

DAVID S. ABRAHAM

THE ELEMENTS OF
POWER

GADGETS,
GUNS, AND
THE STRUGGLE
FOR A
SUSTAINABLE
FUTURE
IN THE
RARE METAL
AGE

*FASCINATING AND IMPORTANT! —RUPERT EDIS, TIMES

[MOBI] The Elements Of Power: Gadgets, Guns, And The Struggle For A Sustainable Future In The Rare Metal Age

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The Elements of Power-David S. Abraham 2015-10-28 Our future hinges on a set of elements that few of us have even heard of. In this surprising and revealing book, David S. Abraham unveils what rare metals are and why our electronic gadgets, the most powerful armies, and indeed the fate of our planet depend on them. These metals have become the building blocks of modern society; their properties are now essential for nearly all our electronic, military, and “green” technologies. But their growing use is not without environmental, economic, and geopolitical consequences. Abraham traces these elements’ hidden paths from mines to our living rooms, from the remote hills of China to the frozen Gulf of Finland, providing vivid accounts of those who produce, trade, and rely on rare metals. He argues that these materials are increasingly playing a significant role in global affairs, conferring strength to countries and companies that can ensure sustainable supplies. Just as oil, iron, and bronze revolutionized previous eras, so too will these metals. The challenges this book reveals, and the plans it proposes, make it essential reading for our rare metal age.

The Elements of Power-David S. Abraham 2015-01-01 Our future hinges on a set of rare metals that few of us have even heard of. In this eye-opening book, a natural resource strategist reveals the critical importance of these transformative elements to our technological lifestyle and the consequences of our reliance upon them, including geopolitical instability and environmental degradation. To see our growing dependency, you need only look at your smartphone: cerium buffs the glass; indium allows your screen to respond to touch; terbium makes images more vibrant; and lithium helps it store energy. Abraham provides readers with a front-row seat to the life of these metals, tracing the paths of these high-tech elements through a dozen countries from the mine to our pockets. But it's not just smartphones that rely on these metals; they are the building blocks of modern society because they are critical for nearly all our electronic, military, and "green" technologies. Just as oil, iron, and bronze revolutionized previous eras, so too will these metals. The challenges this book reveals, and the plans it proposes, make it essential reading for our rare metal age.

The LEGO Power Functions Idea Book, Volume 1-Yoshihito Isogawa 2015-10-01 This first volume of The LEGO Power Functions Idea Book, Machines and Mechanisms, showcases small projects to build with LEGO Technic gears, motors, gadgets, and other moving elements. You’ll find hundreds of clever, buildable mechanisms, each one demonstrating a key building technique or mechanical principle. You’ll learn to build sliding doors, grasping claws, rack-and-pinion mechanisms, and ball-shooting devices of every sort! Each model includes a list of required parts and colorful photographs that guide you through the build without the need for step-by-step instructions. As you build, you’ll explore the principles of simple machines, gear systems, power translation, and more.

The Rare Earth Elements-J.H.L. Voncken 2015-12-24 This book deals with the rare earth elements (REE), which are a series of 17 transition metals: scandium, yttrium and the lanthanide series of elements (lanthanum, cerium, praseodymium, neodymium, promethium, samarium, europium, gadolinium, terbium, dysprosium, holmium, erbium, thulium, ytterbium and lutetium). They are relatively unknown to the wider public, despite their numerous applications and their critical role in many high-tech applications, such as high-temperature superconductors, phosphors (for energy-saving lamps, flat-screen monitors and flat-screen televisions), rechargeable batteries (household and automotive), very strong permanent magnets (used for instance in wind turbines and hard-disk drives), or even in a medical MRI application. This book describes the history of their discovery, the major REE ore minerals and the major ore deposits that are presently being exploited (or are planned to be exploited in the very near future), the physical and chemical properties of REEs, the mineral processing of REE concentrates and their extractive metallurgy, the applications of these elements, their economic aspects and the influential economical role of China, and finally the recycling of the REE, which is an emerging field.

Rare Earth Frontiers-Julie Michelle Klinger 2018-01-15 Owing to their unique magnetic, phosphorescent, and catalytic properties, rare earths are the elements that make possible teverything from the miniaturization of electronics, to the enabling of green energy and medical technologies, to supporting essential telecommunications and defense systems. An iPhone uses eight rare earths for everything from its colored screen, to its speakers, to the miniaturization of the phone’s circuitry. On the periodic table rare earth elements comprise a set of seventeen chemical elements (the fifteen lanthanides plus scandium and yttrium). There would be no Pokmón Go without rare earths. Rare Earth Frontiers is a work of human geography. Klinger looks historically and geographically at the ways rare earth elements in three discrete but representative and contested sites are given meaning.

