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Dietary Reference Intakes for Vitamin C, Vitamin E, Selenium, and Carotenoids Institute of Medicine 2000-08-27 This volume is the newest release in the authoritative series of quantitative estimates of nutrient intakes to be used for planning and assessing diets for healthy people. Dietary Reference Intakes (DRIs) is the newest framework for an expanded approach developed by U.S. and Canadian scientists. This book discusses in detail the role of vitamin C, vitamin E, selenium, and the carotenoids in human physiology and health. For each nutrient the committee presents what is known about how it functions in the human body, which factors may affect how it works, and how the nutrient may be related to chronic disease. Dietary Reference Intakes provides reference intakes, such as Recommended Dietary Allowances (RDAs), for use in planning nutritionally adequate diets for different groups based on age and gender, along with a new reference intake, the Tolerable Upper Intake Level (UL), designed to assist an individual in knowing how much is "too much" of a nutrient.

Engaged Fatherhood for Men, Families and Gender Equality Marc Grau (Policy scientist) 2022 This aim of this open access book is to launch an international, cross-disciplinary conversation on fatherhood engagement. By integrating perspective from three sectors -- Health, Social Policy, and Work in Organizations -- the book offers a novel perspective on the benefits of engaged fatherhood for men, for families, and for gender equality. The chapters are crafted to engaged broad audiences, including policy makers and organizational leaders, healthcare practitioners and fellow scholars, as well as families and their loved ones.

Dirty Electricity Samuel Milham, MD, MPH 2012-12-06 When Thomas Edison began wiring New York City with a direct current electricity distribution system in the 1880s, he gave humankind the magic of electric light, heat, and power; in the process, though, he inadvertently opened a Pandora's Box of unimaginable illness and death. Dirty Electricity tells the story of Dr. Samuel Milham, the scientist who first alerted the world about the frightening link between occupational exposure to electromagnetic fields and human disease. Milham takes readers through his early years and education, following the twisting path that led to his discovery that most of the twentieth century diseases of civilization, including cancer, cardiovascular disease, diabetes, and suicide, are caused by electromagnetic field exposure. In the second edition, he explains how electrical exposure does its damage, and how electricity is causing our current epidemics of asthma, diabetes and obesity. Dr. Milham warns that because of the recent proliferation of radio frequency radiation from cell phones and towers, terrestrial antennas, Wi-Fi and Wi-max systems, broadband internet over power lines, and personal electronic equipment, we may be facing a looming epidemic of morbidity and mortality. In Dirty Electricity, he reveals the steps we must take, personally and as a society, to coexist with this marvelous but dangerous technology.

Barely Missing Everything Matt Mendez 2020-03-03 "There are moments when a story shakes you...Barely Missing Everything is one of those stories, and Mendez, a gifted storyteller with a distinct voice, is sure to bring a quake to the literary landscape." —Jason Reynolds, New York Times bestselling author of Long Way Down In the tradition of Jason Reynolds and Matt de la Peña, this heartbreaking, no-holds-barred debut novel told from three points of view explores how difficult it is to make it in life when you—your life, brown lives—don't matter. Juan has plans. He's going to get out of El Paso, Texas, on a basketball scholarship and make something of himself—or at least find something better than his mom Fabi's cruddy apartment, her string of loser boyfriends, and a dead dad. Basketball is going to be his ticket out, his ticket up. He just needs to make it happen. His best friend JD has plans, too. He's going to be a filmmaker one day, like Quentin Tarantino or Guillermo del Toro (NOT Steven Spielberg). He's got a camera and he's got passion—what else could he need? Fabi doesn't have a plan anymore. When you get pregnant at sixteen and have been stuck bartending to make ends meet for the past seventeen years, you realize plans don't always pan out, and that there are some things you just can't plan for... Like Juan's run-in with the police, like a sprained ankle, and a tanking math grade that will likely ruin his chance at a scholarship. Like JD causing the implosion of his family. Like letters from a man named Mando on death row. Like finding out this man could be the father your mother said was dead. Soon Juan and JD are embarking on a Thelma and Louise—like road trip to visit Mando. Juan will finally meet his dad, JD has a perfect subject for his documentary, and Fabi is desperate to stop them. But, as we already know, there are some things you just can't plan for...

