

## Mind Power Into The 21st Century

This book argues that Europe, through the European Union (EU), should act as a great power in the 21st century. The course of world politics is determined by the interaction between great powers. Those powers are the US, the established power; Russia, the declining power; China, the rising power; and the EU, the power that doesn't know whether it wants to be a power. If the EU does not just want to undergo the policies of the other powers it will have to become one itself, but it should differ in its strategy. In this book, Sven Biscop seeks to demonstrate that the EU has the means to pursue a distinctive great power strategy, a middle way between dreamy idealism and unprincipled pragmatism, and can play a crucial stabilizing role in this increasingly unstable world. Written by a leading scholar, this book will be of much interest to students of European security, EU policy, strategic studies and international relations.

Current mainstream opinion in psychology, neuroscience, and philosophy of mind holds that all aspects of human mind and consciousness are generated by physical processes occurring in brains. The present volume demonstrates empirically that this reductive materialism is not only incomplete but false. The authors systematically marshal evidence for a variety of psychological phenomena that are

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extremely difficult, and in some cases clearly impossible, to account for in conventional physicalist terms.

People are using the future to search for better ways to achieve sustainability, inclusiveness, prosperity, well-being and peace. In addition, the way the future is understood and used is changing in almost all domains, from social science to daily life. This book presents the results of significant research undertaken by UNESCO with a number of partners to detect and define the theory and practice of anticipation around the world today. It uses the concept of 'Futures Literacy' as a tool to define the understanding of anticipatory systems and processes – also known as the Discipline of Anticipation. This innovative title explores: • new topics such as Futures Literacy and the Discipline of Anticipation; • the evidence collected from over 30 Futures Literacy Laboratories and presented in 14 full case studies; • the need and opportunity for significant innovation in human decision-making systems. This book will be of great interest to scholars, researchers, policy-makers and students, as well as activists working on sustainability issues and innovation, future studies and anticipation studies. The Open Access version of this book, available at <https://www.taylorfrancis.com/books/e/9781351047999>, has been made available under a Attribution-NonCommercial-NoDerivs 3.0 IGO (CC-

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Virtually everyone fears mental deterioration as they age. But in the past thirty years neuroscientists have discovered that the brain is actually designed to improve throughout life. How can you encourage this improvement? Brain Power shares practical, state-of-the-evidence answers in this inspiring, fun-to-read plan for action. The authors have interviewed physicians, gerontologists, and neuroscientists; studied the habits of men and women who epitomize healthy aging; and applied what they describe in their own lives. The resulting guidance; along with the accompanying downloadable Brain Sync audio program; can help you activate unused brain areas, tone mental muscles, and enliven every faculty.

“Pollan keeps you turning the pages . . . cleareyed and assured.” —New York Times A #1 New York Times Bestseller, New York Times Book Review 10 Best Books of 2018, and New York Times Notable Book A brilliant and brave investigation into the medical and scientific revolution taking place around psychedelic drugs--and the spellbinding story of his own life-changing psychedelic experiences When Michael Pollan set out to research how LSD and psilocybin (the active ingredient in magic mushrooms) are being used to provide relief to people suffering from difficult-to-treat conditions such as depression, addiction and anxiety, he did not intend to write what is undoubtedly his most personal

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book. But upon discovering how these remarkable substances are improving the lives not only of the mentally ill but also of healthy people coming to grips with the challenges of everyday life, he decided to explore the landscape of the mind in the first person as well as the third. Thus began a singular adventure into various altered states of consciousness, along with a dive deep into both the latest brain science and the thriving underground community of psychedelic therapists. Pollan sifts the historical record to separate the truth about these mysterious drugs from the myths that have surrounded them since the 1960s, when a handful of psychedelic evangelists inadvertently catalyzed a powerful backlash against what was then a promising field of research. A unique and elegant blend of science, memoir, travel writing, history, and medicine, *How to Change Your Mind* is a triumph of participatory journalism. By turns dazzling and edifying, it is the gripping account of a journey to an exciting and unexpected new frontier in our understanding of the mind, the self, and our place in the world. The true subject of Pollan's "mental travelogue" is not just psychedelic drugs but also the eternal puzzle of human consciousness and how, in a world that offers us both suffering and joy, we can do our best to be fully present and find meaning in our lives. A startling work of historical sleuthing and synthesis, *Of Fear and Strangers* reveals the forgotten histories

