

Breasts A Natural And Unnatural History

Florence Williams explores the fascinating, cutting-edge science of heartbreak while seeking creative ways to mend her own. When her twenty-five-year marriage unexpectedly falls apart, journalist Florence Williams expects the loss to hurt. What she doesn't expect is that she'll end up in the hospital, examining close-up the way our cells listen to loneliness. She travels to the frontiers of the science of "social pain" to learn why heartbreak hurts so much and why so much of the conventional wisdom about it is wrong. Searching for insight as well as personal strategies to game her way back to health, Williams tests her blood for genetic markers of grief, undergoes electrical shocks in a laboratory while looking at pictures of her ex, and ventures to the wilderness in search of awe as an antidote to loneliness. For readers of *Wild* and *Lab Girl*, *Heartbreak* is a remarkable merging of science and self-discovery that will change the way we think about loneliness, health, and what it means to fall in and out of love. *A Boob's Life* explores the surprising truth about women's most popular body part with vulnerable, witty frankness and true nuggets of American culture that will resonate with everyone who has breasts—or loves them. Author Leslie Lehr wants to talk about boobs. She's gone from size AA to DDD and everything between, from puberty to motherhood, enhancement to cancer, and beyond. And she's not alone—these are classic life stages for women today. At turns funny and heartbreaking, *A Boob's Life* explores both the joys and hazards inherent to living in a woman's body. Lehr deftly blends her personal narrative with national history, starting in the 1960s with the women's liberation movement and moving to the current feminist dialogue and what it means to be a woman. Her insightful and clever

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writing analyzes how America ' s obsession with the female form has affected her own life ' s journey and the psyche of all women today. From her prize-winning fiction to her viral New York Times Modern Love essay, exploring the challenges facing contemporary women has been Lehr ' s life-long passion. A Boob ' s Life, her first project since breast cancer treatment, continues this mission, taking readers on a wildly informative, deeply personal, and utterly relatable journey. No matter your gender, you ' ll never view this sexy and sacred body part the same way again.

Feted and fetishised, the breast is an evolutionary masterpiece. But in the modern world, the breast is changing. Breasts are getting bigger, developing earlier and attracting newfangled chemicals. Increasingly, the odds are stacked against us in the struggle against breast cancer—even among men. So what makes breasts so mercurial—and so vulnerable? As part of the research for this book, science journalist Florence Williams underwent tests on her own breasts and breast milk. She was shocked to learn that she was feeding her baby not just milk but also fire retardants and a whole host of other chemicals, all ingested throughout her life and stored in her breast tissue. At its heart, *Breasts: a natural and unnatural history* is the story of how our breasts went from being honed by the environment to being harmed by it; a revealing and at times alarming look at the way the changes in our environments, diets and lifestyles have altered our breasts, our health and, ultimately, the health of future generations. Accessible and entertaining—part biology, part anthropology and part medical journalism—*Breasts* is a wake-up call for all women.

Monitoring mothers : a recent history of following the doctor's orders -- The science : does breastfeeding make smarter, happier, and healthier babies? -- Minding your own (risky)

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business : health and personal responsibility -- From the womb to the breast : total motherhood and risk-free children -- Scaring mothers : the government campaign for breastfeeding -- Conclusion : whither breastfeeding?

The Ultimate Collection of Over 300 Logical Fallacies (Academic Edition)

The Nature Fix: Why Nature Makes Us Happier, Healthier, and More Creative

Breasts

A Natural and Unnatural History of Cannibalism

The Natural Mother of the Child

Atlas of Aesthetic Breast Surgery

The Definitive Guide to Cancer, 3rd Edition

Addresses common questions on topics such as sexuality, peer pressure, and eating disorders

This book is a crash course in effective reasoning, meant to catapult you into a world where you start to see things how they really are, not how you think they are. The focus of this book is on logical fallacies, which loosely defined, are simply errors in reasoning. With the reading of each page, you can make significant improvements in the way you reason and make decisions. Logically Fallacious is one of the most comprehensive collections of logical fallacies with all original examples and easy to understand descriptions, perfect for educators, debaters, or anyone who wants to improve his or her reasoning skills. "Expose an irrational belief, keep a person

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rational for a day. Expose irrational thinking, keep a person rational for a lifetime." - Bo Bennett This 2021 Edition includes dozens of more logical fallacies with many updated examples.

A look inside the often hidden world of parasites turns the clock back to the beginning of life on Earth to answer key questions about these highly evolved and resilient life forms.

