

Smoking The Inside Story

An autobiographical novel that's a tender, witty exploration of the hardest questions: how to live, how to grieve, and how to die—from “the Mick Jagger of literature ... Amis is the most dazzling prose stylist in post-war British fiction” (The Daily Telegraph). “[A] charismatic compound of fact and fiction ... Martin Amis has retained the power to surprise.” —Parul Sehgal, The New York Times This novel had its birth in the death of Martin Amis's closest friend, the incomparable Christopher Hitchens, and it is within that profound and sprawling friendship that *Inside Story* unfurls. From their

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early days as young magazine staffers in London, reviewing romantic entanglements and the latest literary gossip (not to mention ideas, books, and where to lunch), Hitch was Amis's wingman and adviser, especially in the matter of the alluringly amoral Phoebe Phelps—an obsession Amis must somehow put behind him if he is ever to find love, marriage, a plausible run at happiness. Other figures competing as Amis's main influencers are his literary fathers—Kingsley, of course; his hero Saul Bellow; the weirdly self-finessing poet Philip Larkin—and his significant literary mothers, including Iris Murdoch and Elizabeth Jane Howard. Moving among these greats to set his own path, he

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winds up surveying the horrors of the twentieth century, and the still-unfolding impact of the 9/11 attacks on the twenty-first—and considers what all of this has taught him about how to live and how to be a writer. The result is a love letter to life—and to the people in his life—that achieves a new level of confidentiality with his readers, giving us the previously unseen portrait of his extraordinary world.

Koven, an attorney, was encouraged to write this book after several of his letters to newspaper and magazine editors were published. The resulting rant argues point by point why smoking is the devil's creation from effects on health and the power of the tobacco industry to his

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view of smoking as a f

Identify and break associations related to your smoking habit. Choose ONE association to start with and smoke anytime EXCEPT DURING that association. Then, break the next association, etc. Track progress daily with Special Calendar located inside book.

Inside Story

The Devil's Playbook

A Guide to Indoor Air Quality

America's Hundred-Year Cigarette War, the Public Health, and the Unabashed Triumph of Philip Morris

Quit Smoking While Still Smoking

Public Health Service Publication

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Hazardous Substances in Our Environment

The cigarette is the deadliest artifact in the history of human civilization. It is also one of the most beguiling, thanks to more than a century of manipulation at the hands of tobacco industry chemists. In *Golden Holocaust*, Robert N. Proctor draws on reams of formerly-secret industry documents to explore how the cigarette came to be the most widely-used drug on the planet, with six trillion sticks sold per year. He paints a harrowing picture of tobacco manufacturers conspiring to block the recognition of tobacco-cancer hazards, even as they ensnare legions of scientists and politicians in a web of denial. Proctor tells heretofore untold stories of fraud and subterfuge, and he makes the strongest case to date

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for a simple yet ambitious remedy: a ban on the manufacture and sale of cigarettes.

Lays the foundation for problem solving by integrating physiology and practice. The majority of the book is then devoted to physiotherapy management and its rationale. It specifically addresses the problems of patients with breathlessness, those undergoing surgery or in intensive care, the elderly and children. Pulmonary rehabilitation and home management reflect changing policies in health care. Advice on emergencies and on-calls is given with flow charts to assist decision making. Physiological reasoning, outcome measures, and critical review are themes throughout, and the book concludes with an evaluation of respiratory physiotherapy.

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Tobacco, among the most popular consumer products of the twentieth century, is under attack. Once a behavior that knew no social bounds, cigarette smoking has been transformed into an activity that reflects sharp differences in social status. Unfiltered tells the story of how anti-smoking advocates, public health professionals, bureaucrats, and tobacco corporations have clashed over smoking regulation. The nations discussed in this book--Australia, Canada, Denmark, France, Germany, Japan, the United Kingdom, and the United States--restrict tobacco advertising, tax tobacco products, and limit where smoking is permitted. Each is also struggling to shape a tobacco policy that ensures corporate accountability, protects individual liberty, and

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asserts the state's public health power. Unfiltered offers a comparative perspective on legal, political, and social conflicts over tobacco control. The book makes a unique contribution to our understanding of how scientific evidence, global health advocacy, individual risk assessments, and governmental interests intersect in the crafting of tobacco policy. It features national case studies and cross-cultural essays by experts in health policy, law, political science, history, and sociology. The lessons in Unfiltered are crucial to all who seek to understand and influence tobacco policy and reduce tobacco-related mortality worldwide.

