

Science For Her

As plague ravages the overcrowded Earth, observed by a ruthless lunar people, Cinder, a gifted mechanic and cyborg, becomes involved with handsome Prince Kai and must uncover secrets about her past in order to protect the world in this futuristic take omthe Cinderella story.

Are you living the life you thought you always wanted but feel that something is still missing? Do you think you should be happier than you are, considering all that you have? Have you achieved your professional or personal goals but still feel racked with insecurities, anxiety, or depression . . . and can't figure out why? Psychiatrist Anna Yusim knows just how you feel. Not only has she struggled with these feelings herself, but she has also worked with patients upon patients who have expressed the same bewildering concern: They have everything they've always wanted, and yet deep down they don't feel fulfilled. Determined to help herself and her patients, Dr. Yusin spent more than fifteen years studying and conducting research and came to a startling conclusion: this lingering feeling of dissatisfaction coincides with spiritual neglect. Once she helped her patients address their spiritual and psychological needs, she saw radical improvements in their happiness levels and quality of life. Now science is catching up with her innovative approach to therapy as groundbreaking medical research and studies substantiate what Dr. Yusin and many others have suspected for years: spirituality is a powerful path to healing. Drawing from the best in Western medicine, as well as teachings from Kabbalah, Buddhism, and shamanistic traditions, Dr. Yusin has developed a program that marries empirical science and spirituality to help you: Discover your life's true purpose Eliminate self-defeating patterns and roadblocks that are keeping you from living your most authentic life Understand the scientific underpinnings behind "answered prayers" and "random coincidences" and why having faith in them can change your outlook for the better Appreciate how consciousness shapes your reality and how to harness this understanding to live a life of abundance. Filled with exercises, guided meditations, fascinating scientific research, and inspiring success stories, Fulfilled integrates the best of Western medicine with universal spiritual principles to help you find more meaning, more joy, and more fulfillment in your life.

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-genuses 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-epoching stints in teaching, business consulting, and neuroscience that led her 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 become a part of the better" (The New York Times Book Review). Among Grit's most valuable insights: any effort you make ultimately counts 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. Winningly 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).

This is an engaging book ready to take you on an afternoon voyage through the cosmos. You help with experiments and learn some of the processes that go into making up scientific hypotheses on relativity, the speed of light and other light matters. Some humor is interjected to soften the dryness of the subject matter. Delightful illustrations will welcome you along for the fun. Come along for the ride and begin your adventure into light science. Find out why some ideas from days past are no longer considered correct and how that changes the way we will all look at the science of the stars in the future.

Gaby LeFevre is a suburban, Midwestern firecracker, growing up in the 80s and 90s and saving the world one homeless person, centenarian, and orphan at a time. With her crew of twin sister, Annie, smitten Mikhail, and frenemy Mel, she's a pamphlet-wielding humanitarian, tackling a broken world full of heroes and heroines, villains and magical seeds, and Northwyth stories. Beginning with a roadkill-burying nine-year-old and a gas-leak explosion, it follows Gaby as she traverses childhood and young adulthood with characteristic intensity and a penchant for disaster. Meanwhile, the large cast of compelling characters entertains and the Northwyth legends draw you into their magic.

The Science of Stuck

The Joy of Sweat: The Grass-Science of Perspiration

Doomsday Book

Atlas Shrugged

A True Story of China, the FBI, and Industrial Espionage

A Wrinkle in Time

How Computer Programming Is Changing Writing

In the first half of the nineteenth century, the British sought to master the physical properties of the oceans; in the second half, they lorded over large portions of the oceans' outer rim. The dominance of Her Majesty's navy was due in no small part to collaboration between the British Admiralty, the maritime community, and the scientific elite. Together, they transformed the vast emptiness of the ocean into an ordered and bounded grid. In the process, the modern scientist emerged. Science itself expanded from a limited and local undertaking receiving parsimonious state support to worldwide and relatively well financed research involving a hierarchy of practitioners. Analyzing the economic, political, social, and scientific changes on which the British sailed to power, Tides of History shows how the British Admiralty collaborated closely not only with scholars, such as William Whewell, but also with the maritime community—sailors, local tide table makers, dockyard officials, and harbormasters—in order to systematize knowledge of the world's oceans, coasts, ports, and estuaries. As Michael S. Reidy points out, Britain's security and prosperity as a maritime nation depended on its ability to maneuver through the oceans and dominate coasts and channels. The practice of science and the rise of the scientist became inextricably linked to the process of European expansion.

