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The Power of the Machine Jul 26 2020 By far the most important single factor in world history has been the process of technological revolution whereby small-scale agricultural societies have been transformed into massive industrialized and urbanized communities. This development has occurred over a long period of time, but its greatest thrust has been concentrated over the last two centuries, beginning in the West, in Europe and North America, and then spreading through the rest of the world. The author systematically analyses this process, showing how increasing mastery over sources of power provided increased industrial and agricultural productivity, and created radically new methods of transport and communication. He then examines the impact of these technical achievements on society, paying special attention to the political and ecological consequences of a vastly increased world population, the facilities for rapid transport and instantaneous communication, and the possession of weapons of immense destructive force.

The End of Power Mar 14 2022 We know that power is shifting: From West to East and North to South, from presidential palaces to public squares, from once formidable corporate behemoths to nimble startups and, slowly but surely, from men to women. But power is not merely shifting and dispersing. It is also decaying. Those in power today are more constrained in what they can do with it and more at risk of losing it than ever before. In *The End of Power*, award-winning columnist and former Foreign Policy editor Moisés Naím illuminates the struggle between once-dominant megaplayers and the new micropowers challenging them in every field of human endeavor. Drawing on provocative, original research, Naím shows how the antiestablishment drive of micropowers can topple tyrants, dislodge monopolies, and open remarkable new opportunities, but it can also lead to chaos and paralysis. Naím deftly covers the seismic changes underway in business, religion, education, within families, and in all matters of war and peace. Examples abound in all walks of life: In 1977, eighty-nine countries were ruled by autocrats while today more than half the world's population lives in democracies. CEO's are more constrained and have shorter tenures than their predecessors. Modern tools of war, cheaper and more accessible, make it possible for groups like Hezbollah to afford their own drones. In the second half of 2010, the top ten hedge funds earned more than the world's largest six banks combined. Those in power retain it by erecting powerful barriers to keep challengers at bay. Today, insurgent forces dismantle those barriers more quickly and easily than ever, only to find that they themselves become vulnerable in the process. Accessible and captivating, Naím offers a revolutionary look at the inevitable end of power—and how it will change your world.

The Power of Habit Apr 15 2022 NEW YORK TIMES BESTSELLER • This instant classic explores how we can change our lives by changing our habits. NAMED ONE OF THE BEST BOOKS OF THE YEAR BY The Wall Street Journal • Financial Times In *The Power of Habit*, award-winning business reporter Charles Duhigg takes us to the thrilling edge of scientific discoveries that explain why habits exist and how they can be changed. Distilling vast amounts of information into engrossing narratives that take us from the boardrooms of Procter & Gamble to the sidelines of the NFL to the front lines of the civil rights movement, Duhigg presents a whole new understanding of human nature and its potential. At its core, *The Power of Habit* contains an exhilarating argument: The key to exercising regularly, losing weight, being more productive, and achieving success is understanding how habits work. As Duhigg shows, by harnessing this new science, we can transform our businesses, our communities, and our lives. With a new Afterword by the author “Sharp, provocative, and useful.”—Jim Collins “Few [books] become essential manuals for business and living. *The Power of Habit* is an exception. Charles Duhigg not only explains how habits are formed but how to kick bad ones and hang on to the good.”—Financial Times “A flat-out great read.”—David Allen, bestselling author of *Getting Things Done: The Art of Stress-Free Productivity* “You’ll never look at yourself, your organization, or your world quite the same way.”—Daniel H. Pink, bestselling author of *Drive* and *A Whole New Mind* “Entertaining . . . enjoyable . . . fascinating . . . a serious look at the science of habit formation and change.”—The New York Times Book Review

The Power of the Zoot Nov 10 2021 Flamboyant zoot suit culture, with its ties to fashion, jazz and swing music, jitterbug and Lindy Hop dancing, unique patterns of speech, and even risqué experimentation with gender and sexuality, captivated the country's youth in the 1940s. *The Power of the Zoot* is the first book to give national consideration to this famous phenomenon. Providing a new history of youth culture based on rare, in-depth interviews with former zoot-suiters, Luis Alvarez explores race, region, and the politics of culture in urban America during World War II. He argues that Mexican American and African American youths, along with many nisei and white youths, used popular culture to oppose accepted modes of youthful behavior, the dominance of white middle-class norms, and expectations from within their own communities.