Robert Schuller, *the Inside Story*
Keeping the Compound Republic

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The Inside Story of Fleetwood Mac's Most Anticipated Album

Secondhand Smoke Exposure and Cardiovascular Effects

The Rise, Fall, and Deadly Persistence of the Product That Defined America

Allen Carr's Easy Way to Stop Smoking

Allen Carr's 100 cigarettes-a-day addiction drove him to despair, but, after countless attempts to quit, he eventually kicked the habit. This is an updated edition of his bestselling guide to giving up smoking. No book before this one has rendered the story of cigarettes -- mankind's most common self-

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destructive instrument and its most profitable consumer product -- with such sweep and enlivening detail. Here for the first time, in a story full of the complexities and contradictions of human nature, all the strands of the historical process -- financial, social, psychological, medical, political, and legal -- are woven together in a riveting narrative. The key characters are the top corporate executives, public health investigators, and antismoking activists who have clashed ever more stridently as Americans debate whether smoking should be closely regulated as a major health menace. We see tobacco spread rapidly from its aboriginal sources in the New World

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500 years ago, as it becomes increasingly viewed by some as sinful and some as alluring, and by government as a windfall source of tax revenue. With the arrival of the cigarette in the late-nineteenth century, smoking changes from a luxury and occasional pastime to an everyday -- to some, indispensable -- habit, aided markedly by the exuberance of the tobacco huskers. This free-enterprise success saga grows shadowed, from the middle of this century, as science begins to understand the cigarette's toxicity. Ironically the more detailed and persuasive the findings by medical investigators, the more cigarette makers

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prosper by seeming to modify their product with filters and reduced dosages of tar and nicotine. We see the tobacco manufacturers come under intensifying assault as a rogue industry for knowingly and callously plying their hazardous wares while insisting that the health charges against them (a) remain unproven, and (b) are universally understood, so smokers indulge at their own risk. Among the eye-opening disclosures here: outrageous pseudo-scientific claims made for cigarettes throughout the '30s and '40s, and the story of how the tobacco industry and the National Cancer Institute spent millions to develop a "safer"

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cigarette that was never brought to market. Dealing with an emotional subject that has generated more heat than light, this book is a dispassionate tour de force that examines the nature of the companies' culpability, the complicity of society as a whole, and the shaky moral ground claimed by smokers who are now demanding recompense

Distilled, distinctive and a little bit dangerous, a box of love and cigarettes from a bright new voice in fiction. These stories find dignity in quiet lives and beauty in dark corners. They tell of allure, betrayal, nostalgia, solitude, seduction, damage and desire.

They are stories of youth mislaid and love lost, and

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of recovery. They go to the heart of things.

Marijuana-- the Inside Story

How Biological Psychiatry Got it Wrong

A Symposium

Golden Holocaust

Twilight Exposed! The Inside Story of a Billion Dollar Franchise

An Evidence-based Approach to Respiratory and Cardiac Management

A Political History

For political buffs, this is a fascinating view of the politics of the Diefenbaker-Pearson-

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Trudeau era, including backroom information never before published. For media buffs, its an inside view of the politics of our leading newspapers, and a critical analysis of modern journalism by one who helped to invent it. For those concerned with the great public issues of our times, it's a controversial account of where constitutional reform went wrong and of how we got to free trade by a journalist who played a significant role in the national debate. But this is more than the record of a professional life. It's also the personal story of