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of xenophobia—and what they mean for us today. By 2016, it was impossible to ignore an international resurgence of xenophobia. What had happened? Looking for clues, psychiatrist and historian George Makari started out in search of the idea's origins. To his astonishment, he discovered an unfolding series of never-told stories. While a fear and hatred of strangers may be ancient, he found that the notion of a dangerous bias called "xenophobia" arose not so long ago. Coined by late-nineteenth-century doctors and political commentators and popularized by an eccentric stenographer, xenophobia emerged alongside Western nationalism, colonialism, mass migration, and genocide. Makari chronicles the concept's rise, from its popularization and perverse misuse to its spread as an ethical principle in the wake of a series of calamities that culminated in the Holocaust, and its sudden reappearance in the twenty-first century. He investigates xenophobia's evolution through the writings of figures such as Joseph Conrad, Albert Camus, and Richard Wright, and innovators like Walter Lippmann, Sigmund Freud, Jean-Paul Sartre, Simone de Beauvoir, and Frantz Fanon. Weaving together history, philosophy, and psychology, Makari offers insights into varied, related ideas such as the conditioned response, the stereotype, projection, the Authoritarian Personality, the Other, and institutional bias. Masterful, original, and elegantly written, *Of Fear and Strangers* offers

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us a unifying paradigm by which we might more clearly comprehend how irrational anxiety and contests over identity sweep up groups and lead to the dark headlines of division so prevalent today. The ultimate guide for anyone wondering how President Joe Biden will respond to the COVID-19 pandemic—all his plans, goals, and executive orders in response to the coronavirus crisis. Shortly after being inaugurated as the 46th President of the United States, Joe Biden and his administration released this 200 page guide detailing his plans to respond to the coronavirus pandemic. The National Strategy for the COVID-19 Response and Pandemic Preparedness breaks down seven crucial goals of President Joe Biden's administration with regards to the coronavirus pandemic: 1. Restore trust with the American people. 2. Mount a safe, effective, and comprehensive vaccination campaign. 3. Mitigate spread through expanding masking, testing, data, treatments, health care workforce, and clear public health standards. 4. Immediately expand emergency relief and exercise the Defense Production Act. 5. Safely reopen schools, businesses, and travel while protecting workers. 6. Protect those most at risk and advance equity, including across racial, ethnic and rural/urban lines. 7. Restore U.S. leadership globally and build better preparedness for future threats. Each of these goals are explained and detailed in the book, with evidence about the current

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circumstances and how we got here, as well as plans and concrete steps to achieve each goal. Also included is the full text of the many Executive Orders that will be issued by President Biden to achieve each of these goals. The National Strategy for the COVID-19 Response and Pandemic Preparedness is required reading for anyone interested in or concerned about the COVID-19 pandemic and its effects on American society.

In *Quantum Warrior: The Future of the Mind*, John Kehoe combines the most up-to-date scientific discoveries with mystical teachings from our major religions to create a vision of the quantum warrior and the possibilities of our future as a species.

Kehoe teaches us the methods for incorporating new visionary techniques into our daily lives. This book is for anyone wanting to learn about the mysteries of life and the vastness of human potential. Original.

Children are precious in China especially as its population ages rapidly. The unprecedented fast urbanization and massive internal migration have profoundly changed almost every aspect of society. They have impacted the livelihood of children of migrants most. Because of the hukou system and related policies, China's internal migrants face major obstacles to assimilate into cities. But more than that, as this book shows, these policies have also torn families apart on a scale unseen heretofore. More than 100 million children grow up in unstable families and the great majority have suffered from prolonged separation from their parents in the migratory upheaval. This book provides an updated analysis of this mega and painful process unfolding at various geographical

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scales. The chapters revolve around the central notion of family togetherness, or the lack thereof. The book measures, dissects, and analyses the impacts of migration on children and recommends policies to address major problems from a variety of disciplinary perspectives employing different methodologies. The problems faced by the children of migrants remain enormous, and it is a looming huge crisis in the making. If unaddressed, those problems can damage a whole generation with serious consequences. The chapters in this book were first published in *Eurasian Geography and Economics*.

