law of thermodynamics. In Anxiety and the Equation, Eric Johnson tells the story of a man and his equation: the anxiety-plagued nineteenth-century physicist who did his most important work as he struggled with mental illness. Johnson explains that “S” in Boltzmann's equation refers to entropy, and that entropy is the central quantity in the second law of thermodynamics. The second law is always on, running in the background of our lives, providing a way to differentiate between past and future. We know that the future will be a state of higher entropy than the past, and we have Boltzmann to thank for discovering the equation that underlies that fundamental trend. Johnson, accessibly and engagingly, reassembles Boltzmann's equation from its various components and presents episodes from Boltzmann's life—beginning at the end, with “Boltzmann Kills Himself” and “Boltzmann Is Buried (Not Once, But Twice).” Johnson explains the second law in simple terms, introduces key concepts through thought experiments, and explores Boltzmann's work. He argues that Boltzmann, diagnosed by his contemporaries as neurasthenic, suffered from an anxiety disorder. He was, says Johnson, a man of reason who suffered from irrational concerns about his work, worrying especially about opposition from the scientific establishment of the day. Johnson's clear and concise explanations will acquaint the nonspecialist reader with such seemingly esoteric concepts as microstates, macrostates, fluctuations, the distribution of energy, log functions, and equilibrium. He describes Boltzmann's relationships with other scientists, including Max Planck and Henri Poincaré, and, finally, imagines “an alternative ending,” in which Boltzmann lived on and died of natural causes.

An Introduction to the Theory of the Boltzmann Equation-Stewart Harris 2012-12-27 This introductory graduate-level text emphasizes physical aspects of the theory of Boltzmann's equation in a detailed presentation that doubles as a practical resource for professionals. 1971 edition.

Emotional Equations-Chip Conley 2012-01-10 “An invaluable operating manual,” says Tony Hsieh, Zappos CEO and author of Delivering Happiness. Using brilliantly simple logic that illuminates the universal truths in common emotional challenges, popular motivational speaker and bestselling author Chip Conley has written “a fresh, original guide to an authentic and fulfilling life.”* With a foreword by Tony Hsieh, CEO of Zappos and author of Delivering Happiness When Chip Conley, dynamic author of the bestselling Peak, suffered a series of devastating personal and professional setbacks, he began using what he came to call “Emotional Equations” (such as Joy = Love - Fear) to help him focus on the variables in life that he could handle, rather than dwelling on the parts he couldn’t, such as the bad economy, death, and taxes. Using brilliantly simple logic that illuminates the universal truths in common emotional challenges, Emotional Equations offers a way to identify the elements in our lives that we can change, those we can’t, and how to better understand our emotions so they can help us . . . rather than hurt us. Equations like “Despair = Suffering - Meaning” and “Happiness = Wanting What You Have ÷ Having What You Want” have been reviewed for mathematical and psychological accuracy by experts. Now Conley tells his own comeback story and those of other resilient people and inspiring role models who have worked through emotional equations in their own lives. Emotional Equations arms you with practical strategies for turbulent times.

Adding Parents to the Equation-Hilary Kreisberg 2019-05-15 This book for parents describes how elementary-aged kids are learning mathematics today, why this new way of learning is beneficial, and what they can specifically do at home to support their child’s math education and engagement

In Time of War-Adam J. Berinsky 2009-10-15 From World War II to the war in Iraq, periods of international conflict seem like unique moments in U.S. political history—but when it comes to public opinion, they are not. To make this groundbreaking revelation, In Time of War explodes conventional wisdom about American reactions to World War II, as well as the more recent conflicts in Korea, Vietnam, the Gulf, Afghanistan, and Iraq. Adam Berinsky argues that public response to these crises has been shaped less by their defining characteristics—such as what they cost in lives and resources—than by the same political interests and group affiliations that influence our ideas about domestic issues. With the help of World War II–era survey data that had gone virtually untouched for the past sixty years, Berinsky begins by disproving the myth of “the good war” that Americans all fell in line to support after the Japanese bombed Pearl Harbor. The attack, he reveals, did not significantly alter public opinion but merely punctuated interventionist sentiment that had already risen in response to the ways that political leaders at home had framed the fighting abroad. Weaving his findings into the first general theory of the factors that shape American wartime opinion, Berinsky also sheds new light on our reactions to other crises. He shows, for example, that our attitudes toward restricted civil liberties during Vietnam and after 9/11 stemmed from the same kinds of judgments we make during times of peace. With Iraq and Afghanistan now competing for attention with urgent issues within the United States, In Time of War offers a timely reminder of the full extent to which foreign and domestic politics profoundly influence—and ultimately illuminate—each other.