Counterclockwise Ellen J. Langer 2009 Scientifically riveting and practically empowering, "Counterclockwise" offers a bold new way to think about aging and lifelong health from the trailblazing social psychologist and author of the bestselling classic "Mindfulness."

A Book of Golden Deeds Charlotte Mary Yonge 1866

Quantitative Social Science Kosuke Imai 2021-03-16 "Princeton University Press published Imai's textbook, Quantitative Social Science: An Introduction, an introduction to quantitative methods and data science for upper level undergrads and graduates in professional programs, in February 2017. What is distinct about the book is how it leads students through a series of applied examples of statistical methods, drawing on real examples from social science research. The original book was prepared with the statistical software R, which is freely available online and has gained in popularity in recent years. But many existing courses in statistics and data sciences, particularly in some subject areas like sociology and law, use STATA, another general purpose package that has been the market leader since the 1980s. We've had several requests for STATA versions of the text as many programs use it by default. This is a "translation" of the original text, keeping all the current pedagogical text but inserting the necessary code and outputs from STATA in their place"--

The Upside of Stress Kelly McGonigal 2016-05-10 Drawing from groundbreaking research, psychologist and award-winning teacher Kelly McGonigal, PhD, offers a surprising new view of stress—one that reveals the upside of stress, and shows us exactly how to capitalize on its benefits. You hear it all the time: stress causes heart disease; stress causes insomnia; stress is bad for you! But what if changing how you think about stress could make you happier, healthier, and better able to reach your goals? Combining exciting new research on resilience and mindset, Kelly McGonigal, PhD, proves that undergoing stress is not bad for you; it is undergoing stress while believing that stress is bad for you that makes it harmful. In fact, stress has many benefits, from giving us greater focus and energy, to strengthening our personal relationships. McGonigal shows readers how to cultivate a mindset that embraces stress, and activate the brain's natural ability to learn from challenging experiences. Both practical and life-changing, The Upside of Stress is not a guide to getting rid of stress, but a toolkit for getting better at it—by understanding, accepting, and leveraging it to your advantage.

Atomic Habits James Clear 2018-10-16 The #1 New York Times bestseller. Over 4 million copies sold! Tiny Changes, Remarkable Results No matter your goals, Atomic Habits offers a proven framework for improving--every day. James Clear, one of the world's leading experts on habit formation, reveals practical strategies that will teach you exactly how to form good habits, break bad ones, and master the tiny behaviors that lead to remarkable results. If you're having trouble changing your habits, the problem isn't you. The problem is your system. Bad habits repeat themselves again and again not because you don't want to change, but because you have the wrong system for change. You do not rise to the level of your goals. You fall to the level of your systems. Here, you'll get a proven system that can take you to new heights. Clear is known for his ability to distill complex topics into simple behaviors that can be easily applied to daily life and work. Here, he draws on the most proven ideas from biology, psychology, and neuroscience to create an easy-to-understand guide for making good habits inevitable and bad habits impossible. Along the way, readers will be inspired and entertained with true stories from Olympic gold medalists, award-winning artists, business leaders, life-saving physicians, and star comedians who have used the science of small habits to master their craft and vault to the top of their field. Learn how to: • make time for new habits (even when life gets crazy); • overcome a lack of motivation and willpower; • design your environment to make success easier; • get back on track when you fall off course; ...and much more. Atomic Habits will reshape the way you think about progress and success, and give you the tools and strategies you need to transform your habits--whether you are a team looking to win a championship, an organization hoping to redefine an industry, or simply an individual who wishes to quit smoking, lose weight, reduce stress, or achieve any other goal.

Challenging Codes Alberto Melucci 1996-09-12 Leading social movements theorist examines collective action in the context of the information society.

