

## Dreamland David K Randall

Say goodbye to lousy sleep with this six-week, step-by-step programme to help you kick insomnia to the curb forever. Bad sleep sucks. Sleep deficiency defies our biology and sabotages our days. Yet more than a third of us struggle to get to sleep or stay asleep at night. We can shake off the odd sleepless night, but when sleep difficulties persist, things start to unravel. Sleep debt takes its toll on our mood, energy, and productivity. It affects our behaviour around food and exercise as well as eroding our immunity, even our mental and physical health. As our best efforts to help ourselves fail, or perpetuate the problem, we can feel disillusioned, disempowered and frustratingly stuck. You're not alone, and there is a way through. This six-week, step-by-step guide will help you sleep easy. Bernice Tuffery, fed up after years of compromised sleep, made it her mission to learn how to sleep well again. She'd tried early nights, warm baths, a bit of yoga and meditation, but nothing worked. Even natural supplements, over-the-counter sleep aids, melatonin, and at times sleeping pills, failed to deliver a sustainable solution. As a qualitative market researcher, she was determined to know how to sleep naturally again. She discovered a proven, natural, and very learnable way to improve chronic sleep difficulties. Cognitive Behavioural Therapy for insomnia (CBTi) is recognised internationally by sleep experts as the gold-standard treatment for insomnia. But with a lack of awareness, a severe shortage of experts offering it and virtually no public funding for treatment in New Zealand and Australia, it's hard and expensive to access. From her discussions with sleep professionals, extensive research and her lived-experience of restoring her own sleep, Bernice shares her knowledge with humour and heart. Confident that CBTi can be self-taught, she offers this practical and inspiring insiders' guide to getting a good night's sleep.

Does the early bird really catch the worm, or end up healthy, wealthy, and wise? Can some people really exist on just a few hours' sleep a night? Does everybody dream? Do fish dream? How did people cope before alarm clocks and caffeine? And is anybody getting enough sleep? Even though we will devote a third of our lives to sleep, we still know remarkably little about its origins and purpose. Paul Martin's Counting Sheep answers these questions and more in this illuminating work of popular science. Even the wonders of yawning, the perils of sleepwalking, and the strange ubiquity of nocturnal erections are explained in full. To sleep, to dream: Counting Sheep reflects the centrality of these activities to our lives and can help readers respect, understand, and extract more pleasure from that delicious time when they're lost to the world.

Dreamland: Adventures in the Strange Science of Sleep W. W. Norton & Company

A comprehensive, eye-opening exploration of what dreams are, where they come from, what they mean, and why we have them.

The King and Queen of Malibu: The True Story of the Battle for Paradise

The Secret Life of Sleep

Bedeviled

Fire in Paradise: An American Tragedy

The Surprising Science of the Mind at Rest

A Concise Guide to Awakening in Your Dreams and in Your Life

**A preeminent classics scholar revises the history of medicine. Medical thinking and observation were radically changed by the ancient Greeks, one of their great legacies to the world. In the fifth century BCE, a Greek doctor put forward his clinical observations of individual men, women, and children in a collection of case histories known as the Epidemics. Among his working principles was the famous maxim "Do no harm." In The Invention of Medicine, acclaimed historian Robin Lane Fox puts these remarkable works in a wider context and upends our understanding of medical history by establishing that they were written much earlier than previously thought. Lane Fox endorses the ancient Greeks' view that their texts' author, not named, was none other than the father of medicine, the great Hippocrates himself. Lane Fox's argument changes our sense of the development of scientific and rational thinking in Western culture, and he explores the consequences for Greek artists, dramatists and the first writers of history. Hippocrates emerges as a key figure in the crucial change from an archaic to a classical world. Elegantly written and remarkably learned, The Invention of Medicine is a groundbreaking reassessment of many aspects of Greek culture and city life.**

