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*Outlines a
simple Emotional
Freedom
Techniques
formula that
works to
alleviate back
pain through the*

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*identification
and release of
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restructure the
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the world's food
supply came into
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*consistently
violating the
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science, and how
for more than
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hundreds of
eminent
biologists and
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Oxford,
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range of
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*Celebrated New
York Times
columnist and
science writer
Carl Zimmer
presents a
profoundly
original
perspective on
what we pass
along from
generation to
generation.
Charles Darwin*

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played a crucial part in turning heredity into a scientific question, and yet he failed spectacularly to answer it. The birth of genetics in the early 1900s seemed to do precisely that. Gradually,

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people

*translated their
old notions
about heredity
into a language
of genes. As the
technology for
studying genes
became cheaper,
millions of
people ordered
genetic tests to
link themselves
to missing*

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*parents, to
distant
ancestors, to
ethnic
identities...
But, Zimmer
writes, "Each of
us carries an
amalgam of
fragments of
DNA, stitched
together from
some of our many
ancestors. Each*

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piece has its own ancestry, traveling a different path back through human history. A particular fragment may sometimes be cause for worry, but most of our DNA influences who we are—our appearance, our

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*height, our
penchants—in
inconceivably
subtle ways.”
Heredity isn't
just about genes
that pass from
parent to child.
Heredity
continues within
our own bodies,
as a single cell
gives rise to
trillions of*

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*cells that make
up our bodies.
We say we
inherit genes
from our
ancestors—using
a word that once
referred to
kingdoms and
estates—but we
inherit other
things that
matter as much
or more to our*

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*lives, from
microbes to
technologies we
use to make life
more
comfortable. We
need a new
definition of
what heredity is
and, through
Carl Zimmer's
lucid exposition
and
storytelling,*

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*this resounding
tour de force
delivers it.*

*Weaving
historical and
current
scientific
research, his
own experience
with his two
daughters, and
the kind of
original
reporting*

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*expected of one
of the world's
best science
journalists,
Zimmer
ultimately
unpacks urgent
bioethical
quandaries
arising from new
biomedical
technologies,
but also long-
standing*

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and Resilience
Hacking the Code
of Life
Healing Its
Roots in Brain,
Body and Memory
The Heart of
Healing
We've joked about*

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having the right genes for happiness, but it turns out that we might have just that. New evidence from the emerging science of epigenetics shows that there is a complex interplay between some of our key regulatory

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genes, and our emotional state. The practical applications of epigenetics were summarized in two bestsellers, Bruce Lipton's The Biology of Belief and Dawson Church's The Genie in Your Genes. In

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this new book,
Dawson Church
presents, in simple,
non-scientific
language, the latest
research on how
your mental state
affects these genes.
He shows how
belief, intention,
forgiveness,
meditation, altruism,

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optimism, and other attributes of happiness can exercise a powerful effect on our stress genes. These genes are involved with aging and immunity, and by changing our emotional state to a happier one, we turn on the genes that

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promote better health and longevity. He shows that the effects of these emotional practices can add many healthy years to our lives. The book is also the first to lay out a daily plan for epigenetic emotional health, which even a

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busy person can do
in just 19 minutes a
day. Inspirational,
yet firmly grounded
in evidence-based
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revolutionary
blueprint for
applying the best of
modern science to
create a happier and

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healthier future.

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exposition of
evolutionary
thought. Professor
Dawkins articulates
a gene's eye view of
evolution - a view
giving centre stage
to these persistent
units of information,
and in which
organisms can be
seen as vehicles for

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their replication.

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powerful, and
stylistically brilliant
work not only
brought the insights
of Neo-Darwinism
to a wide audience,
but galvanized the
biology community,
generating much
debate and

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stimulating whole
new areas of
research. Forty years
later, its insights
remain as relevant
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it was published.