Boltzmanns Atom-David Lindley 2015-12-19 In 1900 many eminent scientists did not believe atoms existed, yet within just a few years the atomic century launched into history with an astonishing string of breakthroughs in physics that began with Albert Einstein and continues to this day. Before this explosive growth into the modern age took place, an all-but-forgotten genius strove for forty years to win acceptance for the atomic theory of matter and an altogether new way of doing physics. Ludwig Boltz-mann battled with philosophers, the scientific establishment, and his own potent demons. His victory led the way to the greatest scientific achievements of the twentieth century. Now acclaimed science writer David Lindley portrays the dramatic story of Boltzmann and his embrace of the atom, while providing a window on the civilized world that gave birth to our scientific era. Boltzmann emerges as an endearingly quixotic character, passionately inspired by Beethoven, who muddled through the practical matters of life in a European gilded age. Boltzmann's story reaches from fin de siècle Vienna, across Germany and Britain, to America. As the Habsburg Empire was crumbling, Germany's intellectual might was growing; Edinburgh in Scotland was one of the most intellectually fertile places on earth; and, in America, brilliant independent minds were beginning to draw on the best ideas of the bureaucratized old world. Boltzmann's nemesis in the field of theoretical physics at home in Austria was Ernst Mach, noted today in the term Mach I, the speed of sound. Mach believed physics should address only that which could be directly observed. How could we know that frisky atoms jiggling about corresponded to heat if we couldn't see them? Why should we bother with theories that only told us what would probably happen, rather than making an absolute prediction? Mach and Boltzmann both believed in the power of science, but their approaches to physics could not have been more opposed. Boltzmann sought to explain the real world, and cast aside any philosophical criteria. Mach, along with many nineteenth-century scientists, wanted to construct an empirical edifice of absolute truths that obeyed strict philosophical rules. Boltzmann did not get on well with authority in any form, and he did his best work at arm's length from it. When at the end of his career he engaged with the philosophical authorities in the Viennese academy, the results were personally disastrous and tragic. Yet Boltzmann's enduring legacy lives on in the new physics and technology of our wired world. Lindley's elegant telling of this tale combines the detailed breadth of the best history, the beauty of theoretical physics, and the psychological insight belonging to the finest of novels.

Citrus-Pierre Laszlo 2008-10 Laszlo traces the spectacular rise and spread of citrus across the globe, from southeast Asia in 4000 BC to modern Spain and Portugal, whose explorers inroduced the fruit to the Americas. This book explores the numerous roles that citrus has played in agriculture, horticulture, cooking, nutrition, religion, and art.

The Happiness Equation-Neil Pasricha 2016-03-08 The #1 international bestseller from the author of The Book of Awesome that “reveals how all of us can live happier lives” (Gretchen Rubin). What is the formula for a happy life? Neil Pasricha is a Harvard MBA, a New York Times–bestselling author, a Walmart executive, a father, a husband. After selling more than a million copies of the Book of Awesome series, wherein he observed the everyday things he thought were awesome, he now shifts his focus to the practicalities of living an awesome life. In his new book The Happiness Equation, Pasricha illustrates how to want nothing and do anything in order to have everything. If that sounds like a contradiction in terms, you simply have yet to unlock the 9 Secrets to Happiness. Each secret takes a piece out of the core of common sense, turns it on its head to present it in a completely new light, and then provides practical and specific guidelines for how to apply this new outlook to lead a fulfilling life. Once you've unlocked Pasricha’s 9 Secrets, you will understand counter intuitive concepts such as: Success Does Not Lead to Happiness, Never Take Advice, and Retirement Is a Broken Theory. You will learn and then master three brand-new fundamental life tests: the Saturday Morning Test, The Bench Test, and the Five People Test. You will know the difference between external goals and internal goals and how to make more money than a Harvard MBA (hint: it has nothing to do with your annual salary). You will discover that true wealth has nothing to do with money, multitasking is a myth, and the elimination of options leads to more choice. The Happiness Equation is a book that will change how you think about pretty much everything—your time, your career, your relationships, your family, and, ultimately, of course, your happiness.

Thermodynamic Weirdness-Don S. Lemons 2020-02-25 An account of the concepts and intellectual structure of classical thermodynamics that reveals the subject's simplicity and coherence. Students of physics, chemistry, and engineering are taught classical thermodynamics through its methods--a "problems first" approach that neglects the subject's concepts and intellectual structure. In Thermodynamic Weirdness, Don Lemons fills this gap, offering a nonmathematical account of the ideas of classical thermodynamics in all its non-Newtonian "weirdness." By emphasizing the ideas and their relationship to one another, Lemons reveals the simplicity and coherence of classical thermodynamics. Lemons presents concepts in an order that is both chronological and logical, mapping the rise and fall of ideas in such a way that the ideas that were abandoned illuminate the ideas that took their place. Selections from primary sources, including writings by Daniel Fahrenheit, Antoine Lavoisier, James Joule, and others, appear at the end of most chapters. Lemons covers the invention of temperature; heat as a form of motion or as a material fluid; Carnot's analysis of heat engines; William Thomson (later Lord Kelvin) and his two definitions of absolute temperature; and energy as the mechanical equivalent of heat. He explains early versions of the first and second laws of thermodynamics; entropy and the law of entropy non-decrease; the differing views of Lord Kelvin and Rudolf Clausius on the fate of the universe; the zeroth and third laws of thermodynamics; and Einstein's assessment of classical thermodynamics as "the only physical theory of universal content which I am convinced will never be overthrown."