The Power of Posture Sep 08 2021 The concept of Functional Patterns is a train of thought that has been building upon itself over the course of my entire lifetime. I was taught at a very young age to question authority and everything around me by my highly skeptical parents. My parents were extremely hard workers who were very resourceful with the little money they had. They lived by the "practice what you preach" motto in every sense they could. The apple didn't fall very far from the tree and I have embodied (to the best of my ability) what I was fortunate enough to be taught at a very young age. The Functional Patterns method didn't start with the memorization of techniques. It started at a base of reasoning that has seemingly been missing from the industry of health today. When ego checking experiences of life mixed with the values I had already wired in from my childhood, a different approach towards looking at the human organism emerged.

The Power of the Media in Health Communication Sep 27 2020 Health is a contested concept that has been defined in numerous ways. The media is extremely powerful in promoting health beliefs and in creating role models for contemporary people. The ways in which health is defined or understood can have wide-ranging implications and can have an impact on issues such as health promotion or health literacy. Health presentation in the media has a significant social impact because this type of message is important in changing people's beliefs, attitudes and behaviours relating to health and in promoting health-related knowledge among the target audience. The present volume provides an interdisciplinary and multicultural contemporary approach to the controversial link between medicine and media. The authors that have contributed to this volume analyse the media and medicine from different perspectives and different countries (USA, UK, Portugal, Turkey, Taiwan, Mexico, Estonia, Romania), thus offering a re-positioning of the study of media and medicine. The new perspectives offered by this volume will be of interest to any health communication or media studies student or academic since they bring to light new ideas, new methodologies and new results.

The Power of Now Oct 21 2022 To make the journey into the Now we will need to leave our analytical mind and its false created self, the ego, behind. From the very first page of Eckhart Tolle's extraordinary book, we move rapidly into a significantly higher altitude where we breathe a lighter air. We become connected to the indestructible essence of our Being, “The eternal, ever present One Life beyond the myriad forms of life that are subject to birth and death.” Although the journey is challenging, Eckhart Tolle uses simple language and an easy question and answer format to guide us. A word of mouth phenomenon since its first publication, *The Power of Now* is one of those rare books with the power to create an experience in readers, one that can radically change their lives for the better.

The Temporal Power of the Vicar of Jesus Christ Oct 29 2020

The Power of Words Jun 24 2020 In medieval and early modern Europe, the use of charms was a living practice in all strata of society. The essays in this latest CEU Press publication explore the rich textual tradition of archives, monasteries, and literary sources. The author also discusses texts amassed in folklore archives and ones that are still accessible through field work in many rural areas of Europe.

The Power of Good People Feb 19 2020 Para was barely five years old when civil war erupted in Sri Lanka. Nearly three decades later it ended in appalling horror and bloodshed. Tens of thousands of innocent civilians died. Survival required courage, ingenuity — and the kindness of strangers. This is Para's story of survival against all odds. In May 2009, Sri Lanka's long and dreadful civil war was finally brought to an horrific end. Ruthlessly driven to a small strip of land on the tip of the island's north-east coast, tens of thousands of innocent civilians died, smashed by artillery, killed by snipers, denied medical treatment, and starved to death beneath the baking sun. This ferocious battle consolidated and highlighted the terrors of the preceding twenty-six years of war, characterised by vicious murders and desperate acts from both sides, where civilians were bombarded, kidnapped, raped, and tortured with impunity. In such a vicious war, was there any room for humanity? Para Paheer's story could be one of tens of thousands, except that he lived to tell the world of the horrors; but more importantly, to record and pay tribute to those courageous people without whom he would probably not be alive. I know that I would not have survived without help from many people. Many put themselves in danger and at least one person died for me. It's time for me to remember them, and to thank them . . . all the good people who helped me through those terrifying times when life was hard, and survival often only a matter of chance. While in Christmas Island Detention Centre, Para became penfriends with Alison Corke, a member of the Apollo Bay branch of Rural Australians for Refugees, in Victoria. On his release from detention in 2011, Para moved in with the Corke family. “From our first letters, exchanged while Para was in detention and trying to improve his English, I knew he was an exceptional young man, with an astonishing tale to tell. I am proud to be helping him share his story and to find and thank those people who helped him survive, often against massive odds . . . Time and again, Para and I agreed that it is the little things that matter most — those small, often unremembered acts of kindness that can change someone's world. We all have the power to do something; only we can choose whether to use that power for the good.”