The Oxford Guide to the Romance Languages Martin Maiden 2016-03-10 The Oxford Guide to the Romance Languages is the most exhaustive treatment of the Romance languages available today. Leading international scholars adopt a variety of theoretical frameworks and approaches to offer a detailed structural examination of all the individual Romance varieties and Romance-speaking areas, including standard, non-standard, dialectal, and regional varieties of the Old and New Worlds. The book also offers a comprehensive comparative account of major topics, issues, and case studies across different areas of the grammar of the Romance languages. The volume is organized into 10 thematic parts: Parts 1 and 2 deal with the making of the Romance languages and their typology and classification, respectively; Part 3 is devoted to individual structural overviews of Romance languages, dialects, and linguistic areas, while Part 4 provides comparative overviews of Romance phonology, morphology, syntax, semantics and pragmatics, and sociolinguistics. Chapters in Parts 5-9 examine issues in Romance phonology, morphology, syntax, semantics, and pragmatics and discourse, respectively, while the final part contains case studies of topics in the nominal group, verbal group, and the clause. The book will be an essential resource for both Romance specialists and everyone with an interest in Indo-European and comparative linguistics.

My Beloved World Sonia Sotomayor 2013-01-15 A "searching and emotionally intimate memoir" (The New York Times) told with a candor never before undertaken by a sitting Justice. This "powerful defense of empathy" (The Washington Post) is destined to become a classic of self-invention and self-discovery. The first Hispanic and third woman appointed to the United States Supreme Court, Sonia Sotomayor has become an instant American icon. In this story of human triumph that "hums with hope and

exhilaration" (NPR), she recounts her life from a Bronx housing project to the federal bench, a journey that offers an inspiring testament to her own extraordinary determination and the power of believing in oneself. Here is the story of a precarious childhood, with an alcoholic father (who would die when she was nine) and a devoted but overburdened mother, and of the refuge a little girl took from the turmoil at home with her passionately spirited paternal grandmother. But it was when she was diagnosed with juvenile diabetes that the precocious Sonia recognized she must ultimately depend on herself. She would learn to give herself the insulin shots she needed to survive and soon imagined a path to a different life. With only television characters for her professional role models, and little understanding of what was involved, she determined to become a lawyer, a dream that would sustain her on an unlikely course, from valedictorian of her high school class to the highest honors at Princeton, Yale Law School, the New York County District Attorney's office, private practice, and appointment to the Federal District Court before the age of forty. Along the way we see how she was shaped by her invaluable mentors, a failed marriage, and the modern version of extended family she has created from cherished friends and their children. Through her still-astonished eyes, America's infinite possibilities are envisioned anew in this warm and honest book.

Pelo Bueno Yolanda Arroyo Pizarro 2018-10-15 La abuela Petronila demuestra todo el amor que siente por su nieta, al contarle historias familiares. También brinda lecciones sobre la defensa del cabello natural. Este es un cuento que resalta las raíces de la afropuertorriqueñidad y que infunde orgullo para que crezca la autoestima en nuestros nietos y nietas, hijos e hijas.

Acute Heart Failure Alexandre Mebazaa 2009-12-24 For many years, there has been a great deal of work done on chronic congestive heart failure while acute heart failure has been considered a difficult to handle and hopeless syndrome. However, in recent years acute heart failure has become a growing area of study and this is the first book to cover extensively the diagnosis and management of this complex condition. The book reflects the considerable amounts of new data reported and many new concepts which have been proposed in the last 3-4 years looking at the epidemiology, diagnostic and treatment of acute heart failure.

The Light Between Oceans M.L. Stedman 2012-07-31 "A novel set on a remote Australian island, where a childless couple live quietly running a lighthouse, until a boat carrying a baby washes ashore"--

Death in the Afternoon Ernest Hemingway 2002-07-25 Still considered one of the best books ever written about bullfighting, *Death in the Afternoon* is an impassioned look at the sport by one of its true aficionados. It reflects Hemingway's conviction that bullfighting was more than mere sport and reveals a rich source of inspiration for his art. The unrivaled drama of bullfighting, with its rigorous combination of athleticism and artistry, and its requisite display of grace under pressure, ignited Hemingway's imagination. Here he describes and explains the technical aspects of this dangerous ritual and "the emotional and spiritual intensity and pure classic beauty that can be produced by a man, an animal, and a piece of scarlet serge draped on a stick." Seen through his eyes, bullfighting becomes a richly choreographed ballet, with performers who range from awkward amateurs to masters of great elegance and cunning. A fascinating look at the history and grandeur of bullfighting, *Death in the Afternoon* is also a deeper contemplation of the nature of cowardice and bravery, sport and tragedy, and is enlivened throughout by Hemingway's sharp commentary on life and literature.

The Willpower Instinct Kelly McGonigal 2013-12-31 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.