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anniversary edition
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epilogue from the
author discussing the

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continuing relevance of these ideas in evolutionary biology today, as well as the original prefaces and foreword, and extracts from early reviews. Oxford Landmark Science books are 'must-read' classics of modern science writing

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which have
crystallized big
ideas, and shaped the
way we think.

"Families are riddled
with untold secrets.

But Stephen
Hinshaw would have
never thought that in
his family a
profound secret had
been kept under lock

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and key for 18 years.

From the moment
his father revealed
his long history with
mental illness and
involuntary
hospitalizations,
Hinshaw knew his
life would be
changed forever.
Hinshaw calls his
father's reveal

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"psychological
birth"--after years of
experiencing the ups
and downs of his
father's illness
without knowing it
existed, watching
him disappear for
weeks at a time only
to return as the
loving father he had
always known,

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everything he experienced as a child began to make sense. He learned as much as possible about his father's illness, and what began as an exploration into his father's past and mental health turned into a full-fledged

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career as a clinical
psychologist. In
Another Kind of
Madness, Hinshaw
explores the burden
of living in a family
"loaded" with mental
illness and debunks
the "stigma" behind
it, explaining that in
today's society,
mental health

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problems can result in a loss of a driver's license, inability to vote or run for office, ineligibility for jury service, or automatic relinquishment of child custody. With a moving personal narrative and shocking facts about

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how America views
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conditions in the
21st century,
Another Kind of
Madness is a
passionate call to
arms regarding the
importance of
destigmatizing
mental illness"--
Best Health Book of

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2018 - American

Book Fest. Best

Science Books of

2018 - Bookbub.

Every creation

begins as a thought,

from a symphony to

a marriage to an ice

cream cone to a

rocket launch. When

we have an

intention, a complex

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chain of events
begins in our brains.
Thoughts travel as
electrical impulses
along neural
pathways. When
neurons fire together
they wire together,
creating
electromagnetic
fields. These fields
are invisible energy,

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yet they influence
the molecules of
matter around us the
way a magnet
organizes iron
filings. In Mind to
Matter, award-
winning researcher
Dawson Church
explains the science
showing how our
minds create matter.

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Different intentions produce different fields and different material creations. The thoughts and energy fields we cultivate in our minds condition the atoms and molecules around us. We can now trace the science behind each

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link in chain from
thought to thing,
showing the
surprising ways in
which our intentions
create the material
world. The science
in the book is
illustrated by many
authentic case
histories of people
who harnessed the

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extraordinary power
of the mind to
create. They include:
Adeline, whose
Stage 4 cancer
disappeared after she
imagined "healing
stars" Raymond
Aaron and two of his
clients, each of
whom manifested \$1
million in the same

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week Elon Musk,
who bounced back
from devastating
tragedy to found
Tesla and SpaceX
Graham Phillips,
who grew the
emotional regulation
part of his brain by
22.8% in two
months Jennifer
Graf, whose

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grandfather's long-dead radio came to life to play love songs the day of her wedding Harold, whose 80% hearing loss reversed in an hour Joe Marana, whose deceased sister comforted him from beyond the grave Rick Geggie,

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whose clogged
arteries cleared up
the night before
cardiac surgery
Matthias Rust, a teen
whose "airplane
flight for peace"
changed the fate of
superpowers Wanda
Burch, whose dream
about cancer told the
surgeon exactly

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where to look for it

An MIT freshman student who can precipitate sodium crystals with his mind John, who found himself floating out of his body and returned to find his AIDS healed Dean, whose cortisol levels dropped by

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48% in a single hour
In Mind to Matter,
Dawson Church
shows that these
outcomes aren't a
lucky accident only
a few people
experience.

