

## Anthropology Appreciating Human Diversity Ebook

*This concise introductory textbook emphasizes the major concepts of both anthropology and the anthropology of religion. It is aimed at students encountering anthropology for the first time. Reviewers describe the text as vivid, rich, user-friendly, accessible, and well-organized. The Anthropology of Religion, Magic, and Witchcraft examines religious expression from a cross-cultural perspective while incorporating key theoretical concepts. In addition to providing a basic overview of anthropology, including definition of key terms and exposure to ethnographies, the text exposes students to the varying complexity of world religions.*

*Focused on the appreciation of anthropology, the new edition of Anthropology: Appreciating Human Diversity offers an up-to-date holistic introduction to general anthropology from the four-field perspective. Key themes of appreciating the experiences students bring to the classroom, appreciating human diversity, and appreciating the field of anthropology are showcased throughout the text. In this edition, Understanding Ourselves chapter openers and Through the Eyes of Others boxes show how anthropology helps us understand ourselves. New Appreciating Diversity boxes focus on the various forms of human biological and cultural diversity. Appreciating Anthropology boxes are also new to the text and focus on the value and usefulness of anthropological research and approaches.*

*A leading name in anthropology, Conrad Philip Kottak continues to define student learning in the cultural anthropology course. Cultural Anthropology offers an up-to-date holistic introduction to anthropology from the four-field perspective. Key themes of appreciating the experiences students bring to the classroom, appreciating human diversity, and appreciating the field of anthropology are showcased throughout the text. The program presents anthropology's core concepts and also demonstrates anthropology's relevance to the 21st-century world we inhabit. Revisions to the 18th edition of Cultural Anthropology were extensively informed by student data, collected anonymously by McGraw-Hill's adaptive learning system. Connect is the only integrated learning system that empowers students by continuously adapting to deliver precisely what they need, when they need it, and how they need it, so that your class time is more engaging and effective.*

*Balances science with spirituality in a study of human evolution, from the appearance of reflective consciousness to modern communications, and proposes three additional stages to be realized*

*Understanding Food and Culture, Second Edition*

*Seven Paradoxical Tales*

*Women, HIV, and Islam in Mali*

*Mirror for Humanity*

*How the World Changed Social Media*

*Communication Between Cultures*

*Occupational Therapies Without Borders*

The New York Times bestselling author of The Origins of Political Order offers a provocative examination of modern identity politics: its origins, its effects, and what it means for domestic and international affairs of state In 2014, Francis Fukuyama wrote that American institutions were in decay, as the state was progressively captured by powerful interest groups. Two years later, his predictions were borne out by the rise to power of a series of political outsiders whose economic nationalism and authoritarian tendencies threatened to destabilize the entire international order. These populist nationalists seek direct charismatic connection to “the people,” who are usually defined in narrow identity terms that offer an irresistible call to an in-group and exclude large parts of the population as a whole. Demand for recognition of one’s identity is a master concept that unifies much of what is going on in world politics today. The universal recognition on which liberal democracy is based has been increasingly challenged by narrower forms of recognition based on nation, religion, sect, race, ethnicity, or gender, which have resulted in anti-immigrant populism, the upsurge of politicized Islam, the fractious “identity liberalism” of college campuses, and the emergence of white nationalism. Populist nationalism, said to be rooted in economic motivation, actually springs from the demand for recognition and therefore cannot simply be satisfied by economic means. The demand for identity cannot be transcended; we must begin to shape identity in a way that supports rather than undermines democracy. Identity is an urgent and necessary book—a sharp warning that unless we forge a universal understanding of human dignity, we will doom ourselves to continuing conflict.

To these seven narratives of neurological disorder Dr. Sacks brings the same humanity, poetic observation, and infectious sense of wonder that are apparent in his bestsellers Awakenings and The Man Who Mistook His Wife for a Hat. These men, women, and one extraordinary child emerge as brilliantly adaptive personalities, whose conditions have not so much debilitated them as ushered them into another reality.