The Rare Metals War-GUILLAME. PITRON 2020-09-10 The resources race is on. Powering our digital lives and green technologies are some of the Earth's most precious metals -- but they are running out. And what will happen when they do? The green-tech revolution has been lauded as the silver bullet to a new world. One that is at last free of oil, pollution, shortages, and cross-border tensions. Drawing on six years of research across a dozen countries, this book cuts across conventional green thinking to probe the hidden, dark side of green technology. By breaking free of fossil fuels, we are in fact setting ourselves up for a new dependence -- on rare metals such as cobalt, gold, and palladium. They are essential to electric vehicles, wind turbines, solar panels, our smartphones, computers, tablets, and other everyday connected objects. China has captured the lion's share of the rare metals industry, but consumers know very little about how they are mined and traded, or their environmental, economic, and geopolitical costs. The Rare Metals War is a vital exposé of the ticking time-bomb that lies beneath our new technological order. It uncovers the reality of our lavish and ambitious environmental quest that involves risks as formidable as those it seeks to resolve.

The LEGO Power Functions Idea Book, Volume 2-Yoshihito Isogawa 2015-10-01 This second volume of The LEGO Power Functions Idea Book, Cars and Contraptions, showcases small projects to build with LEGO Technic gears, motors, gadgets, and other moving elements. You’ll find hundreds of clever, buildable mechanisms, each one demonstrating a key building technique or mechanical principle. You’ll learn to build four-wheel drive cars, adorable walking ‘bots, steerable tanks, robotic inchworms, and cars that can follow the edge of a table! Each model includes a list of required parts and colorful photographs that guide you through the build without the need for step-by-step instructions. As you build, you’ll explore the principles of gear systems, power translation, differentials, suspensions, and more.

New Power-Jeremy Heimans 2018-04-03 From two influential and visionary thinkers comes a big idea that is changing the way movements catch fire and ideas spread in our highly connected world. For the vast majority of human history, power has been held by the few. "Old power" is closed, inaccessible, and leader-driven. Once gained, it is jealously guarded, and the powerful spend it carefully, like currency. But the technological revolution of the past two decades has made possible a new form of power, one that operates differently, like a current. "New power" is made by many; it is open, participatory, often leaderless, and peer-driven. Like water or electricity, it is most forceful when it surges. The goal with new power is not to hoard it, but to channel it. New power is behind the rise of participatory communities like Facebook and YouTube, sharing services like Uber and Airbnb, and rapid-fire social movements like Brexit and #BlackLivesMatter. It explains the unlikely success of Barack Obama's 2008 campaign and the unlikelier victory of Donald Trump in 2016. And it gives ISIS its power to propagate its brand and distribute its violence. Even old power institutions like the Papacy, NASA, and LEGO have tapped into the strength of the crowd to stage improbable reinventions. In New Power, the business

leaders/social visionaries Jeremy Heimans and Henry Timms provide the tools for using new power to successfully spread an idea or lead a movement in the twenty-first century. Drawing on examples from business, politics, and social justice, they explain the new world we live in--a world where connectivity has made change shocking and swift and a world in which everyone expects to participate.

Cognitive Gadgets-Cecilia Heyes 2018-04-16 How did human minds become so different from those of other animals? What accounts for our capacity to understand the way the physical world works, to think ourselves into the minds of others, to gossip, read, tell stories about the past, and imagine the future? These questions are not new: they have been debated by philosophers, psychologists, anthropologists, evolutionists, and neurobiologists over the course of centuries. One explanation widely accepted today is that humans have special cognitive instincts. Unlike other living animal species, we are born with complicated mechanisms for reasoning about causation, reading the minds of others, copying behaviors, and using language. Cecilia Heyes agrees that adult humans have impressive pieces of cognitive equipment. In her framing, however, these cognitive gadgets are not instincts programmed in the genes but are constructed in the course of childhood through social interaction. Cognitive gadgets are products of cultural evolution, rather than genetic evolution. At birth, the minds of human babies are only subtly different from the minds of newborn chimpanzees. We are friendlier, our attention is drawn to different things, and we have a capacity to learn and remember that outstrips the abilities of newborn chimpanzees. Yet when these subtle differences are exposed to culture-soaked human environments, they have enormous effects. They enable us to upload distinctively human ways of thinking from the social world around us. As Cognitive Gadgets makes clear, from birth our malleable human minds can learn through culture not only what to think but how to think it.