Neuroscientists have
measured a specific
brain wave formula
that is linked to

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manifestation. This "flow state" can be learned and applied by anyone. New discoveries in epigenetics, neuroscience, electromagnetism, psychology, vibration, and quantum physics connect each step in

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the process by which
mind creates matter.
They show that the
whole universe is
self-organizing, and
when our minds are
in a state of flow,
they coordinate with
nature's emergent
intelligence to
produce
synchronous

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outcomes. The book contained over 150 photos and illustrations that explain the process, while an "Extended Play" section at the end of each chapter provides additional resources. As Mind to Matter drops each piece of the

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scientific puzzle into place, it leaves us with a profound understanding of the enormous creative potential of our minds. It also gives us a road map to cultivating these remarkable brain states in our daily lives.

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The Language Your
Body Speaks
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Trauma

The Mutant Project
40th Anniversary
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Inside the Global
Race to Genetically
Modify Humans

The EFT Manual

Breaking The Habit

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of Being Yourself

Your genes respond to your thoughts, emotions and beliefs. The way you use your mind shapes your brain, turning genes on and off in ways that can dramatically affect your health and wellbeing. In this best-selling,

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award-winning
book, researcher
Dawson Church
reveals the exciting
applications of the
new science of
Epigenetics
(epi=above, i.e.
control above the
level of the gene) to
healing. Citing
hundreds of
scientific studies,

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and telling the stories of dozens of people who have used his ideas for their own healing, he shows how you can apply these discoveries in your own life. He explains how electromagnetic energy flows in your body and

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affects your cells,
and how the new
fields of energy
medicine and
energy psychology
can help cases that
are beyond the
reach of
conventional
medicine. He shows
how your hormonal,
neurological,
connective tissue,

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neurotransmitter systems all work in harmony to conduct a coordinated flow of information throughout your body. As you take conscious control of the process, you produce a positive effect on your health, becoming

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breakthroughs. From award-winning science writer and bestselling author Dawson Church comes a groundbreaking approach to the treatment of trauma. A growing number of studies are demonstrating

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that EFT (Emotional
Freedom

Techniques) is one
of our most

effective therapies
for treating

trauma—but why?

How can something

so seemingly

simple treat

something so very

complex? The

answer lies in the

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way EFT seamlessly integrates the physical, emotional, and energetic components needed for trauma recovery. Often referred to as “tapping,” EFT is an accessible practice that involves tapping specific acupressure points

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while repeating key phrases. By combining elements of cognitive and exposure therapies with acupressure points and energy psychology, EFT offers an effective mind-body methodology that anyone can learn to

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use. With Healing
the Roots of
Trauma, Dawson
Church, bestselling
author and founder
of the National
Institute for
Integrative
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examines the
growing body of
research on why
energy-based

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practices like EFT are so critical for the treatment of trauma. A fascinating journey into the science behind this powerful technique, this audio program will also explore what trauma is and how it affects the body, as well as

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describe basic EFT practices for healing and resilience.

At the core of your being, what are the joys and the wounds that live most vividly in you? What touches the most vulnerable parts of you? Now imagine our

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beautiful sentient planet Earth. What are the joys and wounds that touch her most deeply? What is the healing touch she longs for? In what ways can you bind the wounds that afflict her heart? These are some of the powerful questions

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asked by the thirty-three writers whose profound wisdom is collected in this book. From the core of their hearts to the core of the world's heart, they explore the issues and inspirations that lie at the center of the dilemmas facing

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humankind on the cusp of becoming a planetary species. Drawing on a rich variety of backgrounds, these entrepreneurs, doctors, educators, executives, healers, and leaders offer the personal and global solutions that point the way

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Science of How
Your Brain Creates
Material Reality

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says, is an ancient
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Madness

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doomed by your
genes and
hardwired to be
a certain way for
the rest of your
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genetics to show
you what is truly
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only will you be*

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necessary
knowledge to
change any
aspect of
yourself, but you
will be taught
the step-by-step
tools to apply
what you learn
in order to make
measurable*

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*yourself and
truly change
your mind, your
life will never be
the same!*

*At this threshold
of our species'
evolution there
is an increasing
recognition that
new approaches
are needed to*