In Science, Patricia Fara rewrites science's past to provide new ways of understanding and questioning our modern technological society. Aiming not just to provide information but to make people think, this unique book explores how science has become so powerful by describing the financial interests and imperial ambitions behind its success. Sweeping through the centuries from ancient Babylon right up to the latest hi-tech experiments in genetics and particle physics, Fara's book also ranges internationally, challenging notions of European superiority by emphasising the importance of scientific projects based around the world, including revealing discussions of China and the Islamic Empire alongside the more familiar stories about Copernicus's sun-centered astronomy, Newton's gravity, and Darwin's theory of evolution. We see for instance how Muslim leaders encouraged science by building massive libraries, hospitals, and astronomical observatories and we rediscover the significance of medieval Europe—long overlooked—where, surprisingly, religious institutions ensured science's survival, as the learning preserved in monasteries was subsequently developed in new and unique institutions: universities. Instead of focussing on esoteric experiments and abstract theories, she explains how science belongs to the practical world of war, politics and business. And rather than glorifying scientists as idealized heroes, she tells true stories about real people—men (and some women) who needed to earn their living, who made mistakes, and who trampled down their rivals. Finally, this provocative volume challenges scientific supremacy itself, arguing that science is successful not because it is always indubitably right, but because people have said that it is right. Science dominates modern life, but perhaps the globe will be better off by limiting science's powers and undoing some of its effects. "Dismantling popular myths, taking a truly global view and dispensing with false idols, Fara's highly readable survey of science's histories is a breath of fresh air. She unerringly pinpoints the defining moods of each age, treating the past with respect and the present with discernment. This wonderfully literate book tells a story that is as far, far more interesting than the tidy fictions of hindsight." -- Philip Ball, Consultant Editor of Nature "It's been a very long time since any reputable historian of science had the desire, the knowledge, or the nerve to undertake a book like this—an attempt to survey the development of science from Antiquity to the present, notably including non-European materials. Patricia Fara has succeeded: Science is an elegant and compact creative synthesis of the piecemeal researches of generations of academic historians. It deserves the widest possible readership." - Steven Shapin, Professor of the History of Science, Harvard, and author of The Scientific Revolution Patricia Fara lectures in the History and Philosophy of Science at the University of Cambridge and is the Senior Tutor of Clare College. She is the author of numerous books, including Fatal Attraction: Magnetic Mysteries of the Enlightenment and Newton: The Making of Genius. Her writing has appeared in History Today, New Scientist, Nature, The Times and New Statesman, and she writes a regular column on scientific portraits for Endeavour. Books by the same author Fatal Attraction: Magnetic Mysteries of the Enlightenment by Patricia Fara. Published: 2005 Publisher: Icon Books Price: £9.99 Pandora's Breaches: Women, Science and Power in the Enlightenment by Patricia Fara. Published: 2004 Publisher: Pimlico Price: £12.99 Sex, Botany and Empire; the Stories of Carl Linnaeus and Joseph Banks by Patricia Fara. Published: 2003 Publisher: Icon Books Price: £6.99 Newton: the Making of Genius by Patricia Fara. Published: 2002 Publisher: Macmillan Price: £20 An Entertainment for Angels: Electricity in the Enlightenment by Patricia Fara. Publish

Are risk-takers born or made? Why are some more willing to go out on a limb (so to speak) than others? How do we weigh the value of opportunities large or small that we have the potential to change the course of our lives? These are just a few of the questions that author Kayt Sukel tackles, applying the latest research in neuroscience and psychology to compelling real-world situations. Building on a portfolio of work that has appeared in such publications as Scientific American, Atlantic Monthly, The Washington Post, and more, Sukel offers an in-depth look at risk-taking and its role in the many facets of life that resonates on a personal level. Smart, progressive, and truly enlightening, The Art of Risk blends riveting case studies and hard-hitting science to explore risk-taking and how it impacts decision-making in work, play, love, and life, providing insight in understanding individual behavior and furthering personal success.

In the future, the past will never be the same. . . . By the end of the 25th Century few had as storied a career as Doctor J. Burke. An historian who used quantum superluminal teleportation to mingle among her forebears through twenty different decades making discoveries and recovering lost artifacts, she was the last of the Historical Archive Collection's 'big three' antiquarians. The physical effects of the profession had grounded jovial Ike Chernovich in old San Francisco, companion Braham Lilienthal had vanished without a trace three years before, and the indifference of the Mindsers from the future, who were best positioned to help, left Burke with a weary cynicism. Only the promise of a special mission, the brainchild of rookie archivist Nathan Rialto, brought her back again. It was Burke's specialty, the recovery of a glamorous old airliner from 1951 using a revolutionary new teleport, and in California as well. She would gather her trusty team of specialists, teach the rookie the ropes and perhaps contemplate a different kind of future afterward with Ike. From the moment it began it felt as if the whole mission had been created just for her...and that was only the beginning of her problems!