Women and Smoking United States. Public Health Service. Office of the Surgeon General 2001 The second report from the U.S. Surgeon General devoted to women and smoking. Includes executive summary, chapter conclusions, full text chapters, and references.

How Tobacco Smoke Causes Disease 2010 This report considers the biological and behavioral mechanisms that may underlie the pathogenicity of tobacco smoke. Many Surgeon General's reports have considered research findings on mechanisms in assessing the biological plausibility of associations observed in epidemiologic studies. Mechanisms of disease are important because they may provide plausibility, which is one of the guideline criteria for assessing evidence on causation. This report specifically reviews the evidence on the potential mechanisms by which smoking causes diseases and considers whether a mechanism is likely to be operative in the production of human disease by tobacco smoke. This evidence is relevant to understanding how smoking causes disease, to identifying those who may be particularly susceptible, and to assessing the potential risks of tobacco products.

The 4-hour Workweek Timothy Ferriss 2009 An edition expanded with more than 100 pages of new content offers a blueprint for a better life, whether one's dream is escaping the rat race, experiencing high-end world travel, earning a monthly five-figure income with zero management or just living more and working less.

SuperBetter Jane McGonigal 2015-09-15 An innovative guide to living gamefully, based on the program that has already helped nearly half a million people achieve remarkable personal growth In 2009, internationally renowned game designer Jane McGonigal suffered a severe concussion. Unable to think clearly or work or even get out of bed, she became anxious and depressed, even suicidal. But rather than let herself sink further, she decided to get better by doing what she does best: she turned her recovery process into a resilience-building game. What started as a simple motivational exercise quickly became a set of rules for "post-traumatic growth" that she shared on her blog. These rules led to a digital game and a major research study with the National Institutes of Health. Today nearly half a million people have played SuperBetter to get stronger, happier, and healthier. But the life-changing ideas behind SuperBetter are much bigger than just one game. In this book, McGonigal reveals a decade's worth of scientific research into the ways all games—including videogames, sports, and puzzles—change how we respond to stress, challenge, and pain. She explains how we can cultivate new powers of recovery and resilience in everyday life simply by adopting a more "gameful" mind-set. Being gameful means bringing the same psychological strengths we naturally display when we play games—such as optimism, creativity, courage, and determination—to real-world goals. Drawing on hundreds of studies, McGonigal shows that getting superbetter is as simple as tapping into the three core psychological strengths that games help you build: • Your ability to control your attention, and therefore your thoughts and feelings • Your power to turn anyone into a potential ally, and to strengthen your existing relationships • Your natural capacity to motivate yourself and super-charge your heroic qualities, like willpower, compassion, and determination SuperBetter contains nearly 100 playful challenges anyone can undertake in order to build these gameful strengths. It includes stories and data from people who have used the SuperBetter method to get stronger in the face of illness, injury, and other major setbacks, as well as to achieve goals like losing weight, running a marathon, and finding a new job. As inspiring as it is down to earth, and grounded in rigorous research, SuperBetter is a proven game plan for a better life. You'll never say that something is "just a game" again.

Product and Services Management George Avlonitis 2006-04-11 'A text that successfully bridges the gap between academic theorizing and practitioner applicability because it uses multiple real-world examples/mini-cases of management techniques to illustrate the well-researched academic theoretical foundations of the book' - Creativity and Innovation Management 'A complete and useful treatment of the domain of product and service decisions. This book is unique in its treatment, dealing with product and service portfolio evaluation, new product/service development and product/service elimination in an integrated manner. Enlivened by many mini-cases, the book provides a soup-to-nuts approach that will prove very attractive for students and be a valuable reference for managers as well. Highly recommended' - Gary L Lilien, Distinguished Research Professor of Management Science, Penn State University 'Product and Services Management (PSM) is a welcome, up to date summary of the key issues facing firms in developing and refreshing their portfolios. The examples and cases bring the academic arguments clearly into focus and demonstrate the crucial role of PSM in leading the overall strategy of the firm' - Professor Graham Hooley, Senior Pro-Vice-Chancellor, Aston University, Birmingham 'Managers responsible for and students interested in product portfolio decisions previously had to consult several sources for obtaining up-to-date information; books on new product development, articles on service development, readers on product management, and frameworks for product evaluation and termination. With the book Product and Services Management the reader obtains four-in-one. Avlonitis and Papastathopoulou reveal in a compelling and comprehensive manner why product decisions are the cornerstone of modern marketing and business, and illustrate the theory with numerous mini-cases from Europe and elsewhere. A must read for everyone with a passion for products' - Dr Erik Jan Hultink, Professor of New Product Marketing, Delft University of Technology This book provides a holistic approach to the study of product and services management. It looks at the key milestones within a product's or service life cycle and considers in detail three crucial areas within product management, namely product/service portfolio evaluation, new product/service development and product/service elimination. Based on research conducted in Europe and North America, this book includes revealing cases studies that will help students make important connections between theory and practice. The pedagogical features provided in each chapter include chapter introduction, summary, questions and a further reading section. Additional material for instructors include PowerPoint slides and indicative answers to each chapter's questions. This book is written for undergraduate and postgraduate students of business administration who are pursuing courses in marketing, product portfolio management, new product development and product policy.

