

Read Book The Second Brain A Groundbreaking New Understanding Of Nervous Disorders Stomach And Intestine Michael D Gershon Pdf For Free

The Second Brain The Second Brain The Second Brain The Psychobiotic Revolution The Advertised Mind The Violence Project The Ground Breaking Bugs, Bowels, and Behavior Everybody Wants to Rule the World Ecological Understanding The Seasons of a Man's Life Emotional Intelligence Hijacked by Your Brain Why Loyalty Matters The Gut-Immune Connection God and the Afterlife Bad Mexicans: Race, Empire, and Revolution in the Borderlands Art You Just Don't Understand Gender Medicine What's Behind Your Belly Button? Apologies to Thucydides Understanding Institutions The Parables of Jesus Psychology of the Future Building for Life You're Wearing That? America on Fire: The Untold History of Police Violence and Black Rebellion Since the 1960s Legal Rights for Rivers There's No Such Thing As 'Naughty' The Heart in Exile Groundbreaking! The Trans Generation The Male Brain Graphene The Anatomy of Peace The Craving Brain Picturing Russia's Men The Book in a Box Method: The New Way to Quickly and Easily Write Your Book (Even If You're Not a Writer) Systems Thinking Made Simple

Dr. Michael D. Gershon's groundbreaking work clearly demonstrates that the human gut actually has a brain of its own. This remarkable scientific breakthrough offers fascinating proof that "gut instinct" is biological, a function of the second brain. An alarming number of people suffer from heartburn, nausea, abdominal pain, cramps, diarrhea, constipation, or related problems. Often thought to be caused by a "weakness" of the mind, these conditions may actually be a reflection of a disorder in the second brain. The second brain, located in the bowel, normally works smoothly with the brain in the head, enabling the head-brain to concentrate on the finer pursuits of life while the gut-brain attends to the messy business of digestion. A breakdown in communication between the two brains can lead to stomach and intestinal trouble, causing sufferers great abdominal grief and--too often--labeling them as neurotic complainers. Dr. Gershon's research into the second brain provides understanding for those who suffer from gut-related ailments and offers new insight into the origin, extent, and management. The Second Brain is the culmination of thirty years of research. It is an extraordinary contribution to the understanding of gastrointestinal illnesses, as well as a fascinating glimpse into how our gut really works. Winner of the Bancroft Prize • One of The New Yorker's Best Books of 2022 • A Kirkus Best World History Book of 2022 One of Smithsonian's 10 Best History Books of 2022 • Longlisted for the 2022 National Book Award for Nonfiction • Shortlisted for the PEN/John Kenneth Galbraith Award for Nonfiction • Shortlisted for the National Book Critics Circle Award for Nonfiction • Shortlisted for the Mark Lynton History prize • Longlisted for the Cundill. History Prize "Rebel historian" Kelly Lytle Hernández reframes our understanding of U.S. history in this groundbreaking narrative of revolution in the borderlands. Bad Mexicans tells the dramatic story of the magonistas, the migrant rebels who sparked the 1910 Mexican Revolution from the United States. Led by a brilliant but ill-tempered radical named Ricardo Flores Magón, the magonistas were a motley band of journalists, miners, migrant workers, and more, who organized thousands of Mexican workers—and American dissidents—to their cause. Determined to oust Mexico's dictator, Porfirio Díaz, who encouraged the plunder of his country by U.S. imperialists such as Guggenheim and Rockefeller, the rebels had to outrun and outsmart the swarm of U. S. authorities vested in protecting the Diaz regime. The U.S. Departments of War, State, Treasury, and Justice as well as police, sheriffs, and spies, hunted the magonistas across the country. Capturing Ricardo Flores Magón was one of the FBI's first cases. But the magonistas persevered. They lived in hiding, wrote in secret code, and launched armed raids into Mexico until they ignited the world's first social revolution of the