"Our newest generation, Generation Z, or Zoomers, are coming of age in a world rife with amazing new opportunities and unprecedented challenges. Born around the time the World Wide Web made its public debut in 1995, they are "digital natives," the first generation never to know the world without the Internet. They have grown up alongside powerful global networks that offer endless information and connectivity. They have also had the clear realization that their elders know no better than they do how to navigate ongoing crises; that they and their planet have been badly betrayed by decisions which preceded them. In Gen Z, Explained, a team of social scientists set out to take a comprehensive look at this generation, drawing on wide and lively interviews, surveys, and comprehensive linguistic analysis (deploying the authors' proprietary iGen Corpus, a 70-million word collection of Gen-Z-specific English language scraped from social media, time-aligned video transcriptions, and memes). It paints a portrait of an extraordinarily challenged, thoughtful, and promising generation--while sounding a warning to their elders. The authors show that despite all the seemingly insurmountable difficulties they face, this generation continues to be idealistic about the future and highly motivated to make change"--

An introduction to the study of sociology that includes information on different sociological theories, the founding fathers of sociology, the ways sociology is studied and practiced around the world, and other related topics.

The Sense of Beauty

Integrating Justice with Practice

An Anthropologist on Mars

Music and Some Highly Musical People

Perspectives and Practices

Character Strengths and Virtues

Homo Ludens

Technology and increasing levels of education have exposed people to more information than ever before. These societal gains, however, have also helped fuel a surge in narcissistic and misguided intellectual egalitarianism that has crippled informed debates on any number of issues. Today, everyone knows everything: with only a quick trip through WebMD or Wikipedia, average citizens believe themselves to be on an equal intellectual footing with doctors and diplomats. All voices, even the most ridiculous, demand to be taken with equal seriousness, and any claim to the contrary is dismissed as undemocratic elitism. Tom Nichols' The Death of Expertise shows how this rejection of experts has occurred: the openness of the internet, the emergence of a customer satisfaction model in higher education, and the transformation of the news industry into a 24-hour entertainment machine, among other reasons. Paradoxically, the increasingly democratic dissemination of information, rather than producing an educated public, has instead created an army of ill-informed and angry citizens who denounce intellectual achievement. When ordinary citizens believe that no one knows more than anyone else, democratic institutions themselves are in danger of falling either to populism or to technocracy or, in the worst case, a combination of both. An update to the 2017breakout hit, the paperback edition of The Death of Expertise provides a new foreword to cover the alarming exacerbation of these trends in the aftermath of Donald Trump's election. Judging from events on the ground since it first published, The Death of Expertise issues a warning about the stability and survival of modern democracy in the Information Age that is even more important today.

This comprehensive, ten volume reference work reflects the interdisciplinary influences on evolutionary psychology and serves as a major resource for its history, scientific contributors and theories. It draws on biology, cognitive science, anthropology, psychology, economics, computer science and paleoarchaeology to provide a multifaceted picture of behavioral adaptation in humans and how it adds to our academic and clinical understanding. Edited by a noted figure in evolutionary psychology, with many seminal and renowned contributors, this encyclopedia offers the full breadth of an area that is the forefront of behavioral thinking and investigation.

Cultural Anthropology, South African Edition provides an excellent coverage of cultures around the world. It is designed to increase your understanding of the human past and present, the unity and diversity that characterise the human species and how globalisation has affected the lives of people all around the world.

The Annual Editions series is designed to provide convenient inexpensive access to a wide range of current articles from some of the most respected magazines, newspapers and journals published today. Annual Editions are updated on a regular basis through a continuous monitoring of over 300 periodical sources. The articles selected are authored by prominent scholars, researchers, and commentators writing for a general audience. Each Annual Editions volume has a number of features designed to make them especially valuable for classroom use; including a brief overview for each unit, as well as Learning Outcomes, Critical Thinking questions, and Internet References to accompany each article. Go to the McGraw-Hill Create™ Annual Editions Article Collection at <http://www.mcgrawhillcreate.com/annualeditions> to browse the entire collection. Select individual Annual Editions articles to enhance your course, or access and select the entire Angeloni: Annual Editions: Anthropology, 40/e book here <http://create.mheducation.com/createonline/index.html#qlink=search%2Ftext%3Disgn:1259666417> for an easy, pre-built teaching resource. Visit <http://create.mheducation.com> for more information on other McGraw-Hill titles and special collections.