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a motherless boy growing up in Britain, his wartime experiences with the Royal Navy, and his decision to emigrate to Canada, with a young family in tow, after publisher Lord Beaverbrook declared the young scribe unfit for promotion because he was the wrong shape: "Small head, big feet, won't do." In this behind-the-scenes look at the making of Fleetwood Mac's epic, platinum-selling double album, Tusk, producers and engineers Ken Caillat and Hernan Rojas tell their stories of spending a year with the band in their new

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million-dollar studio trying to follow up Rumours, the biggest rock album of the time. Following their massive success, the band continued its infamous soap opera when its musical leader and guitarist, Lindsey Buckingham, threatened to quit if he didn't get things his way, resulting in clashes not only with his band but especially Caillat, who had been essential to the band's Grammy-winning sound. Hernan Rojas's story recounts a young man who leaves Chile after General Pinochet's coup to seek his future in the music

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industry of Los Angeles, where he finds success at one of the hottest studios in town. When Fleetwood Mac arrives, Rojas falls in love with its star singer, Stevie Nicks, and the two of them become romantically involved. Throughout the book, both Caillat and Rojas detail not only the trials and sacrifices they made to finish the album, but also triumphs of musical inspiration and technical innovation that have made Tusk the darling of music critics and indie rockers today. This title looks at Smoking and the pros and

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cons of making particular choices young people must make about their behavior. Up-to-date and detailed information make this a valuable books for understanding what is at stake.

Statistical Science in the Courtroom

Tree of Smoke

The Cigarette Century

A Love Story Up in Smoke

Conflicts Over Tobacco Policy and Public Health

The Quit Smoking Answer

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The Smoking Book

A voluminous crime file about the work of the U.S.Treasury's law enforcement agencies. An absorbing collection of true cops and robbers stories topped with a generous dollop of history and politics.

Data suggest that exposure to secondhand smoke can result in heart disease in nonsmoking adults. Recently, progress has been made in reducing involuntary exposure to secondhand smoke through legislation banning smoking in workplaces, restaurants, and other public places.

The effect of legislation to ban smoking and its effects on the cardiovascular health of nonsmoking adults, however, remains a question. Secondhand Smoke Exposure and Cardiovascular Effects reviews available scientific literature to assess the relationship between secondhand smoke exposure and acute coronary events. The authors, experts in secondhand smoke exposure and toxicology, clinical cardiology, epidemiology, and statistics, find that there is about a 25 to 30 percent increase in the risk of coronary heart disease

from exposure to secondhand smoke. Their findings agree with the 2006 Surgeon General's Report conclusion that there are increased risks of coronary heart disease morbidity and mortality among men and women exposed to secondhand smoke. However, the authors note that the evidence for determining the magnitude of the relationship between chronic secondhand smoke exposure and coronary heart disease is not very strong. Public health professionals will rely upon Secondhand Smoke Exposure and Cardiovascular Effects for its survey of critical

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epidemiological studies on the effects of smoking bans and evidence of links between secondhand smoke exposure and cardiovascular events, as well as its findings and recommendations.

NEW YORK TIMES EDITORS' CHOICE - Big Tobacco meets Silicon Valley in this "deeply reported and illuminating" (The New York Times Book Review) corporate exposé of what happened when two of the most notorious industries collided--and the vaping epidemic was born. "The best business book I've read since

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***Bad Blood."*--Jonathan Eig, New York Times bestselling author of *Ali: A Life* Howard Willard lusted after Juul. As the CEO of tobacco giant Philip Morris's parent company and a veteran of the industry's long fight to avoid being regulated out of existence, he grew obsessed with a prize he believed could save his company--the e-cigarette, a product with all the addictive upside of the original without the same apparent health risks and bad press. Meanwhile, in Silicon Valley, Adam Bowen and James Monsees began working on a device that was meant to save lives**

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and destroy Big Tobacco, but they ended up baking the industry's DNA into their invention's science and marketing. Ultimately, Juul's e-cigarette was so effective and so market-dominating that it put the company on a collision course with Philip Morris and sparked one of the most explosive public health crises in recent memory. In a deeply reported account, award-winning journalist Lauren Etter tells a riveting story of greed and deception in one of the biggest botched deals in business history. Etter shows how Philip Morris's struggle to innovate