Harm Reduction James A. Inciardi 1999-10-11 Harm reduction programmes accept the reality of drug use while attempting to reduce its harmful consequences to individuals and society. Here, contributors discuss the philosophical basis and history of such policies and examine their outcomes.

Understanding Morphology Martin Haspelmath 2013-10-28 This new edition of *Understanding Morphology* has been fully revised in line with the latest research. It now includes 'big picture' questions to highlight central themes in morphology, as well as research exercises for each chapter. *Understanding Morphology* presents an introduction to the study of word structure that starts at the very beginning. Assuming no knowledge of the field of morphology on the part of the reader, the book presents a broad range of morphological phenomena from a wide variety of languages. Starting with the core areas of inflection and derivation, the book presents the interfaces between morphology and syntax and between morphology and phonology. The synchronic study of word structure is covered, as are the phenomena of diachronic change, such as analogy and grammaticalization. Theories are presented clearly in accessible language with the main purpose of shedding light on the data, rather than as a goal in themselves. The authors consistently draw on the best research available, thus utilizing and discussing both functionalist and generative theoretical approaches. Each chapter includes a summary, suggestions for further reading, and exercises. As such this is the ideal book for both beginning students of linguistics, or anyone in a related discipline looking for a first introduction to morphology.

Risk-Taking in International Politics

Rose McDermott 2001 Discusses the way leaders deal with risk in making foreign policy decisions

Encyclopedia of Food Microbiology Carl A. Batt 2014-04-02 Written by the world's leading scientists and spanning over 400 articles in three volumes, the Encyclopedia of Food Microbiology, Second Edition is a complete, highly structured guide to current knowledge in the field. Fully revised and updated, this encyclopedia reflects the key advances in the field since the first edition was published in 1999. The articles in this key work, heavily illustrated and fully revised since the first edition in 1999, highlight advances in areas such as genomics and food safety to bring users up-to-date on microorganisms in foods. Topics such as DNA sequencing and *E. coli* are particularly well covered. With lists of further reading to help users explore topics in depth, this resource will enrich scientists at every level in academia and industry, providing fundamental information as well as explaining state-of-the-art scientific discoveries. This book is designed to allow disparate approaches (from farmers to processors to food handlers and consumers) and interests to access accurate and objective information about the microbiology of foods. Microbiology impacts the safe presentation of food. From harvest and storage to determination of shelf-life, to presentation and consumption. This work highlights the risks of microbial contamination and is an invaluable go-to guide for anyone working in Food Health and Safety. Has a two-fold industry appeal (1) those developing new functional food products and (2) to all corporations concerned about the potential hazards of microbes in their food products

Don't Just Sit There Katy Bowman 2016-02-28

The Advocate 2004-08-17 The Advocate is a lesbian, gay, bisexual, transgender (LGBT) monthly newsmagazine. Established in 1967, it is the oldest continuing LGBT publication in the United States.