The Power of Gifts Mar 22 2020 This study considers the nature of gift-giving in early-modern England - looking at what gifts were, how they were offered and received, and what did they mean politically under the different monarchs of the 16th and 17th centuries.

The Power of Six Nov 22 2022 The second book of the #1 New York Times bestselling *I Am Number Four* series! In the beginning, nine aliens left their home planet Lorien when it fell under attack by the evil Mogadorians. They scattered on Earth and went into hiding. They look like ordinary teenagers but have extraordinary powers. The Mogs have come for them. They killed Number One in Malaysia, Number Two in England, and Number Three in Kenya. They tried to get John Smith, Number Four, in Ohio—but they failed. Now John has joined forces with Number Six, and they are on the run. But they are not alone. Already John and Six have inspired Marina, Number Seven, who has been hiding in Spain. She's been following the news of what's happening, and she's certain this is the sign she's been waiting for. It's time to come together. Michael Bay, director of *Transformers*, raved: “Number Four is a hero for this generation.” This epic story is perfect for fans of action-packed science fiction like *The Fifth Wave* series by Rick Yancey, *The Maze Runner* series by James Dashner, and Orson Scott Card's *Ender's Game*. The battle for Earth's survival wages on. Don't miss the rest of the series: #3: *The Rise of Nine*, #4: *The Fall of Five*, #5: *The Revenge of Seven*, #6: *The Fate of Ten*, and #7: *United as One*. Don't miss the first book in the brand-new *I Am Number Four* spin-off series: *Generation One*.

Grit Oct 09 2021 In this instant New York Times bestseller, Angela Duckworth shows anyone striving to succeed that the secret to outstanding achievement is not talent, but a special blend of passion and persistence she calls “grit.” “Inspiration for non-geniuses everywhere” (People). The daughter of a scientist who frequently noted her lack of “genius,” Angela Duckworth is now a celebrated researcher and professor. It was her early eye-opening stints in teaching, business consulting, and neuroscience that led to her hypothesis about what really drives success: not genius, but a unique combination of passion and long-term perseverance. In *Grit*, she takes us into the field to visit cadets struggling through their first days at West Point, teachers working in some of the toughest schools, and young finalists in the National Spelling Bee. She also mines fascinating insights from history and shows what can be gleaned from modern experiments in peak performance. Finally, she shares what she's learned from interviewing dozens of high achievers—from JP Morgan CEO Jamie Dimon to New Yorker cartoon editor Bob Mankoff to Seattle Seahawks Coach Pete Carroll. “Duckworth's ideas about the cultivation of tenacity have clearly changed some lives for the better” (The New York Times Book Review). Among *Grit*'s most valuable insights: any effort you make ultimately counts twice toward your goal; grit can be learned, regardless of IQ or circumstances; when it comes to child-rearing, neither a warm embrace nor high standards will work by themselves; how to trigger lifelong interest; the magic of the Hard Thing Rule; and so much more. Wittingly personal, insightful, and even life-changing, *Grit* is a book about what goes through your head when you fall down, and how that—not talent or luck—makes all the difference. This is “a fascinating tour of the psychological research on success” (The Wall Street Journal).

The Power of Movies Feb 25 2023 How is watching a movie similar to dreaming? What goes on in our minds when we become absorbed in a movie? How does looking “into” a movie screen allow us to experience the thoughts and feelings of a movie's characters? These and related questions are at the heart of *The Power of Movies*, a thoughtful, invigorating, and remarkably accessible book about a phenomenon seemingly beyond reach of our understanding. Colin McGinn—“an ingenious philosopher who thinks like a laser and writes like a dream,” according to Steven Pinker—enhances our understanding of both movies and ourselves in this book of rare and refreshing insight.

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