Explores how the power of story can strengthen your instruction by weaving literacy into what you already teach. The strategies in this book will deepen content understanding and prepare students to be effective science communicators as well.

One Woman's Personal Journey Through Sexism in Science

Heartbreak: A Personal and Scientific Journey

How Military Funding Shaped What We Do and Don't Know about the Ocean

How to Change

One Woman's Yearlong Journey to Discover If Science Can Improve Her Mind

The Law of Hunger, the Science of Strength, and Other Ways to Love Your Amazing Body

A Journey into Dark Matter, Spacetime, and Dreams Deferred

Peopled by larger-than-life heroes and villains, charged with towering questions of good and evil, Atlas Shrugged is Ayn Rand's magnum opus: a philosophical revolution told in the form of an action thriller—nominated as one of America's best-loved novels by PBS's The Great American Read. Who is John Galt? When he says that he will stop the motor of the world, is he a destroyer or a liberator? Why does he have to fight his battles not against his enemies but against those who need him most? Why does he fight his hardest battle against the woman he loves? You will know the answer to these questions when you discover the reason behind the baffling events that play havoc with the lives of the amazing men and women in this book. You will discover why a productive genius becomes a worthless playboy...why a great steel industrialist is working for his own destruction...why a composer gives up his career on the night of his triumph...why a beautiful woman who runs a transcultural railroad falls in love with the man she has sworn to kill. Atlas Shrugged, a modern classic and Rand's most extensive statement of Objectivism—her groundbreaking philosophy—offers the reader the spectacle of human greatness, depicted with all the poetry and power of one of the twentieth century's leading artists.

Change happens by becoming happier, healthier, and stronger in this positive, essential guide grounded in science and inspired by personal experience, a #1 New York Times bestseller. Throughout her career, Cameron Diaz has been a role model for millions of women. By her own candid admission, though, this fit, glamorous, and down-to-earth star was not always health-conscious. Learning about the inseparable link between nutrition and the body was just one of the life-changing lessons that has fed Cameron's hunger to educate herself about the best ways to feed, move, and care for her body. In The Body Book, she shares what she has learned and continues to discover about nutrition, exercise, and the mind/body connection. Grounded in science and informed by real life, The Body Book offers a comprehensive overview of the human body and mind, from the cellular level up. From demystifying and debunking the hype around food groups to explaining the value of vitamins and minerals, readers will discover why it's so important to embrace the instinct of hunger and to satisfy it with whole, nutrient-dense foods. Cameron also explains the essential role of movement, the importance of muscle and bone strength and why we need to sweat a little every day. The Body Book does not set goals to reach in seven days or thirty days or a year. It offers a holistic, long-term approach to making consistent choices and reaching the ultimate goal: a long, strong, happy, healthy life.

Choi pairs complex pain with striking images, wrapping readers in mystical interpretations and then captures them within reality.

An emotionally-charged new classic about the science of hope, love, and miracles! Natalie's uplifting story of using the scientific method to "save" her mother from depression is sure to take root in readers' hearts! How do you grow a miracle? For the record, this is not the question Mr. Neely is looking for when he says everyone in class must answer an important question using the scientific method. But Natalie's botanist mother is suffering from depression, so this is The Question that's important to Natalie. When Mr. Neely suggests that she enter an egg drop competition, Natalie has hope. Eggs are breakable. Hope is not. Natalie has a secret plan for the prize money. She's going to fly her

mother to see the Cobalt Blue Orchids—flowers that survive against impossible odds. The magical flowers are sure to inspire her mother to love life again. Because when parents are breakable, it's up to kids to save them, right? An extraordinary debut about the coming-of-age moment when kids realize that parents are people, too, and that talking about problems is like taking a plane out of a dark cupboard, giving it light. Think THE FOURTEENTH GOLDFISH meets THE THING ABOUT JELLYFISH.

DIV You and me, the book looks at what it means to be a interracial couple in the United States today. According to Our Hearts begins with a look back at a 1925 case in which a two-month marriage ends with a man suing his wife for misrepresentation of her race, and shows how our society has yet to come to terms with interracial marriage. Angela Onwuachi-Willig examines the issue by drawing from a variety of sources, including her own experiences. She argues that housing law, family law, and employment law fail, in important ways, to protect interracial couples. In a society in which marriage is used to give, withhold, and take away status—in the workplace and elsewhere—she says

interracial couples are at a disadvantage, which is only exacerbated by current law. /div

Merchants of Doubt

Coding Literacy

The Science of Being Great

How Science Got Women Wrong - and the New Research That's Rewriting the Story

Ocean Science and Her Majesty's Navy

Remember

Soft Science

A collection of artworks inspired by the lives and achievements of fifty famous women in science, technology, engineering, and mathematics, from the ancient world to the present, profiles each notable individual.