twentieth century. Taking readers to the frontlines of the magonista uprising and the counterinsurgency campaign that failed to stop them, Kelly Lytle Hernández puts the magonista revolt at the heart of U.S. history. Long ignored by textbooks, the magonistas threatened to undo the rise of Anglo-American power, on both sides of the border, and inspired a revolution that gave birth to the Mexican-American population, making the magonistas' story integral to modern American life. From the author of the groundbreaking New York Times bestseller *The Female Brain*, here is the eagerly awaited follow-up book that demystifies the puzzling male brain. Dr. Louann Brizendine, the founder of the first clinic in the country to study gender differences in brain, behavior, and hormones, turns her attention to the male brain, showing how, through every phase of life, the "male reality" is fundamentally different from the female one. Exploring the latest breakthroughs in male psychology and neurology with her trademark accessibility and candor, she reveals that the male brain: -is a lean, mean, problem-solving machine. Faced with a personal problem, a man will use his analytical brain structures, not his emotional ones, to find a solution. -thrives under competition, instinctively plays rough and is obsessed with rank and hierarchy. -has an area for sexual pursuit that is 2.5 times larger than the female brain, consuming him with sexual fantasies about female body parts. - experiences such a massive increase in testosterone at puberty that he perceives others' faces to be more aggressive. *The Male Brain* finally overturns the stereotypes. Impeccably researched and at the cutting edge of scientific knowledge, this is a book that every man, and especially every woman bedeviled by a man, will need to own. *The Anatomy of Peace* will instill hope and inspire reconciliation. Through a series of moving stories about once-bitter enemies reunited, it shows us how we routinely misunderstand the causes of conflict - and perpetuate the very problems we're trying to solve. *The Anatomy of Peace* shows you how to: 1. Focus on helping things go right, rather than 'fixing' things that go wrong 2. Think about others as people with fears of their own, not obstacles in your way 3. Stop worrying about how the world sees you 4. Learn to move away from blame and bitterness Welcome to a world without conflict. **THE #1 SUNDAY TIMES BESTSELLER** 'This book has changed my life' Joe Wicks 'As a parenting support book this is in a class of its own . . . It is perhaps the most helpful book for parents of children of any age' Professor Peter Fonagy, CEO Anna Freud National Centre for Children & Families 'This is a book that will change lives' Dr Suzanne Zeedyk, Infant Psychologist 'This book is absolutely brilliant! I love that it is about parenting a healthy brain' Dr Guddi Singh, Paediatrician and Health Campaigner Want to know the secret to tackling tantrums and tears, stopping squabbles in seconds AND lay the foundations for your child's good mental health in the process? In *There's No Such Thing As 'Naughty'*, mum to two young children, journalist and children's mental health advocate Kate Silverton shares her groundbreaking new approach to parenting under-fives that helps to make family life so much easier and and certainly a lot more fun! Kate's unique strategies, easy-to-follow scripts and simple techniques will enable you to manage those tricky everyday challenges with ease - and help you to enjoy the strongest bond possible with your child, both now and in the years ahead. Endorsed by leading figures in the field of children's mental health, at the heart of the book is a simple and revelatory way to understand how your child's brain develops and how it influences their behaviour. Rooted in the latest science - explained really simply - this engaging, accessible and warm parenting guide will redefine how you see and raise your children, with a new understanding that for under-fives, there can be no such thing as 'naughty'. Dr. Michael Gershon has devoted his career to understanding the human bowel (the stomach, esophagus, small intestine, and colon). His thirty years of research have led to an extraordinary rediscovery: nerve cells in the gut that act as a brain. This "second brain" can control our gut all by itself. Our two brains -- the one in our head and the one in our bowel -- must cooperate. If they do not, then there is chaos in the gut and misery in the head -- everything from "butterflies" to cramps, from diarrhea to constipation. Dr. Gershon's work has led to radical new understandings about a wide range of gastrointestinal problems including gastroenteritis, nervous stomach, and irritable bowel syndrome. *The Second Brain* represents a quantum leap in medical knowledge and is already benefiting patients whose symptoms were previously dismissed as neurotic or "it's all in your head." Du Plessis draws on information about the working of the human brain from psychologists, neurologists, and artificial intelligence specialists to suggest why "ad-liking" is such an important factor in advertisement and how it predisposes consumers to buy the brand that is being advertised. What do you do when stress takes over your life, and nothing you do to feel better seems to work? When you... •Melt down over the smallest things •Get angry at the people you love •Choke under pressure •Feel tense and worried all the time •Procrastinate or give up in the face of a crucial deadline •Use

food, alcohol, gambling, or other addictions to cope •Dwell on the past when you just want to move on

Hijacked by Your Brain is the first book to explain how stress changes your brain and what you can do about it. Stress is not the enemy. In order to reduce stress, you have to understand why your brain causes you to feel stress and how you can take advantage of it to handle the high-stress people and situations in your life. This groundbreaking book reveals the step missing in most stress reduction guides. We can't stop stress, but we can control the effect stress has on us. Hijacked by Your Brain is the user's manual for your brain that shows you how to free yourself when stress takes over. Ecology is an historical science in which theories can be as difficult to test as they are to devise. This volume, intended for ecologists and evolutionary biologists, reviews ecological theories, and how they are generated, evaluated, and categorized. Synthesizing a vast and sometimes labyrinthine literature, this book is a useful entry into the scientific philosophy of ecology and natural history. The need for integration of the contributions to theory made by different disciplines is a central theme of this book. The authors demonstrate that only through such integration will advances in ecological theory be possible. Ecologists, evolutionary biologists, and other serious students of natural history will want this book. Although numerous books and articles have recently talked about the gut instincts as valuable in giving us useful hunches in the decision-making process, "What's Behind Your Belly Button?" goes much further and explains how gut feelings not only have a psychological intelligence of their own, but are also understandably rational in their functioning. The authors explore how gut feelings are like a gas gauge in our guts indicating through an emotional feeling of emptiness or fullness how well the two instinctive human needs for acceptance (attention from others) and of control of one's own responses (freedom) in our lives are being met and how our behavior attempts to keep these two instinctive needs in balance at all times. They explore how these two instinctive needs motivate nearly all our behaviors all through our lives and that the feeling memory of how well these needs are met from moment-to-moment may be accessed through somatic awareness of our gut feelings of empty and full by using the Somatic Reflection Process the authors have developed. "What's Behind Your Belly Button?" explains exactly what your gut feelings are capable of telling you about your inner instinctive needs, how to listen to the voice of your gut, and how to use both of your brains-head and gut-to work together for your optimal health and well-being. This book is recommended for anyone looking for a hopeful view of humankind and a method for getting in touch with gut instincts to reduce stress, cope with fear and anxiety, deal with health issues and make efforts to stay healthy, and to increase optimal problem-solving and life decision-making abilities. In 1998, neurological research at Columbia University published the work of Dr. Michael Gershon that identified the enteric nervous system as a center of feeling-intelligence in the gut, which he called the "Second Brain". The authors carefully examined this material and accepted the research findings as pointing to the same universal feeling intelligence they experienced in counseling with hundreds of people. Utilizing the research of Dr. Gershon, the work of Dr. Lise Eliot who charts the development of children from conception through the first five years of life, recent research of their own in the Psychology Department at Sonoma State University, and their vast clinical experience, the authors have presented an interpretation of recent medical research into a Gut Psychology and a more accurate behavioral understanding of the Self and human nature than has previously been available. They share a complete protocol and results of clinical research findings for the Somatic Reflection Process that they have created and used successfully, with themselves and hundreds of people, to assist the process of getting in touch with the voice of the gut and learning to follow its wisdom toward a healthy life-unifying the body-mind split in the individuation process. The authors suggest that we are at the beginning of a Renaissance in human consciousness and that understanding our true human nature is the way to thrive in this present era. The authors suggest that early in a child's learning process, care be taken to offer the experience of freedom and acceptance to the child to form a positive self-concept and to self-regulate his and her behavior as part of the learning process in becoming a loving, caring person. After careful examination of life's processes, they conclude that of all the mammals in the animal kingdom, humans seem to be the only species that has been denied the open use of their natural instincts. Out of ignorance, fear or wanton control by others-"we are denied the use of the brains we were born with". This awareness is of growing concern since the absence of the use of the feeling intelligence of the body interferes with a major stabilizing force-built into the human system-that can affect human behavior, provide a sense of well-being, and the ability of the body to combat disease. According to the National Institutes of Health, there are sixty to seventy million people affected by digestive diseases in the United States. The old proverb