*With a new introduction by Karen Russell, the 40th anniversary edition of *The Changeling* is a visionary fairy tale and a work of mythic genius by one of our best writers. Forty years later, *The Changeling* is no less haunting and no less visionary than the day it was published, but it has only become clearer that Joy Williams is a virtuosic stylist and a singular thinker—a genius in every sense of the word. When we first meet Pearl—young in years but advanced in her drinking—she’s on the lam, sitting at a hotel bar in Florida, throwing back gin and tonics with her infant son cradled in the crook of her arm. But her escape is brief, and the relief she feels at having fled her abusive husband, and the Northeastern island his family calls home, doesn’t last for long. Soon she’s being shepherded back. The island, for Pearl, is a place of madness and pain, and her round-the-clock drinking spurs on the former even if it dulls the latter. And through this lens—Pearl’s fragile consciousness—readers encounter the horror and triumph of both childhood and motherhood in a new light. With language*

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that flits between exuberance and elegy, the plainspoken and the poetic, Joy Williams has blended, as Rick Moody writes, “the arresting improbabilities of magic realism, with the surrealism of the folkloric revival . . . and with the modernist foreboding of Under the Volcano,” and created something entirely original and entirely consuming.

Phallacy

Nature's Nether Regions

Flat

Inside the Bizarre World of Nature's Most Dangerous Creatures

The Poisoning of an American High School

The Body in Society

A Natural History: 500 Years of Searching for Proof

Krys Malcolm Belc's visual memoir-in-essays explores how the experience of gestational parenthood—conceiving, birthing, and breastfeeding his son Samson—eventually clarified his gender identity. Krys Malcolm Belc has thought a lot about the interplay between parenthood and gender. As a nonbinary, transmasculine parent, giving birth to his son Samson clarified his gender identity. And yet, when his partner, Anna, adopted Samson, the legal documents listed Belc as “ the natural mother of the child. ” By considering how the experiences contained under the umbrella of “ motherhood ” don ’ t fully align with Belc ’ s own experience, *The Natural Mother of the Child* journeys both toward and through

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common perceptions of what it means to have a body and how that body can influence the perception of a family. With this visual memoir in essays, Belc has created a new kind of life record, one that engages directly with the documentation often thought to constitute a record of one 's life—childhood photos, birth certificates—and addresses his deep ambivalence about the “ before ” and “ after ” so prevalent in trans stories, which feels apart from his own experience. *The Natural Mother of the Child* is the story of a person moving past societal expectations to take control of his own narrative, with prose that delights in the intimate dailiness of family life and explores how much we can ever really know when we enter into parenting.

A wry look at what the astonishing world of animal penises can tell us about how we use our own. The fallacy sold to many of us is that the penis signals dominance and power. But this wry and penetrating book reveals that in fact nature did not shape the penis--or the human attached to it--to have the upper...hand. *Phallacy* looks closely at some of nature's more remarkable examples of penises and the many lessons to learn from them. In tracing how we ended up positioning our nondescript penis as a pulsing, awe-inspiring shaft of all masculinity and human dominance, *Phallacy* also shows what can we do to put that penis back where it belongs. Emphasizing our human capacities for impulse control, *Phallacy* ultimately challenges the toxic message that the penis makes the man and the man can't control himself. With instructive illustrations of unusual genitalia and tales of animal mating

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rituals that will make you particularly happy you are not a bedbug, Phallacy shows where humans fit on the continuum from fun to fatal phalli and why the human penis is an implement for intimacy, not intimidation.

This book uses a feminist approach to examine the vast amount of material on breast-feeding. Baby milk manufacture is usually seen as the sole cause of the decline in breast-feeding. Using interviews with women the author looks at other dimensions: the sexualization of breasts; the conditions under which infant feeding takes place and professional interventions into mothering. Policy documents and popular breast-feeding books are shown to be preoccupied with getting women to do what they deem natural rather than with women's real needs.

Cannibalism. It's the last, greatest taboo: the stuff of urban legends and ancient myths, airline crashes and Captain Cook. But while we might get a thrill at the thought of the black widow spider's gruesome mating habits or the tragic fate of the nineteenth-century Donner Party pioneers, today cannibalism belongs to history - or, at the very least, the realm of the weird, the rare and the very far away. Doesn't it? Here, zoologist Bill Schutt digs his teeth into the subject to find an answer that is as surprising as it is unsettling. From the plot of Psycho to the ritual of the Eucharist, cannibalism is woven into our history, our culture - even our medicine. And in the natural world, eating your own kind is everything from a survival strategy - practiced by polar bears and hamsters alike - to an evolutionary adaption like that

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found in sand tiger sharks, who, by the time they are born, will have eaten all but one of their siblings in the womb. Dark, fascinating and endlessly curious, Eat Me delves into human and animal cannibalism to find a story of colonialism, religion, anthropology, dinosaurs, ancient humans and modern consequences, from the terrible 'laughing death' disease kuru to the BSE crisis. And - of course - our intrepid author tries it out for himself. Published in partnership with Wellcome Collection.