Harness the power of your subconscious to create a life you desire! *The Power of Your Subconscious Mind* teaches us how to remove the subconscious obstacles that prevent us from achieving the success we wish for. In this book, bestselling author Joseph Murphy asserts that life events are actually the result of the workings of our conscious and subconscious minds. He suggests practical techniques through which one can change one's destiny, principally by focusing and redirecting this miraculous energy. In these pages are the ways in which one can unleash the extraordinary mental powers to acquire self-confidence, attain professional success, create wealth, build harmonious relationships, overcome fears, get rid of bad habits and promote overall well-being and happiness. Covering a variety of topics from healing to academia to riches, the author cites numerous compelling examples of the power of our thoughts and beliefs in influencing our reality. When we change our thinking and prepare our subconscious mind, we change our destiny. Joseph Murphy was an American author and New Thought minister, ordained in Divine Science and Religious Science. A popular speaker, Murphy lectured on both American coasts and in Europe, Asia, and South Africa. Murphy is considered one of the pioneering voices of

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affirmative-thinking philosophy.

A common sense New Age guide to using your mind effectively to improve your life.

Harness the wisdom of your subconscious with this modern interpretation of the timeless teachings featured in Dr. Joseph Murphy's definitive classic *The Power of Your Subconscious Mind*—now with expanded commentary and updated practices, providing a practical toolkit to help you manifest your deepest desires. Since its publication in 1963, Dr. Joseph Murphy's *The Power of Your Subconscious Mind* has sold millions of copies worldwide and continues to draw new generations of fans every year. Now, life coach and consultant C. James Jensen supplements Dr. Murphy's authoritative book with fresh lessons and a modern toolkit of practices—such as affirmation, visualization, meditation, and leadership skills—to help you harness your subconscious to live your best life.

"As someone who has spent forty years in psychology with a long-standing interest in evolution, I'll just assimilate Howard Bloom's accomplishment and my amazement."-DAVID SMILLIE, Visiting Professor of Zoology, Duke University In this extraordinary follow-up to the critically acclaimed *The Lucifer Principle*, Howard Bloom—one of today's preeminent thinkers—offers us a bold rewrite of the evolutionary saga. He shows how plants and animals (including humans) have evolved together as components of a worldwide learning machine. He describes the network of life on Earth as one that is, in fact, a "complex adaptive system," a global brain in which each of us plays a sometimes conscious, sometimes unknowing role. and he reveals that the World Wide Web is just the latest step in the development of this brain. These are theories as important as they are radical. Informed by twenty years of interdisciplinary research, Bloom takes us on a spellbinding journey back to the big bang to let us see how its

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fires forged primordial sociality. As he brings us back via surprising routes, we see how our earliest bacterial ancestors built multitrillion-member research and development teams a full 3.5 billion years ago. We watch him unravel the previously unrecognized strands of interconnectedness woven by crowds of trilobites, hunting packs of dinosaurs, feathered flying lizards gathered in flocks, troops of baboons making communal decisions, and adventurous tribes of protohumans spreading across continents but still linked by primitive forms of information networking. We soon find ourselves reconsidering our place in the world. Along the way, Bloom offers us exhilarating insights into the strange tricks of body and mind that have organized a variety of life forms: spiny lobsters, which, during the Paleozoic age, participated in communal marching rituals; and bees, which, during the age of dinosaurs, conducted collective brainwork. This fascinating tour continues on to the sometimes brutal subculture wars that have spurred the growth of human civilization since the Stone Age. Bloom shows us how culture shapes our infant brains, immersing us in a matrix of truth and mass delusion that we think of as reality. *Global Brain* is more than just a brilliantly original contribution to the ongoing debate on the inner workings of evolution. It is a "grand vision," says the eminent evolutionary biologist David Sloan Wilson, a work that transforms our very view of who we are and why. The challenges to humanity posed by the digital future, the first detailed examination of the unprecedented form of power called "surveillance capitalism," and the quest by powerful corporations to predict and control our behavior. In this masterwork of original thinking and research, Shoshana Zuboff provides startling insights into the phenomenon that she has named surveillance capitalism. The stakes could not be higher: a global architecture of behavior modification threatens human nature in the twenty-first century just as