"Jojo is prepping for an exciting night; it's time for the bat count! Bats have always been a welcome presence during the summers in the family barn. But over the years, the numbers have dwindled as many bats in the area caught white-nose syndrome. Jojo and her family count the bats and send the numbers to scientists who study bats, to see if the bat population can recover. On a summer evening, the family quietly makes their way to the lawn to watch the sky and count the visitors to their farm".-Dust Jacket.

Students, heed this little rhyme: When it's science project time, Do not make goop, or glop, or grime, And never mess with mutant slime.

A "beautifully written" (Kirkus Reviews, starred review) memoir-manifesto from the first female director of the National Science Foundation about the entrenched sexism in science, the elaborate detours women have take to bypass the problem, and how to fix the system. If you think sexism thrives only on Wall Street or Hollywood, you haven't visited a lab, a science department, a research foundation, or a biotech firm. Rita Colwell is one of the top scientists in the world. And she's also a woman who's grown up in a world where men have dominated. She's the only woman who discovered how cholera survives between epidemics and the former head of the National Science Foundation. But when she first applied for a graduate fellowship in bacteriology, she was told, "We don't waste fellowships on women." A lack of support from some male superiors would lead her to change her area of study six times before completing her PhD. A Lab of One's Own is an "engaging" (Booklist) book that documents all Colwell has seen and heard over her six decades in science, from sexual harassment in the lab to obscure systems blocking women from leading professional organizations or publishing their work. Along the way, she encounters other women pushing back against the status quo, including a group at MIT who revolt when they discover their labs are a fraction of the size of their male colleagues. Resistance gave female scientists special gifts: forced to change specialties so many times, they came to see things in a more interdisciplinary way, which turned out to be key to making new discoveries in the 20th and 21st centuries. Colwell would also witness the advances that could be made when men and women worked together—often under her direction, such as when he headed a team that helped to uncover the source of anthrax used in the 2001 letter attacks. A Lab of One's Own is "an inspiring read for women embarking on a career or experiencing career challenges" (Library Journal, starred review) that shares the sheer joy a scientist feels when moving toward a breakthrough, and the thrill of uncovering a whole new generation of female pioneers. It is the science book for the #MeToo era, offering an astute diagnosis of how to fix the problem of sexism in science—and a celebration of women pushing back.

A vivid portrait of how Naval oversight shaped American oceanography, revealing what difference it makes who pays for science. What difference does it make who pays for science? One might say none. If scientists seek to discover fundamental truths about the world, and they do so in an objective manner using well-established methods, then how could it matter who's footing the bill? History, however, suggests otherwise. In science, as elsewhere, the funding of research is a political act. The history of oceanography, Naomi Oreskes discusses, was shaped in American ocean science since the Cold War, moving from how and why it changed. Much of it has to do with who pays. After World War II, the US military turned in a new, uncharted theater of warfare: the deep sea. The earth sciences—particularly physical oceanography and marine geophysics—became essential to the US Navy, which poured unprecedented money and logistical support into their study. Science on a Mission brings to light how this influx of military funding was both enabling and constricting. It resulted in the creation of important domains of knowledge but also significant, lasting, and consequential domains of ignorance. As Oreskes delves into the role of patronage in the history of science, what emerges is a vivid portrait of how naval oversight transformed what we know about the sea. It is a detailed, sweeping history that illuminates the ways funding shapes the subject, scope, and tenor of scientific work, and it raises profound questions about the purpose and character of American science. What difference does it make who pays? The short answer is: a lot.

Bat Count

Benevolent

The Secret Science Project That Almost Ate the School

Science and Me

How the Science of Spirituality Can Help You Live a Happier, More Meaningful Life

Fulfilled

Rhinelaender v. Rhinelaender and the Law of the Multiracial Family

A researcher-based tool kit for moving past what's holding you back—in life, in love, and in work. We all experience stuckness in our lives. We feel stuck in our relationships, career paths, body struggles, addiction issues, and more. Many of us know what we need to do to move forward—but find ourselves unable to take the leap to make it happen. And then we blame and shame ourselves, and start to feel self-doubt that goes nowhere. The good news is you're not lazy, crazy, or unmotivated. In this empowering and action-oriented guide, you'll discover why we can't think our way forward—and how to break through what's holding us back. Using an eclectic approach and a customizable plan that's as direct or as deep as you want, this life-changing guide empowers you to : break old habits and patterns ; gain perspective on pain and trauma from the past ; free yourself from the torturous "why" questions ; take control of your choices to create the life you want Bringing together research-backed solutions that range from shadow work to reparenting, embodied healing, and other clinical practices, along with empowering personal stories, this book is a hands-on road map for moving forward with purpose, confidence, and the freedom to become who you're truly meant to be.