Good and Cheap Leanne Brown 2015-07-14 A perfect and irresistible idea: A cookbook filled with delicious, healthful recipes created for everyone on a tight budget. While studying food policy as a master's candidate at NYU, Leanne Brown asked a simple yet critical question: How well can a person eat on the \$4 a day given by SNAP, the U.S. government's Supplemental Nutrition Assistance Program informally known as food stamps? The answer is surprisingly well: Broiled Tilapia with Lime, Spicy Pulled Pork, Green Chile and Cheddar Quesadillas, Vegetable Jambalaya, Beet and Chickpea Salad—even desserts like Coconut Chocolate Cookies and Peach Coffee Cake. In addition to creating nutritious recipes that maximize every ingredient and use economical cooking methods, Ms. Brown gives tips on shopping; on creating pantry basics; on mastering certain staples—pizza dough, flour tortillas—and saucy extras that make everything taste better, like spice oil and tzatziki; and how to make fundamentally smart, healthful food choices. The idea for Good and Cheap is already proving itself. The author launched a Kickstarter campaign to self-publish and fund the buy one/give one model. Hundreds of thousands of viewers watched her video and donated \$145,000, and national media are paying attention. Even high-profile chefs and food writers have taken note—like Mark Bittman, who retweeted the link to the campaign; Francis Lam, who called it “Terrific!”; and Michael Pollan, who cited it as a “cool kickstarter.” In the same way that TOMS turned inexpensive, stylish shoes into a larger do-good movement, Good and Cheap is poised to become a cookbook that every food lover with a conscience will embrace.

Mother Jones Magazine 1993-07 Mother Jones is an award-winning national magazine widely respected for its groundbreaking investigative reporting and coverage of sustainability and environmental issues.

Assassin's Heart Sarah Ahiers 2016-02-02 With shades of Game of Thrones and Romeo and Juliet, this richly imagined fantasy from debut author Sarah Ahiers is a tale of love, lies, and vengeance. Fans of Kristin Cashore and Rae Carson will devour the flawlessly crafted action and inventive world building. Seventeen-year-old Lea Saldana is a trained assassin. She was born into one of the nine clipper Families in the kingdom of Lovero who lawfully take lives for a price. As a member of the highest-ranking clan, loyalty to Family is valued above all, but that doesn't stop Lea from getting into a secret relationship with Val Da Via, a boy from a rival clan. Despite her better judgment, Lea has fallen in love with him; but she's confident she can anticipate any threat a mile away. Then she awakens one night to a house full of smoke. Although she narrowly escapes, she isn't able to save her Family as their home is consumed by flames. With horror, she realizes that Val and his Family are the only ones who could be responsible. Devastated over his betrayal and the loss of her clan, there's just one thing on her mind: making the Da Vias pay. The heart of this assassin craves revenge.

Moon Mexico City Julie Meade 2018-10-16 Baroque palaces and energetic streets, old-school taquerías and contemporary art: experience this beguiling metropolis with Moon Mexico City. Explore the City: Navigate by neighborhood or by activity with color-coded maps or follow a self-guided walk through Mexico City's most interesting neighborhoods. See the Sights: Wander the ruins of Tenochtitlán at the Museo del Templo Mayor or visit Frida Kahlo's home. Explore the colorful Mercado de la Merced, admire Mexico City's sleek contemporary art museum, or venture into the past at the National Museum of Anthropology. Get a Taste of the City: Feast on tacos al pastor from a street stand or indulge in the foodie scene with a multicourse meal of creative ceviche and mole negro dishes. Sip tequila and snack on botanas with locals at a cantina, belly up to the bar at a taqueria, or try Oaxacan-style chiles rellenos at a beloved family-owned spot. Bars and Nightlife: Sip your way through a dazzling array of traditional dance halls, chic nightclubs, and hip mezcal hideaways. Trusted Advice: Julie Meade, who lived in Mexico for 10 years, shares her cultural and artistic expertise on her beloved city. Itineraries and Day Trips: Head out to Cuernavaca, Puebla, or the ancient pyramid ruins of Teotihuacán or follow itineraries ranging from family friendly tours to a lazy market Saturday, all accessible by bus, train, or public transit. Full-Color Photos and Detailed Maps so you can explore on your own, plus an easy-to-read foldout map to use on the go. Handy Tools: Background information on the landscape, history, and culture of Mexico City, packaged in a book light enough to toss in your bag. With Moon Mexico City's practical tips and local insight, you can experience the best of the city. Exploring more of Mexico? Check out Moon San Miguel de Allende or Moon Yucatán Peninsula. Looking for another world-class city? Try Moon Buenos Aires. Special ebook features: Sight listings include links to Google Maps. Easily navigate listings with quick searches, website links, and zoom-in maps and images. Personalize your travel guide by adding notes and bookmarks.