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create the radical changes necessary for humanity to survive on this planet. Business is not exempt- it's at the center of this radical change. Business can even be the

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lynchpin around which the rest of social transformation takes place, and can lead the way as we relinquish our addiction to control and to the extreme competitiveness

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*that has
paralyzed us
and prevented
us from uniting
to address the
urgency of the
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EFT (Emotional Freedom

Techniques or

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"tapping") is used by an estimated 10 million people worldwide. Yet a lack of standardization has led to a field in which dozens of forms of EFT, with varying degrees of

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fidelity to the original, can be found. This led to the establishment of Clinical EFT, the form of EFT taught in the original EFT Manual and associated materials, and

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*validated in over
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field compile a
definitive outline
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protocol, as it is
applied in*

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the discovery that the brain is capable of rewiring itself-is now widely understood. But what few people have grasped yet is how quickly this is happening, how extensive brain changes can be, and how much

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control each of us has over the process. In Bliss Brain, famed researcher Dawson Church digs deep into leading-edge science, and finds stunning evidence of rapid and radical brain change. In

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just eight weeks of practice, 12 minutes a day, using the right techniques, we can produce measurable changes in our brains. These make us calmer, happier, and more resilient. When we

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"The
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deep meditation,

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Church shows how "the 7 neurochemicals of ecstasy" are released in our brains. These include anandamide, a neurotransmitter that's been named "the bliss molecule" because

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it mimics the effects of THC, the active ingredient in cannabis. It boosts serotonin and dopamine; the first is an analog of psilocybin, the second of cocaine. He shows how cultivating these elevated emotional

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states literally
produces a self-
induced high.

While writing Bliss
Brain, Church went
through a series of
disasters, including
escaping seconds
ahead of a
California wildfire
that consumed his
home and office

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and claimed 22 lives. The fire triggered a painful medical condition and a financial disaster. Through it all, Church steadily practiced the techniques of Bliss Brain while teaching them to thousands of other

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people. This book weaves his story of resilience into the fabric of neuroscience, producing a fascinating picture of just how happy we can make our brains, no matter what the odds.

The cutting edge

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of medicine today is not to be found in invasive therapies like drugs and surgeries. It is in the disciplines that used to be regarded as "soft" medicine: prayer, intention, energy healing,

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acupressure, and similar therapies. Overwhelming evidence from hundreds of scientific studies are showing that these safe, non-invasive approaches are often more effective,

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sometimes many times more effective, than conventional medicine. Two of the pioneers in the field, Dr. Norman Shealy, founder of the American Holistic Medical Association and world-famous

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neurosurgeon, and
Dr. Dawson
Church, one of the
foremost writers
and researchers in
vibrational healing,
and the editor or
author of many
books on the
subject, explain
the fundamentals
of energy

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medicine, its many applications to common ailments, and the latest scientific research. The cutting edge of medicine today is not to be found in invasive therapies like drugs and surgeries. It is in

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the disciplines that used to be regarded as 'soft' medicine: prayer, intention, energy healing, acupressure, and similar therapies. Overwhelming evidence from hundreds of scientific studies

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are showing that these safe, non-invasive approaches are often more effective, sometimes many times more effective, than conventional medicine. Two of the pioneers in the

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field, Dr Norman Shealy, founder of the American Holistic Medical Association and world-famous neurosurgeon, and Dr Dawson Church, one of the foremost writers and researchers in vibrational healing,

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and the editor or author of many books on the subject, explain the fundamentals of energy medicine, its many applications to common ailments, and the latest scientific research. A top behavioral

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geneticist makes the case that DNA inherited from our parents at the moment of conception can predict our psychological strengths and weaknesses. In *Blueprint*, behavioral

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geneticist Robert Plomin describes how the DNA revolution has made DNA personal by giving us the power to predict our psychological strengths and weaknesses from birth. A century of

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genetic research shows that DNA differences inherited from our parents are the consistent life-long sources of our psychological individuality—the blueprint that makes us who we are. This, says

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Plomin, is a game changer. Plomin has been working on these issues for almost fifty years, conducting longitudinal studies of twins and adoptees. He reports that genetics explains more of the

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psychological differences among people than all other factors combined.