A riveting true story of industrial espionage in which a Chinese-born scientist is pursued by the U.S. government for trying to steal trade secrets, by a finalist for the Pulitzer Prize in nonfiction. In September 2011, sheriff's deputies in Iowa encountered three ethnic Chinese men near a field where a farmer was growing corn seed under contract with Monsanto. What began as a simple trespassing inquiry mushroomed into a two-year FBI operation in which investigators bugged the men's rental cars, used a warrant intended for foreign terrorists and spies, and flew surveillance planes over corn country—all in the name of protecting trade secrets of corporate giants Monsanto and DuPont Pioneer. In The Scientist and the Spy, Hviistendahl gives a gripping account of this unusually far-reaching investigation, which pitted a veteran FBI special agent against Florida resident Robert Mo, who after his academic career foundered took a questionable job with the Chinese agricultural company DBN—and became a pawn in a global rivalry. Industrial espionage by Chinese companies lies beneath the United States' recent trade war with China, and it is one of the top counterintelligence targets of the FBI. But a decade of efforts to ban the problem have been largely ineffective. Through previously unreleased FBI files and her reporting from across the United States and China, Hviistendahl describes a long history of shoddy counterintelligence on China, much of it tinged with racism, and questions the role that corporate influence plays in trade secrets theft cases brought by the U.S. government. The Scientist and the Spy is both an important exploration of the issues at stake and a compelling, involving read.

Documents the troubling influence of a small group of scientists who the author contends misrepresent scientific facts to advance key political and economic agendas, revealing the interests behind their detractions on findings about acid rain, DDT, and other hazards.

A Wrinkle in Time is the winner of the 1963 Newbery Medal. It was a dark and stormy night—Meg Murry, her small brother Charles Wallace, and her mother had come down to the kitchen for a midnight snack when they were upset by the arrival of a most disturbing stranger. "Wild nights are my glory," the unearthly stranger told them. "I just got caught in a downdraft and blown off course. Let down for a moment, and then I'll be on my way. Speaking of ways, by the way, there is such a thing as a tesseract." A tesseract (in case the reader doesn't know) is a wrinkle in time. To tell more would rob the reader of the enjoyment of the still Alice. "Using her expertise as a neuroscientist and her gifts as a storyteller, Lisa Genova explains the nuances of human memory"—Steven Pinker, Johnstone Professor of Psychology, Harvard University "The fascinating exploration of the intricacies of how we remember, why we forget, and what we can do to protect our memories, from the Harvard-trained neuroscientist and bestselling author of Still Alice. "Miss her expertise as a neuroscientist and her gifts as a storyteller. Lisa Genova explains the nuances of human memory"—Steven Pinker, Johnstone Professor of Psychology, Harvard University "author of How the Mind Works Have you ever felt a crushing wave of panic when you can't for the life of you remember the name of that actor in the movie you saw last week, or you walk into a room only to forget why you went there in the first place? If you're over forty, you're probably not laughing. You might even be worried that these lapses in memory are an early sign of Alzheimer's or dementia. In reality, for the vast majority of us, these examples of forgetting are completely normal. Why? Because while memory is amazing, it is far from perfect. Our brains aren't designed to remember every name we hear, plan we make, or day we experience. Just because your memory sometimes fails doesn't mean it's broken or succumbing to disease. Forgetti is actually part of being human. In Remember, neuroscientist and acclaimed novelist Lisa Genova delves into how memories are made and how we retrieve them. You'll learn whether forgotten memories are temporarily inaccessible or erased forever and why some memories are built to exist for only a few seconds (like a passcode) while others can last a lifetime (your wedding day). You'll come to appreciate the clear distinction between normal forgetting (where you parked your car) and delirium due to Alzheimer's (that you own a car). And you'll see how memory is profoundly impacted by meaning, emotion, sleep, stress, and context. Once you understand the language of memory and how it functions, its incredible strengths and maddening weaknesses, its natural vulnerabilities and potential superpowers, you can both vastly improve your ability to remember and feel less rattled when you inevitably forget. You can set educated expectations for your memory, and in doing so, create a better relationship with it. You don't have to fear it anymore. And that can be life-changing.