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industrial capitalism disfigured the natural world in the twentieth. Zuboff vividly brings to life the consequences as surveillance capitalism advances from Silicon Valley into every economic sector. Vast wealth and power are accumulated in ominous new "behavioral futures markets," where predictions about our behavior are bought and sold, and the production of goods and services is subordinated to a new "means of behavioral modification." The threat has shifted from a totalitarian Big Brother state to a ubiquitous digital architecture: a "Big Other" operating in the interests of surveillance capital. Here is the crucible of an unprecedented form of power marked by extreme concentrations of knowledge and free from democratic oversight. Zuboff's comprehensive and moving analysis lays bare the threats to twenty-first century society: a controlled "hive" of total connection that seduces with promises of total certainty for maximum profit -- at the expense of democracy, freedom, and our human future. With little resistance from law or society, surveillance capitalism is on the verge of dominating the social order and shaping the digital future -- if we let it.

Dr. Joseph Murphy (20th May 1898-16th Dec 1981), the author of the book grew up in a devout religious home. Determined to explore new ideas, he moved to the United States. He joined the Army also and served as a Pharmacist in the medical unit. During this journey he read the books of renowned authors. He got inspired. Of all his more than 30 books, the self-help manual "The Power of your Subconscious Mind" is the best seller. Murphy was a major figure in inspirational literature, mysticism and practical psychology that stressed personal development and self-reliance. The book, "The Miracles of your mind" surely opens up the infinite powers of your Subconscious mind. Lots of simple and easy to understand ways to make your Subconscious mind work for you to resume various life

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hurdles. The book mentions lots of practical techniques for achieving health, wealth, peace, and harmony. Also how your own mind works. It is of the greatest importance that we understand the interaction of the conscious and subconscious mind, in order to learn the true art of prayer. Trust the Subconscious mind to heal you. It knowes much more than your conscious mind about healing and restoring the mystery of the workings of the mind. The book reveals - how to apply the Subconscious mind to marital problems. Ignorance of the powers within you is the cause of all of your Marital trouble. Lots of tips are given, to have successful marital life. It all shows the miracles of the subconscious mind. Also the book explains how to harness the power of mind, thus making your life cool, calm and happy & properous.

Dr. Joseph Murphy, one of the world's best-known authorities on the power of the subconscious mind, shows readers not only how to unleash this power, but how to harness it and effectively use it to change their lives. Murphy provides revolutionary mind-focusing techniques that have helped countless thousands discover the laws of cosmic mind power and apply them to their daily lives. Combining the insights of world religion with the discoveries of modern psychology, readers will reach new levels of spiritual understanding that will allow them to bring forth new health, new happiness, new prosperity, and a wonderful new life of inner fulfillment. Packed with examples of actual success stories, readers learn how they can change themselves from within to overcome illness, find love, increase their business by 300%, and advance to executive career positions. Fully updated to reflect the sensibilities of the 21st century, this revised edition of a self-help classic is the key to overcoming the psychological barriers that stand in the way of greater material, spiritual, and emotional wealth.

Anecdote rich and illustrated with delightful cartoons, this

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invaluable book brims with innovative and practical ways to solve the problems of growing up. The insightful advice is drawn from the "Positive Start" program pioneered 25 years ago by John Kehoe.

Summary Of 21 Lessons for the 21st Century By Yuval Noah Harari - Book Summary - OneHour Reads We think we have seen the worst of this world: the violation of human rights, terrorism and killings here and there. Sadly, it is going to get worse because the future is not "bright". We also think we (humans) rule the world and nothing can ever change that but if we do nothing, the environment and technology would unseat us. Also, we are so engrossed in other seemingly important things except the things that can save us. In the book, "21 lessons for the 21st century, Yuval Noah Harari raises challenging questions about concepts that have become so enshrined in the global society and the author shows how these concepts have failed us, particularly now that we need them the most. This book rattles the foundation of everything we have believed over the years and how they are now the very things that have stopped us from coming together to fight and win the battle of the future. This book contains a comprehensive, well detailed summary and key takeaways of the original book by Yuval Noah Harari . It summarizes the book in detail, to help people effectively understand, articulate and imbibe the original work by Harari. This book is not meant to replace the original book but to serve as a companion to it Contained is an Executive Summary of the original book Key Points of each chapter and Brief chapter-by-chapter summaries To get this book, Scroll Up Now and Click on the "Buy now with 1-Click" Button to Download your Copy Right Away! Disclaimer: This is a summary, review of the book "21 Lessons for the 21st Century" and not the original book.