tells us “you are what you eat,” and the latest science shows that this may be truer than we even thought. Diet has a profound effect on both physical and mental health. Most of the body’s immune system is in the gut, so pathology and dysfunction in the gut and imbalanced gut flora can cause neuroinflammation and possibly even neurodegenerative disease over time. Featuring contributions from dozens of experts on gut disorders and related physical, mental, and behavioral health, this book will fascinate you as you read about the intriguing world of bad bugs, cytokine storms, and the environment in your belly that influences your brain. From the microscopic world of *Clostridium* to the complex communities of biofilm, *Bugs, Bowels, and Behavior* emphasizes one simple fact: The gut is connected to the brain. The first full report from the team that discovered the patterns of adult development, this breakthrough study ranks in significance with the original works of Kinsey and Erikson, exploring and explaining the specific periods of personal development through which all human beings must pass--and which together form a common pattern underlying all human lives. "A pioneering and radical theory of adult development." CHICAGO TRIBUNE In 2017 four rivers in Aotearoa New Zealand, India, and Colombia were given the status of legal persons, and there was a recent attempt to extend these rights to the Colorado River in the USA. Understanding the implications of creating legal rights for rivers is an urgent challenge for both water resource management and environmental law. Giving rivers legal rights means the law can see rivers as legal persons, thus creating new legal rights which can then be enforced. When rivers are legally people, does that encourage collaboration and partnership between humans and rivers, or establish rivers as another competitor for scarce resources? To assess what it means to give rivers legal rights and legal personality, this book examines the form and function of environmental water managers (EWMs). These organisations have legal personality, and have been active in water resource management for over two decades. EWMs operate by acquiring water rights from irrigators in rivers where there is insufficient water to maintain ecological health. EWMs can compete with farmers for access to water, but they can also strengthen collaboration between traditionally divergent users of the aquatic environment, such as environmentalists, recreational fishers, hunters, farmers, and hydropower. This book explores how EWMs use the opportunities created by giving nature legal rights, such as the ability to participate in markets, enter contracts, hold property, and enforce those rights in court. However, examination of the EWMs unearths a crucial and unexpected paradox: giving legal rights to nature may increase its legal power, but in doing so it can weaken community support for protecting the environment in the first place. The book develops a new conceptual framework to identify the multiple constructions of the environment in law, and how these constructions can interact to generate these unexpected outcomes. It explores EWMs in the USA and Australia as examples, and assesses the implications of creating legal rights for rivers for water governance. Lessons from the EWMs, as well as early lessons from the new ‘river persons,’ show how to use the law to improve river protection and how to begin to mitigate the problems of the paradox. From heart disease to pain, women are being diagnosed and treated--wrongly--as if they're smaller men; this essential book is the paradigm-shifting call for change. Deborah Tannen's #1 New York Times bestseller *You Just Don't Understand* revolutionized communication between women and men. Now, in her most provocative and engaging book to date, she takes on what is potentially the most fraught and passionate connection of women’s lives: the mother-daughter relationship. It was Tannen who first showed us that men and women speak different languages. Mothers and daughters speak the same language—but still often misunderstand each other, as they struggle to find the right balance between closeness and independence. Both mothers and daughters want to be seen for who they are, but tend to see the other as falling short of who she should be. Each overestimates the other’s power and underestimates her own. Why do daughters complain that their mothers always criticize, while mothers feel hurt that their daughters shut them out? Why do mothers and daughters critique each other on the Big Three—hair, clothes, and weight—while longing for approval and understanding? And why do they scrutinize each other for reflections of themselves? Deborah Tannen answers these and many other questions as she explains why a remark that would be harmless coming from anyone else can cause an explosion when it comes from your mother or your daughter. She examines every aspect of this complex dynamic, from the dark side that can shadow a woman throughout her life, to the new technologies like e-mail and instant messaging that are transforming mother-daughter communication. Most important, she helps mothers and daughters understand each other, the key to improving their relationship. With groundbreaking insights, pitch-perfect dialogues, and deeply moving memories of her own mother, Tannen untangles the knots daughters and mothers can get tied up in. Readers

will appreciate Tannen's humor as they see themselves on every page and come away with real hope for breaking down barriers and opening new lines of communication. Eye-opening and heartfelt, *You're Wearing That?* illuminates and enriches one of the most important relationships in our lives. "Tannen analyzes and decodes scores of conversations between moms and daughters. These exchanges are so real they can make you squirm as you relive the last fraught conversation you had with your own mother or daughter. But Tannen doesn't just point out the pitfalls of the mother-daughter relationship, she also provides guidance for changing the conversations (or the way that we feel about the conversations) before they degenerate into what Tannen calls a mutually aggravating spiral, a "self-perpetuating cycle of escalating responses that become provocations." – The San Francisco Chronicle