**A spine-chilling saga of virulent racism, human folly, and the ultimate triumph of scientific progress. For Chinese immigrant Wong Chut King, surviving in San Francisco meant a life in the shadows. His passing on March 6, 1900, would have been unremarkable if a city health officer hadn't noticed a swollen black lymph node on his groin—a sign of bubonic plague. Empowered by racist pseudoscience, officials rushed to quarantine Chinatown while doctors examined Wong's tissue for telltale bacteria. If the devastating disease was not contained, San Francisco would become the American epicenter of an outbreak that had already claimed ten million lives worldwide. To local press, railroad barons, and elected officials, such a possibility was inconceivable—or inconvenient. As they mounted a cover-up to obscure the threat, ending the career of one of the most brilliant scientists in the nation in the process, it fell to federal health officer Rupert Blue to save a city that refused to be rescued. Spearheading a relentless crusade for sanitation, Blue and his men patrolled the squalid streets of fast-growing San Francisco, examined gory black buboes, and dissected diseased rats that put the fate of the entire country at risk. In the tradition of Erik Larson and Steven Johnson, Randall spins a spellbinding account of Blue's race to understand the disease and contain its spread—the only hope of saving San Francisco, and the nation, from a gruesome fate. With cutting-edge sleep science and time-tested techniques, The Sleep Solution will help anyone achieve healthy sleep and eliminate pills, pain, and fatigue. If you want to fix your sleep problems, Internet tips and tricks aren't going to do it for you. You need to really understand what's going on with your sleep—both what your problems are and how to solve them. The Sleep Solution is an exciting journey of sleep self-discovery and understanding that will help you custom design specific interventions to fit your lifestyle. Drawing on his twenty-four years of experience within the field, neurologist and sleep expert W. Chris Winter will help you... • Understand how sleep works and the ways in which food, light, and other**

activities act to help or hurt the process • Learn why sleeping pills are so often misunderstood and used incorrectly—and how you can achieve your best sleep without them • Incorporate sleep and napping into your life—whether you are a shift worker, student, or overcommitted parent • Think outside the box to better understand ways to treat a multitude of conditions—from insomnia to sleep apnea to restless leg syndrome and circadian sleep disorders • Wade through the ever-changing sea of sleep technology and understand its value as it relates to your own sleep struggles Dubbed the “Sleep Whisperer” by Arianna Huffington, Dr. Winter is an international expert on sleep and has helped more than 10,000 patients rest better at night, including countless professional athletes. Now, he’s bringing his experiences out from under the covers—redefining what it means to have optimal sleep and get the ZZZs you really need... INCLUDES TIPS, TRICKS, EXERCISES, AND ILLUSTRATIONS

Phonological Architecture bridges linguistic theory and the biological sciences, presenting a comprehensive view of phonology from a biological perspective. Its back-to-basics approach breaks phonology into primitive operations and representations and investigates their possible origins in cognitive abilities found throughout the animal kingdom. Bridget Samuels opens the discussion by considering the general properties of the externalisation system in a theory-neutral manner, using animal cognition studies to identify which components of phonology may not be unique to humans and/or to language. She demonstrates, on the basis of behavioural and physiological studies on primates, songbirds, and a wide variety of other species, that the cognitive abilities underlying human phonological representations and operations are present in creatures other than *Homo sapiens* (even if not to the same degree) and in domains other than phonology or, indeed, language proper. The second, more linguistically technical half of the book explores what is necessarily unique about phonology. The author discusses the properties of the phonological module which are dictated by the interface requirements of the syntactic module of Universal Grammar as well as different components of the human sensory-motor system (ie audition, vision, and motor control). She proposes a repertoire of phonological representations and operations which are consistent with Universal Grammar and human cognitive evolution. She illustrates the application of these operations with analyses of representative phonological data such as vowel harmony, reduplication, and tone spreading patterns. Finally, the author addresses the issue of cross-linguistic and inter-speaker variation.

**The Twenty-four Hour Mind**

**Sleep Disorders For Dummies**

**Enabling the Trust that Society Needs to Thrive**

**From Homer to Hippocrates**

**Lie There and Lose Weight: How I Lost 100 Pounds by Doing Next to Nothing**

**The Birth of the Pill: How Four Crusaders Reinvented Sex and Launched a Revolution**

*Examines the complex world of sleep and discusses whether or not women sleep differently than men and if killing someone while sleepwalking would count as murder.*

*REALITY BITES Talk radio host and werewolf Kitty Norville has agreed to appear on TV's first all-supernatural reality show. She's expecting cheesy competitions and manufactured drama starring shapeshifters, vampires, and psychics. But what begins as a publicity stunt will turn into a fight for her life. The cast members, including Kitty, arrive at the remote mountain lodge where the show is set. As soon as filming starts, violence erupts and Kitty suspects that the show is a cover for a nefarious plot. Then the cameras stop rolling, cast members start dying, and Kitty realizes she and her monster housemates are ironically the ultimate prize in a very different game. Stranded with no power, no phones, and no way to know who can be trusted, she must find a way to defeat the evil closing in . . . before it kills them all.*

*In today's hyper-connected society, understanding the mechanisms of trust is crucial. Issues of trust are critical to solving problems as diverse as corporate responsibility, global warming, and the political system. In this insightful and entertaining book, Schneier weaves together ideas from across the social and biological sciences to explain how society induces trust. He shows the unique role of trust in facilitating and stabilizing human society. He discusses why and how trust has evolved, why it works the way it does, and the ways the information society is changing everything.*