Your mind really can propel you to success or hold you back.

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Whether you want to remember more or worry less, control your anger or free your ambition, there is a way to change your life for the better by changing the way you think. In MIND POWER, James Borg will show you how to change the way you think, and act, forever.

The award-winning creator of the documentary *The Music Instinct* traces the efforts of visionary researchers and musicians to understand the biological foundations of music and its relationship to the brain and the physical world.

35,000 first printing.

*The United Nations in the 21st Century* provides a comprehensive yet accessible introduction to the United Nations, exploring the historical, institutional, and theoretical foundations of the UN. This popular text for courses on international organizations and international relations also discusses the political complexities facing the organization today. Thoroughly revised throughout, the fifth edition focuses on major trends since 2012, including changing power dynamics, increasing threats to peace and security, and the growing challenges of climate change and sustainability. It examines the proliferating public-private partnerships involving the UN and the debates over reforming the Security Council and the Secretary-General selection process. This edition also includes new case studies on peacekeeping and the use of force in the Democratic Republic of Congo and Mali, transnational terrorism and the emergence of ISIS, the Security Council's failure to act in Syria, the Syrian and global refugee/migrant crisis, and the conclusion of the Millennium Development Goals and framing of the Sustainable Development Goals.

**SUBCONSCIOUS MIND POWER INTO THE 21st CENTURY**, by MISS ANAM LIAQAT is a short self help book to inspire, motivate, and inform you about the hidden treasure of your subconscious mind power. That you can use your

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mind techniques to get everything you want in your life. Whatever you think you can or think you can't, you're right So why not think you can? Yes you can, do not underestimate your subconscious mind power, instead unleash full potential of your subconscious mind. why you do not think about success. Why not fill your head with thoughts of success, power, health, wealth, and achievement? Why not create a clear mental picture of what you want in life, and then constantly focus upon it until it's yours? This is what all of history's greatest achievers have done, and you can do it, too! That's really what this book is all about. It's about using mental techniques to create a clear vision for what you want in life. And by constantly reinforcing that vision, you get closer and closer to achieving it each day. Your actions may change a little, or you may not give up so easily, or you may start to believe and feel that you really can get what you want. But whatever the method, sooner or later, with enough desire and faith, you'll have it.

Your aim in life should be to achieve all of the wonderful things that are possible for you. There is no reason for you not to be earning twice as much as you are today, or even five or ten times as much. Your potential is practically limitless, if you could just learn how to utilize it. Clarity, Focus, and Concentration: Three strong, simple attributes needed to hone in your potential and hit the bull's eye! And just as you can develop your physical muscles through hard work and concentration, you can develop your mental muscles through continuous repetition. You have the ability right now to achieve more than you ever have before. Bull's Eye will teach you how to unleash your powers for success and accomplish more in the next few months than many people do in a lifetime.

Subliminal Success teaches you how to harness the power of your subconscious mind. Harnessing this power is the most

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effective way to change the way you think, which changes your outcome, which can change your life and, ultimately, your destiny. This book gives you the tools you need to get unstuck, make lasting changes, and have a more successful and happy life.

New York Times bestseller • Finalist for the Pulitzer Prize “This is a book to shake up the world.” —Ann Patchett  
Nicholas Carr’s bestseller *The Shallows* has become a foundational book in one of the most important debates of our time: As we enjoy the internet’s bounties, are we sacrificing our ability to read and think deeply? This 10th-anniversary edition includes a new afterword that brings the story up to date, with a deep examination of the cognitive and behavioral effects of smartphones and social media.