Based on the largest near-death experience study in history, involving 3,000 people from diverse backgrounds and religious traditions, including nonbelievers, *God and the Afterlife* presents startling evidence that a Supreme Being exists—and there is amazing consistency about what he is like. In his bestselling book *Evidence of the Afterlife*, Dr. Jeffrey Long showed us that there is a strong scientific case for life after death. Now, he goes further, revealing evidence that God is real. At the Near Death Experience Research Foundation, Dr. Long studied the stories of thousands of people who have journeyed to the afterlife. Though there are a wide variety of differences in how people experience NDEs—some see a bright light, others go through a tunnel, still others experience a review of their life—he discovered that many of the accounts shared a remarkably similar description of God; a Supreme Being who radiated love and grace. Expanding on his analysis begun in *Evidence of the Afterlife*, *God and the Afterlife* is the first intensive exploration of the people who have reported going to the frontier of heaven, met God, and have returned to share their journey. Groundbreaking and profound, it provides new insight into the human experience and expands our notions of mortality, offering possibility, hope, and comfort.

Which kinds of companies will thrive and which will get crushed by the powerful forces in the global business landscape now at work? This groundbreaking new guide will help you adapt and change your business to thrive among digital giants, including Google, Facebook, and Amazon. Drawing on considerable original research and case studies from Wang's acclaimed firm, Constellation Research, this groundbreaking guide reveals which kinds of companies will thrive and which will get crushed by the powerful forces now at work. Ultimately, you will understand how the business world is changing in the face of extreme competition and, most importantly, you will learn how to adapt now to stay relevant and in demand.

Everybody Wants to Rule the World will help you: Understand the power of Data-Driven Digital Networks and how they have driven the most successful companies of our time. Learn how extreme consolidation is changing the global business landscape and what this means for businesses of all types and sizes in terms of understanding where you fit in the value chain. Gain insights into what innovative companies are doing right now to position themselves in this new reality. Take your business from status quo to market leader.

2021 National Book Award Longlist 2022 Carnegie Medal Nonfiction Longlist One of The New York Times' "11 New Books We Recommend This Week" | One of Oprah Daily's "20 of the Best Books to Pick Up This May" | One of The Oklahoman's "15 Books to Help You Learn About the Tulsa Race Massacre as the 100-Year Anniversary Approaches" | A The Week book of the week As seen in documentaries on the History Channel, CNN, and LeBron James's SpringHill Productions

And then they were gone. More than one thousand homes and businesses. Restaurants and movie theaters, churches and doctors' offices, a hospital, a public library, a post office. Looted, burned, and bombed from the air. Over the course of less than twenty-four hours in the spring of 1921, Tulsa's infamous "Black Wall Street" was wiped off the map—and erased from the history books. Official records were disappeared, researchers were threatened, and the worst single incident of racial violence in American history was kept hidden for more than fifty years. But there were some secrets that would not die. A riveting and essential new book, *The Ground Breaking* not only tells the long-suppressed story of the notorious Tulsa race massacre. It also unearths the lost history of how the massacre was covered up, and of the courageous individuals who fought to keep the story alive. Most important, it recounts the ongoing archaeological saga and the search for the unmarked graves of the victims of the massacre, and of the fight to win restitution for the survivors and their families. Both a forgotten chronicle from the nation's past and a story ripped from today's headlines, *The Ground Breaking* is a page-turning reflection on how we, as Americans, must wrestle with the parts of our history that have been buried for far too long. Winner, 2019 PROSE Award for Anthropology, Criminology and Anthropology, presented by the Association of American Publishers

A groundbreaking look at the lives of transgender children and their families Some "boys" will

only wear dresses; some “girls” refuse to wear dresses; in both cases, as Ann Travers shows in this fascinating account of the lives of transgender kids, these are often more than just wardrobe choices. Travers shows that from very early ages, some at two and three years old, these kids find themselves to be different from the sex category that was assigned to them at birth. How they make their voices heard—to their parents and friends, in schools, in public spaces, and through the courts—is the focus of this remarkable and groundbreaking book. Based on interviews with transgender kids, ranging in age from 4 to 20, and their parents, and over five years of research in the US and Canada, *The Trans Generation* offers a rare look into what it is like to grow up as a trans child. From daycare to birthday parties and from the playground to the school bathroom, Travers takes the reader inside the day-to-day realities of trans kids who regularly experience crisis as a result of the restrictive ways in which sex categories regulate their lives and put pressure on them to deny their internal sense of who they are in gendered terms. As a transgender activist and as an advocate for trans kids, Travers is able to document from first-hand experience the difficulties of growing up trans and the challenges that parents can face. The book shows the incredible time, energy, and love that these parents give to their children, even in the face of, at times, unsupportive communities, schools, courts, health systems, and government laws. Keeping in mind that all trans kids are among the most vulnerable to bullying, violent attacks, self-harm, and suicide, and that those who struggle with poverty, racism, lack of parental support, learning differences, etc, are extremely at risk, Travers offers ways to support all trans kids through policy recommendations and activist interventions. Ultimately, the book is meant to open up options for kids’ own gender self-determination, to question the need for the sex binary, and to highlight ways that cultural and material resources can be redistributed more equitably. *The Trans Generation* offers an essential and important new understanding of childhood. 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 Association America 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 Foundation Mamula 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 Popps, Former US Army Acquisition Executive & Acting Assistant Secretary of the Army for Acquisition Logistics and Technology This 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 LLC If 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 Everything* Congressman 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* “Persuasive, impassioned... hopeful news [for those] suffering from functional bowel disease.” — New York Times Book Review