*\*\*\*Over a half-million sold! The sequel, The Unicorn Project, is coming Nov 26\*\*\* “Every person involved in a failed IT project should be forced to read this book.”—TIM O'REILLY, Founder & CEO of O'Reilly Media “The Phoenix Project is a must read for business and IT executives who are struggling with the growing complexity of IT.”—JIM WHITEHURST, President and CEO, Red Hat, Inc. Five years after this sleeper hit took on the world of IT and flipped it on its head, the 5th Anniversary Edition of The Phoenix Project continues to guide IT in the DevOps revolution. In this newly updated and expanded edition of the bestselling The Phoenix Project, co-author Gene Kim includes a new afterword and a deeper delve into the Three Ways as described in The DevOps Handbook. Bill, an IT manager at Parts Unlimited, has been tasked with taking on a project critical to the future of the business, code named Phoenix Project. But the project is massively over budget and behind schedule. The CEO demands Bill must fix the mess in ninety days or else Bill's entire department will be outsourced. With the help of a prospective board member and his mysterious philosophy of The Three Ways, Bill starts to see that IT work has more in common with a manufacturing plant work than he ever imagined. With the clock ticking, Bill must organize work flow streamline interdepartmental communications, and effectively serve the other business functions at Parts Unlimited. In a fast-paced and entertaining style, three luminaries of the DevOps movement deliver a story that anyone who works in IT will recognize. Readers will not only learn how to improve their own IT organizations, they'll never view IT the same way again. “This book is a gripping read that captures brilliantly the dilemmas that face companies which depend on IT, and offers real-world solutions.”—JEZ HUMBLE, Co-author of Continuous Delivery, Lean Enterprise, Accelerate, and The DevOps Handbook ———— “I'm delighted at how The Phoenix Project has reshaped so many conversations in technology. My goal in writing The Unicorn Project was to explore and reveal the necessary but invisible structures required to make developers (and all engineers) productive, and reveal the devastating effects of technical debt and complexity. I hope this book can create common ground for technology and business leaders to leave the past behind, and co-create a better future together.”—Gene Kim,*

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*Dreamland: Adventures in the Strange Science of Sleep*

*Counting Sheep*

*TIRED BUT WIRED*

*Sleep: A Very Short Introduction*

*The Bartender's Tale*

*Kitty's House of Horrors*

AN INSTANT NEW YORK TIMES BESTSELLER! From celebrated anthropologist Jennifer Raff comes the untold story—and fascinating mystery—of how humans migrated to the Americas. ORIGIN is the story of who the first peoples in the Americas were, how and why they made the crossing, how they dispersed south, and how they lived based on a new and powerful kind of evidence: their complete genomes. ORIGIN provides an overview of these new histories throughout North and South America, and a glimpse into how the tools of genetics reveal details about human history and evolution. 20,000 years ago, people crossed a great land bridge from Siberia into Western Alaska and then dispersed southward into what is now called the Americas. Until we venture out to other worlds, this remains the last time our species has populated an entirely new place, and this event has been a subject of deep fascination and controversy. No written records—and scant archaeological evidence—exist to tell us what happened or how it took place. Many different models have been proposed to explain how the Americas were peopled and what happened in the thousands of years that followed. A study of both past and present, ORIGIN explores how genetics is currently being used to construct narratives that profoundly impact Indigenous peoples of the Americas. It serves as a primer for anyone interested in how genetics has become entangled with identity in the way that society addresses the question "Who is indigenous?"

Draws on new research to offer insight into the mechanism of sleep and its disorders, posing a range of treatments for such challenges as insomnia, restless leg syndrome, and sleep apnea while addressing areas of concern related to more serious sleep problems, from night terrors and dream-enactment to sleepwalking and sexsomnia.

Unlock the astonishing facts, myths, and benefits of one of the most endangered human resources—sleep. It has become increasingly clear that our sleep shapes who we are as much as, if not more than, we shape it. While most sleep research hasn't ventured far beyond research labs and treatment clinics, *The Secret Life of Sleep* taps into the enormous reservoir of human experiences to illuminate the complexities of a world where sleep has become a dwindling resource. With a sense of infectious curiosity, award winning author Kat Duff mixes cutting-edge research with insightful narratives, surprising insights, and timely questions to help us better understand what we're losing before it's too late. *The Secret Life of Sleep* tackles the full breadth of what sleep means to people the world over. Embark on an exploration of what lies behind and beyond our eyelids when we surrender to the secret life of sleep.