Book One of the Lunar Chronicles

E Does Not Equal Me Squared

Fearless Pioneers Who Changed the World

Breaking Through Inertia to Find Your Path Forward

Grit

A Lab of One's Own

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. The author of 'The Science of Getting Rich' brings you 'The Science of Being Great'. Wallace D. Wattles introduced the world to the power of positive thinking. Greatness is equally inherent in all and therefore every person may become great. Man may overcome both heredity and circumstances by exercising the inherent creative power of the soul. Talent may merely be one faculty developed out of proportion to other faculties, but genius is the union of man and God in the acts of the soul. Great men are always greater than their deeds. They are in connection with a reserve of power that is without limit. We do not know where the boundary of the mental powers of man is; we do not even know that there is a boundary. At present "no book" for women by a Parks and Recreation writer parodies popular women's magazines, spoofing perky self-improvement tips with advice on everything from glamorous ways to die to choosing a religion for one's body type. 100,000 first printing. Illustrations. Tour.

A New York Times Most Anticipated Book of the Summer A laboos-tugging romp through the shame, stink, and strange science of sweating. Sweating may be one of our weirdest biological functions, but it's also one of our most vital and least understood. In The Joy of Sweat, Sarah Everts delves into its role in the body—and in human history. Why is sweat salty? Why do we sweat when stressed? Why do some people produce colorful sweat? And should you worry about Big Brother tracking the hundreds of molecules that leak out in your sweat—not just the stinky ones or alleged pheromones—but the ones that reveal secrets about your health and vices? Everts's entertaining investigation takes readers around the world—from Moscow, where she participates in a dating event in which people sniff sweat in search of love, to New Jersey, where companies hire trained armpit sniffers to assess the efficacy of their anti-sweat products. In Finland, Everts explores the delights of the legendary smoke sauna and the purported health benefits of good sweat, while in the Netherlands she slips into the sauna theater scene, replete with costumes, special effects, and towel dancing. Along the way, Everts traces humanity's long quest to control sweat, culminating in the multibillion-dollar industry for deodorants and antiperspirants. And she shows that while sweating can be annoying, our sophisticated temperature control strategy is one of humanity's most powerful biological traits. Deeply researched and written with great zest, The Joy of Sweat is a fresh take on a gross but engrossing fact of human life.

Five Years in the Data Scientist and Her Magical Bookmobile is a picture book for young readers that explores and explains one of today's most important and fastest-growing professions: data science! How can recording and analyzing data for patterns help make predictions about the future? Join Beatrice as she finds out. Beatrice loves four different things: reading, science, dragons, and swings! When a mysterious bookmobile drives down her street, the driver Florence knows exactly what books will delight all the kids in the neighborhood. But how? Beatrice watches the scene throughout the day to record and analyze each of her friend's responses to Florence's same questions. Is Florence a psychic? Or is there a logical pattern at play? Can Beatrice ensure she answers to get the outcome she craves? Florence the Data Scientist helps young readers (and their parents!) understand the amazing predictive power of recording and analyzing trends and data.

A Four Thousand Year History

Lab Girl

The New Science of Courage, Caution, & Chance

How a Handful of Scientists Obscured the Truth on Issues from Tobacco Smoke to Global Warming

Tides of History

Integrating Reading, Writing, Speaking, and Listening Into Science Instruction, 6-12

Florence the Data Scientist and Her Magical Bookmobile

For hundreds of years it was common sense: women were the inferior sex. Their bodies were weaker, their minds feebleer, their role subservient. Science has continued to tell us that men and women are fundamentally different. But a huge wave of research is now revealing that women are as strong, powerful, strategic, and smart as anyone else. Sabin takes readers on a journey to uncover science's failure to understand women and to show how women's bodies and minds are finally being rediscovered.

Science...For Her!Simon and Schuster

Using herself as a guinea pig, a science journalist explores "neuroplasticity" to find out whether she can make meaningful, lasting changes to the way her brain works. In books like THE HAPPINESS PROJECT, THE NO-SPEND YEAR, and THE YEAR OF YES, individuals have tried a specific experience and then reported on it, sharing the takeaway for the rest of us. In MY PLASTIC BRAIN, Caroline Williams spends a year exploring "neuroplasticity"—the brain's ability to reorganize itself by forming new neural connections—to find out whether she can make meaningful, lasting changes to the way her brain works. A science journalist with access to cutting edge experts and facilities, she volunteers herself as a test subject, challenging researchers to make real changes to the function and performance of her brain. She seeks to improve on everyday weaknesses such as her limited attention span and tendency to worry too much. She then branches out into more mysterious areas such as creativity and the perception of time. From Boston to Oxford, England, and Philadelphia to Freiburg, Germany, Williams travels to labs or virtually meets with scientists and tries their techniques of mindfulness meditation, magnetic brain stimulation, sustained focus exercises, stress response retraining, and more. She shares her intimate journey with readers to discover what neuroscience can really do for us.