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left Willard desperate to acquire Juul, even as his own team sounded alarms about the startup's reliance on underage customers. And she shows how Juul's executives negotiated a lavish deal that let them pocket the lion's share of Philip Morris's \$12.8 billion investment while government regulators and furious parents mounted a campaign to hold the company's feet to the fire. The Devil's Playbook is the inside story of how Juul's embodiment of Silicon Valley's "move fast and break things" ethos wrought havoc on American health, and how a

beleaguered tobacco company was seduced by the promise of a new generation of addicted customers. With both companies' eyes on the financial prize, neither anticipated the sudden outbreak of vaping-linked deaths that would terrorize a nation, crater Juul's value, end Willard's career, and show the costs in human life of the rush to riches--while Juul's founders, board members, and employees walked away with a windfall.

***Straight Talk: Smoking
Quit Smoking. Your Target Reached***

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A Life in Journalism

Smoked

Get Tusked: The Inside Story of Fleetwood Mac's Most Anticipated Album

Nicotine

Physical Development and Recreation Manual for Job Corps Conservation Centers

How much do you know about cigarettes and tobacco? Do you know where tobacco comes from originally? Do you know what happens to a person's body when they first start smoking? How much money do you think is

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spent on cigarettes each year? How many people smoke? What can you say if someone offers you a cigarette? For answers to these questions and many more, take a look inside.

The pleasures of smoking are revealed in this literary study of the subject
SmokingThe Inside StorySmokedThe Inside Story of the Minnesota Tobacco TrialM S P CommunicationNicotineA Love Story Up in SmokeOther Press, LLC
Anxiety - The Inside Story
The Dangers of Smoking in Bed

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*Big Tobacco, Juul, and the Addiction of a
New Generation*

Making Sense of the Evidence

*Startling Revelations of a Retired
Executive*

The Story Behind the Haze

Air Force Pamphlet

From agriculture to big business, from medicine to politics, *The Cigarette Century* is the definitive account of how smoking came to be so deeply implicated in our culture, science, policy, and law. No product has been so heavily promoted or has become

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so deeply entrenched in American consciousness. The Cigarette Century shows in striking detail how one ephemeral (and largely useless) product came to play such a dominant role in so many aspects of our lives—and deaths.

The power of the human mind is something really marvelous, but can also be somewhat treacherous. Luckily for us, we have the capacity to govern our mind to make it work to our benefit. Within these pages, we shall learn how to use that power to be capable of giving up the habit of smoking, that practice which robs us of our health and money on a

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daily basis. Here I will explain to you the method you need to use. This will be none other than that which I lay out before you in these pages, the same one that I used a long time ago, with which so many other people have also achieved their target. In all these years I have tried to convince and mentalize a lot of people to do what I did. I managed to convince many of them and of all those people, many have achieved their target with this very simple method, based on mental power. My name is Nicole Campbell, and from here I invite you to follow in the footsteps of so many people just like I did. Don't let the tobacco multinationals strip you of

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your health and your money, don't let the governments of the majority of countries stigmatize you for being a smoker whilst they open the state's coffers to rake in hundreds of millions of dollars from the taxes that they levy on tobacco. Now, through this chat arranged by a group of people and me, you will be able to discover this fantastic method that will give you the key to definitively lock the door on the habit of smoking. Venture inside this short story based on real events and you will discover how to achieve your target. With the power of your mind you will be able to make your wish come true and become a non-

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smoker.Nicole Campbell

"The beautiful, horrible world of Mariana Enriquez, as glimpsed in *The Dangers of Smoking in Bed*, with its disturbed adolescents, ghosts, decaying ghouls, the sad and angry homeless of modern Argentina, is the most exciting discovery I've made in fiction for some time."—Kazuo Ishiguro, *The Guardian*

SHORTLISTED FOR THE INTERNATIONAL
BOOKER PRIZE • NEW YORK TIMES EDITORS'
CHOICE • FINALIST: Los Angeles Times Book
Prize, Ray Bradbury Prize, Kirkus Prize • ONE OF
THE BEST BOOKS OF THE YEAR: Oprah Daily,