NEW UPDATED VERSION NOW SUITABLE FOR ALL DEVICES A third of the population sleep badly, but now THE SLEEP BOOK's revolutionary five-week plan means that you don't have to be one of them. Using a blend of mindfulness and new ACT therapy techniques, Dr Guy shares his unique five-week plan to cure your sleep problem whether it's a few restless nights or a lifetime of insomnia. Most people who have trouble sleeping invest a huge amount of time, effort and money into fixing the problem, but Dr Guy has discovered the secret lies not in what you do, but what you learn not to do. In fact, as you will have discovered, the more frustrated you become only serves to push sleep further away. Dr Guy's pioneering methods at The Sleep School clinic have been an unprecedented success. By popular demand, his highly effective and 100% natural insomnia remedy is now here in this book. THE SLEEP BOOK is the sum of a doctorate degree in sleep and well over 12,000 hours spent working with more than 2,000 insomniacs in one-to-one clinics, workshops and retreat environments. Say goodbye to the vicious cycle of sleepless nights. Sleep well, maintain a positive outlook and restore the quality of life you deserve - for good.

A Bilingual Perspective

Regeneration

This Book Will Make You Sleep

Sweet Dreams

Exploring the Science and Mystery of Sleep

***"Bold and provocative... Regenesi s tells of recent advances that may soon yield endless supplies of renewable energy, increased longevity and the return of long-extinct species."--New Scientist In Regenesi s, Harvard biologist George Church and science writer Ed Regis explore the possibilities--and perils--of the emerging field of synthetic biology. Synthetic biology, in which living organisms are selectively altered by modifying substantial portions of their genomes, allows for the creation of entirely new species of organisms. These technologies--far from the out-of-control nightmare depicted in science fiction--have the power to improve human and animal health, increase our intelligence, enhance our memory, and even extend our life span. A breathtaking look at the potential of this world-changing technology, Regenesi s is nothing less than a guide to the future of life.***

***How scientists through the ages have conducted thought experiments using imaginary entities--demons--to test the laws of nature and push the frontiers of what is possible Science may be known for banishing the demons of superstition from the modern world. Yet just as the demon-haunted world was being exorcized by the enlightening power of reason, a new kind of demon mischievously materialized in the scientific imagination itself. Scientists began to employ hypothetical beings to perform certain roles in thought experiments--experiments that can only be done in the imagination--and these impish assistants helped scientists achieve major breakthroughs that pushed forward the frontiers of science and technology. Spanning four centuries of discovery--from René Descartes, whose demon could hijack sensorial reality, to James Clerk Maxwell, whose molecular-sized demon deftly broke the second law of thermodynamics, to Darwin, Einstein, Feynman, and beyond--Jimena Canales tells a shadow history of science and the demons that bedevil it. She reveals how the greatest scientific thinkers used demons to explore problems, test the limits of what is possible, and better understand nature. Their imaginary familiars helped unlock the secrets of entropy, heredity, relativity, quantum mechanics, and other scientific wonders--and continue to inspire breakthroughs in the realms of computer science, artificial intelligence, and economics today. The world may no longer be haunted as it once was, but the demons of the scientific imagination are alive and well, continuing to play a vital role in scientists' efforts to explore the unknown and make the impossible real.***

***We all go through patches when we find it hard to sleep. Either we have problems dropping off at night or we wake in the early hours with thoughts buzzing round in our minds. Sometimes it seems impossible to get that elusive night's sleep we so badly crave, but this book will show you how to break negative patterns, get more rest and improve your well-being. Dr. Jessamy Hibberd and Jo Usmar draw on the very latest developments in cognitive behavioral therapy (CBT), to guide you through proven techniques to help you get your sleep patterns back on track. You will feel rested, happier, and immediately reap the benefits in your everyday life. Understand sleep Banish bad habits Tips for winding down Sleep-inducing strategies Control your sleeping environment Common myths busted***

***STARTING A DIET IS EASY STICKING TO ONE IS HARD How do you lose a hundred pounds? How do you stick to a diet day after day after day? To save his life, John Ordo ver had to find a way. For over a year Ordo ver documented his struggle to lose weight, in the process creating a battlefield journal of the physical and emotional challenges he faced.***

***Deadly Microbes and the Extraordinary Race for a Cure: A Tale of Human Ingenuity***

***Phonological Architecture***

***Night School***

***Superbugs***

***The Monster's Bones: The Discovery of T. Rex and How It Shook Our World***

***Milk of Paradise: A History of Opium***

An alternative approach to insomnia, depression, chronic fatigue and other sleep-related challenges draws on the expertise of a leading authority on the circadian clock while explaining how readers can decipher their inherent sleep rhythms and use natural light to overcome the sleep-compromising demands of today's lifestyles. Original. 35,000 first printing.