The Changeling

My Path to a Meaningful Life

A Step-By-Step Program For a Good Night's Sleep

Lactivism

Deal With It

A Boob's Life

Slow Death by Rubber Duck

"Hundreds of color illustrations and photographs show you how to perform new and innovative techniques for surgically and artistically augmenting, reshaping, lifting, and reducing the breast. Get expert guidance on all aspects of patient care from evaluation systems for management to a comprehensive strategy for choosing a breast implant to best fit a particular patient." --Book Jacket.

The Day I Sat On the Sun Deck is a funny, philosophical, sexy, sad and searching story

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that explores faith, the nature of belief, with the lightness of a meringue. When Jesus visits the hero of Sawai's most successful short story on a Monday morning in September 1972, they drink a glass of wine, spill some tea, talk about breasts. Then, his time is up. "That's what happened to me in Moose Jaw in 1972," she writes. "It was the main thing that happened to me that year."

A look at the chemicals surrounding us that 's "hard-hitting . . . yet also instills hope for a future in which consumers make safer, more informed choices" (The Washington Post). Pollution is no longer just about belching smokestacks and ugly sewer pipes—now, it 's personal. The most dangerous pollution, it turns out, comes from commonplace items in our homes and workplaces. To prove this point, for one week Rick Smith and Bruce Lourie ingested and inhaled a host of things that surround all of us. Using their own bodies as the reference point to tell the story of pollution in our modern world, they expose the corporate giants who manufacture the toxins, the government officials who let it happen, and the effects on people and families across the globe. This book—the testimony of their experience—also exposes the extent to which we are poisoned every day of our lives, from the simple household dust that is polluting our blood to the toxins in our urine that are created by run-of-the-mill shampoos and toothpaste. Ultimately hopeful, the book empowers readers with some simple ideas for protecting themselves and their families, and changing things for the better. "Undertaking a cheeky experiment in self-contamination, professional Canadian environmentalists Smith and Lourie

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expose themselves to hazardous everyday substances, then measure the consequences . . . Throughout, the duo weave scientific data and recent political history into an amusing but unnerving narrative, refusing to sugarcoat any of the data while maintaining a welcome sense of humor.” –Publishers Weekly (starred review)

A distinguished pediatrician and leading researcher in the field of sleep and children outlines his groundbreaking, step-by-step program to help parents ensure a good night's sleep for their children by working with their natural sleep cycles, explaining why adequate rest is essential in optimizing a child's health and development. Originally in paperback.

Heartbreak: A Personal and Scientific Journey

A natural and unnatural history

Circling the Sun

A Whole New Approach to Your Body, Brain and Life as a GURL

A History of the Breast

A Natural

Ghosts

In this "powerful and unflinching page-turner" (New York Times), a healthcare journalist examines the science, history, and culture of breast cancer. As a health-care journalist, Kate Pickert knew the emotional highs and lows of medical treatment well -- but always from

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a distance, through the stories of her subjects. That is, until she was unexpectedly diagnosed with an aggressive type of breast cancer at the age of 35. As she underwent more than a year of treatment, Pickert realized that the popular understanding of breast care in America bears little resemblance to the experiences of today's patients and the rapidly changing science designed to save their lives. After using her journalistic skills to navigate her own care, Pickert embarked on a quest to understand the cultural, scientific and historical forces shaping the lives of breast-cancer patients in the modern age. Breast cancer is one of history's most prolific killers. Despite billions spent on research and treatments, it remains one of the deadliest diseases facing women today. From the forests of the Pacific Northwest to an operating suite in Los Angeles to the epicenter of pink-ribbon advocacy in Dallas, Pickert reports on the turning points and people responsible for the progress that has been made against breast cancer and documents the challenges of defeating a disease that strikes one in eight American women and has helped shape the country's medical culture. Drawing on interviews with doctors, economists, researchers, advocates and patients, as well as on journal entries and recordings collected over the author's treatment, Radical puts the story of breast cancer into context, and shows how modern treatments represent a long overdue shift in the way doctors approach cancer -- and disease

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-- itself.