Dr. Gershon’s groundbreaking book fills the gap between what you need to know—and what your doctor has time to tell you. Dr. Michael Gershon has devoted his career to understanding the human bowel (the stomach, esophagus, small intestine, and colon). His thirty years of research have led to an extraordinary rediscovery: nerve cells in the gut that act as a brain. This "second brain" can control our gut all by itself. Our two brains—the one in our head and the one in our bowel—must cooperate. If they do not, then there is chaos in the gut and misery in the head—everything from "butterflies" to cramps, from diarrhea to constipation. Dr. Gershon's work has led to radical new understandings about a wide range of gastrointestinal problems including gastroenteritis, nervous stomach, and irritable bowel syndrome. The *Second Brain* represents a quantum leap in medical knowledge and is already benefiting patients whose symptoms were previously dismissed as neurotic or "it's all in your head." The parables of Jesus Christ are among His best-known and most-loved teachings. After centuries of study, what is yet to be discovered in these lessons from the Lord? For those who search these scriptural accounts seeking personal applications, new discoveries always await. View the parables with fresh eyes in *The Parables of Jesus*, a unique textual and visual presentation of the familiar narratives woven and interwoven by the Master. Each story is included here in its entirety, alongside in-depth studies of the setting, context, language, and culture in which that parable was originally situated and shared. Above all, each parable is positioned within God the Father's great plan of salvation. Knowing that encompassing doctrine is the key to finding the Savior's love in these treasured instructions, both individually and interactively. To inspire deeper insights and personal connections with the parables, the words of Christ are depicted in an original series of striking paintings by Latter-day Saint artist Jorge Cocco Santángelo. With imagery and inspiring artistic commentary that transcends the ordinary, this visually stunning uniting of word and art paves the way for personal and family applications of the parables as never before.

Summarizes Grof's experiences and observations from more than forty years of research into non-ordinary states of consciousness. Summarizes Grof's experiences and observations from more than forty years of research into non-ordinary states of consciousness. This accessible and comprehensive overview of the work of Stanislav Grof, one of the founders of transpersonal psychology, was specifically written to acquaint newcomers with his work. Serving as a summation of his career and previous works, this entirely new book is the source to introduce Grof's enormous contributions to the fields of psychiatry and psychology, especially his central concept of holotropic experience, where holotropic signifies "moving toward wholeness." Grof maintains that the current basic assumptions and concepts of psychology and psychiatry require a radical revision based on the intensive and systematic research of holotropic experience. He suggests that a radical inner transformation of humanity and a rise to a higher level of consciousness might be humankind's only real hope for the future. “It’s rare to find a textbook that is both extremely informative and enjoyable to read. *Psychology of the Future* has to be one of the first ones I’ve ever come across ... Each chapter brought an entirely new concept, theory, or method that was just as engaging as the previous one.” — Dr. Tami Brady, TCM Reviews

"This book is by a pioneering genius in consciousness research. It presents the full spectrum of Grof's ideas, from his earliest mappings of using LSD psychotherapy, to his clinical work with people facing death, to his more recent work with holotropic breathing, to his latest thoughts about the cosmological implications of consciousness research and the prospects for dealing with an emerging planetary crisis. Grof has always been one of the most original thinkers in the transpersonal field, and his creativity has kept pace with the maturity of his overall vision." -- Michael Washburn, author of *Transpersonal Psychology in Psychoanalytic Perspective*

"Grof offers an outstanding contribution to the ever-growing debate about the nature of human consciousness and about the place of humankind in the cosmos. If more psychiatrists could be persuaded that human consciousness transcends the limitations of the physical brain, and instead is but an aspect of what may best be described as 'cosmic consciousness,' we

could not only expect treatment modalities to change, but we could also anticipate the possibility of culture-wide rethinking of the basic presuppositions of modern cosmology, the cosmology that grounds Western institutions, ideologies, and beliefs about the nature of personhood." -- Michael E. Zimmerman, author of *Contesting Earth's Future: Radical Ecology and Postmodernity*

Stanislav Grof, MD, is a psychiatrist with more than fifty years of experience in research of non-ordinary states of consciousness. He has been Principal Investigator in a psychedelic research program at the Psychiatric Research Institute in Prague, Czechoslovakia; Chief of Psychiatric Research at the Maryland Psychiatric Research Center; Assistant Professor of Psychiatry at the Johns Hopkins University; and Scholar-in-Residence at the Esalen Institute. He is currently Professor of Psychology at the California Institute of Integral Studies, conducts professional training programs in holotropic breathwork, and gives lectures and seminars worldwide. He is one of the founders and chief theoreticians of transpersonal psychology and the founding president of the International Transpersonal Association (ITA). In 2007, he was granted the prestigious Vision 97 award from the Vaclav and Dagmar Havel Foundation in Prague. He is the author and editor of many books, including *The Adventure of Self-Discovery: Dimensions of Consciousness and New Perspectives in Psychotherapy and Inner Exploration*; *Ancient Wisdom and Modern Science*; *Beyond the Brain: Bi Winner of the Heldt Prize for Best Book in Slavic, East European, and Eurasian Women's and Gender Studies 2021*