International Bestseller "An amazing, informative book that changes our perspective on medicine, microbes and our future." --Siddhartha Mukherjee, MD, New York Times bestselling author of The Emperor of All Maladies A New York Times bestselling author shares this exhilarating story of cutting-edge science and the race against the clock to find new treatments in the fight against the antibiotic-resistant bacteria known as superbugs. Physician, researcher, and ethics professor Matt McCarthy is on the front lines of a groundbreaking clinical trial testing a new antibiotic to fight lethal superbugs, bacteria that have built up resistance to the life-saving drugs in our rapidly dwindling arsenal. This trial serves as the backdrop for the compulsively readable Superbugs, and the results will impact nothing less than the future of humanity.

Dr. McCarthy explores the history of bacteria and antibiotics, from Alexander Fleming's discovery of penicillin, to obscure sources of innovative new medicines (often found in soil samples), to the cutting-edge DNA manipulation known as CRISPR, bringing to light how we arrived at this juncture of both incredible breakthrough and extreme vulnerability. We also meet the patients whose lives are hanging in the balance, from Remy, a teenager with a dangerous and rare infection, to Donny, a retired New York City firefighter with a compromised immune system, and many more. The proverbial ticking clock will keep readers on the edge of their seats. Can Dr. McCarthy save the lives of his patients infected with the deadly bacteria, who have otherwise lost all hope?

In *The Twenty-four Hour Mind*, sleep researcher Rosalind Cartwright brings together decades of research into the bizarre sleep disorders known as 'parasomnias' to propose a new theory of how the human brain works consistently throughout waking and sleeping hours, based upon research showing that one of the primary purposes of sleep is to aid in regulating emotions and processing experiences that occur during waking hours.

What is sleep? Why do we sleep? How much do we need, and what happens if we don't get enough? Are we modern people with busy lives suffering stress from 'sleep debt'? This book is about all aspects of sleep. From drowsiness at the wheel, to stress and insomnia, this is a subject that matters to people. Jim Horne gives an engaging account of what science has found out about sleep and problems related to sleep - from snoring to sleep apnoea. He highlights recent research and brings in brain physiology, psychology, medicine and social factors. As well as being richly informative, this book may just help you to get a good night's rest.

When Brains Dream

A Shadow History of Demons in Science

Lucid Dreaming

Black Death at the Golden Gate: The Race to Save America from the Bubonic Plague

The Role of Sleep and Dreaming in Our Emotional Lives

A Journey Through the Science of Sleep

An engrossing examination of the science behind the little-known world of sleep. Like many of us, journalist David K. Randall never gave sleep much thought. That is, until he began sleepwalking. One midnight crash into a hallway wall sent him on an investigation into the strange science of sleep. In *Dreamland*, Randall explores the research that is investigating those dark hours that make up nearly a third of our lives. Taking readers from military battlefields to children's bedrooms, *Dreamland* shows that sleep isn't as simple as it seems. Why did the results of one sleep study change the bookmakers' odds for certain Monday Night Football games? Do women sleep differently than men? And if you happen to kill someone while you are sleepwalking, does that count as murder? This book is a tour of the often odd, sometimes disturbing, and always fascinating things that go on in the peculiar world of sleep. You'll never look at your pillow the same way again.

The average person spends nearly 25 years of their life sleeping. But you can get a lot more from sleeping than just a healthy night's rest. With the art of lucid dreaming—or becoming fully conscious in the dream state—you can find creative inspirations, promote emotional healing, gain rich insights into your waking reality, and much more. Now, with *Lucid Dreaming: A Concise Guide to Awakening in Your Dreams and in Your Life*, Stephen LaBerge invites you on a guided journey to learn to use conscious dreaming in your life. Distilled from his more than 20 years of pioneering research at Stanford University and the Lucidity Institute—including many new and updated techniques and discoveries—here is the most effective and easy-to-learn tool available for you to begin your own fascinating nightly exploration into Lucid Dreaming. Guided dream practices on CD (or download) include: Two trance inductions into the lucid-dream state Two daytime exercises designed to trigger lucid dreams at night LaBerge's breakthrough MILD technique for increasing lucid-dream probability fivefold or more A Tibetan-yoga dream practice

In recent years neuroscientists have uncovered the countless ways our brain trips us up in day-to-day life, from its propensity toward irrational thought to how our intuitions deceive us. The latest research on sleep, however, points in the opposite direction. Where old wives tales have long advised to "sleep on a problem," today scientists are discovering the truth behind these folk sayings, and how the busy brain radically improves our minds through sleep and dreams. In *The Secret World of Sleep*, neuroscientist Penny Lewis explores the latest research into the nighttime brain to understand the real benefits of sleep. She shows how, while our body rests, the brain practices tasks it learned during the day, replays traumatic events to mollify them, and forges connections between distant concepts. By understanding the roles that the nocturnal brain plays in our waking life, we can improve the relationship between the two, and even boost creativity and become smarter. This is a fascinating exploration of one of the most surprising corners of neuroscience that shows how science may be able to harness the power of sleep to improve learning, health, and more.