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New York Public Library, Electric Lit, LitHub, Kirkus Reviews Mariana Enriquez has been critically lauded for her unconventional and sociopolitical stories of the macabre. Populated by unruly teenagers, crooked witches, homeless ghosts, and hungry women, they walk the uneasy line between urban realism and horror. The stories in her new collection are as terrifying as they are socially conscious, and press into being the unspoken—fetish, illness, the female body, the darkness of human history—with bracing urgency. A woman is sexually obsessed with the human heart; a lost, rotting baby crawls out of a backyard and into a

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bedroom; a pair of teenage girls can't let go of their idol; an entire neighborhood is cursed to death when it fails to respond correctly to a moral dilemma. Written against the backdrop of contemporary Argentina, and with a resounding tenderness toward those in pain, in fear, and in limbo, *The Dangers of Smoking in Bed* is Mariana Enriquez at her most sophisticated, and most chilling.

A Novel

Ten Stories About Smoking

Ashes to Ashes

Experience

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Stories

AFP.

Inside Story of the Indian Railways

The framers of the U. S. Constitution focused intently on the difficulties of achieving a workable middle ground between national and local authority. They located that middle ground in a new form of federalism that James Madison called the "compound republic." The term conveys the complicated and ambiguous intent of the framing generation and helps to make comprehensible what otherwise is bewildering to the modern citizenry: a form of government that divides

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and disperses official power between majorities of two different kinds—one composed of individual voters, and the other, of the distinct political societies we call states. America's federalism is the subject of this collection of essays by Martha Derthick, a leading scholar of American government. She explores the nature of the compound republic, with attention both to its enduring features and to the changes wrought in the twentieth century by Progressivism, the New Deal, and the civil rights revolution. Interest in federalism is likely to increase in the wake of the 2000 presidential election. There are demands for reform of the electoral

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college, given heightened awareness that it does not strictly reflect the popular vote. The U. S. Supreme Court, under Chief Justice William H. Rehnquist, has mounted an explicit and controversial defense of federalism, and new nominees to the Court are likely to be questioned on that subject and appraised in part by their responses. Derthick's essays invite readers to join the Court in weighing the contemporary importance of federalism as an institution of government.

"The Quit Smoking Answer" is structured in such a way that all readers follow a process of "cold turkey"

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cessation through a step-by-step system to become nicotine free. The system shared is quick, easy, and proven, regardless of a person's dependency on nicotine. If you have ever thought, "wouldn't it be nice to quit smoking" than you've set the mood and you're ready to begin. It's easier to quit nicotine than you think! JW Smith, a smoker for 40 years, wrote this book after ending his vicious cycle of numerous failed attempts to quit. His system for nicotine cessation evolved over a subsequent six-week period of preparation to quit. He shares his story about a conversation with his nine year-old granddaughter that

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finally set the wheels in motion to find a better way - one that works. JW researched smoking cessation methods and used his own experience to forge a new path. This book may very well be destined to be in a category by itself in the nicotine cessation world of recommendations and advice. Why? Because it works! JW makes the case that smoking cessation is not an event, but rather a process. His book will teach you the key cognitive techniques he used to end both the physical and psychological addictions to nicotine. It debunks myths about nicotine replacement therapy products and instead lays out a natural progression of

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steps for becoming a nonsmoker. The premise of the book is based on this famous quote; "When you change the way you look at things, the things you look at change." In the beginning of the book it is recommended to establish an environment and path of least resistance. Less resistance to quit is the first key step to becoming nicotine free. It is recommended that readers continue the use tobacco products including e-cigarettes while reading the book over a two or three day period of time- helping again to establish less resistance to quit. He additionally recommends as a first step that you tell no one of your

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desire to quit - preventing anyone including yourself of sabotaging your intention. As you apply the techniques and methods written about it becomes a natural procession leading up to your very last cigarette or use of chewing tobacco. A transformation of your thinking takes place and ending your addiction will seem like an "almost non-event" - as something just happens to you as you read this book. You will be physically and mentally prepared to end your addiction after reading this one of a kind book. Free from nicotine for life - and all the great rewards that come with it!