Sellout-Victoria Bruce 2017-06-06 The story of one citizen's fight to preserve a US stake in the future of clean energy and the elements essential to high tech industries and national defense. American technological prowess used to be unrivaled. But because of globalization, and with the blessing of the U.S. government, once proprietary materials, components and technologies are increasingly commercialized outside the U.S. Nowhere is this more dangerous than in China's monopoly of rare earth elements-materials that are essential for nearly all modern consumer goods, gadgets and weapons systems. Jim Kennedy is a retired securities portfolio manager who bought a bankrupt mining operation. The mine was rich in rare earth elements, but he soon discovered that China owned the entire global supply and manufacturing chain. Worse, no one in the federal government cared. Dismayed by this discovery, Jim made a plan to restore America's rare earth industry. His plan also allowed technology companies to manufacture rare earth dependent technologies in the United States again and develop safe, clean nuclear energy. For years, Jim lobbied Congress, the Pentagon, the White House Office of Science and Technology, and traveled the globe to gain support. Exhausted, down hundreds of thousands of dollars, and with his wife at her wits' end, at the start of 2017, Jim sat on the edge of victory, held his breath and bet it all that his government would finally do the right thing. Like Beth Macy's Factory Man, this is the story of one man's efforts to stem the dehumanizing tide of globalization and Washington's reckless inaction. Jim's is a fight we need to join.

China and the Geopolitics of Rare Earths-Sophia Kalantzakos 2017-12 Rare earths are elements that are found in the Earth's crust, and are vital ingredients for the production of a wide variety of high tech, defense, and green technologies -- everything from iPhones and medical technologies, to wind turbines, efficiency lighting, smart bombs, and submarines. While they are not particularly "rare" in availability, they are difficult and expensive to mine. Yet, China has managed to gain control over an estimated 97 percent of the rare earth industry since the 1990s through cheap production, high export taxes, and artificial limitations of supply. Rare earths, and China's monopoly over them, became international news after China "unofficially" halted exports to Japan, the United States, and Europe in 2010. This embargo followed a collision between Chinese and Japanese boats in the East China Sea, a locus of geopolitical and economic tension between the two countries. Although the World Trade Organization forced China to scrap its restrictions, it still holds a stranglehold over these elements that are so critical to the economic and security interests of the United States and its allies. Sophia Kalantzakos argues that the 2010 rare earth crisis signaled more than just a trade dispute. Rather, it raises questions about China's use of economic statecraft, and must be regarded as a part of the larger discourse of global power relations. Importantly, this book also argues that the failure of political actors in the United States and Europe to pass policy to address future supply, or the scientific and business communities to devise sustainable rare earth production outside of China, points to future resource competition. Focusing on China's monopoly over the rare earth industry, this book examines the impacts of growing worldwide resource competition and the complexities policymakers face as they develop strategies and responses in an increasingly globalized world.

Nick and Tesla's Secret Agent Gadget Battle-Bob Pflugfelder 2014-05-06 After foiling a gang of kidnapers and fending off an army of robots, 11-year-old siblings Nick and Tesla Holt could use a little rest! But as their third mystery opens, they discover there’s a spy in their midst, searching for secrets in the home of their beloved (and slightly crazy) Uncle Newt. Is it the new laboratory assistant? The exterminator? The housekeepers? Or someone completely unexpected? To expose the mystery agent, Nick and Tesla must engineer all kinds of outrageous contraptions, from code wheels and fingerprint powder to spy cameras and burglar detectors. Best of all, instructions are included throughout the story, so you can build the projects, too!

The Mesmer Menace-Kersten Hamilton 2013-11-19 Welcome to the Amazing Automated Inn, home of twelve-year-old inventor Wally Kennewickett, his genius scientist parents, and his dashing dog, Noodles. From the lightning harvester on the roof to the labs full of experiments in the dungeon, the inn is a wonderful place for a curious boy and his loyal dog to live. That is, until President Theodore Roosevelt himself calls the elder Kennewicketts away, leaving Wally and Noodles to face the evil Mesmers, horrible hypnotists bent on controlling the minds of powerful people. It seems the inn is their first stop on the way to world domination . . . and only an ingenious boy, a staff of automatons, and a brave dachshund stand in their way!

Buzz-Thor Hanson 2018-07-10 As seen on PBS's American Spring LIVE, the award-winning author of The Triumph of Seeds and Feathers presents a natural and cultural history of bees: the buzzing wee beasties that make the world go round. Bees are like oxygen: ubiquitous, essential, and, for the most part, unseen. While we might overlook them, they lie at the heart of relationships that bind the human and natural worlds. In Buzz, the beloved Thor Hanson takes us on a journey that begins 125 million years ago, when a wasp first dared to feed pollen to its young. From honeybees and bumbles to lesser-known diggers, miners, leafcutters, and masons, bees have long been central to our harvests, our mythologies, and our very existence. They've given us sweetness and light, the beauty of flowers, and as much as a third of the foodstuffs we eat. And, alarmingly, they are at risk of disappearing. As informative and enchanting as the waggle dance of a honeybee, Buzz shows us why all bees are wonders to celebrate and protect. Read this book and you'll never overlook them again.