Alliance Curse Hilton L. Root 2009-11-01 In Alliance Curse, Hilton Root illustrates that recent U.S. foreign policy is too often misguided, resulting in misdirected foreign aid and alliances that stunt political and economic development among partner regimes, leaving America on the wrong side of change. Many alliances with third world dictators, ostensibly of mutual benefit, reduce incentives to govern for prosperity and produce instead political and social instability and economic failure. Yet again, in the war on terror and in the name of preserving global stability, America is backing authoritarian regimes that practice repression and plunder. It is as if the cold war never ended. While espousing freedom and democracy, the U.S. contradicts itself by aiding governments that do not share those values. In addition to undercutting its own stated goal of promoting freedom, America makes the developing world even more wary of its intentions. Yes, the democracy we preach arouses aspirations and attracts immigrants, but those same individuals become our sternest critics; having learned to admire American values, they end up deploring U.S. policies toward their own countries. Long-term U.S. security is jeopardized by a legacy of resentment and distrust. Alliance Curse proposes an analytical foundation for national security that challenges long-held assumptions about foreign affairs. It questions the wisdom of diplomacy that depends on questionable linkages or outdated suppositions. The end of the Soviet Union did not portend the demise of communism, for example. Democracy and socialism are not incompatible systems. Promoting democracy by linking it with free trade risks overemphasizing the latter goal at the expense of the former. The growing tendency to play China against India in an effort to retain American global supremacy will hamper relations with both—an intolerable situation in today's interdependent world. Root buttresses his analysis with case studies of American foreign policy toward developing countries (e.g., Vietnam), efforts at state building, and nations growing in importance, such as China. He concludes with a series of recommendations designed to close the gap between security and economic development.

The Focus Project Erik Qualman 2020-05

The Mayo Clinic Book of Home Remedies Mayo Clinic 2010-10-26 Many common health problems can be treated with simple remedies you can do at home. Even if the steps you take don't cure the problem, they can relieve symptoms and allow you to go about your daily life, or at least help you until you're able to see a doctor. Some remedies, such as changing your diet to deal with heartburn or adapting your home environment to cope with chronic pain, may seem like common sense. You may have questions about when to apply heat or cold to injuries, what helps relieve the itch of an insect bite, or whether certain herbs, vitamins or minerals are really effective against the common cold or insomnia. You'll find these answers and more in Mayo Clinic Book of Home Remedies. In situations involving your health or the health of your family, the same questions typically arise: What actions can I take that are immediate, safe and effective? When should I contact my doctor? What symptoms signal an emergency? Mayo Clinic Book of Home Remedies clearly defines these questions with regard to your health concerns and guides you to choose the appropriate and most effective response.

Sleep Disorders and Sleep Deprivation Institute of Medicine 2006-10-13 Clinical practice related to sleep problems and sleep disorders has been expanding rapidly in the last few years, but scientific research is not keeping pace. Sleep apnea, insomnia, and restless legs syndrome are three examples of very common disorders for which we have little biological information. This new book cuts across a variety of medical disciplines such as neurology, pulmonology, pediatrics, internal medicine, psychiatry, psychology, otolaryngology, and nursing, as well as other medical practices with an interest in the management of sleep pathology. This area of research is not limited to very young and old patients—sleep disorders reach across all ages and ethnicities. Sleep Disorders and Sleep Deprivation presents a structured analysis that explores the following: Improving awareness among the general public and health care professionals. Increasing investment in interdisciplinary somnology and sleep medicine research training and mentoring activities. Validating and developing new and existing technologies for diagnosis and treatment. This book will be of interest to those looking to learn more about the enormous public health burden of sleep disorders and sleep deprivation and the strikingly limited capacity of the health care enterprise to identify and treat the majority of individuals suffering from sleep problems.