Critical Ethnography-D. Soyini Madison 2005-03-03 Critical Ethnography presents a fresh new look at critical ethnography by emphasizing the significance of ethics and performance in the art and politics of fieldwork. The book explores an ethics of ethnography while illustrating the relevance of performance ethnography across disciplinary boundaries. The productive links between theory and method are celebrated in this text. Theoretical concepts range from queer theory, feminist theory, and critical race theory to Marxism and phenomenology. The methodological techniques range from designing and asking in-depth interview questions and developing rapport to coding and interpreting data.

Memoirs of Emma Courtney-Mary Hays 2020-08-01 Reproduction of the original: Memoirs of Emma Courtney by Mary Hays

Somewhere in this Country-Memory Chirere 2006 A collection of short stories by a Zimbabwean author. Stories cover a range of contemporary issues affecting the lives of Zimbabweans, and which speak to the heart of a society searching for something, weaving an intriguing landscape of evokative tales.

Building Scientific Apparatus-John H. Moore 2009-06-25 Unrivalled in its coverage and unique in its hands-on approach, this guide to the design and construction of scientific apparatus is essential reading for every scientist and student of engineering, and physical, chemical, and biological sciences. Covering the physical principles governing the operation of the mechanical, optical and electronic parts of an instrument, new sections on detectors, low-temperature measurements, high-pressure apparatus, and updated engineering specifications, as well as 400 figures and tables, have been added to this edition. Data on the properties of materials and components used by manufacturers are included. Mechanical, optical, and electronic construction techniques carried out in the lab, as well as those let out to specialized shops, are also described. Step-by-step instruction supported by many detailed figures, is given for laboratory skills such as soldering electrical components, glassblowing, brazing, and polishing.

Handbook of Intergenerational Justice-Joerg Chet Tremmel 2006-01-01 The contributors to this volume undertake to establish the foundations and definitions of intergenerational justice and to explore its capacity to guide us in policy and public opinion judgments we must make to face unprecedented issues. . . . We are changing the biosphere and using resources to an extent never contemplated in the history of ethics. Deterioration of our oceans, loss of topsoil, insecurity about potable water supplies, the ozone hole, global warming, and the question about how to handle high-level nuclear waste which remains lethal perhaps 400,000 years from now, are some examples whose consequences reach far beyond inherited principles and policies of responsibility to others. This Handbook works to open a path for debate, extension of our tradition and invention of new thinking on these issues. Craig Walton, University of Nevada, Las Vegas, US More than a Handbook, this collection is a landmark work showing the way to a new ethics of intergenerational responsibility. It raises, in the most comprehensive way, the overarching ethical questions of our time, What are the rights of future generations? and How might present generations establish a philosophical foundation for its responsibilities to generations to come? . Peter Blaze Corcoran, Center for Environmental and Sustainability Education, Florida Gulf Coast University, US This important book provides a rich menu of history, current theory, and future directions in constitutional law, philosophy of rights and justice, and the relations of economics and politics to time, institutions, and the common good. It is enlivened by back-and-forth discussions among the authors (including some disagreements), as well as by applications to important contemporary issues such as climate change, nuclear waste, and public debt. Theoretic considerations are nicely balanced with examples of the means adopted in a number of countries to establish a legal foundation for protection of the quality of life for future generations. Neva Goodwin, Tufts University, US Do we owe the future anything? If so, what and why? Our capacity to affect the lives of future generations is greater than ever before, but what principles should regulate our relationship with people who don t yet exist? This Handbook offers a comprehensive survey of the key debates and pathbreaking accounts of potential ways forward both ethical and institutional. Andrew Dobson, The Open University, UK This Handbook provides a detailed overview of various issues related to intergenerational justice. Comprising articles written by a distinguished group of scholars from the international scientific community, the Handbook is divided into two main thematic sections foundations and definitions of intergenerational justice and institutionalization of intergenerational justice. The first part clarifies basic terms and traces back the origins of the idea of intergenerational justice. It also focuses on the problem of intergenerational buck-passing in the ecological context; for example in relation to nuclear waste and the greenhouse effect. At the same time, it also sheds light on the relationship between intergenerational justice and economics, addressing issues such as public debt and financial sustainability. The innovative second part of the volume highlights how posterity can be institutionally protected, such as by inserting relevant clauses into national constitutions. Reading this volume is the best way to gain an overall knowledge of intergenerational justice an extremely salient and topical issue of our time. The Handbook is an important contribution to the literature and will be of great interest to academics and graduate students as well as readers interested in wider human rights issues.