Genetics accounts for fifty percent of psychological differences—not just mental health and school achievement but

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all psychological traits, from personality to intellectual abilities. Nature, not nurture is what makes us who we are. Plomin explores the implications of this, drawing some provocative

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conclusions—among them that parenting styles don't really affect children's outcomes once genetics is taken into effect. Neither tiger mothers nor attachment parenting affects children's ability to

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get into Harvard.
After describing
why DNA matters,
Plomin explains
what DNA does,
offering readers a
unique insider's
view of the exciting
synergies that
came from
combining
genetics and

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psychology.

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***heard of a person
who left you
wondering, "How
could someone
be so twisted? So
evil?" Prompted
by clues in her
sister's diary
after her
mysterious
death, author
Barbara Oakley***

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***takes the reader
inside the head of
the kinds of
malevolent
people you know,
perhaps all too
well, but could
never
understand.
Starting with
psychology as a
frame of***

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reference, Oakley uses cutting-edge images of the working brain to provide startling support for the idea that "evil" people act the way they do mainly as the result of a dysfunction. In

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***fact, some
deceitful,
manipulative, and
even sadistic
behavior appears
to be
programmed gen
etically—suggesti
ng that some
people really are
born to be bad.
Oakley links the***

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research to a
wide array of
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the harems of the
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chummy jokes of***

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"Uncle Joe"

Stalin, to the

remarkable

memory of

investor Warren

Buffet.

Throughout, she

never loses sight

of the personal

cost of evil genes

as she unravels

the mystery

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sister's
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the world woke
up to gene
editing with a
storm of
controversy over
twin girls born in
China with
genetic changes
deliberately
introduced by
scientists –***

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changes they will pass on to their own offspring.

Genetic modification (GM) has been with us for 45 years now, but the new system known as CRISPR or gene editing can manipulate the

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genes of almost any organism with a degree of precision, ease and speed that we could only dream of ten years ago. But is it ethical to change the genetic material of organisms in a

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way that might be passed on to future generations? If a person is suffering from a lethal genetic disease, is it unethical to deny them this option? Who controls the application of

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***this technology,
when it makes
'biohacking' –
perhaps of one's
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real possibility?
Nessa Carey's
book is a thrilling
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cutting-edge
technology that***

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moving field, a
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***a technology that
is already driving
major scientific
advances - and
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ethical
questions.'*** -

***Emily Anthes,
Undark***

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most exciting
field in biology
today, developing
our
understanding of
how and why we
inherit certain***

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***traits, develop
diseases and
age, and evolve
as a species.
This non-fiction
comic book
introduces us to
genetics, cell
biology and the
fascinating
science of
epigenetics,***

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which is rapidly filling in the gaps in our knowledge, allowing us to make huge advances in medicine. We'll look at what identical twins can teach us about the epigenetic effects

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environment and
experiences, why
certain genes are
'switched on' or
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embryonic
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frogs from a
single gut cell. In
Introducing
Epigenetics, Cath
Ennis and Oliver
Pugh pull apart
the double helix,
examining how
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building blocks
and messengers***

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Brain for
Resilience,
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Joy
Bliss Brain
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Dawson Church is***

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field, and this
manual is based on
Clinical EFT, the
only version of EFT
to be validated in
dozens of scientific
studies. Step by
step, you will learn
the "evidence-
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you back can be
quickly and easily
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understanding of
how our DNA
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that it is
programmed
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**around 64
archetypes, it
resembles the I
Ching in its vast
scope and profound
importance, and in
the resonant
character of its
symbolism. The
author shows how
there are two ways
to approach the
Gene Keys - the
analogue (holistic)**