Is it possible to kill someone while sleepwalking? Why do football teams from the West Coast win more often in games against their East Coast opponents? What is the meaning of our dreams? You can find quick answers to these and many other questions related to sleep in this short summary of David K. Randall's "*Dreamland: Adventures in the Strange Science of Sleep*". This digest gives you the essence of Randall's book in a plain and simple language accessible even for learners of English. For your convenience the book contains a section highlighting the essential facts, as well as explanatory footnotes. The Curious Reader series brings you accessible and entertaining short study guides to critically acclaimed books on a variety of subjects, from history and philosophy to science and math. Look out for more titles coming up soon.

How to Sleep Well Every Night

A Genetic History of the Americas

The Sleep Solution

Sleep

A Concise Summary of David K. Randall's *Dreamland: Adventures in the Strange Science of Sleep*

The Mysteries, the Problems, and the Solutions

***A 2012 New York Times Notable Book A 2013 Los Angeles Times Book Award Winner in the Science & Technology category An engaging narrative about an incredible, life-giving organ and its imperiled modern fate. Did you know that breast milk contains substances similar to cannabis? Or that it's sold on the Internet for 262 times the price of oil? Feted and fetishized, the breast is an evolutionary masterpiece. But in the modern world, the breast is changing. Breasts are getting bigger, arriving earlier, and attracting newfangled chemicals. Increasingly, the odds are stacked against us in the struggle with breast cancer, even among men. What makes breasts so mercurial—and so vulnerable? In this informative and highly entertaining account, intrepid science reporter Florence Williams sets out to uncover the latest scientific findings from the fields of anthropology, biology, and medicine. Her investigation follows the life cycle of the breast from puberty to pregnancy to menopause, taking her from a plastic surgeon's office where she learns about the importance of cup size in Texas to the laboratory where she discovers the presence of environmental toxins in her own breast milk. The result is a fascinating exploration of where breasts came from, where they have ended up, and what we can do to save them. A Chicago Tribune "Best Books of 2014" • A Slate "Best Books 2014: Staff Picks" • A St. Louis Post-Dispatch "Best Books of 2014" The fascinating story of one of the most important scientific discoveries of the twentieth century. We know it simply as "the pill," yet its genesis was anything but simple. Jonathan Eig's masterful narrative revolves around four principal characters: the fiery feminist Margaret Sanger, who was a champion of birth control in her campaign for the rights of women but neglected her own children in pursuit of free love; the beautiful Katharine McCormick, who owed her fortune to her wealthy husband, the son of the founder of International Harvester and a schizophrenic; the visionary scientist Gregory Pincus, who was dismissed by Harvard in the 1930s as a result of his experimentation with in vitro fertilization but who, after he was approached by Sanger and McCormick, grew obsessed with the idea of inventing a drug that could stop ovulation; and the telegenic John Rock, a Catholic doctor from Boston who battled his own church to become an enormously effective advocate in the effort to win public approval for the drug that would be marketed by Searle as Enovid. Spanning the years from Sanger's heady Greenwich Village days in the early twentieth century to trial tests in Puerto Rico in the 1950s to the cusp of the sexual revolution in the 1960s, this is a grand story of radical feminist politics, scientific ingenuity, establishment opposition, and, ultimately, a sea change in social attitudes. Brilliantly researched and briskly written, *The Birth of the Pill* is gripping social, cultural, and scientific history.***

***Explores sleep disorders, describes breakthroughs in the study of sleep, and considers the impact of modern society on it.***

***"A true story of the battle for paradise...men and women fighting for a slice of earth like no other." —New York Times Book Review Frederick and May Rindge, the unlikely couple whose love story propelled Malibu's transformation from an untamed ranch in the middle of nowhere to a paradise seeded with movie stars, are at the heart of this story of American grit and determinism. He was a Harvard-trained confidant of presidents; she was a poor Midwestern farmer's daughter raised to be suspicious of the seasons. Yet the bond between them would shape history. The newly married couple reached Los Angeles in 1887 when it was still a frontier, and within a few years Frederick, the only heir to an immense Boston fortune, became one of the wealthiest men in the state. After his sudden death in 1905, May spent the next thirty years fighting off some of the most powerful men in the country—as well as fissures within her own family—to preserve Malibu as her private kingdom. Her struggle, one of the longest over land in California history, would culminate in a landmark Supreme Court decision and lead to the creation of the Pacific Coast Highway. *The King and Queen of Malibu* traces the path of one family as the country around them swept off the last vestiges of the Civil War and moved into what we would recognize as the modern age. The story of Malibu ranges from the halls of Harvard to the Old West in New Mexico to the beginnings of San Francisco's counter culture amid the Gilded Age, and culminates in the glamour of early Hollywood—all during the brief sliver of history in which the advent of railroads and the automobile traversed a beckoning American frontier and anything seemed possible.***