There was a discontent among Russian men in the nineteenth century that sometimes did not stem from poverty, loss, or the threat of war, but instead arose from trying to negotiate the paradoxical prescriptions for masculinity which characterized the era. *Picturing Russia's Men* takes a vital new approach to this topic within masculinity and art historical studies by investigating the dissatisfaction that developed from the breakdown in prevailing conceptions of manhood outside of the usual Western European and American contexts. By exploring how Russian painters depicted gender norms as they were evolving over the course of the century, each chapter shows how artworks provide unique insight into not only those qualities that were supposed to predominate, but actually did in lived practice. Drawing on a wide variety of source material, including previously untranslated letters, journals, and contemporary criticism, the book explores the deep structures of masculinity to reveal the conflicting desires and aspirations of men in the period. In so doing, readers are introduced to Russian artists such as Karl Briullov, Pavel Fedotov, Alexander Ivanov, Ivan Kramskoi, and Iliia Repin, all of whom produced masterpieces of realist art in dialogue with paintings made in Western European artistic centers. The result is a more culturally discursive account of art-making in the nineteenth century, one that challenges some of the enduring myths of masculinity and provides a fresh interpretive history of what constitutes modernism in the history of art. For decades we've been told that we live in fast-paced, dog-eat-dog world, that loyalty gets you nowhere, and that we must look out for number one! We've been told that to succeed we have to constantly reinvent ourselves, let go of past relationships, and move on to greener pastures. And we've been told that all this is good. But it's not good. *Why Loyalty Matters* is grounded in the most comprehensive study of loyalty ever conducted, and what it reveals can change your life. The science is very clear – when it comes to business success, satisfaction in our relationships and even overall happiness, loyalty is essential. Renowned loyalty experts Timothy Keiningham and Lerzan Aksoy combine their own groundbreaking research with the leading thinking in philosophy, sociology, psychology, economics and management to provide a comprehensive guide to understanding what loyalty is, what it isn't and how to unlock its power in your personal and professional life. Providing fundamental knowledge necessary to understand graphene's atomic structure, band-structure, unique properties and an overview of groundbreaking current and emergent applications, this new handbook is essential reading for materials scientists, chemists and physicists. Since the 2010 physics Nobel Prize awarded to Geim and Novosolev for their groundbreaking work isolating graphene from bulk graphite, there has been a huge surge in interest in the area. This has led to a large number of news books on graphene. However, for such a vast inflow of new entrants, the current literature is surprisingly slight, focusing exclusively on current research or books on previous "hot topic" allotropes of carbon. This book covers fundamental groundwork of the structure, property, characterization methods and applications of graphene, along with providing the necessary knowledge of graphene's atomic structure, how it relates to its band-structure and how this in turn leads to the amazing properties of graphene. And so it provides new graduate students and post-docs with a resource that equips them with the knowledge to undertake their research. Discusses graphene's fundamental structure and properties, acting as a time-saving handbook for validated research Demonstrates 100+ high-quality

graphical representations, providing the reader with clear images to convey complex situations. Reviews characterization techniques relevant to grapheme, equipping the reader with experimental knowledge relevant for practical use rather than just theoretical understanding. From the author of New York Times bestseller *You're Wearing That?* this bestselling classic work draws upon groundbreaking research by an acclaimed sociolinguist to show that women and men live in different worlds, made of different words. Women and men live in different worlds...made of different words. Spending nearly four years on the New York Times bestseller list, including eight months at number one, *You Just Don't Understand* is a true cultural and intellectual phenomenon. This is the book that brought gender differences in ways of speaking to the forefront of public awareness. With a rare combination of scientific insight and delightful, humorous writing, Tannen shows why women and men can walk away from the same conversation with completely different impressions of what was said. Studded with lively and entertaining examples of real conversations, this book gives you the tools to understand what went wrong -- and to find a common language in which to strengthen relationships at work and at home. A classic in the field of interpersonal relations, this book will change forever the way you approach conversations. Sustainable design has made great strides in recent years; unfortunately, it still falls short of fully integrating nature into our built environment. Through a groundbreaking new paradigm of "restorative environmental design," award-winning author Stephen R. Kellert proposes a new architectural model of sustainability. In *Building For Life*, Kellert examines the fundamental interconnectedness of people and nature, and how the loss of this connection results in a diminished quality of life. This thoughtful new work illustrates how architects and designers can use simple methods to address our innate needs for contact with nature. Through the use of natural lighting, ventilation, and materials, as well as more unexpected methodologies-the use of metaphor, perspective, enticement, and symbol-architects can greatly enhance our daily lives. These design techniques foster intellectual development, relaxation, and physical and emotional well-being. In the works of architects like Frank Lloyd Wright, Eero Saarinen, Cesar Pelli, Norman Foster, and Michael Hopkins, Kellert sees the success of these strategies and presents models for moving forward. Ultimately, Kellert views our fractured relationship with nature as a design problem rather than an unavoidable aspect of modern life, and he proposes many practical and creative solutions for cultivating a more rewarding experience of nature in our built environment. A groundbreaking new synthesis and theory of social institutions *Understanding Institutions* proposes a new unified theory of social institutions that combines the best insights of philosophers and social scientists who have written on this topic. Francesco Guala presents a theory that combines the features of three influential views of institutions: as equilibria of strategic games, as regulative rules, and as constitutive rules. Guala explains key institutions like money, private property, and marriage, and develops a much-needed unification of equilibrium- and rules-based approaches. Although he uses game theory concepts, the theory is presented in a simple, clear style that is accessible to a wide audience of scholars working in different fields. Outlining and discussing various implications of the unified theory, Guala addresses venerable issues such as reflexivity, realism, *Verstehen*, and fallibilism in the social sciences. He also critically analyses the theory of "looping effects" and "interactive kinds" defended by Ian Hacking, and asks whether it is possible to draw a demarcation between social and natural science using the criteria of causal and ontological dependence. Focusing on current debates about the definition of marriage, Guala shows how these abstract philosophical issues have important practical and political consequences. Moving beyond specific cases to general models and principles, *Understanding Institutions* offers new perspectives on what institutions are, how they work, and what they can do for us. This intriguing take on the history of art focuses on groundbreaking moments that changed the course of artistic development, from cave paintings to contemporary works. The first portrait; the first realistic animal drawing; the first nighttime scene; the first nude study; the first still life. These "firsts" and others are closely explored in twenty-five chapters that help the general reader and art lover alike understand how innovation spurred artistic growth throughout the years and around the world. Each chapter opens with a specific artist or work that introduced a new concept and includes examples of masterpieces that exemplify them. Colorful illustrations and lively texts show how each concept influenced other contemporary works as well as future generations. For example, self-portraits painted by Rembrandt, van Gogh, and even Max Beckmann can be traced back to the first recorded self-portrait by Jan van Eyck. A miraculous *Draught of Fishes*, by fifteenth-century artist Konrad Witz, paved the way for later landscapes by Dörer, Contable, and Wyeth. Arranged chronologically, the chapters in the book can be studied individually to