Breasts: A Natural and Unnatural History W. W. Norton & Company
If it can happen in Beverly Hills, it can happen anywhere. The Poisoning of an American High School is a feat of investigative reportage and the product of four years of research by award-winning journalist Joy Horowitz. Making lucid the tangled issues of public health, regulation, and the political power of industry, it tells a riveting tale ripped from newspaper headlines--a cancer cluster affecting graduates of one of America's most affluent schools, Beverly Hills High. The Poisoning of an American High School presents the behind-the-scenes saga of the 2003 landmark toxic tort suit, in which more than one thousand plaintiffs, with the sensational Erin Brockovich as their champion, claimed their illnesses could be traced to exposure to the oil derricks just yards from school grounds. The instant New York Times bestseller Supermodel and philanthropist Gisele Bündchen shares personal stories, insights, and photos to explore lessons that have helped shape her life. Gisele Bündchen's journey began in southern Brazil, growing up with five sisters, playing volleyball, and rescuing the dogs and cats around her hometown. In fact, she wanted to become either a professional volleyball player or a veterinarian. But at the age of 14, fate suddenly intervened in the form of a modeling scout, who spotted her in São

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Paulo. Four years later, Gisele's appearance in Alexander McQueen's memorably rain-soaked London runway show in the spring 1998 launched her spectacular career as a fashion model, and put an end to the "heroin chic" era of fashion. Since then, Gisele has appeared in almost 400 ad campaigns and on over 1200 magazine covers. She has walked in more than 470 fashion shows for the most influential brands in the world. Gisele has become an icon, leaving a lasting mark on the fashion industry. But until now, few people have gotten to know the real Gisele, a woman whose private life stands in dramatic contrast to her public image. In *Lessons*, she reveals for the first time who she really is and what she's learned over the past 37 years to help her live a meaningful life--a journey that takes readers from a childhood spent barefoot in small-town Brazil, to an internationally successful career, motherhood and marriage to quarterback Tom Brady. A work of great openness and vulnerability, *Lessons* reveals the inner life of a very public woman.

How Our Modern World Is Threatening Sperm Counts, Altering Male and Female Reproductive Development, and Imperiling the Future of the Human Race

Parasite Rex

Radical

What the Sex Lives of Bugs, Birds, and Beasts Tell Us About Evolution,

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Biodiversity, and Ourselves

A Quick Reference on the Psychosocial Dimensions of Cancer Symptom Management

How Feminists and Fundamentalists, Hippies and Yuppies, and Physicians and Politicians Made Breastfeeding Big Business and Bad Policy
Count Down

In everyday life we are not, for the most part, actively conscious of our bodies or the bodies of others - we simply take them for granted. This new edition of a lively introduction to the sociology of the body examines what certain aspects of our bodies, such as the size, shape, smell and demeanour, reveal about the social organization of everyday life and how the body is crucial to the way we engage with the world and the people around us. The human body is endowed with varied forms of social significance which sociology has addressed by asking questions such as: To what degree do individuals have control over their own bodies? What interest does the state have in regulating the human body? How significant is the body to the development and performance of the self in

everyday life? What images of the body influence people's expectations of themselves and others? Written in a clear and comprehensible way, The Body in Society introduces students to the key conceptual frameworks that help us to understand the social significance of the human body. This second edition has been thoroughly updated to take into account recent theories and debates and also includes enhanced pedagogical features. Using familiar examples from everyday life, such as diet and exercise regimes, personal hygiene, dress, displays of emotion, and control over bodily functions, coupled with examples from popular culture, the text has strong contemporary relevance and will strike a chord with all who read it. This book will be essential reading for students taking courses on the body in sociology, anthropology, gender studies and cultural studies.

One day Sophie comes home from school to find two questions in her mail: "Who are you?" and "Where does the world come from?" Before she knows it she is enrolled in a correspondence course with a mysterious philosopher. Thus begins Jostein

Gardner's unique novel, which is not only a mystery, but also a complete and entertaining history of philosophy.

