

# Inner Vision An Exploration Of Art And The Brain

Incorporating systems theory, teachings from mythology and religions, and the human sciences, *The World Peace Diet* presents the outlines of a more empowering understanding of our world, based on a comprehension of the far-reaching implications of our food choices and the worldview those choices reflect and mandate. The author offers a set of universal principles for all people of conscience, from any religious tradition, that they can follow to reconnect with what we are eating, what was required to get it on our plate, and what happens after it leaves our plates. The “brilliantly realized” (The New York Times Book Review)

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modern classic that coined the term “metaverse”—one of Time’s 100 best English-language novels and “a foundational text of the cyberpunk movement” (Wired) In reality, Hiro Protagonist delivers pizza for Uncle Enzo’s CosoNostra Pizza Inc., but in the Metaverse he’s a warrior prince. Plunging headlong into the enigma of a new computer virus that’s striking down hackers everywhere, he races along the neon-lit streets on a search-and-destroy mission for the shadowy virtual villain threatening to bring about infocalypse. Snow Crash is a mind-altering romp through a future America so bizarre, so outrageous . . . you’ll recognize it immediately.

The Aesthetic Brain takes the reader on a wide-ranging journey addressing fundamental questions about aesthetics and art. Using neuroscience and evolutionary psychology, Chatterjee shows how beauty, pleasure, and art are grounded biologically, and offers

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explanations for why beauty, pleasure, and art exist at all.

Here Grof presents a useful model of the psyche—a model extended by his thirty years of studying non-ordinary states of consciousness. It is useful for understanding such phenomena as shamanism, mysticism, psychedelic states, spontaneous visionary experiences, and psychotic episodes. The model is also useful in explaining the dynamics of experiential psychotherapies and a variety of sociopolitical manifestations such as war and revolution. This book might have been entitled *Beyond Drugs*. The second part describes the principles and process of the non-pharmacological technique developed by the author and his wife, Christina, for self-exploration and for psychotherapy. Grof explores in detail the components of this technique. He describes its method, its effective mechanisms, as well as its goals and potential. Its practice is simple, since it utilizes

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the natural healing capacity of the psyche.

How We Evolved to Desire Beauty and Enjoy Art

How the World Is Programmed to Help Us Grow, Heal, and Adapt

An Exploration of Art and the Brain

The Visual World of Shadows

The Adventure of Self-Discovery

A scientist's exploration of the great questions of existence

A Visual Exploration of All the Planets, Moons, and Other

Heavenly Bodies That Orbit Our Sun—Updated Edition

***The first volume in this series addressed neurological and evolutionary theories of aesthetics. Some of the authors in this second volume extend the debate by seeking a basis for aesthetic appeal in mathematics and physics. Richard***

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*Taylor and his colleagues subjected Jackson Pollock's drip paintings to fractal analysis, and concluded that they are a direct expression of the generic imagery of nature's scenery. Taken with Chris McManus's discovery that the proportions in Mondrian's paintings reflect the 'golden section', this leads us to ask whether science can help predict what human subjects will find attractive, or whether such an approach undervalues the cultural elements in aesthetic appreciation? The book also includes explorations of the philosophical foundations of the aesthetic experience, and some further experimental studies.*

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*A family relocates to a small house on Ash Tree Lane and discovers that the inside of their new home seems to be without boundaries*

*Your inner bitch is the true you - the you that has been there all along but has perhaps intentionally gone into hiding or has been buried by internal and external messages about how we should behave. She is the you that is willing to stand up for yourself. She is an empowered, thoughtful woman, who understands how her path, bumps and all, made her who she is and who has a vision for her path forward. Our inner bitch is true to self, in tune with what she believes and wants, compassionate,*

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*sure of herself and her values, which allows her to more fully and generously hear others and live a genuine and wholehearted life. When you find her, she will help you live your most fulfilled, authentic life. She will help you know what you want and how to work towards that while being compassionate and thoughtful. So you can step fully into your life. Now. Not later. No more slogging through your days to get to an elusive 'someday' when you can live your life and do what you want. This book will help you get in touch with who you are and encourage you to be confident sharing you true self, to help you understand and embrace that you are worthy of*