Wall Street Journal bestseller "A welcome revelation." --The Financial Times Award-winning Wharton Professor and Choiceology podcast host Katy Milkman has devoted her career to the study of behavior change. In this ground-breaking book, Milkman reveals a proven path that can take you from where you are to where you want to be, with a foreword from psychologist Angela Duckworth, the best-selling author of Grit. Change comes most readily when you understand what's standing between you and success and tailor your solution to that roadblock. If you want to work out more but find exercise difficult and boring, downloading a goal-setting app probably won't help. But what if, instead, you transformed your workouts so they became a source of pleasure instead of a chore? Turning an uphill battle into a downhill one is the key to success. Drawing on Milkman's original research and the work of her world-renowned scientific collaborators, How to Change shares strategic methods for identifying and overcoming common barriers to change, such as impulsivity, procrastination, and forgetfulness. Through case studies and engaging stories, you'll learn: • Why timing can be everything when it comes to making a change • How to turn temptation and inertia into assets • That giving advice, even if it's about something you're struggling with, can help you achieve more Whether you're a manager, coach, or teacher aiming to help others change for the better or are struggling to kick-start change yourself, How to Change offers an invaluable, science-based blueprint for achieving your goals, once and for all.

How to discover what neuroscience can really do for us. The theoretical tools of literacy help us understand programming, promoters of coding for everyone often invoke the concept of "literacy," drawing parallels between reading and writing code and reading and writing text. In this book, Annette Vee examines the coding-as-literacy analogy and argues that it can be an apt rhetorical frame. The theoretical tools of literacy help us understand programming beyond a technical level, and in its historical, social, and conceptual contexts. Viewing programming from the perspective of literacy and literacy from the perspective of programming, she argues, shifts our understandings of both. Computer programming becomes part of an array of communication skills important in everyday life, and literacy, augmented by programming, becomes more capacious. Vee examines the ways that programming is linked with literacy in coding literacy campaigns, considering the ideologies that accompany this coupling, and she looks at how both writing and programming encode and distribute information. She explores historical parallels between writing and programming, using the evolution of mass textual literacy to shed light on the trajectory of code from military and government infrastructure to large-scale businesses to personal use. Writing and coding were institutionalized, domesticated, and then established as a basis for literacy. Just as societies demonstrated a "literate mentality" regardless of the literate status of individuals, Vee argues, a "computational mentality" is now emerging even though coding is still a specialized skill.

A Science Writer's Odyssey into an Illness Science Doesn't Understand

The Body Book

Backslipe

The Disordered Cosmos

The Scientist and the Spy

A Novel

NEW YORK TIMES BESTSELLER The complete, uncensored history of the award-winning The Daily Show with Jon Stewart, as told by its correspondents, writers, and host. For almost seventeen years, The Daily Show with Jon Stewart brilliantly redefined the borders between television comedy, political satire, and opinionated news coverage. It launched the careers of some of today's most significant comedians, highlighted the hypocrisies of the powerful, and garnered 23 Emmys. Now the show's behind-the-scenes gags, controversies, and camaraderie will be chronicled by the players themselves, from legendary host Jon Stewart to the star cast members and writers—including Samantha Bee, Stephen Colbert, John Oliver, and Steve Carell - plus some of The Daily Show's most prominent guests and adversaries: John and Cindy McCain, Glenn Beck, Tucker Carlson, and many more. This oral history takes the reader behind the curtain for all the show's highlights, from its origins as Comedy Central's underdog late-night program to Trevor Noah's succession, rising from a scrappy jester in the 24-hour political news cycle to become part of the beating heart of politics-a trusted source for not only comedy, but also commentary, with a reputation for calling bullshit and an ability to effect real change in the world. Through years of incisive election coverage, passionate debates with President Obama and Hillary Clinton, feuds with Bill O'Reilly and Fox, and provocative takes on Wall Street and racism, The Daily Show has been a cultural touchstone. Now, for the first time, the people behind the show's seminal moments come together to share their memories of the last-minute rewrites, improvisations, pranks, romances, blow-ups, and moments of Zen both on and off the set of one of America's most groundbreaking shows.