From dreams of soccer glory to the realities of the minor leagues, the high-stakes world of English football comes to life in this vivid coming-of-age novel for fans of Nick Hornby and The Art of Fielding. After his unceremonious release from a Premier League academy at nineteen, Tom feels his bright future slipping away. The only contract offer he receives is from a lower-level club. Away from home for the first time, Tom struggles on and off the field, anxious to avoid the cruel pranks and hazing rituals of his teammates. Then a taboo encounter upends what little stability he has, forcing Tom to reconcile his suppressed desires with his drive to succeed. Meanwhile, the team's popular captain, Chris, is in denial about the state of his marriage. His wife, Leah, has almost forgotten the dreams she once held for her career. As her husband is transferred from club to club, and raising their first child practically on her own, she is lost, disillusioned with where life has taken her. A Natural delves into the heart of a

professional soccer club: the pressure, the loneliness, the threat of scandal, the fragility of the body, and the struggle of conforming to the person everybody else expects you to be. Praise for A Natural “This is a bold novel. [Raisin has a] deep and unwavering empathy for others, and an ability to find flashes of beauty in life’s unforgiving ugliness. His language might be spare, but his turn of phrase is strikingly elegant. . . . The way is lit by his keen perceptions; the novel suggests the frustrations that arise when lived experience fails to align with what was imagined, and analyzes the gap between spectatorship and participation. . . . If Raisin has chosen to focus on that which stifles rather than frees us, he has done so to demonstrate precisely why we need all the things that society and circumstance suppress. . . . The confidence and skill with which he pursues his vision is not just persuasive, it’s powerful.”—The New York Times Book Review “Raisin’s transporting and acutely observed novel speaks to us all. First-rate.”—Booklist (starred review) “An intimate picture of life in the lower reaches of professional British football . . . a bold

theme . . . is rendered with restraint and sympathy. . . . [A Natural] is a sensitive treatment of very different kinds of solitude and pain.—Kirkus Reviews

"A darn good read." —Christiane Northrup, M.D., ob/gyn physician and New York Times bestselling author A feminist breast cancer memoir of medical trauma, love, and how she found the strength to listen to her body. As a young, queer woman, Catherine Guthrie had worked hard to feel at home in her body. However, after years writing about women's health and breast cancer, Guthrie is thrust into the role of the patient after a devastating diagnosis at age thirty-eight. At least, she thinks, I know what I'm up against. She was wrong. In one horrifying moment after another, everything that could go wrong does—the surgeon gives her a double mastectomy but misses the cancerous lump, one of the most effective drug treatments fails, and a doctor's error may have unleashed millions of breast cancer cells into her body. Flat is Guthrie's story of how two bouts of breast cancer shook her faith in her body, her relationship, and medicine. Along the way, she

challenges the view that breasts are essential to femininity and paramount to a woman's happiness. Ultimately, she traces an intimate portrayal of how cancer reshapes her relationship with Mary, her partner, revealing—in the midst of crisis—a love story. Filled with candor, vulnerability, and resilience, Guthrie upends the “pink ribbon” narrative and offers a unique perspective on womanhood, what it means to be “whole,” and the importance of women advocating for their desires. Flat is a story about how she found the strength to forge an unconventional path—one of listening to her body—that she'd been on all along.

**The Science, Culture, and History of Breast Cancer in America
How America's Obsession Shaped Me—and You**

Logically Fallacious

**Taking on the Breastfeeding Experts and the New High Stakes
of Motherhood**

Feminism, Breasts and Breast-Feeding

A Natural and Unnatural History

Perv

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A 2012 New York Times Notable Book A 2013 Los Angeles Times Book Award Winner in the Science & Technology category An engaging narrative about an incredible, life-giving organ and its imperiled modern fate. Did you know that breast milk contains substances similar to cannabis? Or that it's sold on the Internet for 262 times the price of oil? Feted and fetishized, the breast is an evolutionary masterpiece. But in the modern world, the breast is changing. Breasts are getting bigger, arriving earlier, and attracting newfangled chemicals. Increasingly, the odds are stacked against us in the struggle with breast cancer, even among men. What makes breasts so mercurial—and so vulnerable? In this informative and highly entertaining account, intrepid science reporter Florence Williams sets out to uncover the latest scientific findings from the fields of anthropology, biology, and medicine. Her investigation follows the life cycle of the breast from puberty to pregnancy to menopause, taking her from a plastic surgeon's office where she learns about the importance of cup size in Texas to the laboratory where she discovers the presence of environmental toxins in her own breast milk. The result is a fascinating exploration of where breasts came from, where they have ended up, and what we can do to save them. This study offers guidance through the moral maze that intertwines the judgements of the medical profession on unborn life and the rights of citizens to

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life. The author argues that although current fashion tends to protect medical judgement, this effectively sanctions an abuse of human rights and that the law should never allow medical judgement to over-ride

This comprehensive guide delivers informed hope along with effective tools for reclaiming your vitality in the midst of cancer treatment, healing, and recovery. When you or a loved one is faced with a cancer diagnosis, the need for accurate and trusted medical information becomes urgent. Naturopathic physician Lise N. Alschuler and medical journalist Karolyn A. Gazella present an overview of what cancer is, its causes and preventative strategies, an in-depth approach to integrative treatment options, descriptions of key body functions, and discussions of more than twenty specific cancers. The Definitive Guide to Cancer, now in its third edition, encourages you to take an integrative approach that embraces both alternative and conventional therapies across the spectrum of cancer prevention, treatment, and healing.