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*being heard. Finding your inner bitch is a journey of discovery, excavation, release, nurture, and celebration, so she, and you, can thrive. Years of hiding can lead to a myriad of issues, including self-doubt, low self-esteem, anxiety, and unhealthy behaviors. You have one life. Don't wait to live it. Who is the essential you? How can you express her? What is it that you want out of life? How can you live your best life? And if you live your best life, what are the amazing consequences? Who would be watching and learning from you? Who would benefit from this beyond yourself? We need the unleashed thoughts and power of all people.*

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*In this scientific 'Credo', Peter Atkins considers the universal questions of origins, endings, birth, and death to which religions have claimed answers. With his usual economy, wit, and elegance, unswerving before awkward realities, Atkins presents what science has to say. While acknowledging the comfort some find in belief, he declares his own faith in science's capacity to reveal the deepest truths.*

*The Book of X*

*Fear of Falling*

*Life Lessons and a Vision for Change*

*Finding Your Inner Bitch*

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*The Magic of Pathworking*

*A Meditation Guide for Your Inner Vision*

*The Legacy of the Witch Hunts and Why Women Are Still on Trial*

An underwater exploration that overturns myths about fishes and reveals their complex lives, from tool use to social behavior  
In *The Mind's Eye*, Oliver Sacks tells the stories of people who are able to navigate the world and communicate with others despite losing what many of us consider indispensable senses and abilities: the power of speech, the capacity to recognize faces, the sense of

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three-dimensional space, the ability to read, the sense of sight. For all of these people, the challenge is to adapt to a radically new way of being in the world. There is Lilian, a concert pianist who becomes unable to read music and is eventually unable even to recognize everyday objects, and Sue, a neurobiologist who has never seen in three dimensions, until she suddenly acquires stereoscopic vision in her fifties. There is Pat, who reinvents herself as a loving grandmother and active member of her community, despite the fact that she has aphasia and cannot utter a sentence, and

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Howard, a prolific novelist who must find a way to continue his life as a writer even after a stroke destroys his ability to read. And there is Dr. Sacks himself, who tells the story of his own eye cancer and the bizarre and disconcerting effects of losing vision to one side. Sacks explores some very strange paradoxes—people who can see perfectly well but cannot recognize their own children, and blind people who become hyper-visual or who navigate by “tongue vision.” He also considers more fundamental questions: How do we see? How do we think? How important is internal imagery—or vision, for that matter?

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Why is it that, although writing is only five thousand years old, humans have a universal, seemingly innate, potential for reading? The Mind's Eye is a testament to the complexity of vision and the brain and to the power of creativity and adaptation. And it provides a whole new perspective on the power of language and communication, as we try to imagine what it is to see with another person's eyes, or another person's mind. In recent years, planetary science has seen a tremendous growth in new knowledge. Deposits of water ice exist at the Moon's poles. Discoveries on the surface of Mars point to

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an early warm wet climate, and perhaps conditions under which life could have emerged. Liquid methane rain falls on Saturn's moon Titan, creating rivers, lakes, and geologic landscapes with uncanny resemblances to Earth's. Vision and Voyages for Planetary Science in the Decade 2013-2022 surveys the current state of knowledge of the solar system and recommends a suite of planetary science flagship missions for the decade 2013-2022 that could provide a steady stream of important new discoveries about the solar system. Research priorities defined in the report were selected through a rigorous

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review that included input from five expert panels. NASA's highest priority large mission should be the Mars Astrobiology Explorer Cacher (MAX-C), a mission to Mars that could help determine whether the planet ever supported life and could also help answer questions about its geologic and climatic history. Other projects should include a mission to Jupiter's icy moon Europa and its subsurface ocean, and the Uranus Orbiter and Probe mission to investigate that planet's interior structure, atmosphere, and composition. For medium-size missions, Vision and Voyages for Planetary Science in the

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Decade 2013-2022 recommends that NASA select two new missions to be included in its New Frontiers program, which explores the solar system with frequent, mid-size spacecraft missions. If NASA cannot stay within budget for any of these proposed flagship projects, it should focus on smaller, less expensive missions first. Vision and Voyages for Planetary Science in the Decade 2013-2022 suggests that the National Science Foundation expand its funding for existing laboratories and establish new facilities as needed. It also recommends that the program enlist the participation of international partners. This