Mathematical Mindsets-Jo Boaler 2015-10-12 Banish math anxiety and give students of all ages a clear roadmap to success Mathematical Mindsets provides practical strategies and activities to help teachers and parents show all children, even those who are convinced that they are bad at math, that they can enjoy and succeed in math. Jo Boaler—Stanford researcher, professor of math education, and expert on math learning—has studied why students don't like math and often fail in math classes. She's followed thousands of students through middle and high schools to study how they learn and to find the most effective ways to unleash the math potential in all students. There is a clear gap between what research has shown to work in teaching math and what happens in schools and at home. This book bridges that gap by turning research findings into practical activities and advice. Boaler translates Carol Dweck's concept of 'mindset' into math teaching and parenting strategies, showing how students can go from self-doubt to strong self-confidence, which is so important to math learning. Boaler reveals the steps that must be taken by schools and parents to improve math education for all. Mathematical Mindsets: Explains how the brain processes mathematics learning Reveals how to turn mistakes and struggles into valuable learning experiences Provides examples of rich mathematical activities to replace rote learning Explains ways to give students a positive math mindset Gives examples of how assessment and grading policies need to change to support real understanding Scores of students hate and fear math, so they end up leaving school without an understanding of basic mathematical concepts. Their evasion and departure hinders math-related pathways and STEM career opportunities. Research has shown very clear methods to change this phenomena, but the information has been confined to research journals—until now. Mathematical Mindsets provides a proven, practical roadmap to mathematics success for any student at any age.

Group Work with Adolescents, Third Edition-Andrew Malekoff 2015-11-17 A trusted course text and professional resource, this comprehensive book delves into all aspects of planning and conducting strengths-based group work with adolescents. In an accessible, down-to-earth style, Andrew Malekoff spells out the principles of effective group practice. Extensive clinical illustrations show how successful group leaders engage teens in addressing tough issues--including violence, sexuality, prejudice, social isolation, and substance abuse--in a wide range of settings. Normative issues that adolescents face in the multiple contexts of their lives are lucidly explained. Packed with creative ideas and activities, the book helps readers develop their skills as confident, reflective practitioners. New to This Edition *Significantly revised chapters on group work essentials, school-based practice, and trauma. *Additional topics: social media and cyberbullying, expressive and animal-assisted therapies, mindfulness, adolescent brain development, and more. *Updated practice principles, information, and references. *Numerous new practice illustrations.

Encyclopedia of Supramolecular Chemistry-J. L. Atwood 2004 Covers the fundamentals of supramolecular chemistry; supramolecular advancements and methods in the areas of chemistry, biochemistry, biology, environmental and materials science and engineering, physics, computer science, and applied mathematics.

Leaky Bodies and Boundaries-Margrit Shildrick 2015-12-22 Drawing on postmodernist analyses, Leaky Bodies and Boundaries presents a feminist investigation into the marginalization of women within western discourse that denies female moral agency and embodiment. With reference to contemporary and historical issues in biomedicine, the book argues that the boundaries of both the subject and the body are no longer secure. The aim is both to valorise women and to suggest that 'leakiness' may be the very ground for a postmodern feminist ethic. The contribution made by Leaky Bodies and Boundaries is to go beyond modernist feminisms to radically displace the mechanisms by which women are devalued. The anxiety that postmodernism cannot yield an ethics, nor advance feminist concerns is addressed. This book will provide invaluable reading for those studying feminist philosophy, cultural studies and sociology.

Traffic Jam-Docherty, Iain 2008-10-27 This book offers a timely analysis of the UK government's sustainable transport policy 10 years after the publication of A New Deal for Transport: Better for Everyone.

Short-term Anxiety-provoking Psychotherapy-Peter E. Sifneos 1992-05-04 "Short-Term Anxiety-Provoking Psychotherapy (STAPP) is the oldest systematically studied type of brief psychotherapy in the United States. Developed in the 1950s by Peter Sifneos, it has become increasingly popular in recent years. Mental health professionals in Europe and the Americas have flocked to Sifneos's workshops, seminars, and lectures. Now, at last, in response to numerous requests for information, Sifneos has compiled this step-by-step guide to his method." "STAPP represents a distillation of traditional psychoanalytic techniques tapping the patient's ability both to establish a transference relationship with the therapist and to understand the roots of psychological conflicts. Although designed to help relatively healthy people with a single circumscribed emotional problem, STAPP gives patients the tools for dealing with future problems after therapy has terminated. The "short-term" in STAPP usually represents several months and rarely exceeds a year, a time span that not only eases the financial burden but contributes to the likelihood that the patient will complete the course of therapy. The "anxiety-provoking" component, Sifneos says, reflects the therapist's role as a teacher - an objective person who raises questions that wouldn't have occurred to the patient precisely because they are anxiety-inducing." "With its rich clinical material. this manual provides innumerable examples of new options available to therapists, enlarging and enriching their therapeutic armamentarium."--BOOK JACKET.Title Summary field provided by Blackwell North America, Inc. All Rights Reserved