Cultural Anthropology 18e

Awakening Earth

Philosophy of Globalization

Dancing Skeletons

Exploring the Evolution of Human Culture and Consciousness

The Willpower Instinct

A New History of Humanity

*The new edition of Kottak's best selling text continues to offer a holistic introduction to anthropology that approaches the course from a four-field perspective. To emphasize anthropology's integrated and comparative nature, Bringing It All Together essays show how anthropology's sub-fields and dimensions combine to interpret and explain a common topic. Another distinctive feature, Understanding Ourselves, illustrates the relevance of anthropological facts and theories to students' everyday lives. In addition, every new copy of the eleventh edition is packaged free with a new student CD-ROM as well as PowerWeb*

*An essential reference for all game designers, this 1938 classic is "a fascinating account of 'man the player' and the contribution of play to civilization" (Harper's) In this classic evaluation of play that has become a "must-read" for those in game design, Dutch philosopher Johan Huizinga defines play as the central activity in flourishing societies. Like civilization, play requires structure and participants willing to create within limits. Starting with Plato, Huizinga traces the contribution of Homo Ludens, or "man the player" through Medieval Times, the Renaissance, and into our modern civilization. Huizinga defines play against a rich theoretical background, using cross-cultural examples from the humanities, business, and politics. Homo Ludens defines play for generations to come.*

*Featuring diverse chapters written by thirty principal scholars in the discipline, Communication Is... Perspectives on Theory is an innovative and evocative collection that examines what communication theory is and how it functions. Throughout the text, each scholar offers unique and insightful perspective, exposing readers to the myriad ways in which to analyze, understand, and think about communication. The book helps readers envision communication in alternative ways and better understand how various ideas and viewpoints within the discipline can work together to expand the overarching definition of communication. Nineteen different completions of "communication is" give voice to contemplative and exceptional constructions of what communication is and what it accomplishes. The chapters are organized around four broad methods of defining communication: locating, processing, appreciating, and actualizing. Holistically, the text invites readers to discuss, interrogate, and work through various ideas, interpretations, and definitions of communication. Designed to stimulate lively discussion, deep introspection, and critical thought, Communication Is... serves as an ideal textbook for senior and graduate-level courses in the discipline. It is also an excellent resource for communication scholars who are inspired to challenge, develop, or revisit their own definitions and understanding of communication. Adam Tyma (Ph.D., North Dakota State University) is an associate professor in the School of Communication at the University of Nebraska at Omaha. He is also the graduate program chair for the master's program and the coordinator for the visual communication and culture minor. Autumn Edwards (Ph.D., Ohio University) is a professor in the School of Communication at Western Michigan University. Her primary research interest is human-machine communication. She is co-director (along with C. Edwards and P. Spence) of the Communication and Social Robotics Labs and editor of Human-Machine Communication.*

*Written by a prominent scholar in the field, Conrad Phillip Kottak, this concise, student-friendly, current introduction to general anthropology carefully balances coverage of core topics and contemporary changes in the field. New to this edition, Connect Anthropology offers a variety of learning tools and activities to make learning more engaging for students and teaching more efficient for instructors. Window on Humanity is a perfect match for general anthropology courses that use readings or ethnographies along with a main text.*

*Anthropology: Appreciating Human Diversity*

*Life and Death in West Africa, 20th Anniversary Edition*

*A Journey Through the Realm of Vanishing Cultures*

*The Campaign against Established Knowledge and Why it Matters*

*Communication Is...*

*Cultural Anthropology*

*"This concise, student-friendly, current introduction to cultural anthropology carefully balances coverage of core topics and contemporary changes in the field. Mirror for Humanity is a perfect match for cultural anthropology courses that use readings or ethnographies along with a main text."—Amazon.*