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report is a vital resource for government agencies supporting space science, the planetary science community, and the public. Now updated with the journeys of the 2012 Mars rover Curiosity and the 2020 Mars rover Perseverance, Solar System undertakes an astonishing visual journey through time and space through fascinating text, original graphics, and stunning photographs. Never before have the wonders of our solar system been so immediately accessible to readers of all ages. Award-winning writer and broadcaster Marcus Chown combines science and history to visually and narratively explore

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our neighboring planets, dwarf planets, moons, asteroids, comets and more, as well as the historical figures who aided in their discoveries. From the explosive surface of the sun to the new missions on Mars; from the gargantuan rings of Saturn to the volcanoes of Io; from the latest images of Pluto from NASA's New Horizons probe, to a simulation of what the Oort Cloud might look like, Solar System offers a window seat from which to view the beauty and magnificence of space.

The Age of Wire and String

Snow Crash

The Mind's Eye

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Breaking the Spell  
The Aesthetic Brain  
Inner Vision  
Art and the Brain

*According to Jeffrey Rosen, Louis D. Brandeis was “the Jewish Jefferson,” the greatest critic of what he called “the curse of bigness,” in business and government, since the author of the Declaration of Independence. Published to commemorate the hundredth anniversary of his Supreme Court confirmation on June 1, 1916, Louis D. Brandeis: American Prophet argues that Brandeis was the most farseeing constitutional philosopher of the twentieth century. In addition to*

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*writing the most famous article on the right to privacy, he also wrote the most important Supreme Court opinions about free speech, freedom from government surveillance, and freedom of thought and opinion. And as the leader of the American Zionist movement, he convinced Woodrow Wilson and the British government to recognize a Jewish homeland in Palestine. Combining narrative biography with a passionate argument for why Brandeis matters today, Rosen explores what Brandeis, the Jeffersonian prophet, can teach us about historic and contemporary questions involving the Constitution, monopoly, corporate and federal power, technology, privacy, free*

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*speech, and Zionism.*

*Breaking the Spell: An Exploration of Human Perception examines how people have become largely disconnected from a living, energetic universe through social conditioning. Over generations humanity has lost much of its creative spirit, imagination, and perceptual faculties. In this book the author addresses how we should 'break the spell' of our conditioned perceptions and learn to manage and develop our emotional, mental, and physical energies. Through such chapters as Managing One's Energy, Being Vigilant, and Stepping Away, the author explains in very simple language the necessity for each person to*

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*regain their focus, inner calm, and to observe the chaotic impacts that surround them. The author also discusses how a person can refine their perceptions through inner intent. The book also contains an inspiring collection of thoughts; and an Appendix on the misunderstandings of modern day spirituality. In these distracting times it is imperative that each person learns to empower themselves by learning to harness and develop their personal energies. This timely book explains just how to 'break the spell' of our hypnotic world.*

*The first volume to integrate life's biological, cognitive, social, and ecological dimensions into a*

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*single, coherent framework.*

*How do you get something out of nothing? It seems like an obvious question, one that drives everything from spiritual creation stories to our understanding of the Big Bang. Yet it leaves us with a sense that underneath everything lies emptiness and lack. We can phrase this question in a new way: how do we get something out of everything? In Leap to Wholeness, physics educator Sky Nelson-Isaacs explores the science of wholeness. To understand wholeness, imagine a beautiful photograph that you want to modify. The image exists in space. Yet graphic designers are familiar with another space, called the*

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*frequency domain, or “pattern-space.” Here, changes to the patterns affect the image as a whole. We can make the entire image blurrier or sharper, for instance, with a simple filter in pattern-space. A change to one local region affects the image everywhere. This is an example of wholeness that exists right before our eyes. We each have filters that influence what we see, hear, think, and feel. They take who we are as a whole, and they limit it to what we feel comfortable with--what we already know, rather than how we can grow. We carry models that interpret the world for us. But we can become more aware of our filters and from this awareness experience more*

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*flow, more openness, and less anxiety. When we align with circumstances rather than fighting them, we open the door to synchronicities that give us leverage in creating the change we want to see. Following this thread from modern audio technology, to the human brain, to the very nature of time itself, Leap to Wholeness explores a paradigm of wholeness that is easy to miss. For instance, when you look at the red part of a rainbow, you may not realize that you're really seeing white light that's had blue and green filtered out. Or where you see blue, that means red and green are missing. Maybe creating something out of everything is not about what we do...but about what*