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way and the digital (detailed) way. It is the combining of both analogue and digital that results in contemplation - the primary pathway into the Gene Keys. Since our beliefs shape our genes, when we change our beliefs, we change the chemistry of our body. The Gene

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***provide
instantaneous free
profiles known as
'Hologenetic
Profiles', which uses
astrological data
(time, date and place
of birth) to generate
a unique sequence
of Gene Keys that
relate to many
aspects of your life,
including the
underlying genetic***

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your relationships,
your finances, your
health and your life
purpose. As the
reader contemplates
the 64 Gene Keys
over time and
applies their
insights in his or her
own life, so one's
belief system will
begin to change and
our DNA will***

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***actually start to
transform the way
we think and feel.
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many scientific
studies of EFT.
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reduces
cortisol, your
main stress
hormone, while**

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anxiety,
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to long-term
weight loss.
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has been used
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thousands of
people to lose
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permanently.
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of the gene) to
healing. Citing
hundreds of
scientific
studies, and
telling the
stories of
dozens of
people who have
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lack of
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Feinstein, PhD,

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In Dawson Church's
story of the loss of an

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unborn child, he leads the reader to a deepening of spiritual insight and faith and a renewed commitment to happiness.

Ever since he was a child, Metal Gear Solid and Death Stranding creator Hideo Kojima was a voracious consumer of movies, music, and books. They ignited his passion for

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stories and storytelling, and the results can be seen in his groundbreaking, iconic video games. Now the head of independent studio Kojima Productions, Kojima's enthusiasm for entertainment media has never waned. This collection of essays explores some of the inspirations behind one

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of the titans of the video game industry, and offers an exclusive insight into one of the brightest minds in pop culture. -- VIZ Media

An anthropologist visits the frontiers of genetics, medicine, and technology to ask: Whose values are guiding gene editing experiments? And what does this new era of

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scientific inquiry mean for the future of the human species? "That rare kind of scholarship that is also a page-turner." —Britt Wray, author of *Rise of the Necrofauna* At a conference in Hong Kong in November 2018, Dr. He Jiankui announced that he had created the first genetically modified

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babies—twin girls named Lulu and Nana—sending shockwaves around the world. A year later, a Chinese court sentenced Dr. He to three years in prison for "illegal medical practice." As scientists elsewhere start to catch up with China's vast genetic research program, gene editing is fueling an innovation economy that

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threatens to widen racial and economic inequality. Fundamental questions about science, health, and social justice are at stake: Who gets access to gene editing technologies? As countries loosen regulations around the globe, from the U.S. to Indonesia, can we shape research agendas to promote an ethical and

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fair society? Eben Kirksey takes us on a groundbreaking journey to meet the key scientists, lobbyists, and entrepreneurs who are bringing cutting-edge genetic engineering tools like CRISPR—created by Nobel Prize-winning biochemists Jennifer Doudna and Emmanuelle

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Charpentier—to your local clinic. He also ventures beyond the scientific echo chamber, talking to disabled scholars, doctors, hackers, chronically-ill patients, and activists who have alternative visions of a genetically modified future for humanity. The Mutant Project empowers us to ask the right questions,

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A provocative and timely case for how the science of genetics can help create a more just and equal society In recent years, scientists like Kathryn Paige Harden have shown that DNA makes us different, in our personalities and in our health—and in

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ways that matter for educational and economic success in our current society. In *The Genetic Lottery*, Harden introduces readers to the latest genetic science, dismantling dangerous ideas about racial superiority and challenging us to grapple with what equality really means in a world where people

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are born different. Weaving together personal stories with scientific evidence, Harden shows why our refusal to recognize the power of DNA perpetuates the myth of meritocracy, and argues that we must acknowledge the role of genetic luck if we are ever to create a fair society. Reclaiming

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genetic science from the legacy of eugenics, this groundbreaking book offers a bold new vision of society where everyone thrives, regardless of how one fares in the genetic lottery.

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