*Thirty years after its publication, The Death and Life of Great American Cities was described by The New York Times as "perhaps the most influential single work in the history of town planning....[I]t can also be seen in a much larger context. It is first of all a work of literature; the descriptions of street life as a kind of ballet and the biting satiric account of traditional planning theory can still be read for pleasure even by those who long ago absorbed and appropriated the book's arguments." Jane Jacobs, an editor and writer on architecture in New York City in the early sixties, argued that urban diversity and vitality were being destroyed by powerful architects and city planners. Rigorous, sane, and delightfully epigrammatic, Jacobs's small masterpiece is a blueprint for the humanistic management of cities. It is sensible, knowledgeable, readable, indispensable. The author has written a new foreword for this Modern Library edition.*

*"Character" has become a front-and-center topic in contemporary discourse, but this term does not have a fixed meaning. Character may be simply defined by what someone does not do, but a more active and thorough definition is necessary, one that addresses certain vital questions. Is character a singular characteristic of an individual, or is it composed of different aspects? Does character--however we define it--exist in degrees, or is it simply something one happens to have? How can character be developed? Can it be learned? Relatedly, can it be taught, and who might be the most effective teacher? What roles are played by family, schools, the media, religion, and the larger culture? This groundbreaking handbook of character strengths and virtues is the first progress report from a prestigious group of researchers who have undertaken the systematic classification and measurement of widely valued positive traits. They approach good character in terms of separate strengths--authenticity, persistence, kindness, gratitude, hope, humor, and so on--each of which exists in degrees. Character Strengths and Virtues classifies twenty-four specific strengths under six broad virtues that consistently emerge across history and culture: wisdom, courage, humanity, justice, temperance, and transcendence. Each strength is thoroughly examined in its own chapter, with special attention to its meaning, explanation, measurement, causes, correlates, consequences, and development across the life span, as well as to strategies for its deliberate cultivation. This book demands the attention of anyone interested in psychology and what it can teach about the good life.*

*Purity and Danger is acknowledged as a modern masterpiece of anthropology. It is widely cited in non-anthropological works and gave rise to a body of application, rebuttal and development within anthropology. In 1995 the book was included among the Times Literary Supplement's hundred most influential non-fiction works since WWII. Incorporating the philosophy of religion and science and a generally holistic approach to classification, Douglas demonstrates the relevance of anthropological enquiries to an audience outside her immediate academic circle. She offers an approach to understanding rules of purity by examining what is considered unclean in various cultures. She sheds light on the symbolism of what is considered clean and dirty in relation to order in secular and religious, modern and primitive life.*

*Purity and Danger*

*Food for Degrowth*

*Patients and Service Users*

*Perspectives*

*An Analysis of Concepts of Pollution and Taboo*

*Expository Writing*

*The Most Vulnerable*

Everyone eats, but rarely do we investigate why we eat what we eat. Why do we love spices, sweets, coffee? How did rice become such a staple food throughout so much of eastern Asia? Everyone Eats examines the social and cultural reasons for our food choices and provides an explanation of the nutritional reasons for why humans eat what they do, resulting in a unique cultural and biological approach to the topic. E. N. Anderson explains the economics of food in the globalization era; food 's relationship to religion, medicine, and ethnicity; and offers suggestions on how to end hunger, starvation, and malnutrition. This thoroughly updated Second Edition incorporates the latest food scholarship, most notably recognizing the impact of sustainable eating advocacy and the state of food security in the world today. Anderson also brings more insight than ever before into the historical and scientific underpinnings of our food customs, fleshing this out with fifteen new and original photographs from his own extensive fieldwork. A perennial classic in the anthropology of food, Everyone Eats feeds our need to understand human ecology by explaining the ways that cultures and political systems structure the edible environment.

For more than 30 years, renowned anthropologist Wade Davis has traveled the globe, studying the mysteries of sacred plants and celebrating the world 's traditional cultures. His passion as an ethnobotanist has brought him to the very center of indigenous life in places as remote and diverse as the Canadian Arctic, the deserts of North Africa, the rain forests of Borneo, the mountains of Tibet, and the surreal cultural landscape of Haiti. In Light at the Edge of the World, Davis explores the idea that these distinct cultures represent unique visions of life itself and have much to teach the rest of the world about different ways of living and thinking. As he investigates the dark undercurrents tearing people from their past and propelling them into an uncertain future, Davis reiterates that the threats faced by indigenous cultures endanger and diminish all cultures.