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*we don't do. By removing filters--thoughts, feelings, and other reactions--that keep us weaving the same old patterns, we naturally allow ourselves to grow, heal, and adapt.*

*Who You Are*

*Leap to Wholeness*

*Vision and Voyages for Planetary Science in the Decade 2013-2022*

*Inner Vision Exploration Art*

*Healing Ourselves and Transforming Our Communities Through Mindfulness*

*The Systems View of Life*

*What a Fish Knows*

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*“Illuminates the very heart of social justice and how it might be approached and nurtured through mindfulness practices in community and through the discernment and new degrees of freedom these practices entrain.” --from the foreword by Jon Kabat-Zinn In a society where unconscious bias, microaggressions, institutionalized racism, and systemic injustices are so deeply ingrained, healing is an ongoing process. When conflict and division are everyday realities, our instincts tell us to close ranks, to find the safety of those like us, and to blame others. This book profoundly shows that in order to*

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*have the difficult conversations required for working toward racial justice, inner work is essential. Through the practice of embodied mindfulness--paying attention to our thoughts, feelings, and physical sensations in an open, nonjudgmental way--we increase our emotional resilience, recognize our own biases, and become less reactive when triggered. As Sharon Salzberg, New York Times--bestselling author of Real Happiness writes, "Rhonda Magee is a significant new voice I've wanted to hear for a long time--a voice both unabashedly powerful and deeply loving in looking at race and racism." Magee shows that*

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*embodied mindfulness calms our fears and helps us to exercise self-compassion. These practices help us to slow down and reflect on microaggressions--to hold them with some objectivity and distance--rather than bury unpleasant experiences so they have a cumulative effect over time. Magee helps us develop the capacity to address the fears and anxieties that would otherwise lead us to re-create patterns of separation and division. It is only by healing from injustices and dissolving our personal barriers to connection that we develop the ability to view others with compassion and to live in*

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*community with people of vastly different backgrounds and viewpoints. Incorporating mindfulness exercises, research, and Magee's hard-won insights, The Inner Work of Racial Justice offers a road map to a more peaceful world.*

*Beautifully illustrated and vividly written, "Inner Vision" explores how different areas of the brain shape responses to visual arts. 84 color illustrations. 8 halftones. 30 line illustrations.*

*A brilliant and insightful exploration of the rise and fall of the American middle class by New York Times bestselling author, Barbara*

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*Ehrenreich. One of Barbara Ehrenreich's most classic and prophetic works, Fear of Falling closely examines the insecurities of the American middle class in an attempt to explain its turn to the right during the last two decades of the 20th century. Weaving finely-tuned expert analysis with her trademark voice, Ehrenreich traces the myths about the middle class to their roots, determines what led to the shrinking of what was once a healthy percentage of the population, and how, in its ambition and anxiety, that population has retreated from responsible leadership. Newly reissued and*

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*timely as ever, Fear of Falling places the middle class of yesterday under the microscope and reveals exactly how we arrived at the middle class of today.*

*Winner of the NAACP Image Award for Outstanding Literary Work/Biography. In Across That Bridge, Congressman John Lewis draws from his experience as a prominent leader of the Civil Rights Movement to offer timeless wisdom, poignant recollections, and powerful principles for anyone interested in challenging injustices and inspiring real change toward a freer, more peaceful society. The Civil Rights Movement gave rise to the*

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*protest culture we know today, and the experiences of leaders like Congressman Lewis, a close confidant to Martin Luther King, Jr., have never been more relevant. Despite more than forty arrests, physical attacks, and serious injuries, John Lewis has remained a devoted advocate of the discipline and philosophy of nonviolence. Now, in an era in which the protest culture he helped forge has resurfaced as a force for change, Lewis' insights have never been more relevant. In this heartfelt book, Lewis explores the contributions that each generation must make to achieve change.*

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*Eating for Spiritual Health and Social Harmony*

*Louis D. Brandeis*

*Love, Creativity, and the Quest for Human Happiness*

*The World Peace Diet*

*American Prophet*

*Discovering the Brain*

*Lincoln and the Fight for Peace*

Robert A. Johnson, bestselling author of *He, She, We* and other psychology classics, shares a lifetime of insights and experiences in this easy-to-read book on psychological projection - seeing traits in others that are, in fact, our own. Drawing on early Christianity, mediaeval alchemy, depth psychology and the myths of *The Flying*

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Dutchman and The Once and Future King, he, also, explores the subjects of loneliness, fundamentalist religion and the spiritual dimensions of psychology.