Smart Cities-Oliver Gassmann 2019-06-14 Transforming cities through digital innovations is becoming an imperative for every city. However, city ecosystems widely struggle to start, manage and execute the transformation. This book aims to give a comprehensive overview of all facets of the Smart City transformation and provides

concrete tools, checklists, and guiding frameworks.

Techno-Fix-Michael Huesemann 2011-10-04 A powerful and insightful critique of modern techno-optimism

Rare-Keith Veronese 2015-01-06 How will your life change when the supply of tantalum dries up? You may have never heard of this unusual metal, but without it smartphones would be instantly less omniscient, video game systems would falter, and laptops fail. Tantalum is not alone. Rhodium. Osmium. Niobium. Such refugees from the bottom of the periodic table are key components of many consumer products like cell phones, hybrid car batteries, and flat screen televisions, as well as sophisticated medical devices and even weapon systems. Their versatile properties have led manufacturers to seek these elements out to maximize longevity, value, and efficiency, but not without a human price. In addition to explaining the chemistry behind rare earth metals, Rare delves into the economic and geopolitical issues surrounding these “conflict minerals,” blending tales of financial and political struggles with glimpses into the human lives that are shattered by the race to secure them. In the past decade, the Congo has been ravaged by tribal wars fought to obtain control of tantalum, tungsten, and tin supplies in the region, with over five million people dying at the crossroads of supply and demand. A burgeoning black market in China, Africa, and India is propped up by school-age children retrieving and purifying these metals while risking their lives and health in the process. Fears of future political struggles inside China, the world’s largest supplier of these metals, have already sent the United States, Great Britain, and Japan racing to find alternative sources. Will scientists be able to create lab substitutes for some or all of these metals? Will Afghanistan be the next big supplier of rare metals? What happens when the limited supply runs out? Whatever the answers, it is clear that our modern lifestyle, dependent on technology, is far from stable.

Ancient Bones-Madelaine Böhme 2020-09-08 In this “fascinating forensic inquiry into human origins” (Kirkus), a renowned paleontologist takes readers behind-the-scenes of one of the most groundbreaking archaeological digs in recent history. Somewhere west of Munich, paleontologist Madelaine Böhme and her colleagues dig for clues to the origins of humankind. What they discover is beyond anything they ever imagined: the twelve-million-year-old bones of *Danuvius guggenmosi* make headlines around the world. This ancient ape defies prevailing theories of human history—his skeletal adaptations suggest a new common ancestor between apes and humans, one that dwelled in Europe, not Africa. Might the great apes that traveled from Africa to Europe before *Danuvius*’s time be the key to understanding our own origins? All this and more is explored in *Ancient Bones*. Using her expertise as a paleoclimatologist and paleontologist, Böhme pieces together an awe-inspiring picture of great apes that crossed land bridges from Africa to Europe millions of years ago, evolving in response to the challenging conditions they found. She also takes us behind the scenes of her research, introducing us to former theories of human evolution (complete with helpful maps and diagrams), and walks us through dusty museum overflow storage where she finds forgotten fossils with yellowed labels, before taking us along to the momentous dig where she and the team unearthed *Danuvius guggenmosi* himself—and the incredible reverberations his discovery caused around the world. Praise for *Ancient Bones*: “Readable and thought-provoking. Madelaine Böhme is an iconoclast whose fossil discoveries have challenged long-standing ideas on the origins of the ancestors of apes and humans.”—Steve Brusatte, University of Edinburgh paleontologist and New York Times–bestselling author of *The Rise and Fall of the Dinosaurs* “Part Sherlock Holmes, part Indiana Jones, *Ancient Bones* is an entertaining and provocative retelling of the human evolutionary story. Böhme’s hypotheses—written with enthusiasm and clarity—will be scientifically scrutinized for decades to come.” —Jeremy DeSilva, Associate Professor of Anthropology, Dartmouth College

LEGO Gadgets-Klutz 2018-03 Build 11 machines, includes all the LEGO bricks you need. From the 'practical' (a mechanical hand to pick things up for you) to the intriguing (a machine that makes crinkled paper) to the flat-out ridiculous (astronaut training for your mini-figures!), these projects encourage kids to explore the possibilities hidden in their LEGO collection. Inspires open-ended creativity to not just build the models in this book, but also to experiment with their own modifications to be faster, more accurate, or more complex.