In this eye-opening book, psychologist Jesse Bering argues that we are all sexual deviants on one level or another. He introduces us to the young woman who falls madly in love with the Eiffel Tower, a young man addicted to seductive sneezes, and a pair of deeply affectionate identical twins, among others. He challenges us to move beyond our attitudes towards 'deviant' sex and consider the alternative:

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what would happen if we rise above our fears and revulsions and accept our true natures? With his signature wit and irreverent style, Bering pulls back the curtains on the history of perversions, the biological reasons behind our distaste for unusual sexual proclivities and the latest research on desire. Armed with reason, science and an insatiable appetite for knowledge, he humanises deviants while asking some provocative questions about the nature of hypocrisy, prejudice and when sexual desire can lead to harm. A groundbreaking look at our complex relationship with our carnal urges and the ways in which we disguise, deny and shame the sexual deviant in all of us, Perv brings hidden desires into the spotlight.

A Novel About the History of Philosophy

Is Breast Best?

The Cook's Illustrated Meat Book

Breasts: A Natural and Unnatural History

Bad Advice

Sophie's World

Vagina Obscura: An Anatomical Voyage

Eminently practical and truly trustworthy, The Cook's Illustrated Meat Book is the only resource you'll need for great results every time you cook meat. Whether you have burgers, steak, ribs, or roast chicken on the menu

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shopping for and cooking meat can be confusing, and mistakes can be costly. After 20-plus years of purchasing and cooking beef, pork, lamb, veal, chicken, and turkey, the editors of Cook's Illustrated understand that preparing meat doesn't start at the stove it starts at the store. The Cook's Illustrated Meat Book begins with a 27-page master class in meat cookery, which covers shopping (what's the difference between natural and organic labels?), storing (just how long should you really refrigerate meat and does the duration vary if the meat is cooked or raw?), and seasoning meat (marinating, salting, and brining). Matching cut to cooking method is another key to success, so our guide includes fully illustrated pages devoted to all of the major cooking methods: sautéing, pan-searing, pan-roasting, roasting, grilling, barbecuing, and more. We identify the best cuts for these methods and explain point by point how and why you should follow our steps and what may happen if you don't. 425 Bulletproof and rigorously tested recipes for beef, pork, lamb, veal, and poultry provide plenty of options for everyday meals and special occasion dinners and you'll learn new and better ways to cook favorites such as Pan-Seared Thick-Cut Steak, Juicy Pub-Style Burgers, Weeknight Roast Chicken, Barbecued Pulled Pork, and more. The Cook's Illustrated Meat Book also includes equipment recommendations (what should you look for in a good roasting pan and is it

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worth spending extra bucks on a pricey nonstick skillet?). In addition, hundreds of step-by-step illustrations guide you through our core techniques so whether you're slicing a chicken breast into cutlets or getting ready to carve prime rib the Cook's Illustrated Meat Book covers all the bases

A New York Times Book Review Editor's Choice "Roger Clarke tells this [the story that inspired Henry James' *The Turn of the Screw*] and many other gloriously weird stories with real verve, and also a kind of narrative authority that tends to constrain the skeptical voice within... [an] erudite and richly entertaining book." —New York Times Book Review "Is there anybody out there?" No matter how rationally we order our lives, few of us are completely immune to the suggestion of the uncanny and the fear of the dark. What explains sightings of ghosts? Why do they fascinate us? What exactly do those who have been haunted see? What did they believe? And what proof is there? Taking us through the key hauntings that have obsessed the world, from the true events that inspired Henry James's classic *The Turn of the Screw* right up to the present day, Roger Clarke unfolds a story of class conflict, charlatans, and true believers. The cast list includes royalty and prime ministers, Samuel Johnson, John Wesley, Harry Houdini, and Adolf Hitler. The chapters cover everything from religious

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beliefs to modern developments in neuroscience, the medicine of ghosts, and the technology of ghosthunting. There are haunted WWI submarines, houses so blighted by phantoms they are demolished, a seventeenth-century Ghost Hunter General, and the emergence of the Victorian flash mob, where hundreds would stand outside rumored sites all night waiting to catch sight of a dead face at a window. Written as grippingly as the best ghost fiction, *A Natural History of Ghosts* takes us on an unforgettable hunt through the most haunted places of the last five hundred years and our longing to believe.