Parent—Child Interaction Therapy-Toni L. Hembree-Kigin 2013-06-29 This practical guide offers mental health professionals a detailed, step-by-step description on how to conduct Parent-Child Interaction Therapy (PCIT) - the empirically validated training program for parents with children who have disruptive behavior problems. It includes several illustrative examples and vignettes as well as an appendix with assessment instruments to help parents to conduct PCIT.

World Bank and Urban Development-Edward Ramsamy 2006-09-27 As one of the world’s most powerful supranational institutions, the World Bank has played an important role in international development discourse and practice since 1946. This is the first book-length history and analysis of the Bank’s urban programs and their complex relationship to urban policy formulation in the developing world. Through extensive primary research, the book examines four major themes: the political and economic forces that propelled the reluctant World Bank to finally embrace urban programs in the 1970s how the Bank fashioned its general ideology of development into specific urban projects trends and transitions within the Bank’s urban agenda from its inception to the present the World Bank’s historic and contemporary role in the complex interaction between global, national, and local forces that shape the urban agendas of developing countries. The book also examines how protests from NGOs and civic movements, in the context of globalization and neo-liberalism, have influenced the World Bank policies from the 1990s to the present. The institution’s attempts to restructure and legitimate itself, in light of shifting geo-political and intellectual contexts, are considered throughout.

Partnerships, Governance and Sustainable Development-P. Glasbergen 2007 . . . this is a book to read for anybody who wants a good overview of ongoing research on environmental partnerships in public administration, business administration, political science and sociology. Thomas Sikor, Journal of Integrative Environmental Sciences The profit of this book is the well-proportioned mixture of theoretical reflections . . . and empirical findings, mostly presented in the form of case studies. . . the volume offers a well-structured and recommendable account of the current state of governance and partnerships in the field of sustainable development. Thomas Krumm, Political Studies Review This well-structured volume brings together a group of leading experts on an important emerging topic of global and local environmental policy. The book is highly recommended for every student and scholar in the field of environmental governance. Martin Jänicke, Freie Universität Berlin, Germany Partnerships have emerged as a critical best practice in the pursuit of sustainability. Glasbergen, Biermann and Mol s book explores the partnership issue from a variety of empirical and theoretical perspectives highlighting how to understand them and what (not) to do. Highly recommended. Daniel C. Esty, Yale University, US This significant study discusses the emergence of partnerships for sustainable development as an innovative, and potentially influential, new type of governance. With contributions from leading experts in the field, the partnership paradigm is discussed and the contributors explore the process, extent and circumstances under which partnerships can improve the legitimacy and effectiveness of governance for sustainable development. Scientific research on partnerships within the context of governance theory is fairly new, and there is a clear need to systemize a knowledge base to further define the international research agenda. In addition, there is an urgent demand from governments and international organizations, as well as from non-governmental actors, for strategic insights to build upon their activities in this field. This book is designed to address the questions, debates and agendas related to this new mode of governance. This multi-disciplinary book brings together unique perspectives from organizational theory, policy science, sociology and political science. As such, it will be warmly welcomed by academics of environmental policy and politics as well as scholars and researchers interested in governance for sustainable development. It will also appeal to public policy scholars.

Peak Performance-Brad Stulberg 2017-06-06 "A transfixing book on how to sustain peak performance and avoid burnout" —Adam Grant, New York Times bestselling author of Option B, Originals, and Give and Take "An essential playbook for success, happiness, and getting the most out of ourselves." Arianna Huffington, author of Thrive and The Sleep Revolution "I doubt anyone can read Peak Performance without itching to apply something to their own lives." —David Epstein, New York Times bestselling author of The Sports Gene A few common principles drive performance, regardless of the field or the task at hand. Whether someone is trying to qualify for the Olympics, break ground in mathematical theory or craft an artistic masterpiece, many of the practices that lead to great success are the same. In Peak Performance, Brad Stulberg, a former McKinsey and Company consultant and writer who covers health and the science of human performance, and Steve Magness, a performance scientist and coach of Olympic athletes, team up to demystify these practices and demonstrate how you can achieve your best. The first book of its kind, Peak Performance combines the inspiring stories of top performers across a range of capabilities—from athletic to intellectual and artistic—with the latest scientific insights into the cognitive and neurochemical factors that drive performance in all domains. In doing so, Peak Performance uncovers new linkages that hold promise as performance enhancers but have been overlooked in our traditionally-siloed ways of thinking. The result is a life-changing book in which you can learn how to enhance your performance via myriad ways including: optimally alternating between periods of intense work and rest; priming the body and mind for enhanced productivity; and developing and harnessing the power of a self-transcending purpose. In revealing the science of great performance and the stories of great performers across a wide range of capabilities, Peak Performance uncovers the secrets of success, and coaches you on how to use them. If you want to take your game to the next level, whatever "your game" may be, Peak Performance will teach you how.