***The Sleep Book***

***Reset Your Inner Clock***

***Why Your Sleep is Broken and How to Fix It***

***Sleepfaring***

***Sleep Easy***

***The Phoenix Project***

An intelligent and authoritative history of opium—a drug that has both healed and harmed since the beginning of civilization. Poppy tears, opium, heroin, fentanyl: humans in thrall to the “Milk of Paradise” for millennia. The latex of *papaver somniferum* is a bringer of sleep, of pleasurable lethargy, of relief from pain—and hugely addictive. Without rival, it is renewable, easy to extract, transport, and refine, and subject to an insatiable global demand. No other substance in the world is as simple to produce. It is the basis of a gargantuan industry built upon a shady underworld, but ultimately it is an agricultural product that lives many lives before it reaches the branded bottle, the intravenous drip, or the scorched and filthy spoon. Many of us will end our lives dependent on it. In *Milk of Paradise*, acclaimed cultural historian Lucy Inglis takes readers on a journey from ancient Mesopotamia to modern America and Afghanistan, from Sanskrit to pop, from poppy tears to smack, from morphine to today's synthetic opiates. It is a story of addiction, trade, crime, sex, war, literature, medicine, and, above all, money. And, as this ambitious, wide-ranging, and compelling account vividly shows, the history of opium is our history and it speaks to us of who we are.

The harrowing story of the most destructive American wildfire in a century. There is no precedent in postwar American history for the destruction of the town of Paradise. On November 8, 2018, the community of 27,000 people was swallowed by the ferocious Camp Fire, which razed virtually every home and killed at least 85 people. The disaster seared the American imagination, taking the front page of every major national newspaper and top billing on the news networks. It displaced tens of thousands of people and fueled a refugee crisis that continues to unfold. *Fire in Paradise* is a dramatic and moving narrative of the disaster based on hundreds of in-depth interviews with residents, firefighters, police, and scientific experts. Alastair Gee and Dani Anguiano are California-based journalists who have reported on Paradise since the day the fire began. Together they tell the heroics of the first responders, the miraculous escapes of those who got out of Paradise, and the horrors experienced by those who were trapped. Their accounts are

unforgettable, including the local who left her home on foot as fire approached while her 82-year-old father stayed to battle it; the firefighter who drove into the heat with his bulldozer; the police officer who switched on his body camera to record what he thought would be his final moments as the flames closed in; and the mother who, after giving birth in the local hospital, thought she would die in the chaotic evacuation with her baby in her lap. Gee and Anguiano also explain the science of wildfires, about the role of the power company PG&E in the blaze, and describe the poignant efforts to raise Paradise from the ruins. This is the story of a town at the forefront of a global shift—of a remarkable landscape sucked ever drier of moisture and becoming inhospitable even to trees, now dying in their tens of millions and turning to kindling. It is a story of a lost community, one that epitomized a provincial, affordable kind of Californian existence that is increasingly unattainable. It is, finally, a story of a new kind of fire that firefighters have never witnessed before and barely know how to handle. What happened in Paradise was unprecedented in America. Yet according to climate science experts, it will surely happen again.

We think of sleep as a waste of time. A time when we are literally doing nothing. Yet every human on the planet spends several hours each day asleep. We are not alone. Every animal enjoys some form of sleep. The idea that millions of years of evolution resulted in this ability for no reason at all is ludicrous. When we are asleep we are not dreaming. It is the busiest time of the day. For the past sixty years, a small number of scientists have dedicated their lives to studying the sleeping mind. This work has resulted in remarkable techniques that can help people to recognize dangerous levels of sleep deprivation, get a great night's sleep, avoid nightmares, learn in their sleep, take power naps, decode dreams, and create a perfect nocturnal fantasy. Until now, these discoveries have been restricted to academic journals and University conferences. Professor Wiseman journeys deep into this dark world and meets the vampire-like scientists who go to work when everyone else is heading for bed. Carrying out his own nocturnal participation studies along the way, Wiseman presents the definitive guide to the surprising new science of sleep and dreaming. For years the self-development movement has focused on improving people's waking lives. It is now time for us all to unlock that missing third of our days.