Anthropology: Appreciating Human DiversityMcGraw-Hill Humanities/Social Sciences/Languages

Revision of: Occupational therapy without borders / Frank Kronenberg, Salvador Simao Algado, Nick Pollard. 2005.

A Global Perspective

Everyone Eats

Social Science Research

Perspectives on Theory

The Death and Life of Great American Cities

The Art of Living in a Digital Age

Work in the 21st Century

One of the most widely used ethnographies published in the last twenty years, this Margaret Mead Award winner has been used as required reading at more than 600 colleges and universities. This personal account by a biocultural anthropologist tells forgotten messages involving the sobering aspects of fieldwork among malnourished children in West Africa. With nutritional anthropology at its core, *Dancing Skeletons* presents informal, engaging, and oftentimes dramatic stories that result from conducting research on infant feeding and health in Mali. Through fascinating vignettes and honest, vivid descriptions, Dettwyler explores such diverse topics as ethnocentrism, culture shock, population control, breastfeeding, child care, the death in different cultures, female circumcision, women's roles in patrilineal societies, the dangers of fieldwork, and facing emotionally draining realities. Readers will laugh and cry as they meet the author's friends and informants, follow her adventures with both peri-urban and rural Bambara culture, and struggle with her as she attempts to reconcile her very different roles as objective ethnographer, subjective friend, and mother in the field. The 20th Anniversary Edition includes a 13-page introduction by Dettwyler responds to typical questions she has received individually from students who have been assigned *Dancing Skeletons* as well as audience questions at lectures on various campuses. The new 23-page "Update on Mali, 2013" chapter discusses current and health conditions in Mali as well as a brief summary of the recent political unrest.

This collection breaks new ground by investigating applications of degrowth in a range of geographic, practical and theoretical contexts along the food chain. Degrowth challenges growth and advocates for everyday practices that limit socio-economic flows within planetary constraints. As such, the editors intend to map possibilities for food for degrowth to become established as a field of study. International contributors offer a range of examples and possibilities to develop more sustainable food systems using degrowth principles of sufficiency, frugal abundance, security, autonomy and conviviality. Chapters are clustered in parts that critically examine food for degrowth in spheres of the household, collectives, networks, and communities, and discourses. Themes include broadening and deepening concepts of care in food provisioning and social contexts; critically applying appropriate technologies; appreciating and integrating indigenous perspectives; challenging notions of 'waste' and commodification; and addressing the ever-present impacts of market logic framed by growth. This book will be of greatest interest to students and scholars of critical food studies, sustainability studies, urban political ecology, geography, environmental sociology, anthropology, ethnography, ecological economics and urban design and planning.

Published in 1896, *The Sense of Beauty* secured Santayana's reputation as a philosopher and continued to outsell all of his books until the publication of his one novel, *The Last Puritan*. Even today, it is one of the most widely read volumes in the history of philosophical work.

Societal Organization and Globalization in Cultural Anthropology *Cultural Anthropology: A Global Perspective* provides students with an introduction to cultural anthropology through a traditional holistic and integrative approach. Organized by region, the primary emphasis is on applied anthropology, with a strong coverage of globalization. Additionally, it emphasizes three unifying themes: 1) the diversity of human societies and cultural patterns the world over, 2) the similarities that make a world of 7 billion people possible, and 3) the interconnections between the sciences and humanities within anthropology. Teaching and Learning Experience Personalize Learning - MyAnthroLab delivers proven results in helping students succeed, provides engaging experiences that personalize learning, and comes from a trusted partner with educational expertise and a deep commitment to helping students and instructors achieve their goals. Improve Critical Thinking - Critical Perspective boxes ask students to step into an anthropologist's shoes and use their judgment to approach and analyze problems that often arise in research situations. Engage Students - Applying Anthropology boxes show students that anthropological research helps solve problems that are currently faced by today's society. Support Instructors - Profile prominent anthropologists, providing real life examples of many issues covered in the chapters. Support Instructors - Teaching your course just got easier! You can Create a Customized Text or use our Instructor's Manual, Electronic Instructor's Manual, or PowerPoint Presentation Slides. Plus, this text organizes its material based on levels of societal organization and regional topics, instead of structuring the book according to specific topics in anthropology, and devotes five chapters to globalization. MyAnthroLab does not come automatically packaged with this text. To purchase MyAnthroLab, please visit [www.MyAnthroLab.com](http://www.MyAnthroLab.com) or you can purchase a valuepack of the text + MyAnthroLab (VP ISBN-10: 0205179290, VP ISBN-13: 9780205179290).