Woke Me Up This Morning-Alan Young 2012-09-29 Creators and Context. Starting in the mid-1980s, a talented group of comics creators changed the American comic industry forever by introducing adult sensibilities and aesthetics into popular genres such as superhero comics and the newspaper strip. Frank Millers Batman The Dark Knight Returns 1986 and Alan Moore and Dave Gibbonss Watchmen 1987 in particular revolutionized the genre. During this same period, underground and alternative genres began to garner critical acclaim and media attention, as best represented by Art Spiegelmans Maus. The Rise of the American Comics Artist is an insightful volume surveying the

The Antidote-Oliver Burkeman 2018-07-12 What if 'positive thinking' and relentless optimism aren't the solution to the happiness dilemma, but part of the problem? Oliver Burkeman turns decades of self-help advice on its head and paradoxically forces us to rethink our attitudes towards failure, uncertainty and death. It's our constant efforts to avoid negative thinking that cause us to feel anxious, insecure and unhappy. What if happiness can be found embracing the things we spend our lives trying to escape? Wise, practical and funny, The Antidote is a thought-provoking, counter-intuitive and ultimately uplifting read, celebrating the power of negative thinking. 'Burkeman has written some of the most truthful and useful words on happiness to be published in recent years' Guardian

Seeking Spatial Justice-Edward W. Soja 2013-11-30 In 1996, the Los Angeles Bus Riders Union, a grassroots advocacy organization, won a historic legal victory against the city’s Metropolitan Transit Authority. The resulting consent decree forced the MTA for a period of ten years to essentially reorient the mass transit system to better serve the city’s poorest residents. A stunning reversal of conventional governance and planning in urban America, which almost always favors wealthier residents, this decision is also, for renowned urban theorist Edward W. Soja, a concrete example of spatial justice in action. In Seeking Spatial Justice, Soja argues that justice has a geography and that the equitable distribution of resources, services, and access is a basic human right. Building on current concerns in critical geography and the new spatial consciousness, Soja interweaves theory and practice, offering new ways of understanding and changing the unjust geographies in which we live. After tracing the evolution of spatial justice and the closely related notion of the right to the city in the influential work of Henri Lefebvre, David Harvey, and others, he demonstrates how these ideas are now being applied through a series of case studies in Los Angeles, the city at the forefront of this movement. Soja focuses on such innovative labor–community coalitions as Justice for Janitors, the Los Angeles Alliance for a New Economy, and the Right to the City Alliance; on struggles for rent control and environmental justice; and on the role that faculty and students in the UCLA Department of Urban Planning have played in both developing the theory of spatial justice and putting it into practice. Effectively locating spatial justice as a theoretical concept, a mode of empirical analysis, and a strategy for social and political action, this book makes a significant contribution to the contemporary debates about justice, space, and the city.

Ludwig Boltzmann-Carlo Cercignani 2006-01-12 This book presents the life and personality, the scientific and philosophical work of Ludwig Boltzmann, one of the great scientists who marked the passage from 19th- to 20th-Century physics. His rich and tragic life, ending by suicide at the age of 62, is described in detail. A substantial part of the book is devoted to discussing his scientific and philosophical ideas and placing them in the context of the second half of the 19th century. The fact that Boltzmann was the man who did most to establish that there is a microscopic, atomic structure underlying macroscopic bodies is documented, as is Boltzmann's influence on modern physics, especially through the work of Planck

on light quanta and of Einstein on Brownian motion. Boltzmann was the centre of a scientific upheaval, and he has been proved right on many crucial issues. He anticipated Kuhn's theory of scientific revolutions and proposed a theory of knowledge based on Darwin. His basic results, when properly understood, can also be stated as mathematical theorems. Some of these have been proved: others are still at the level of likely but unproven conjectures. The main text of this biography is written almost entirely without equations. Mathematical appendices deepen knowledge of some technical aspects of the subject.

The Anxiety of Influence-Harold Bloom 1997 The book remains a central work of criticism for all students of literature.