A national bestseller, the story of "a boy's last days of youth and a history his father can't leave behind" (The Daily Beast). Tom Harry has a streak of frost in his black hair and a venerable bar called The Medicine Lodge, the chief watering hole and last refuge in the town of Gros Ventre, in northern Montana. Tom also has a son named Rusty. After an "accident between the sheets" whose mother deserted them both years ago. The pair make an odd kind of family, with the bar their true home, but they manage just about. In the summer of 1960, that is, when Rusty turns twelve. Change arrives with gale force, in the person of Proxy, a taxi dancer Tom knew back when, and her beatnik daughter, Francine, as Proxy claims, the unsuspected legacy of her and Tom's past? Without a doubt she is an unsettling gust of the future, upending every certainty in Rusty's life, generating a mist of passion and pretense that seems to obscure everyone's vision but his own. The Bartender's Tale wonderfully captures how the world becomes bigger and more complex in the last moments of childhood.

The Science and Pleasures of Sleep and Dreams

Some Must Watch While Some Must Sleep

The Secret World of Sleep

The Invention of Medicine

Liars and Outliers

Breasts: A Natural and Unnatural History

When the last dinner dishes have been put away and the evening news is over, most of us think about going to bed. But for the millions who suffer from a chronic sleep disorder, going to bed doesn't necessarily mean going to sleep. And for millions more who experience occasional sleep disturbances, nighttime might not be such a picnic, either. Now there's an easy-to-follow guide to help you get a good night's rest. Sleep Disorders For Dummies is for anyone who has trouble sleeping—or has a loved one who suffers from a sleep disorder. Written by a sleep specialist and a medical reporter, this no-nonsense guide helps you: Prevent and manage sleep disorders Improve your sleep habits Find relief from your symptoms Ask your doctor the right questions Enhance the quality of sleep This fact-packed guide walks you through the different types of sleep disorders, including sleep apnea, insomnia, narcolepsy, and restless legs syndrome. You'll discover the causes and symptoms of each disorder, the various medical conditions that can disrupt sleep, and the most common treatments. Plus, you'll see how to use good nutrition and exercise to promote sounder sleep and avoid known sleep disrupters such as caffeine and problem foods. The authors also give you solid, reassuring advice on: Finding the right doctor to diagnose and treat your sleep disorder Managing stress and anxiety Turning your bedroom into a sleep sanctuary Choosing between the different types of sleep clinics Handling sleep disorders in children Featuring savvy tips on preventing jet lag, sleeping well if you work the night shift, and getting kids to bed without fuss, Sleep Disorders for Dummies will help you get your zzzzzzzzs!

Presents research findings on the nature, function, and dynamics of sleep, on dreams and their contents, and on sleep disorders and their consequences and treatment

A gripping narrative of a fearless paleontologist, the founding of America's most loved museums, and the race to find the largest dinosaurs on record. In the dust of the Gilded Age Bone Wars, two vastly different men emerge with a mission to fill the empty halls of New York's struggling American Museum of Natural History: Henry Fairfield Osborn, a privileged socialite whose reputation rests on the museum's success, and intrepid Kansas-born fossil hunter Barnum Brown. When Brown unearths the first Tyrannosaurus Rex fossils in the Montana wilderness, forever changing the world of paleontology, Osborn sees a path to save his museum from irrelevancy. With four-foot-long jaws capable of crushing the bones of its prey and hips that powered the animal to run at speeds of 25 miles per hour, the T. Rex suggests a prehistoric ecosystem more complex than anyone imagined. As the public turns out in droves to cower before this bone-chilling giant of the past and wonder at the mysteries of its disappearance,

Brown and Osborn together turn dinosaurs from a biological oddity into a beloved part of culture. Vivid and engaging, *The Monster's Bones* journeys from prehistory to present day, from remote Patagonia to the unforgiving badlands of the American West to the penthouses of Manhattan. With a wide-ranging cast of robber barons, eugenicists, and opportunistic cowboys, New York Times best-selling author David K. Randall reveals how a monster of a bygone era ignited a new understanding of our planet and our place within it.

A compelling dual-narrated tale from Jennifer Latham that questions how far we've come with race relations. Some bodies won't stay buried. Some stories need to be told. When seventeen-year-old Rowan Chase finds a skeleton on her family's property, she has no idea that investigating the brutal century-old murder will lead to a summer of painful discoveries about the present and the past. Nearly one hundred years earlier, a misguided violent encounter propels seventeen-year-old Will Tillman into a racial firestorm. In a country rife with violence against blacks and a hometown segregated by Jim Crow, Will must make hard choices on a painful journey towards self discovery and face his inner demons in order to do what's right the night Tulsa burns. Through intricately interwoven alternating perspectives, Jennifer Latham's lightning-paced page-turner brings the Tulsa race riot of 1921 to blazing life and raises important questions about the complex state of US race relations--both yesterday and today.

How Synthetic Biology Will Reinvent Nature and Ourselves

Dreamland Burning

A Novel about IT, DevOps, and Helping Your Business Win

The Drug-free Way to Your Best-ever Sleep, Mood, and Energy

Origin