□Charming characters and twists that keep the pages turning.□

□Southern Living A man with a painful past. A child with a doubtful future. And a shared journey toward healing for both their hearts. It begins on the shaded town square in a sleepy Southern town. A spirited seven-year-old has a brisk business at her lemonade stand. But the little girl's pretty yellow dress can't quite hide the ugly scar on her chest. Her latest customer, a bearded stranger, drains his cup and heads to his car, his mind on a boat he's restoring at a nearby lake. The stranger understands more about the scar than he wants to admit. And the beat-up bread truck careening around the corner with its radio blaring is about to change the trajectory of both their

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lives. Before it's over, they'll both know there are painful reasons why crickets cry . . . and that miracles lurk around unexpected corners. Praise for *When Crickets Cry*: "A testament to the power of words—from Shakespeare and Longfellow to Ezekiel—to heal and empower humanity." —Lynne Thomas, retail manager, Jekyll Books at the Old Infirmary "If you read any book this year, this is the one." —Coffee Time Romance "Martin's writing is gifted and blessed and insightful. His prose captures the essence of the story with beauty and sensitivity. I look forward to reading more of his work, past and future." —Once Upon a Romance A Southern Living Book of the Month selection Stand-alone novel (approx. 85,000 words) Includes discussion questions for book clubs Also by Charles Martin: *The Water Keeper*, *The Mountain Between Us*, *Send Down the Rain*, and *Chasing Fireflies*

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NEW YORK TIMES BESTSELLER □ Every kind of animal, including humans, is enclosed within its own unique sensory bubble, perceiving but a tiny sliver of our immense world. Pulitzer Prize-winning science journalist Ed Yong takes us on □a thrilling tour of nonhuman perception□ (The New York Times), allowing us to experience the skeins of scent, waves of electromagnetism, and pulses of pressure that other animals perceive. □One of this year□s finest works of narrative nonfiction . . . Yong□s reporting is layered, seasoned with vivid scenes from laboratories and in the field, interviews with researchers across a spectrum of disciplines.□□Oprah Daily □A dazzling ride through the sensory world of astoundingly sophisticated creatures.□□The Wall Street Journal The Earth teems with sights and textures, sounds and vibrations, smells and tastes, electric and magnetic fields. In An Immense World, Ed Yong

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coaxes us beyond the confines of our own senses to encounter beetles that are drawn to fires, turtles that can track the Earth's magnetic fields, fish that fill rivers with electrical messages, and even humans who wield sonar like bats. We discover that a crocodile's scaly face is as sensitive as a lover's fingertips, that the eyes of a giant squid evolved to see sparkling whales, that plants thrum with the inaudible songs of courting bugs, and that even simple scallops have complex vision. We learn what bees see in flowers, what songbirds hear in their tunes, and what dogs smell on the street. We listen to stories of pivotal discoveries in the field, while looking ahead at the many mysteries that remain unsolved. Funny, rigorous, and suffused with the joy of discovery, *An Immense World* takes us on what Marcel Proust called "the only true voyage . . . not to visit strange lands, but to possess other eyes."

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Magical pathworking is the powerful process of using specific guided meditations to explore the unlimited spiritual energies that form the contours of our lives. This book guides you through a journey of unique pathworkings based on archetypal themes and helps you develop your inner work space with initial pathworkings that explore the influence of earth, air, fire, water and quintessence. Immerse yourself in thirteen additional pathworkings that bring your inner landscape into the light so that you can move forward with a deeper connection to the magic within you. The Magic of Pathworking also shows how to interpret and incorporate the events, symbols, and magical meanings of your experiences, creating a strong foundation for continuing transformation on your personal magical journey.