The true nature of our minds is enlightened and peaceful, as the depth of the ocean is calm and clear. But when we mentally grasp and emotionally cling to our wants and worries with all our energy, we lose our own enlightened freedom and healing power, only to gain stress and exhaustion, suffering and overexcitement, like the turbulent waves rolling on the surface of the ocean. Our minds possess the power to heal pain and stress, and to blossom into peace and joy, by loosening the clinging attitudes that Buddhists call “grasping at self.” If we apply the mind’s healing power, we can heal not only our mental and emotional afflictions, but physical problems also. This book is an invitation to awaken the healing power of mind through inspiring images and sounds, mindful movements, positive perceptions, soothing feelings, trusting confidence, and the realization

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of openness. The healing principle on which these exercises are based is the universal nature and omnipresent power envisioned in Mahayana Buddhism. Yet for healing, we don't have to be believers in any particular faith. We can heal body and mind simply by being what we truly are, and by allowing our own natural healing qualities to manifest: a peaceful and open mind, a loving and positive attitude, and warm, joyful energy in a state of balance and harmony.

We live in an era when the unprecedented speed of change means: The only certainty is uncertainty; you can't predict what skills will be useful in ten years time; in most professions knowledge is doubling every two or three years; and no job is forever--so being employable means being flexible and retraining regularly.

Accelerated Learning into the 21st Century contains a simple but proven plan that delivers the one key skill that every working person, every parent and student must master, and every teacher should teach: it's learning how to learn. The theory of eight multiple intelligences (linguistic, logical-mathematical, visual-spatial, kinesthetic, musical, interpersonal, intrapersonal, and naturalist) developed by Howard Gardner at Harvard University provides a foundation for the six-step MASTER-Mind system to facilitate learning (an acronym for Mind, Acquire, Search, Trigger, Exhibit, and Review), and is enhanced by the latest findings on the value of emotion and memory on the process of learning.

Combined with motivational stories of success applying these principles, and putting forth a clear vision of how the United States can dramatically improve the education

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system to remain competitive in the next century, Accelerated Learning into the 21st Century is a dynamic tool for self-improvement by individuals as diverse as schoolchildren and corporate executives.

#1 NEW YORK TIMES BESTSELLER • From the National Book Award–winning author of *Stamped from the Beginning* comes a “groundbreaking” (Time) approach to understanding and uprooting racism and inequality in our society—and in ourselves. “The most courageous book to date on the problem of race in the Western mind.”—The New York Times NAMED ONE OF THE BEST BOOKS OF THE YEAR BY The New York Times Book Review • Time • NPR • The Washington Post • Shelf Awareness • Library Journal • Publishers Weekly • Kirkus Reviews Antiracism is a transformative concept that reorients and reenergizes the conversation about racism—and, even more fundamentally, points us toward liberating new ways of thinking about ourselves and each other. At its core, racism is a powerful system that creates false hierarchies of human value; its warped logic extends beyond race, from the way we regard people of different ethnicities or skin colors to the way we treat people of different sexes, gender identities, and body types. Racism intersects with class and culture and geography and even changes the way we see and value ourselves. In *How to Be an Antiracist*, Kendi takes readers through a widening circle of antiracist ideas—from the most basic concepts to visionary possibilities—that will help readers see all forms of racism clearly, understand their poisonous consequences, and work to oppose them in our systems and in ourselves.

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Kendi weaves an electrifying combination of ethics, history, law, and science with his own personal story of awakening to antiracism. This is an essential work for anyone who wants to go beyond the awareness of racism to the next step: contributing to the formation of a just and equitable society. Praise for *How to Be an Antiracist* “Ibram X. Kendi’s new book, *How to Be an Antiracist*, couldn’t come at a better time. . . . Kendi has gifted us with a book that is not only an essential instruction manual but also a memoir of the author’s own path from anti-black racism to anti-white racism and, finally, to antiracism. . . . *How to Be an Antiracist* gives us a clear and compelling way to approach, as Kendi puts it in his introduction, ‘the basic struggle we’re all in, the struggle to be fully human and to see that others are fully human.’ ”—NPR “Kendi dissects why in a society where so few people consider themselves to be racist the divisions and inequalities of racism remain so prevalent. *How to Be an Antiracist* punctures the myths of a post-racial America, examining what racism really is—and what we should do about it.”—Time