*The Anthropology of Religion, Magic, and Witchcraft* -- Pearson eText

Identity

An Open Invitation to Cultural Anthropology

Light at the Edge of the World

Annual Editions: Anthropology, 40/e

A Handbook and Classification

Anthropology

*Packed with current research and examples, bestselling COMMUNICATION BETWEEN CULTURES, 9E equips readers with a deep understanding and appreciation of different cultures while helping them develop practical communication skills. Part I introduces the study of communication and culture; Part II focuses on the ability of culture to shape and modify our view of reality; Part III puts the theory of intercultural communication into practice; and Part IV converts knowledge into action. This is the only text to consistently emphasize religion and history as key variables in intercultural communication. Compelling examples help readers examine their own assumptions, perceptions, and cultural biases--so they can understand the subtle and profound ways culture affects communication. The ninth edition offers expanded discussions of the impact of globalization, a new chapter on intercultural communication competence, and more coverage of new technology. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.*

*How the World Changed Social Media is the first book in Why We Post, a book series that investigates the findings of anthropologists who each spent 15 months living in communities across the world. This book offers a comparative analysis summarising the results of the research and explores the impact of social media on politics and gender, education and commerce. What is the result of the increased emphasis on visual communication? Are we becoming more individual or more social? Why is public social media so conservative? Why does equality online fail to shift inequality offline? How did memes become the moral police of the internet? Supported by an introduction to the project's academic framework and theoretical terms that help to account for the findings, the book argues that the only way to appreciate and understand something as intimate and ubiquitous as social media is to be immersed in the lives of the people who post. Only then can we discover how people all around the world have already transformed social media in such unexpected ways and assess the consequences*

*Principles of Management is designed to meet the scope and sequence requirements of the introductory course on management. This is a traditional approach to management using the leading, planning, organizing, and controlling approach. Management is a broad business discipline, and the Principles of Management course covers many management areas such as human resource management and strategic management, as well as behavioral areas such as motivation. No one individual can be an expert in all areas of management, so an additional benefit of this text is that specialists in a variety of areas have authored individual chapters. Contributing Authors David S. Bright, Wright State University Anastasia H. Cortes, Virginia Tech University Eva Hartmann, University of Richmond K. Praveen Parboteeah, University of Wisconsin-Whitewater Jon L. Pierce, University of Minnesota-Duluth Monique Reece Amit Shah, Frostburg State University Siri Terjesen, American University Joseph Weiss, Bentley University Margaret A. White, Oklahoma State University Donald G. Gardner, University of Colorado-Colorado Springs Jason Lambert, Texas Woman's University Laura M. Leduc, James Madison University Joy Leopold, Webster University Jeffrey Muldoon, Emporia State University James S. O'Rourke, University of Notre Dame*

*This book is designed to introduce doctoral and graduate students to the process of conducting scientific research in the social sciences, business, education, public health, and related disciplines. It is a one-stop, comprehensive, and compact source for foundational concepts in behavioral research, and can serve as a stand-alone text or as a supplement to research readings in any doctoral seminar or research methods class. This book is currently used as a research text at universities on six continents and will shortly be available in nine different languages.*