Paula McLain, author of the phenomenal New York Times bestseller *The Paris Wife*, takes readers to Kenya in the 1920s, where the beautiful young horse trainer, adventurer and aviator Beryl Markham tells the story of her life among the glamorous and decadent circle of British expats living in colonial East Africa--and the complicated love triangle she shared with the white hunter Denys Finch Hatton and Karen Blixen, author of *Out of Africa*. Brought to Kenya as a small child and then abandoned by her mother, Beryl is raised both by her father--a racehorse trainer--and the native Kipsigis tribe on her father's land. Her unconventional upbringing transforms her into a daring young woman, with a love of all things wild, but everything she knows and trusts dissolves when her father's farm goes bankrupt.

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Reeling from the scandal and heartbreak, Beryl is catapulted into a disastrous marriage at the age of 16. Finally she makes the courageous decision to break free, forging her own path as a horse trainer and shocking high society in the process. The British colony has never seen a woman as determined and fiery as Beryl. Before long, she catches the eye of the fascinating and bohemian Happy Valley set, including writer Karen Blixen and her lover Denys Finch Hatton, who will later be immortalized in Blixen's memoir, *Out of Africa*. The three become embroiled in a complex triangle that changes the course of Beryl's life, setting tragedy in motion while awakening her to her truest self and her fate: to fly.

Geriatric Psycho-Oncology is a comprehensive handbook that provides best practice models for the management of psychological, cognitive, and social outcomes of older adults living with cancer and their families. Chapters cover a wide range of topics including screening tools and interventions, psychiatric emergencies and disorders, physical symptom management, communication issues, and issues specific to common cancer sites. A resource section is appended to provide information on national services and programs. This book features contributions from experts designed to help clinicians review, anticipate and respond to emotional issues that often arise in the context of treating older cancer patients. Numerous cross-

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references and succinct tables and figures make this concise reference easy to use. Geriatric Psycho-Oncology is an ideal resource for helping oncologists and nurses recognize when it may be best to refer patients to their mental health colleagues and for those who are establishing or adding psychosocial components to existing clinics.

The Day I Sat With Jesus

Safety of Silicone Breast Implants

A Memoir of Nonbinary Parenthood

Healthy Sleep Habits, Happy Child

A Novel

An Integrative Approach to Prevention, Treatment, and Healing

Feted and fetishized, the breast is an evolutionary masterpiece. But in the modern world, the breast is changing. Breasts are getting bigger, arriving earlier and attracting newfangled chemicals. Increasingly, the odds are stacked against us in the struggle with breast cancer—even among men. What makes breasts so mercurial—and so vulnerable? The Dow Corning case raised serious questions about the safety of silicone breast implants and about larger issues of medical device

testing and patient education. Safety of Silicone Breast Implants presents a well-documented, thoughtful exploration of the safety of these devices, drawing conclusions from the available research base and suggesting further questions to be answered. This book also examines the sensitive issues surrounding women's decisions about implants. In reaching conclusions, the committee reviews: The history of the silicone breast implant and the development of its chemistry. The wide variety of U.S.-made implants and their regulation by the Food and Drug Administration. Frequency and consequences of local complications from implants. The evidence for and against links between implants and autoimmune disorders, connective tissue disease, neurological problems, silicone in breast milk, or a proposed new syndrome. Evidence that implants may be associated with lower frequencies of breast cancer. Safety of Silicone Breast Implants provides a comprehensive, well-organized review of the science behind one of the most significant medical controversies of our time. A myth-busting voyage into the female body. A camera obscura reflects the world back but dimmer and inverted. Similarly, science has long viewed woman through a warped lens, one focused narrowly on her

capacity for reproduction. As a result, there exists a vast knowledge gap when it comes to what we know about half of the bodies on the planet. That is finally changing. Today, a new generation of researchers is turning its gaze to the organs traditionally bound up in baby-making—the uterus, ovaries, and vagina—and illuminating them as part of a dynamic, resilient, and ever-changing whole. Welcome to Vagina Obscura, an odyssey into a woman’s body from a fresh perspective, ushering in a whole new cast of characters. In Boston, a pair of biologists are growing artificial ovaries to counter the cascading health effects of menopause. In Melbourne, a urologist remaps the clitoris to fill in crucial gaps in female sexual anatomy. Given unparalleled access to labs and the latest research, journalist Rachel E. Gross takes readers on a scientific journey to the center of a wondrous world where the uterus regrows itself, ovaries pump out fresh eggs, and the clitoris pulses beneath the surface like a shimmering pyramid of nerves. This paradigm shift is made possible by the growing understanding that sex and gender are not binary; we all share the same universal body plan and origin in the womb. That’s why insights into the vaginal microbiome, ovarian stem cells, and the

biology of menstruation don't mean only a better understanding of female bodies, but a better understanding of male, non-binary, transgender, and intersex bodies—in other words, all bodies. By turns funny, lyrical, incisive, and shocking, Vagina Obscura is a powerful testament to how the landscape of human knowledge can be rewritten to better serve everyone.