Tobacco Smoke and Involuntary Smoking IARC Working Group on the Evaluation of Carcinogenic Risks to Humans 2004 The IARC Monographs series publishes authoritative independent assessments by international experts of the carcinogenic risks posed to humans by a variety of agents, mixtures and exposures. They are a resource of information for both researchers and national and international authorities. This volume is particularly significant because tobacco smoke not only causes more deaths from cancer than any other known agent; it also causes more deaths from vascular and respiratory diseases. This volume contains all the relevant information on both direct and passive smoking. It is organized by first looking at the nature of agent before collecting the evidence of cancer in humans. This is followed by carcinogenicity studies on animals and then any other data relevant to an evaluation.

The Signal and the Noise Nate Silver 2015-02-03 UPDATED FOR 2020 WITH A NEW PREFACE BY NATE SILVER "One of the more momentous books of the decade." —The New York Times Book Review Nate Silver built an innovative system for predicting baseball performance, predicted the 2008 election within a hair's breadth, and became a national sensation as a blogger—all by the time he was thirty. He solidified his standing as the nation's foremost political forecaster with his near perfect prediction of the 2012 election. Silver is the founder and editor in chief of the website FiveThirtyEight. Drawing on his own groundbreaking work, Silver examines the world of prediction, investigating how we can distinguish a true signal from a universe of noisy data. Most predictions fail, often at great cost to society, because most of us have a poor understanding of probability and uncertainty. Both experts and laypeople mistake more confident predictions for more accurate ones. But overconfidence is often the reason for failure. If our appreciation of uncertainty improves, our predictions can get better too. This is the “prediction paradox”: The more humility we have about our ability to make predictions, the more successful we can be in planning for the future. In keeping with his own aim to seek truth from data, Silver visits the most successful forecasters in a range of areas, from hurricanes to baseball to global pandemics, from the poker table to the stock market, from Capitol Hill to the NBA. He explains and evaluates how these forecasters think and what bonds they share. What lies behind their success? Are they good—or just lucky? What patterns have they unraveled? And are their forecasts really right? He explores unanticipated commonalities and exposes unexpected

juxtapositions. And sometimes, it is not so much how good a prediction is in an absolute sense that matters but how good it is relative to the competition. In other cases, prediction is still a very rudimentary—and dangerous—science. Silver observes that the most accurate forecasters tend to have a superior command of probability, and they tend to be both humble and hardworking. They distinguish the predictable from the unpredictable, and they notice a thousand little details that lead them closer to the truth. Because of their appreciation of probability, they can distinguish the signal from the noise. With everything from the health of the global economy to our ability to fight terrorism dependent on the quality of our predictions, Nate Silver's insights are an essential read.

Before You Hit Send Dr. Emerson Eggerichs 2017-07-25 When will we learn? With every sunrise we are given plenty of new examples of people "Hitting Send" and soon regretting it. Social media means what it says: it is social! Our methods of communication today allow for something to potentially be broadcast to everyone from Pekin, Illinois to Peking, China. But it's not only Twitter fanatics who can find themselves in trouble. Every single one of us is capable of falling prey to this growing plague. Every day we have the potential of both verbal and written blunders. It makes no difference if we are talking to a stranger over a meat counter, chatting on a cell phone with our mother, or sending an e-mail to a coworker; we can and do miscommunicate and people can and do get the wrong idea. When we don't pause long enough to think before speaking or writing, it commonly yields a misunderstanding and leads to a clash. We end up being the person who said, "You know that sphere of the brain that stops you from saying something that you shouldn't? Well, I don't have one of those." This book is about preventing that misunderstanding and allowing for understanding. Said another way, preempting people from getting the wrong idea and enabling them to get the right idea! We all need work in this area in far more ways than just glancing through a checklist. From external examples to internal turmoil, Before You Hit Send is about the four things we must think through before communicating. In all things we wish to say or write, we would be wise to ask ourselves, Is it true? Is it kind? Is it necessary? Is it clear? When we ask and answer these four questions honestly, we will be thinking wisely before we speak. But to explore this fully, we need to find out a whole lot more about ourselves and uncover why we consciously and subconsciously get into these communication disasters to begin with. You may be surprised what you discover about yourself. Shall we begin?

The Newborn Sleep Book Lewis Jassey 2014-08-05 Developed and refined by two successful pediatricians, the "Jassey Way" boasts more than a 90% success rate of getting children to sleep through the night in their first 4 weeks of life. A safe and proven technique, the Jassey Way uses a feeding schedule that allows newborns (and their parents) a full night's sleep at a younger age than other sleep training techniques.