deepen our understanding of a particular aspect of art or as a whole—to appreciate the ever changing patterns of artistic development. "Groundbreaking." ?Rachel Louise Snyder, bestselling author of *No Visible Bruises* An examination of the phenomenon of mass shootings in America and an urgent call to implement evidence-based strategies to stop these tragedies Winner of the 2022 Minnesota Book Award Using data from the writers' groundbreaking research on mass shooters, including first-person accounts from the perpetrators themselves, *The Violence Project* charts new pathways to prevention and innovative ways to stop the social contagion of violence. Frustrated by reactionary policy conversations that never seemed to convert into meaningful action, special investigator and psychologist Jill Peterson and sociologist James Densley built *The Violence Project*, the first comprehensive database of mass shooters. Their goal was to establish the root causes of mass shootings and figure out how to stop them by examining hundreds of data points in the life histories of more than 170 mass shooters—from their childhood and adolescence to their mental health and motives. They've also interviewed the living perpetrators of mass shootings and people who knew them, shooting survivors, victims' families, first responders, and leading experts to gain a comprehensive firsthand understanding of the real stories behind them, rather than the sensationalized media narratives that too often prevail. For the first time, instead of offering thoughts and prayers for the victims of these crimes, Peterson and Densley share their data-driven solutions for exactly what we must do, at the individual level, in our communities, and as a country, to put an end to these tragedies that have defined our modern era. Where do the roots of addictive behavior lie -- in our genes or in our environment, in our chemistry or in our character? In *The Craving Brain*, Dr. Ronald Ruden asserts that the roots of addiction most definitely do not lie in our character. Rather, they lie in a complex chain reaction that originates in an ancient survival mechanism in the brain. When this system is inappropriately activated, it drives the body to crave, sometimes with addictive behavior as the end result. In clear, straightforward language, Dr. Ruden outlines his remarkable successful treatment program which he believes can cure this problem. *The Craving Brain* offers crucial insights into the world of addiction. This revolutionary book will bring hope to millions of people who suffer from a wide range of addictions, from gambling and alcohol to drugs and food. Written by the leading researchers in the field, this information-rich guide to improving your mood explains how gut health drives psychological well-being, and how depression and anxiety can be relieved by adjusting your intestinal bacteria. This groundbreaking book explains the revolutionary new science of psychobiotics and the discovery that your brain health and state of mind are intimately connected to your microbiome, that four-pound population of microbes living inside your intestines. Leading medical researchers John F. Cryan and Ted Dinan, working with veteran journalist Scott C. Anderson, explain how common mental health problems, particularly depression and anxiety, can be improved by caring for the intestinal microbiome. Science is proving that a healthy gut means a healthy mind—and this book details the steps you can take to change your mood and improve your life by nurturing your microbiome. You have plenty of ideas you want to put into a book, but you're stalled. Maybe you start, but can't find the time to continue. Or you're frustrated with the writing process. And when you seek advice, people tell you, "It's all about discipline," or they talk about what writing software to use. But that doesn't help you actually write your book. So you never finish your book, the world never gets the benefit of your wisdom, and you never get the benefits of being an author. Isn't there an easier way? Now there is. In *"The Book In A Box Method,"* Tucker Max and Zach Obront show you the exact steps you can follow to go from idea to finished manuscript, in an easy, quick way -- even if you're not a writer. Using the same methods, processes, and templates that they use for their authors at their company, Tucker and Zach show you exactly how to: Crystallize your book idea Create your book outline Create all the content for your book Edit that content into a great manuscript With *"The Book In A Box Method,"* you'll be able to write a better book - in less time - than you ever thought possible. Julian Leclerc, a handsome and talented young barrister, has been found dead of an apparent overdose of sleeping pills. The verdict is accidental death, but his fiancée, Ann Hewitt, suspects there's something more to the story. As the grieving woman recounts the details of Julian's tragic end to psychiatrist Dr. Tony Page, he listens with acute interest - but not for the reason she thinks. Years earlier, he and Julian had been lovers, and now, disturbed by the circumstances of his friend's demise, Tony sets out to uncover the truth. His quest will take him from the parties and pubs of the gay underworld of 1950s London to Scotland Yard and the House of Commons as he uses his shrewd and penetrating insight to find who or what was responsible for Julian's death. But he may discover more than he bargained for - about Julian, and himself. "Not since Angela Davis's 2003 book, *Are*