I, Mammal-Liam Drew 2017-11-02 Humans are mammals. Most of us appreciate that at some level. But what does it mean for us to have more in common with a horse and an elephant than we do with a parrot, snake or frog? After a misdirected football left new father Liam Drew clutching a uniquely mammalian part of his anatomy, he decided to find out more. Considering himself as a mammal first and a human second, Liam delves into ancient biological history to understand what it means to be mammalian. In his humorous and engaging style, Liam explores the different characteristics that distinguish mammals from other types of animals. He charts the evolution of milk, warm blood and burgeoning brains, and examines the emergence of sophisticated teeth, exquisite ears, and elaborate reproductive biology, plus a host of other mammalian innovations. Entwined are tales of zoological peculiarities and reflections on how being a mammal has shaped the author's life. *I, Mammal* is a history of mammals and their ancestors and of how science came to grasp mammalian evolution. And in celebrating our mammalian-ness, Liam Drew binds us a little more tightly to the five and a half thousand other species of mammal on this planet and reveals the deep roots of many traits humans hold dear.

You Are Not a Gadget-Jaron Lanier 2010-01-12 A NATIONAL BESTSELLER A programmer, musician, and father of virtual reality technology, Jaron Lanier was a pioneer in digital media, and among the first to predict the revolutionary changes it would bring to our commerce and culture. Now, with the Web influencing virtually every aspect of our lives, he offers this provocative critique of how digital design is shaping society, for better and for worse. Informed by Lanier’s experience and expertise as a computer scientist, *You Are Not a Gadget* discusses the technical and cultural problems that have unwittingly risen from programming choices—such as the nature of user identity—that were “locked-in” at the birth of digital media and considers what a future based on current design philosophies will bring. With the proliferation of social networks, cloud-based data storage systems, and Web 2.0 designs that elevate the “wisdom” of mobs and computer algorithms over the intelligence and wisdom of individuals, his message has never been more urgent.

A Book of Rather Strange Animals-Caleb Compton 2019-01-31 From the creator of the hugely popular @StrangeAnimals on Twitter comes a collection of one hundred remarkable animal specimens from around the world. With fascinating descriptions of nasty feeding habits, bizarre mating rituals and shocking defence mechanisms, you will marvel at both the splendour and gruesomeness of nature.

Rage Inside the Machine-Robert Elliott Smith 2019-06-27 We live in a world increasingly ruled by technology; we seem as governed by technology as we do by laws and regulations. Frighteningly often, the influence of technology in and on our lives goes completely unchallenged by citizens and governments. We comfort ourselves with the soothing refrain that technology has no morals and can display no prejudice, and it's only the users of technology who distort certain aspects of it. But is this statement actually true? Dr Robert Smith thinks it is dangerously untrue in the modern era. Having worked in the field of artificial intelligence for over 30 years, Smith reveals the mounting evidence that the mechanical actors in our lives do indeed have, or at least express, morals: they're just not the morals of the progressive modern society that we imagined we were moving towards. Instead, as we are just beginning to see - in the US elections and Brexit to name but a few - there are increasing incidences of machine bigotry, greed and the crass manipulation of our basest instincts. It is easy to assume that these are the result of programmer prejudices or the product of dark forces manipulating the masses through the network of the Internet. But what if there is something more fundamental and explicitly mechanical at play, something inherent within technology itself? This book demonstrates how non-scientific ideas have been encoded deep into our technological infrastructure. Offering a rigorous, fresh perspective on how technology has brought us to this place, *Rage Inside the Machine* challenges the long-held assumption that technology is an apolitical and amoral force. Shedding light on little-known historical stories and investigating the complex connections between scientific philosophy, institutional prejudice and new technology, this book offers a new, honest and more truly scientific vision of ourselves.

Hooked-Nir Eyal 2014-11-04 Revised and Updated, Featuring a New Case Study How do successful companies create products people can’t put down? Why do some products capture widespread attention while others flop? What makes us engage with certain products out of sheer habit? Is there a pattern underlying how

technologies hook us? Nir Eyal answers these questions (and many more) by explaining the Hook Model—a four-step process embedded into the products of many successful companies to subtly encourage customer behavior. Through consecutive “hook cycles,” these products reach their ultimate goal of bringing users back again and again without depending on costly advertising or aggressive messaging. *Hooked* is based on Eyal’s years of research, consulting, and practical experience. He wrote the book he wished had been available to him as a start-up founder—not abstract theory, but a how-to guide for building better products. *Hooked* is written for product managers, designers, marketers, start-up founders, and anyone who seeks to understand how products influence our behavior. Eyal provides readers with: • Practical insights to create user habits that stick. • Actionable steps for building products people love. • Fascinating examples from the iPhone to Twitter, Pinterest to the Bible App, and many other habit-forming products.