How to Live an Abundant and Wholehearted Life

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Across That Bridge

Mark Z. Danielewski's House of Leaves

The Science of Connectedness

The Vision Code

The Teachings of Don Juan

How to Create and Execute a Compelling Vision for your Business

Mona Chollet's In Defense of Witches is a “brilliant, well-documented” celebration (Le Monde) by an acclaimed French feminist of the witch as a symbol of female rebellion and independence in the face of misogyny and persecution. Centuries after the infamous witch hunts that swept through Europe and America, witches continue to hold a unique

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fascination for many: as fairy tale villains, practitioners of pagan religion, as well as feminist icons. Witches are both the ultimate victim and the stubborn, elusive rebel. But who were the women who were accused and often killed for witchcraft? What types of women have centuries of terror censored, eliminated, and repressed? Celebrated feminist writer Mona Chollet explores three types of women who were accused of witchcraft and persecuted: the independent woman, since widows and celibates were particularly targeted; the childless woman, since the time of the hunts marked the end of tolerance for

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those who claimed to control their fertility; and the elderly woman, who has always been an object of at best, pity, and at worst, horror. Examining modern society, Chollet concludes that these women continue to be harrassed and oppressed. Rather than being a brief moment in history, the persecution of witches is an example of society's seemingly eternal misogyny, while women today are direct heirs to those who were hunted down and killed for their thoughts and actions. With fiery prose and arguments that range from the scholarly to the cultural, In Defense of Witches seeks to unite the mythic

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image of the witch with modern women who seek to live their lives on their own terms.

A groundbreaking, revelatory history of Abraham Lincoln's plan to secure a just and lasting peace after the Civil War—a vision that inspired future presidents as well as the world's most famous peacemakers, including Nelson Mandela, Mahatma Gandhi, and Martin Luther King, Jr. It is a story of war and peace, race and reconciliation. As the tide of the Civil War turned in the spring of 1865, Abraham Lincoln took a dangerous two-week trip to visit the troops on the front lines accompanied by his young son, seeing

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combat up close, meeting liberated slaves in the ruins of Richmond, and comforting wounded Union and Confederate soldiers. The power of Lincoln's personal example in the closing days of the war offers a portrait of a peacemaker. He did not demonize people he disagreed with. He used humor, logic, and scripture to depolarize bitter debates. Balancing moral courage with moderation, Lincoln believed that decency could be the most practical form of politics, but he understood that people were more inclined to listen to reason when greeted from a position of strength. Ulysses S. Grant's famously

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generous terms of surrender to General Robert E. Lee at Appomattox that April were a direct expression of the president's belief that a soft peace should follow a hard war. While his assassination sent the country careening off course, Lincoln's vision would be vindicated long after his death, inspiring future generations in their own quests to secure a just and lasting peace. As US General Lucius Clay, architect of the post-WWII German occupation, said when asked what guided his decisions: "I tried to think of the kind of occupation the South would have had if Abraham Lincoln had lived." Lincoln

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and the Fight for Peace reveals how Lincoln's character informed his commitment to unconditional surrender followed by a magnanimous peace. Even during the Civil War, surrounded by reactionaries and radicals, he refused to back down from his belief that there is more that unites us than divides us. But he also understood that peace needs to be waged with as much intensity as war. Lincoln's plan to win the peace is his unfinished symphony, but in its existing notes, we can find an anthem that can begin to bridge our divisions today. The brain ... There is no other part of the

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human anatomy that is so intriguing. How does it develop and function and why does it sometimes, tragically, degenerate? The answers are complex. In *Discovering the Brain*, science writer Sandra Ackerman cuts through the complexity to bring this vital topic to the public. The 1990s were declared the "Decade of the Brain" by former President Bush, and the neuroscience community responded with a host of new investigations and conferences. *Discovering the Brain* is based on the Institute of Medicine conference, *Decade of the Brain: Frontiers in Neuroscience and Brain Research*. *Discovering*

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the Brain is a "field guide" to the brain--an easy-to-read discussion of the brain's physical structure and where functions such as language and music appreciation lie. Ackerman examines How electrical and chemical signals are conveyed in the brain. The mechanisms by which we see, hear, think, and pay attention--and how a "gut feeling" actually originates in the brain. Learning and memory retention, including parallels to computer memory and what they might tell us about our own mental capacity. Development of the brain throughout the life span, with a look at the aging brain. Ackerman provides an

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enlightening chapter on the connection between the brain's physical condition and various mental disorders and notes what progress can realistically be made toward the prevention and treatment of stroke and other ailments. Finally, she explores the potential for major advances during the "Decade of the Brain," with a look at medical imaging techniques--what various technologies can and cannot tell us--and how the public and private sectors can contribute to continued advances in neuroscience. This highly readable volume will provide the public and policymakers--and many scientists as

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well--with a helpful guide to understanding the many discoveries that are sure to be announced throughout the "Decade of the Brain."