National Bestseller Winner of the National Book Critics Circle Award for Autobiography A New York Times Notable Book Geobotologist Hope Jahren has spent her life studying trees, flowers, seeds, and soil. Lab Girl is her revelatory treatise on plant life—but it is also a celebration of the lifelong curiosity, humility, and passion that drive every scientist. In these pages, Hope takes us back to her Minnesota childhood, where she spent hours in unfettered play in her father's college laboratory. She tells us how she found a sanctuary in science, learning to perform lab work "with both the heart and the hands." She introduces us to Bill, her brilliant, eccentric lab manager. And she extends the mantle of science to each one of her readers, inviting us to join her in observing and protecting our environment. Warm, luminous, compulsively readable, Lab Girl vividly demonstrates the mountains that we can move when love and work come together. Winner of the American Association for the Advancement of Science/Subaru Science Books & Film Prize for Excellence in Science Books Finalist for the PEN/E.O. Wilson Literary Science Writing Award One of the Best Books of the Year: The Washington Post, TIME.com, NPR, Slate, Entertainment Weekly, Newsday, Minneapolis Star Tribune, Kirkus Reviews

What are these laboratory tools and how do you use them? Fuel your little scientist's imagination by using coloring to introduce the concept of a laboratory. Coloring is an activity that comes with many benefits, including the development of motor skills, the stimulation of creativity and the improvement of hand and eye coordination, too. Grab a copy now! Julie Rehmeyer felt like she was going to the desert to die. Julie fully expected to be breathing at the end of the trip—but driving into Death Valley felt like giving up, surrendering. She'd spent years battling a mysterious illness so extreme that she often couldn't turn over in her bed. The top specialists in the world were powerless to help, and research on her disease, chronic fatigue syndrome, was at a near standstill. Having exhausted the plausible ideas, Julie turned to an impossible one. Going against both her instincts and her training as a science journalist and mathematician, she followed the advice of strangers she'd met on the Internet. Their theory—that mold in her home and possessions was making her sick—struck her as wacky pseudoscience. But they had recovered from chronic fatigue syndrome as severe as hers. To test the theory that toxic mold was making her sick, Julie drove into the desert alone, leaving behind everything she owned. She wasn't even certain she was well enough to take care of herself once she was there. She felt stripped not only of the life she'd known, but any future she could imagine. With only her scientific savvy, investigative journalism skills, and dog, Frances, to rely on, Julie carved out her own path to wellness—and uncovered how shocking scientific neglect and misconduct had forced her and millions of others to go it alone. In stunning prose, she describes how her illness transformed her understanding of science, medicine, and spirituality. Through the Shadowlands brings scientific authority to a misunderstood disease and spins an incredible and compelling story of tenacity, resourcefulness, acceptance, and love.

Five years in the writing by one of science fiction's most honored authors, Doomsday Book is a storytelling triumph. Connie Willis draws upon her understanding of the universalities of human nature to explore the ageless issues of evil, suffering and the indomitable will of the human spirit. For Kivrin, preparing an on-site study of one of the deadliest eras in humanity's history was as simple as receiving inoculations against the diseases of the fourteenth century and inventing an antidote for a woman traveling alone. For her instructors in the twenty-first century, it meant painstaking calculations and careful monitoring of the rendezvous location where Kivrin would be received. But a crisis straggling linking past and future strands Kivrin in a bygone age as her fellows try desperately to rescue her. In a time of superstition and fear, Kivrin—barely of age herself—finds she has become an unlikely agent of hope during one of history

From a star theoretical physicist, a journey into the world of particle physics and the cosmos—and a call for a more liberatory practice of science. Winner of the 2021 Los Angeles Times Book Prize in Science & Technology A Finalist for the 2022 PEN/E.O. Wilson Literary Science Writing Award A Smithsonian Magazine Best Science Book of 2021 A Symmetry Magazine Top 10 Physics Book of 2021 An Entropy Magazine Best Nonfiction Book of 2020-2021 A Publishers Weekly Best Nonfiction Book of the Year A Kirkus Reviews Best Nonfiction Book of 2021 A Booklist Top 10 Sci-Tech Book of the Year In The Disordered Cosmos, Dr. Chanda Prescod-Weinstein shares her love for physics, from the Standard Model of Particle Physics and what lies beyond it, to the physics of melanin in skin, to the latest theories of dark matter—along with a perspective informed by history, politics, and the wisdom of Star Trek. One of the leading physicists of her generation, Dr. Chanda Prescod-Weinstein is also one of fewer than one hundred Black American women to earn a PhD from a department of physics. Her vision of the cosmos is vibrant, buoyantly nontraditional, and grounded in Black and queer feminist lineages. Dr. Prescod-Weinstein urges us to recognize how science, like most fields, is rife with racism, misogyny, and other forms of oppression. She lays out a bold new approach to science and society, beginning with the belief that we all have a fundamental right to know and love the night sky. The Disordered Cosmos dreams into existence a world that allows everyone to experience and understand the wonders of the universe.

My Plastic Brain
An Oral History as Told by Jon Stewart, the Correspondents, Staff and Guests
The Stories of Science
Science..For Her!
The Daily Show (The Book)
Through the Shadowlands