Einstein's Fridge-Paul Sen 2021-03-16 An entertaining, eye-opening account of the extraordinary team of innovators who discovered the laws of thermodynamics essential to understanding the world today—from refrigeration and jet engines to calorie counting and global warming—for fans of How We Got to Now and A Short History of Nearly Everything. Einstein’s Fridge tells the incredible epic story of the scientists who, over two centuries, harnessed the power of heat and ice and formulated a theory essential to comprehending our universe. Thermodynamics—the branch of physics that deals with energy and entropy—is the least known and yet most consequential of all the sciences. It governs everything from the behavior of living cells to the black hole at the center of our galaxy. Not only that, but thermodynamics explains why we must eat and breathe, how lights turn on, the limits of computing, and how the universe will end. The brilliant people who decoded its laws came from every branch of the sciences; they were engineers, physicists, chemists, biologists, cosmologists, and mathematicians. From French military engineer and physicist Sadi Carnot to Lord Kelvin, James Joule, Albert Einstein, Emmy Noether, Alan Turing, and Stephen Hawking, author Paul Sen introduces us to all of the players who passed the baton of scientific progress through time and across nations. Incredibly driven and idealistic, these brave pioneers performed groundbreaking work often in the face of torment and tragedy. Their discoveries helped create the modern world and transformed every branch of science, from biology to cosmology. Einstein’s Fridge brings to life one of the most important scientific revolutions of all time and captures the thrill of discovery and the power of scientific progress to shape the course of history.

Innovation in Public Sector Services-Paul Windrum 2008-01-01 This is a timely and important contribution on innovation processes within the public sector. Departing from the myth of private equal to entrepreneurial, public equal to bureaucratic paralysis , it offers precious insights into public sector learning, entrepreneurship, of course inertias, and also the trade-offs involved in different management philosophies and performance evaluation methods. It is a rare example of political economy done right . Giovanni Dosi, Sant Anna School of Advanced Studies, Pisa Innovation and entrepreneurship have become the cornerstones for economic growth, jobs and competitiveness in the global economy. However, the burden for generating an innovative economy has fallen on the private sector. Scholars have been remarkably taciturn concerning the role for innovation and entrepreneurship in the public sector has remained strikingly invisible. No more. In Innovation in Public Sector Services, the authors assemble a team of leading international scholars in a path breaking study to identify the potential for the public sector in contributing to innovation and entrepreneurship. In particular, the volume introduces an insightful new analytical framework that lays the foundations for transforming a sleepy public sector into a dynamic, innovative and highly effective partner for leadership and change in the global era. Scholars, policy makers and business leaders who think that the public sector is condemned to being a hindrance to innovation and entrepreneurship rather than a leader championing change and competitiveness in a global economy would be well advised to read this important new book. David B. Audretsch, Indiana University, Bloomington, US and WHU, Germany This groundbreaking book provides new key insights and opens up an important research agenda. The book develops a new taxonomy of the different types of innovation found in public sector services, and investigates the key features and drivers of public sector entrepreneurship. The book contains new statistical studies and a set of six international case studies in health and social services. The research shows that public sector organisations are important innovators in their own right. Economic growth and social development depend on efficient public sector organisations that deliver high quality services, are effectively organised, and have excellent interactions with the private sector, NGOs and citizens. Public sector innovation is complex, invariably involving changes in services, organisational structures, and managerial practices. Essential to successful innovation are the policy entrepreneurs and service entrepreneurs who develop, organise and manage new innovations. This book provides key lessons for these public sector entrepreneurs. Innovation in Public Sector Services fills a fundamental gap; explaining the dynamics of innovation and entrepreneurship in public sector services and is of great importance for researchers, academics and students interested in innovation, entrepreneurship and strategy management. It provides a stimulating read for anyone working or interested in health and social services.

Performance Ethnography-Norman K. Denzin 2003-06-24 In Performance Ethnography, one of the world’s most distinguished authorities on qualitative research, established the initial published connection of performance narratives with performance ethnography and autoethnography; the linkage of these formations to critical pedagogy and critical race theory; and the histories of these formations, and shown how they may be connected. Performance Ethnography is divided into three parts. Part I covers pedagogy, ethnography, performance, and theory as the foundation for a performative social science. Part II addresses the worlds of family, nature, praxis, and action, employing a structure that is equal parts memoir, essay, short story, and literary autoethnography. Part III examines the ethics and practical politics of performance autoethnography, anchored in the post-9/11 discourse in the United States. The amalgam serves as an invitation for social scientists and ethnographers to confront the politics of cultural studies and explore the multiple ways in which performance and ethnography can be both better understood and used as mechanisms for social change and economic justice. .