Natural-Alan Levinovitz 2020 "The widespread confusion of Nature with God and "natural" with holy has far-reaching negative consequences, from misinformation about everyday food and health choices to mistaken justifications of sexism, racism, and flawed economic policies"--

Hardware Hacking Projects for Geeks-Scott Fullam 2004-02-04 A collection of unusual projects for computer hardware geeks of all ages explains how to create such projects as a personal Lojack system, Web-enabled coffee machine, cubicle intrusion detection systems, and a laptop battery extender.

The Journeys of Trees: A Story about Forests, People, and the Future-Zach St. George 2020-07-14 An urgent and illuminating portrait of forest migration, and of the people studying the forests of the past, protecting the forests of the present, and planting the forests of the future. Forests are restless. Any time a tree dies or a new one sprouts, the forest that includes it has shifted. When new trees sprout in the same direction, the whole forest begins to migrate, sometimes at astonishing rates. Today, however, an array of obstacles—humans felling trees by the billions, invasive pests transported through global trade—threaten to overwhelm these vital movements. Worst of all, the climate is changing faster than ever before, and forests are struggling to keep up. A deft blend of science reporting and travel writing, *The Journeys of Trees* explores the evolving movements of forests by focusing on five trees: giant sequoia, ash, black spruce, Florida torreya, and Monterey pine. Journalist Zach St. George visits these trees in forests across continents, finding sequoias losing their needles in California, fossil records showing the paths of ancient forests in Alaska, domesticated pines in New Zealand, and tender new sprouts of blight-resistant American chestnuts in New Hampshire. Everywhere he goes, St. George meets lively people on conservation’s front lines, from an ecologist studying droughts to an evolutionary evangelist with plans to save a dying species. He treks through the woods with activists, biologists, and foresters, each with their own role to play in the fight for the uncertain future of our environment. An eye-opening investigation into forest migration past and present, *The Journeys of Trees* examines how we can all help our trees, and our planet, survive and thrive.

Angels & Demons-Dan Brown 2006-05-23 The murder of a world-famous physicist raises fears that the Illuminati are operating again after centuries of silence, and religion professor Robert Langdon is called in to assist with the case.

The Willpower Instinct-Kelly McGonigal 2011-12-29 Based on Stanford University psychologist Kelly McGonigal's wildly popular course "The Science of Willpower," *The Willpower Instinct* is the first book to explain the science of self-control and how it can be harnessed to improve our health, happiness, and productivity. Informed by the latest research and combining cutting-edge insights from psychology, economics, neuroscience, and medicine, *The Willpower Instinct* explains exactly what willpower is, how it works, and why it matters. For example, readers will learn: • Willpower is a mind-body response, not a virtue. It is a biological function that can be improved through mindfulness, exercise, nutrition, and sleep. • Willpower is not an unlimited resource. Too much self-control can actually be bad for your health. • Temptation and stress hijack the brain's systems of self-control, but the brain can be trained for greater willpower • Guilt and shame over your setbacks lead to giving in again, but self-forgiveness and self-compassion boost self-control. • Giving up control is sometimes the only way to gain self-control. • Willpower failures are contagious—you can catch the desire to overspend or overeat from your friends—but you can also catch self-control from the right role models. In the groundbreaking tradition of *Getting Things Done*, *The Willpower Instinct* combines life-changing prescriptive advice and complementary exercises to help readers with goals ranging from losing weight to more patient parenting, less procrastination, better health, and greater productivity at work.

Slime-Ruth Kassinger 2019 Say "algae" and most people think of pond scum. What they don't know is that without algae, none of us would exist.

Digital Minimalism-Cal Newport 2019 "It's official: excessive "internetting," smartphoning, and social media make us miserable. But it doesn't have to be that way. Over the last decade, recognized journalist Blake Snow rigorously researched, tested, and developed several connectivity strategies for finding offline balance in an online world, which resulted in this, his first book. In *Log Off: How to Stay Connected after Disconnecting*, Snow passionately, succinctly, and sometimes humorously explains how to hit refresh for good, do more with less online, live large on low-caloric technology, increase facetime with actual people, outperform workaholics in half the time, and tunelessly blend both analog and digital lives with no regrets. If the "offline balance movement" is real, this is its playbook." -- Back Cover

Reclaiming Conversation-Sherry Turkle 2015 An engaging look at how technology is undermining our creativity and relationships and how face-to-face conversation can help us get it back.