A tour of evolution's most inventive—and essential—creations: animal genitalia Forget opposable thumbs and canine teeth: the largest anatomical differences between humans and chimps are found below the belt. In Nature's Nether Regions, ecologist and evolutionary biologist Menno Schilthuis invites readers to discover the wondrous diversity of animalian reproductive organs. Schilthuis packs this delightful read with astonishing scientific insights while maintaining an absorbing narrative style reminiscent of Mary Roach and Jerry Coyne. With illustrations throughout and vivid field anecdotes—among them laser surgery on a fruit fly's privates and a snail orgy—Nature's Nether Regions is a celebration of life in all shapes and sizes.

Eat Me

Life Lessons from the Animal Penis

An Introduction

Reclaiming My Body from Breast Cancer

The Secret Danger of Everyday Things

Lessons

The Best Breast Book in the World

"Highly informative and remarkably entertaining." –Elle From forest trails in Korea, to islands in Finland, to eucalyptus groves in California, Florence Williams investigates the science behind nature's positive effects on the brain. Delving into brand-new research, she uncovers the powers of the natural world to improve health, promote reflection and innovation, and strengthen our relationships. As our modern lives shift dramatically indoors, these ideas—and the answers they yield—are more urgent than ever.

Los Angeles Times #1 Bestseller USA Today Bestselling Book Over motivational messages? Sick AF of inspirational quotes? Done with the shiny happy bad advice that gets you nowhere? Well, heads up: you're about to get a shitload of Good Advice. In Bad Advice, relationship expert Dr. Venus Nicolino—a.k.a. Dr. V—takes a blowtorch to the shrink-wrapped, "feel good" BS that

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passes for self-help these days. When you're heartbroken, what do you hear? You can't love anyone until you love yourself. When someone's hurt you? Nobody can make you feel bad without your permission. When you're just a little too positive? Expectations lead to disappointment. Pop culture noise gives Bad Advice the varnish of truthiness and inspiration. But it's not truth; it's not inspiration. It's bullshit. And at its root, all Bad Advice operates off the same lie: Emotions are optional. In Bad Advice, Dr. V delivers a bracing truth serum, in the form of Good Advice—an antidote to the bullshit, from "Just Be Yourself" to "Live Each Day Like It's Your Last," that teaches you to live your life in a way that honors who you are, what you need, and how you feel. Smart and irreverent, Dr. V fuses the brains and insight of a nerdy Ph.D. with the heart of a doting Italian Mother and the artful profanity of a Philly trucker. Dr. V's signature combination of humor, hard science, and heart make Bad Advice an iconoclastic course-correction like no other. A fiercely sharp wake-up call that tackles some of self-help's most damaging truisms, Bad Advice is a never shy guide to tapping into your full potential.

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In the tradition of Silent Spring and The Sixth Extinction, an urgent, meticulously researched, and groundbreaking book about the ways in which chemicals in the modern environment are changing—and endangering—human sexuality and fertility on the grandest scale, from renowned epidemiologist Shanna Swan. In 2017, author Shanna Swan and her team of researchers completed a major study. They found that over the past four decades, sperm levels among men in Western countries have dropped by more than 50 percent. They came to this conclusion after examining 185 studies involving close to 45,000 healthy men. The result sent shockwaves around the globe—but the story didn't end there. It turns out our sexual development is changing in broader ways, for both men and women and even other species, and that the modern world is on pace to become an infertile one. How and why could this happen? What is hijacking our fertility and our health? Count Down unpacks these questions, revealing what Swan and other researchers have learned about how both lifestyle and chemical exposures are affecting our fertility, sexual development—potentially including the increase in gender fluidity—and general health as a species. Engagingly explaining

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the science and repercussions of these worldwide threats and providing simple and practical guidelines for effectively avoiding chemical goods (from water bottles to shaving cream) both as individuals and societies, Count Down is at once an urgent wake-up call, an illuminating read, and a vital tool for the protection of our future.

How to Survive and Thrive in an Age of Bullshit

Geriatric Psycho-Oncology