*An Introduction to Industrial and Organisation Psychology*

*Window on Humanity: A Concise Introduction to General Anthropology*

*The Dawn of Everything*

*Containing Brief Chapters on. A description of music. The music of nature. A glance at the history of music, [and]. The power, beauty, and uses of music, following which are given sketches of the lives of remarkable musicians of the colored race*

*A Study of the Play-Element in Culture*

*Encyclopedia of Evolutionary Psychological Science*

*How Self-Control Works, Why It Matters, and What You Can Do to Get More of It*

Not so long ago, it seemed the intellectual positions on globalization were clear, with advocates and opponents making their respective cases in decidedly contrasting terms. Recently, however, the fronts have shifted dramatically. The aim of this publication is to contribute philosophical depth to the debates on globalization conducted within various academic fields – principally by working out its normative dimensions. The interdisciplinary nature of this book's contributors also serves to scientifically ground the ethical-philosophical discourse on global responsibility.

Though by no means exhaustive, the expansive scope of the works herein encompasses such other topics as the altering consciousness of space and time, and the phenomenon of globalization as a discourse, as an ideology and as a symbolic form.

**INSTANT NEW YORK TIMES BESTSELLER** A dramatically new understanding of human history, challenging our most fundamental assumptions about social evolution—from the development of agriculture and cities to the origins of the state, democracy, and inequality—and revealing new possibilities for human emancipation. For generations, our remote ancestors have been cast as primitive and childlike—either free and equal innocents, or thuggish and warlike. Civilization, we are told, could be achieved only by sacrificing those original freedoms or, alternatively, by taming our baser instincts. David Graeber and David Wengrow show how such theories first emerged in the eighteenth century as a conservative reaction to powerful critiques of European society posed by Indigenous observers and intellectuals. Revisiting this encounter has startling implications for how we make sense of human history today, including the origins of farming, property, cities, democracy, slavery, and civilization itself. Drawing on pathbreaking research in archaeology and anthropology, the authors show how history becomes a far more interesting place once we learn to throw off our conceptual shackles and perceive what's really there. If humans did not spend 95 percent of their evolutionary past in tiny bands of hunter-gatherers, what were they doing all that time? If agriculture, and cities, did not mean a plunge into hierarchy and domination, then what kinds of social and economic organization did they lead to? The answers are often unexpected, and suggest that the course of human history may be less set in stone, and more full of playful, hopeful possibilities, than we tend to assume. *The Dawn of Everything* fundamentally transforms our understanding of the human past and offers a path toward imagining new forms of freedom, new ways of organizing society. This is a monumental book of formidable intellectual range, animated by curiosity, moral vision, and a faith in the power of direct action. Includes Black-and-White Illustrations

Based on Stanford University psychologist Kelly McGonigal's wildly popular course "The Science of Willpower," *The Willpower Instinct* is the first book to explain the science of self-control and how it can be harnessed to improve our health, happiness, and productivity. Informed by the latest research and combining cutting-edge insights from psychology, economics, neuroscience, and medicine, *The Willpower Instinct* explains exactly what willpower is, how it works, and why it matters. For example, readers will learn: • Willpower is a mind-body response, not a virtue. It is a biological function that can be improved through mindfulness, exercise, nutrition, and sleep. • Willpower is not an unlimited resource. Too much self-control can actually be bad for your health. • Temptation and stress hijack the brain's systems of self-control, but the brain can be trained for greater willpower • Guilt and shame over your setbacks lead to giving in again, but self-forgiveness and self-compassion boost self-control. • Giving up control is sometimes the only way to gain self-control. • Willpower failures are contagious—you can catch the desire to overspend or overeat from your friends—but you can also catch self-control from the right role models. In the groundbreaking tradition of *Getting Things Done*, *The Willpower Instinct* combines life-changing prescriptive advice and complementary exercises to help readers with goals ranging from losing weight to more patient parenting, less procrastination, better health, and greater productivity at work.

**The Demand for Dignity and the Politics of Resentment**

**The Exploration of Human Diversity**

**Principles, Methods, and Practices**

**The Death of Expertise**

**Introduction to Sociology**

**A Concise Introduction to Cultural Anthropology**

**Gen Z, Explained**