Prisons Obsolete?, has a scholar so persuasively challenged our conventional understanding of the criminal legal system.” —Ronald S. Sullivan, Jr., Washington Post

From one of our top historians, a groundbreaking story of policing and “riots” that shatters our understanding of the post–civil rights era. What began in spring 2020 as local protests in response to the killing of George Floyd by Minneapolis police quickly exploded into a massive nationwide movement. Millions of mostly young people defiantly flooded into the nation’s streets, demanding an end to police brutality and to the broader, systemic repression of Black people and other people of color. To many observers, the protests appeared to be without precedent in their scale and persistence. Yet, as the acclaimed historian Elizabeth Hinton demonstrates in *America on Fire*, the events of 2020 had clear precursors—and any attempt to understand our current crisis requires a reckoning with the recent past. Even in the aftermath of Donald Trump, many Americans consider the decades since the civil rights movement in the mid-1960s as a story of progress toward greater inclusiveness and equality. Hinton’s sweeping narrative uncovers an altogether different history, taking us on a troubling journey from Detroit in 1967 and Miami in 1980 to Los Angeles in 1992 and beyond to chart the persistence of structural racism and one of its primary consequences, the so-called urban riot. Hinton offers a critical corrective: the word riot was nothing less than a racist trope applied to events that can only be properly understood as rebellions—explosions of collective resistance to an unequal and violent order. As she suggests, if rebellion and the conditions that precipitated it never disappeared, the optimistic story of a post–Jim Crow United States no longer holds. Black rebellion, *America on Fire* powerfully illustrates, was born in response to poverty and exclusion, but most immediately in reaction to police violence. In 1968, President Lyndon Johnson launched the “War on Crime,” sending militarized police forces into impoverished Black neighborhoods. Facing increasing surveillance and brutality, residents threw rocks and Molotov cocktails at officers, plundered local businesses, and vandalized exploitative institutions. Hinton draws on exclusive sources to uncover a previously hidden geography of violence in smaller American cities, from York, Pennsylvania, to Cairo, Illinois, to Stockton, California. The central lesson from these eruptions—that police violence invariably leads to community violence—continues to escape policymakers, who respond by further criminalizing entire groups instead of addressing underlying socioeconomic causes. The results are the hugely expanded policing and prison regimes that shape the lives of so many Americans today. Presenting a new framework for understanding our nation’s enduring strife, *America on Fire* is also a warning: rebellions will surely continue unless police are no longer called on to manage the consequences of dismal conditions beyond their control, and until an oppressive system is finally remade on the principles of justice and equality.

Publisher Description From one of today’s leading experts on the emerging science of the microbiome comes a ground-breaking book that offers, for the first time, evidence that the gut-microbiome plays a pivotal role in the health crises of the twenty-first century. In his acclaimed book, *The Mind-Gut Connection*, physician, UCLA professor, and researcher Dr. Emeran Mayer offered groundbreaking evidence of the critical role of the microbiome in neurological and cognitive health, proving once and for all the power and legitimacy of the “mind-body connection.” Now, in *The Gut-Immune Connection*, Dr. Mayer proposes an even more radical paradigm shift: that the gut microbiome is at the center of virtually every disease that defines our 21st-century public health crisis. Cutting-edge research continues to advance our understanding of the function and impact of the billions of organisms that live in the GI tract, and in Dr. Mayer’s own research, he has amassed evidence that the “conversation” that takes place between these microbes and our various organs and bodily systems is critical to human health. When that conversation goes awry, we suffer, often becoming seriously ill. Combining clinical experience with up-to-the-minute science, *The Gut-Immune Connection* offers a comprehensive look at the link between alterations to the gut microbiome and the development chronic diseases like diabetes, heart disease, and cancer, as well as susceptibility to infectious diseases like Covid-19. Dr. Mayer argues that it’s essential we understand the profound and far-reaching effects of gut health and offers clear-cut strategies to reverse the steady upward rise of these illnesses, including a model for nutrition to support the microbiome. But time is running out: a plague of antimicrobial resistance is only a few decades away if we don’t make critical changes to our food supply, including returning to sustainable practices that maintain the microbial diversity of the soil. To turn the tide of chronic and infectious disease tomorrow, we must shift the way we live today. **#1 BESTSELLER** • The groundbreaking book that redefines what it means to be smart, with a new introduction by the author “A thoughtfully written, persuasive account explaining emotional intelligence and why it can be crucial.”—USA

Today Everyone knows that high IQ is no guarantee of success, happiness, or virtue, but until Emotional Intelligence, we could only guess why. Daniel Goleman's brilliant report from the frontiers of psychology and neuroscience offers startling new insight into our “two minds”—the rational and the emotional—and how they together shape our destiny. Drawing on groundbreaking brain and behavioral research, Goleman shows the factors at work when people of high IQ flounder and those of modest IQ do surprisingly well. These factors, which include self-awareness, self-discipline, and empathy, add up to a different way of being smart—and they aren't fixed at birth. Although shaped by childhood experiences, emotional intelligence can be nurtured and strengthened throughout our adulthood—with immediate benefits to our health, our relationships, and our work. The twenty-fifth-anniversary edition of Emotional Intelligence could not come at a better time—we spend so much of our time online, more and more jobs are becoming automated and digitized, and our children are picking up new technology faster than we ever imagined. With a new introduction from the author, the twenty-fifth-anniversary edition prepares readers, now more than ever, to reach their fullest potential and stand out from the pack with the help of EI.

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