Groundbreaking!-Ned Mamula 2018-11-20 Is America in jeopardy?Any day, America could be held hostage over critical minerals used in all advanced technologies due to the decades-long shunning of domestic mining. *Groundbreaking!* describes the all-too-real consequences of misguided policy decisions and environmental alarmism, and recommends 21st-century solutions to sustainable self-reliance by leveraging the wealth right under our feet.By importing 100% of key minerals from China, Russia, and third world dictatorships, we face an ongoing risk of losing the technology behind everything from smartphones to "green" technology. The recent requirements put into place by our legislators and regulators literally require tons of minerals for batteries and magnets to run electric cars and trucks; to support advancements in medical equipment such as dental drills and MRIs; and to manufacture solar panels and wind turbines for alternative energy sources. Advanced weaponry and defensive equipment for our troops requires critical minerals, too, yet we are reliant on getting that gear from countries who at best could be called allies, and at worst are outright hostile to America's values.Our policies must acknowledge the reality that critical minerals, or more accurately the lack thereof, often play a key role in dictating foreign policy and national security decisions.Planning to adapt before a problem occurs must become a national goal. This means reversing dangerous import trends and exploring for domestic minerals-the two major policy goals explained in this book.With a Foreword by Paul Driessen, Senior Policy Advisor, Committee For A Constructive Tomorrow"EVERYONE in government & industry should endorse this PLAN"ENDORSEMENTS: *Groundbreaking!* is the culmination of sharp-eyed insight into the decades-long erosion of U.S. mining and the need to reverse this self-imposed economic and national security vulnerability...Mamula and Bridges have woven together myriad threads to give us the startling implications of our failed minerals policies. National Mining AssociationAmerica is sitting on a multi-trillion dollar treasure chest of minerals and valuable resources... Why aren't we benefiting from these riches buried right below our feet?Steve Moore, Distinguished Visiting Fellow, Institute for Economic Freedom, The Heritage FoundationMamula and Bridges have succeeded in delivering a very complete narrative of where we are, how we got there, and what to do about fixing it. This book should reside in the library of every national security professional and be used as a major reference work.Dean Poppo, Former US Army Acquisition Executive & Acting Assistant Secretary of the Army for Acquisition Logistics and TechnologyThis was a fascinating read, and compelling... [T]his should serve as a wake-up call to legislators and the general public. Our exposure to seriously restrictive policies by China could be the Sputnik Moment of our generation.John Keating, Venture Advisor, Silicon Valley, Former VP Government Programs & Discoveries Business Unit, Intermolecular, Inc.*Groundbreaking!* is a book that all Americans who care about our national security should read. It is a call to action to restore our mineral independence. Mamula and Bridges' book is both a readable narrative and a skilled study by two expert authorities on our mineral resources.John Adams, Brigadier General, U.S. Army (Ret.), President, Guardian Six LLCIf you care about technological vulnerability in an interdependent world-and you should-

Groundbreaking needs to be front and center on your bookshelf.Patrick J. Michaels, author of Lukewarming: The New Climate Science that Changes EverythingCongressman Jim Santini (R-NV) and Governor and later President Ronald Reagan knew all this and much, much more but few listened to them back then. Perhaps they will listen today.William Perry Pendley, Esq., President, Mountain States Legal Foundation, Author, Sagebrush Rebel

Nick and Tesla's Solar-Powered Showdown-Bob Pflugfelder 2016-05-10 Kid inventors Nick and Tesla Holt have outsmarted crooks, spies, and kidnappers. Now they have to crack their biggest mystery yet: Where the heck are their parents? To outwit the criminal mastermind who's holding their parents hostage, the twins will need all their brainpower, the help of their eccentric Uncle Newt, and an assortment of homemade solar gadgets. Will the Holt family be reunited at last? Or will a hijacked solar satellite beam down doom from the skies? The adventure includes instructions for creating a solar-powered hot-dog cooker, alarm, secret listening device, and model car, plus a nighttime signal cannon that fires illuminated ping-pong balls.

America's Energy Future-National Research Council 2009-12-15 For multi-user PDF licensing, please contact customer service. Energy touches our lives in countless ways and its costs are felt when we fill up at the gas pump, pay our home heating bills, and keep businesses both large and small running. There are long-term costs as well: to the environment, as natural resources are depleted and pollution contributes to global climate change, and to national security and independence, as many of the world's current energy sources are increasingly concentrated in geopolitically unstable regions. The country's challenge is to develop an energy portfolio that addresses these concerns while still providing sufficient, affordable energy reserves for the nation. The United States has enormous resources to put behind solutions to this energy challenge; the dilemma is to identify which solutions are the right ones. Before deciding which energy technologies to develop, and on what timeline, we need to understand them better. America's Energy Future analyzes the potential of a wide range of technologies for generation, distribution, and conservation of energy. This book considers technologies to increase energy efficiency, coal-fired power generation, nuclear power, renewable energy, oil and natural gas, and alternative transportation fuels. It offers a detailed assessment of the associated impacts and projected costs of implementing each technology and categorizes them into three time frames for implementation.