Amoral, cunning, ruthless, and instructive, this multi-million-copy New York Times bestseller is the definitive manual for anyone interested in gaining, observing, or defending against ultimate control – from the author of *The Laws of Human Nature*. In the book that *People* magazine proclaimed “beguiling” and “fascinating,” Robert Greene and Joost Elffers have distilled three thousand years of the history of power into 48 essential laws by drawing from the philosophies of Machiavelli, Sun Tzu, and Carl Von Clausewitz and also from the

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lives of figures ranging from Henry Kissinger to P.T. Barnum. Some laws teach the need for prudence (“Law 1: Never Outshine the Master”), others teach the value of confidence (“Law 28: Enter Action with Boldness”), and many recommend absolute self-preservation (“Law 15: Crush Your Enemy Totally”). Every law, though, has one thing in common: an interest in total domination. In a bold and arresting two-color package, *The 48 Laws of Power* is ideal whether your aim is conquest, self-defense, or simply to understand the rules of the game.

A landmark book by marine biologist Wallace J. Nichols on the remarkable effects of water on our health and well-being. Why are we drawn to the ocean each summer? Why does being near water set our minds and bodies at ease? In *BLUE MIND*, Wallace J. Nichols revolutionizes how we think about these questions, revealing the remarkable truth about the benefits of being in, on, under, or simply near water. Combining cutting-edge neuroscience with compelling personal stories from top athletes, leading scientists, military veterans, and gifted artists, he shows how proximity to water can improve performance, increase calm, diminish anxiety, and increase professional success. *BLUE MIND* not only illustrates the crucial importance of our connection to water—it provides a paradigm shifting “blueprint” for a better life on this Blue Marble we call home.

This book addresses the issue of grand strategic stability in the 21st century, and examines the role of the key centres of global power - US, EU, Russia, China and India - in managing contemporary strategic threats. This edited volume examines the cooperative and conflictual

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capacity of Great Powers to manage increasingly interconnected strategic threats (not least, terrorism and political extremism, WMD proliferation, fragile states, regional crises and conflict and the energy-climate nexus) in the 21st century. The contributors question whether global order will increasingly be characterised by a predictable interdependent one-world system, as strategic threats create interest-based incentives and functional benefits. The work moves on to argue that the operational concept of world order is a Concert of Great Powers directing a new institutional order, norms and regimes whose combination is strategic-threat specific, regionally sensitive, loosely organised, and inclusive of major states (not least Brazil, Turkey, South Africa and Indonesia). Leadership can be singular, collective or coalition-based and this will characterise the nature of strategic stability and world order in the 21st century. This book will be of much interest to students of international security, grand strategy, foreign policy and IR. Graeme P. Herd is Co-Director of the International Training Course in Security Policy at the Geneva Centre for Security Policy (GCSP). He is co-author of several books and co-editor of *The Ideological War on Terror: World Wide Strategies for Counter Terrorism* (2007), *Soft Security Threats and European Security* (2005), *Security Dynamics of the former Soviet Bloc* (2003) and *Russia and the Regions: Strength through Weakness* (2003). "This book will enlighten and ennoble the reader." --Arun Gandhi, Gandhi Institute director and grandson of Mahatma Gandhi *Open Your Mind, Open Your Life* encourages and uplifts readers with more than 300

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inspiring guideposts based on the timeless wisdom of Eastern thought. It's filled with sage advice on opening life to its inherent joy, including: \* Master your past in the present, or the past will master your future. \* Instead of putting others in their place, put yourself in theirs. \* True happiness in life is found always within. \* As water carves through stone, those who persevere will win. \* Turn your face to the sun and shadows will only fall behind you. Open Your Mind, Open Your Life is richly illustrated with exquisite Far East-inspired patterns and original watercolor art. The book also includes profiles of great Buddhist and Eastern thinkers such as Nichiren, Lao-tzu, Confucius, and Mahatma Gandhi.