Interpretative Phenomenological Analysis-Jonathan A Smith 2009-05-21 'It is not often I can use "accessible" and "phenomenology" in the same sentence, but reading the new book, Interpretative Phenomenological Analysis...certainly provides me the occasion to do so. I can say this because these authors provide an engaging and clear introduction to a relatively new analytical approach' - The Weekly Qualitative Report Interpretative phenomenological analysis (IPA) is an increasingly popular approach to qualitative inquiry. This handy text covers its theoretical foundations and provides a detailed guide to conducting IPA research. Extended worked examples from the authors' own studies in health, sexuality, psychological distress and identity illustrate the breadth and depth of IPA research. Each of the chapters also offers a guide to other good exemplars of IPA research in the designated area. The final section of the book considers how IPA connects with other contemporary qualitative approaches like discourse and narrative analysis and how it addresses issues to do with validity. The book is written in an accessible style and will be extremely useful to students and researchers in psychology and related disciplines in the health and social sciences.

Flow-Mihaly Csikszentmihalyi 2009-10-13 THE BESTSELLING CLASSIC ON 'FLOW' – THE KEY TO UNLOCKING MEANING, CREATIVITY, PEAK PERFORMANCE, AND TRUE HAPPINESS Legendary psychologist Mihaly Csikszentmihalyi's famous investigations of "optimal experience" have revealed that what makes an experience genuinely satisfying is a state of consciousness called flow. During flow, people typically experience deep enjoyment, creativity, and a total involvement with life. In this new edition of his groundbreaking classic work, Csikszentmihalyi ("the leading researcher into 'flow states'" —Newsweek) demonstrates the ways this positive state can be controlled, not just left to chance. Flow: The Psychology of Optimal Experience teaches how, by ordering the information that enters our consciousness, we can discover true happiness, unlock our potential, and greatly improve the quality of our lives. "Explores a happy state of mind called flow, the feeling of complete engagement in a creative or playful activity." —Time

Pedagogical Quality in Preschool-Sonja Sheridan 2001

Medium of Instruction Policies-James W. Tollefson 2003-10-03 Medium of instruction policies in education have considerable impact not only on the school performance of students and the daily work of teachers, but also on various forms of social and economic (in)equality. In many multiethnic and multilingual countries, the choice of a language for the medium of instruction in state educational systems raises a fundamental and complex educational question: what combination of instruction in students' native language(s) and in a second language of wider communication will ensure that students gain both effective subject-content education, as well as the second-language skills necessary for higher education and employment? Beyond this educational issue of choice of language(s) of instruction, medium of instruction policies are also linked to a range of important sociopolitical issues, including globalization, migration, labor policy, elite competition, and the distribution of economic resources and political power. The contributors to this volume examine the tension between the educational agendas and other social and political agendas underlying medium of instruction policies in different countries around the world, and unravel the connections between these policies and the related, critically important educational, social, political, and economic issues. Medium of Instruction Policies: Which Agenda? Whose Agenda? is intended for scholars and specialists in education, language policy, sociolinguistics, applied linguistics, and language teaching, and is intended for use in graduate and advanced undergraduate courses on language education and language policy.

The Intentional Teacher-Ann S. Epstein 2014 Young children and teachers both have active roles in the learning processHow do preschoolers learn and develop? What are the best ways to support learning in the early years? This revised edition of The Intentional Teacher guides teachers to balance both child-guided and adult-guided learning experiences that build on children's interests and focus on what they need to learn to be successful in school and in life.This edition offers new chapters on science, social studies, and approaches to learning. Also included is updated, expanded information on social and emotional development, physical development and health, language and literacy, mathematics, and the creative arts. In each chapter are many practical teaching strategies that are illustrated with classroom-based anecdotes.The Intentional Teacher encourages readers to- Reflect on their principles and practices- Broaden their thinking about appropriate early curriculum content and instructional methods- Discover specific ideas and teaching strategies for interacting with children in key subject areasIntentional teaching does not happen by chance. This book will help teachers apply their knowledge of children and of content to make thoughtful, intentional use of both child-guided and adult-guided experiences.

Financialization and Strategy-Julie Froud 2006-04-18 Considering the recent impact of the capital market on corporate strategy, this text analyzes, through argument and supportive case studies, how pressures from the capital bull market of the 1990s and bear market of the early 2000s, have reshaped management action and calculation in large, publicly quoted US and UK corporations. Beginning with the dissatisfaction with classical strategy and its limited engagement with the processes of financialization, the book moves on to cover three detailed company case studies (General Electric, Ford and GlaxoSmithKline) which use long run financial data and analysis of company and industry narratives to illustrate and explore key themes. The book emphasizes the importance of company and industry narrative, while also analyzing long term financial results, and helps to explain the limits of management action and the burden of expectations placed on corporate governance. Presenting financial and market information on trajectory in an accessible way, this book provides a distinctive, critical social science account of management in large UK and US corporations, and it is a valuable resource for students, scholars and researchers of business, management, political economy and non-mainstream economics. short listed for the 2007 IPEG Book Prize

Civil Security-Amanda J. Dory 2003

Figures of Equilibrium of Celestial Bodies-Zdeněk Kopal 1960