The Power of Positive Thinking-Norman Vincent Peale 2019-03-18 Translated into 15 languages with more than 7 million copies sold, The Power of Positive Thinking is unparalleled in its extraordinary capacity for restoring the faltering faith of millions. This book will show you how you can deal more effectively with tough situations and difficult people, and dramatically improve your performance and confidence. You will learn: • How to eliminate that most devastating handicap—self doubt • How to free yourself from worry, stress and resentment • How to climb above problems to visualize solutions and then attain them With inspiring examples and anecdotes, the book successfully delivers stimulating ideas and practical techniques to adopt optimism and live a victorious life. The Power of Positive Thinking is a phenomenal bestseller that has inspired millions of people across the world.

Light Metal Alloys Applications-Waldemar Alfredo Monteiro 2014-06-11 Lightweight alloys have become of great importance in engineering for construction of transportation equipment. At present, the metals that serve as the base of the principal light alloys are aluminum and magnesium. One of the most important lightweight alloys are the aluminum alloys in use for several applications (structural components wrought aluminum alloys, parts and plates). However, some casting parts that have low cost of production play important role in aircraft parts. Magnesium and its alloys are among the lightest of all metals and the sixth most abundant metal on earth. Magnesium is ductile and the most machinable of all metals. Many of these light weight alloys have appropriately high strength to warrant their use for

structural purposes, and as a result of their use, the total weight of transportation equipment has been considerably decreased.

Rare Metal Technology 2020-Gisele Azimi 2020-01-20 This collection presents papers from a symposium on extraction of rare metals as well as rare extraction processing techniques used in metal production. Rare metals include strategic metals that are in increasing demand and subject to supply risks. Metals represented include neodymium, dysprosium, scandium and others; platinum group metals including platinum, palladium, iridium, and others; battery related metals including lithium, cobalt, nickel, and aluminum; electronics-related materials including copper and gold; and refractory metals including titanium, niobium, zirconium, and hafnium. Other critical materials such as gallium, germanium, indium and silicon are also included. Papers cover various processing techniques, including but not limited to hydrometallurgy (solvent extraction, ion exchange, precipitation, and crystallization), electrometallurgy (electrorefining and electrowinning), pyrometallurgy, and aeriometalurgy (supercritical fluid extraction). Contributions are focused on primary production as well as secondary production through urban mining and recycling to enable a circular economy. A useful resource for all involved in commodity metal production, irrespective of the major metal Provides knowledge of cross-application among industries Extraction and processing of rare metals that are the main building block of many emerging critical technologies have been receiving significant attention in recent years. The technologies that rely on critical metals are prominent worldwide, and finding a way to extract and supply them effectively is highly desirable and beneficial.

Whiskey in a Teacup-Reese Witherspoon 2018-09-18 Academy Award-winning actress, producer, and entrepreneur Reese Witherspoon invites you into her world, where she infuses the southern style, parties, and traditions she loves with contemporary flair and charm. Reese Witherspoon's grandmother Dorothea always said that a combination of beauty and strength made southern women "whiskey in a teacup." We may be delicate and ornamental on the outside, she said, but inside we're strong and fiery. Reese's southern heritage informs her whole life, and she loves sharing the joys of southern living with practically everyone she meets. She takes the South wherever she goes with bluegrass, big holiday parties, and plenty of Dorothea's fried chicken. It's reflected in how she entertains, decorates her home, and makes holidays special for her kids—not to mention how she talks, dances, and does her hair (in these pages, you will learn Reese's fail-proof, only slightly insane hot-roller technique). Reese loves sharing Dorothea's most delicious recipes as well as her favorite southern traditions, from midnight barn parties to backyard bridal showers, magical Christmas mornings to rollicking honky-tonks. It's easy to bring a little bit of Reese's world into your home, no matter where you live. After all, there's a southern side to every place in the world, right?

Wired Child-Richard Freed 2015-03-12 Science is confirming what your heart tells you: In this digital age, our kids need a healthy, family-centered childhood more than ever. As technology ushers in dramatic changes to our lives, the most important contributor to children's well-being is still their connection to family and school. But this connection is threatened by the addictive allure of today's flashy devices. Wired Child cuts through destructive tech myths and gives you practical strategies to build a strong family and foster kids' school success. You'll also learn how to protect children and teens from video game/Internet addiction and help them understand that technology is primarily a tool rather than a toy. This empowering book will give you the confidence to provide your child a loving and rewarding childhood in a digital age.