How the perception of shadows, studied by vision scientists and visual artists, reveals the inner workings of the visual system. In *The Visual World of Shadows*, Roberto Casati and Patrick Cavanagh examine how the perception of shadows, as studied by vision scientists and visual artists, reveals the inner workings of the visual system. Shadows are at once a massive problem for vision—which must distinguish them from

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objects or material features of objects—and a resource, signaling the presence, location, shape, and size of objects. Casati and Cavanagh draw up an inventory of information retrievable from shadows, showing their amazing variety. They present an overview of the visual system, distinguishing between measurement and inference. They discuss the shadow mission, the work done by the visual brain to parse, and perhaps discard, the information from shadows; shadow ownership, the association of a shadow with the object that casts it; shadow labeling, the visual system's ability to tell shadows from

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nonshadows; and the shadow concept, our knowledge about shadows as a category. Casati and Cavanagh then apply the theoretical apparatus they have developed for shadows to other phenomena: illumination, reflection, and transparency. Finally, they examine the art of the shadow, paying tribute to artists' exploration of shadow, analyzing a series of artworks (reproduced in color) from a rich and fascinating art historical corpus.

A Novel

For the Love of Men

An Immense World

When Crickets Cry

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Why Violence Has Declined

An Exploration of Human Perception

In Defense of Witches

\*The Believer Book Awards, 2019: Editors' Longlists in Fiction

\*The Northern California 'Golden Poppy' Book Awards 2019, Fiction longlist

\*A Best Book of 2019

—Vulture, Entropy, BuzzFeed, Thrillist "Etter brilliantly, viciously lays bare what it means to be a woman in the world, what it means to hurt, to need, to want, so much it consumes everything." —Roxane Gay, author of Bad Feminist

"I loved every page of this gorgeous, grotesque, heartbreaking novel." —Carmen Maria Machado, author of Her Body and Other Parties

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surreal exploration of one woman's life and death against a landscape of meat, office desks, and bad men. The Book of X tells the tale of Cassie, a girl born with her stomach twisted in the shape of a knot. From childhood with her parents on the family meat farm, to a desk job in the city, to finally experiencing love, she grapples with her body, men, and society, all the while imagining a softer world than the one she is in. Twining the drama of the everyday — school-age crushes, paying bills, the sickness of parents — with the surreal — rivers of thighs, men for sale, and fields of throats — Cassie's realities alternate to create a blurred, fantastic world of haunting beauty.

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Splendors and Miseries of the Brain examines the elegant and efficient machinery of the brain, showing that by studying music, art, literature, and love, we can reach important conclusions about how the brain functions. discusses creativity and the search for perfection in the brain examines the power of the unfinished and why it has such a powerful hold on the imagination discusses Platonic concepts in light of the brain shows that aesthetic theories are best understood in terms of the brain discusses the inherited concept of unity-in-love using evidence derived from the world literature of love addresses the role of the synthetic concept in the brain (the synthesis

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of many experiences) in relation to art, using examples taken from the work of Michelangelo, Cézanne, Balzac, Dante, and others

What neural processes underlie the appreciation of painting, music, and dance? How did such processes evolve? This book brings together experts in genetics, psychology, neuroimaging, neuropsychology, art history, and philosophy to explore these questions. It sets the stage for a cognitive neuroscience of art and aesthetics.

Noted CEOs, academics, and military personnel share their experience as visionary leaders The Vision Code explores the concept of "vision" and leadership. The

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book reveals the secrets of building and executing a strong vision within any organization. Oleg Konovalov—an acclaimed global thought leader—draws together in one volume in-depth interviews with nineteen extraordinary global visionaries that represent a variety of industries and organizations. These leaders explain why a vision is needed, how to implement it, how to communicate a vision effectively, and how to live by it with integrity. As Konovalov explains, vision is a key leadership skill that can be developed as a practical business tool for leading a company today and into the future. The stories of the nineteen leaders reveal how to develop a compelling vision and follow

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through with the vision in order to inspire an entire workforce. When a leader taps into the power of "vision," he or she creates a more meaningful business experience and ultimately, a better life. This compelling book: Offers a guide for making the concept of vision a reality Provides the information needed to develop a clear and persuasive vision Contains an accessible guide to a much-needed skill Includes interviews with Marshall Goldsmith (#1 Leadership Thinker), Martin Lindstrom (#1 Branding Expert), Garry Ridge (Chairman and CEO of WD-40 Company) and many others Written for leaders at all levels in organizations and industries of any type The Vision Code is a must-

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have book for anyone who wants to develop the skill to become a visionary leader.