The instant New York Times bestseller “Expert storytelling . . . [Pollan] masterfully elevates a series of big questions about drugs, plants and humans that are likely to leave readers thinking in new ways.”—New York Times Book Review From #1 New York Times bestselling author Michael Pollan, a radical challenge to how we think about drugs, and an exploration into the powerful human attraction to psychoactive plants—and the equally powerful taboos. Of all the things humans rely on plants for—sustenance, beauty, medicine, fragrance, flavor, fiber—surely the most curious is our use of them to change consciousness: to stimulate or calm, fiddle with or completely alter, the qualities of our mental experience. Take coffee and tea: People around the world rely on caffeine to sharpen their minds. But we do not usually think of caffeine as a drug, or our daily use as an addiction, because it is legal and socially acceptable. So, then, what is a “drug”? And why, for example, is

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making tea from the leaves of a tea plant acceptable, but making tea from a seed head of an opium poppy a federal crime? In *This Is Your Mind on Plants*, Michael Pollan dives deep into three plant drugs—opium, caffeine, and mescaline—and throws the fundamental strangeness, and arbitrariness, of our thinking about them into sharp relief. Exploring and participating in the cultures that have grown up around these drugs while consuming (or, in the case of caffeine, trying not to consume) them, Pollan reckons with the powerful human attraction to psychoactive plants. Why do we go to such great lengths to seek these shifts in consciousness, and then why do we fence that universal desire with laws and customs and fraught feelings? In this unique blend of history, science, and memoir, as well as participatory journalism, Pollan examines and experiences these plants from several very different angles and contexts, and shines a fresh light on a subject that is all too often treated reductively—as a drug, whether licit or illicit. But that is one of the least interesting things you can say about these plants, Pollan shows, for when we take them into our bodies and let them change our minds, we are engaging with nature in one of the most profound ways we can. Based in part on an essay published almost twenty-five years ago, this groundbreaking and singular consideration of psychoactive plants, and our attraction to them through time, holds up a mirror to our fundamental human needs and aspirations, the operations of our minds, and our entanglement with the natural world.

"John Kehoe has articulated a set of life-changing

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principles for charting a course to success and happiness" from the back cover.

This book explores the military strategies of the five system-determining great powers during the twenty-first century. The book's point of departure is that analyses of countries' defence strategies should acknowledge that states come in various shapes and sizes and that their strategic choices are affected by their perceptions of their position in the international system and by power asymmetries between more and less resourceful states. This creates a diversity in strategies that is often overlooked in theoretically oriented analyses. The book examines how five major powers – the United States, China, the United Kingdom, France and Russia – have adjusted their strategies to improve or maintain their relative position and to manage power asymmetries during the twenty-first century. It also develops and applies an analytical framework for exploring and categorising the strategies pursued by the five major powers which combines elements of structural realism with research on power transition theory and status competition. The concluding chapter addresses questions related to stability and change in the present international system. This book will be of interest to students of strategic studies, foreign policy, and International Relations.

This business classic features straight-talking advice you'll never hear in school. Featuring a new foreword by Ariel Emanuel and Patrick Whitesell Mark H.

McCormack, one of the most successful entrepreneurs in American business, is widely credited as the founder of

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the modern-day sports marketing industry. On a handshake with Arnold Palmer and less than a thousand dollars, he started International Management Group and, over a four-decade period, built the company into a multimillion-dollar enterprise with offices in more than forty countries. To this day, McCormack's business classic remains a must-read for executives and managers at every level. Relating his proven method of "applied people sense" in key chapters on sales, negotiation, reading others and yourself, and executive time management, McCormack presents powerful real-world guidance on

- the secret life of a deal
- management philosophies that don't work (and one that does)
- the key to running a meeting—and how to attend one
- the positive use of negative reinforcement
- proven ways to observe aggressively and take the edge
- and much more

Praise for *What They Don't Teach You at Harvard Business School* "Incisive, intelligent, and witty, *What They Don't Teach You at Harvard Business School* is a sure winner—like the author himself. Reading it has taught me a lot."—Rupert Murdoch, executive chairman, News Corp, chairman and CEO, 21st Century Fox "Clear, concise, and informative . . . Like a good mentor, this book will be a valuable aid throughout your business career."—Herbert J. Siegel, chairman, Chris-Craft Industries, Inc. "Mark McCormack describes the approach I have personally seen him adopt, which has not only contributed to the growth of his business, but mine as well."—Arnold Palmer "There have been what we love to call dynasties in every sport. IMG has been different. What this one brilliant man, Mark

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McCormack, created is the only dynasty ever over all sport.”—Frank Deford, senior contributing writer, Sports Illustrated

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