Splendors and Miseries of the Brain

The Inner Life of the Middle Class

How Animal Senses Reveal the Hidden Realms Around Us

The Candle of Vision

The Inner Work of Racial Justice

Inner Gold

Solar System

Why you are more than just a brain, more than just a brain and-body, and more than all your assumptions about who you are. Who are you? Are you just a brain? A brain and a body

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All the things you have done and the friends you have made. Many of us assume that who we really are is something deep inside us, an inner sanctuary that contains our true selves. In *Who You Are*, Michael Spivey argues that the opposite is true: that you are more than a brain, more than a brain-and-body, and more than all your assumptions about who you are. Rather than peeling layers away to reveal the inner you, Spivey traces who you are outward. You may already feel in your heart that something outside your body is actually part of you—a child, a place, a favorite book. Spivey confirms this intuition with scientific findings. With each chapter, Spivey incrementally expands a common definition of the self. After (gently) helping you to discard your assumptions about who

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you are, he draws on research in cognitive science and neuroscience to explain the back-and-forth among all the regions of the brain and the interaction between the brain and body. He then makes the case for understanding objects and locations in your environment as additional parts of who you are. Going even further, he shows that, just as interaction between brain, body, and environment, ever-expanding systems of interaction link humans to other humans, to nonhuman animals, and to nonliving matter. This may seem an interaction or two too far. But you don't have to take his word for it—just consider the evidence he presents.

Presents a controversial history of violence which argues that today's world is the most peaceful time in human existence.

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drawing on psychological insights into intrinsic values that are causing people to condemn violence as an acceptable measure.

A nonfiction investigation into masculinity, *For The Love of Men* provides actionable steps for how to be a man in the modern world, while also exploring how being a man in the world has evolved. In 2019, traditional masculinity is both rewarded and sanctioned. Men grow up being told that boys don't cry and dolls are for girls (a newer phenomenon than you might realize—gendered toys came back in vogue as recently as the 80s). They learn they must hide their feelings and anxieties, that their masculinity must constantly be proven. They must be the breadwinners, they must be the

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romantic pursuers. This hasn't been good for the culture at large: 99% of school shooters are male; men in fraternities are 300% (!) more likely to commit rape; a woman serving in uniform has a higher likelihood of being assaulted by a fellow soldier than to be killed by enemy fire. In *For the Love of Men*, Liz offers a smart, insightful, and deeply-researched guide to what we're all going to do about toxic masculinity. For both women looking to guide the men in their lives and men who want to do better and just don't know how, *For the Love of Men* will lead the conversation on men's issues in a society where so much is changing, but gender roles have remained strangely stagnant. What are we going to do about men? Liz Plank has the answer. And it has the possibility to change

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world for men and women alike.

\* Authored by one of the world's foremost authorities on the biology of the brain. \* Illustrated in two colours throughout. Contains a section of full-colour graphics. \* A benchmark text for students and researchers alike. .

The Inner Lives of Our Underwater Cousins

The Better Angels of Our Nature

A Vision of the Brain

A Yaqui Way of Knowledge

Art, Aesthetics, and the Brain

On Being

Dimensions of Consciousness and New Perspectives in  
Psychotherapy and Inner Exploration

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***In The Age of Wire and String Ben Marcus welds together a new reality from the scrapheap of the past. Dogs, birds, horses, automobiles and the weather are some of the recycled elements in Marcus's first collection - part fiction, part handbook - as familiar objects take on markedly unfamiliar meanings. Gradually, this makeshift world, in its defiance of the laws of physics and language, finds a foundation in its own implausibility, as Marcus produces new feelings and sensations - both comic and disturbing - in the definitive guide to an unpredictable yet exhilarating plane of existence.***

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***From Toxic to a More Mindful Masculinity  
A Unifying Vision  
Understanding Psychological Projection***