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Expert testimony relying on scientific and other specialized evidence has come under increased scrutiny by the legal system. A trilogy of recent U.S. Supreme Court cases has assigned judges the task of assessing the relevance and reliability of proposed expert testimony. In conjunction with the Federal judiciary, the American Association for the Advancement of Science has initiated a project to provide judges indicating a need with their own expert. This concern with the proper interpretation of scientific evidence, especially that of a probabilistic nature, has also occurred in England, Australia and in several

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European countries. *Statistical Science in the Courtroom* is a collection of articles written by statisticians and legal scholars who have been concerned with problems arising in the use of statistical evidence. A number of articles describe DNA evidence and the difficulties of properly calculating the probability that a random individual's profile would "match" that of the evidence as well as the proper way to interpret the result. In addition to the technical issues, several authors tell about their experiences in court. A few have become disenchanted with their involvement and describe the

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events that led them to devote less time to this application. Other articles describe the role of statistical evidence in cases concerning discrimination against minorities, product liability, environmental regulation, the appropriateness and fairness of sentences and how being involved in legal statistics has raised interesting statistical problems requiring further research.

Unfiltered

The Inside Story

Smoking

Treasury Agent: The Inside Story

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The Cigarette

A novel

Physiotherapy in Respiratory Care

The lives of Skip Sands, a spy-in-training engaged in psychological operations against the Vietcong, and brothers Bill and James Houston, young men who drift out of the Arizona desert into a war, intertwine in a compelling novel of America during the Vietnam War.

In Anxiety--The Inside Story, the author takes a critical look at modern psychiatry's twin notions that all mental disorders are biological in nature, but

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anxiety is hardly worth worrying about. By the simple process of taking a careful, detailed history, Niall McLaren shows that anxiety is far more common and far more destructive than mainstream psychiatry realizes. Detailed case histories chart how anxiety arises as a psychological disorder and how it reinforces itself to the point where it destroys lives. McLaren concludes that anxiety is a major factor in most mental disorders, especially depression and bipolar disorder. This book will change your understanding of mental disorders. Niall (Jock) McLaren writes as he speaks and he pulls no

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punches. I love this. People should listen to what he has to say about the academic corruption of his specialty, psychiatry. Read this book. The man is unique. And funny, as well. -- Prof. Peter Gotzsche, Director, Nordic Cochrane Centre, Copenhagen

Debilitating anxieties are frequently misdiagnosed as "depression" by GPs and specialists alike. In this wonderfully accessible account of anxiety, Dr. McLaren demonstrates with great clarity--and very movingly--how a case history approach can help patients confront and overcome their psychological demons. He provides compelling evidence that

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instead of drugging people, listening to them attentively and analytically has to be the beginning of the healing process. -- Dr. Allan Patience, University of Melbourne Anxiety--The Inside Story offers readers a devastating, blistering critique of psychiatry, together with a provocative exploration of how anxiety, so often dismissed as a "minor" difficulty, should be understood as the root cause of so much suffering—which manifests in a diverse range of behaviors that get wrongly categorized as distinct psychiatric "illnesses." Niall McLaren presents a compelling case that psychiatric care in

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Australia and beyond needs to be completely rethought. -- Robert Whitaker, author of Mad in America and Psychiatry Under the Influence From Future Psychiatry Press Learn more at www.FuturePsychiatry.com

Martin Amis is one of the most gifted and innovative writers of our time. With Experience, he discloses a private life every bit as unique and fascinating as his bestselling novels. The son of the great comic novelist Kingsley Amis, Martin Amis explores his relationship with this father and writes about the various crises of Kingsley's life. He also examines

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the life and legacy of his cousin, Lucy Partington, who was abducted and murdered by one of Britain 's most notorious serial killers. Experience also deconstructs the changing literary scene, including Amis' portraits of Saul Bellow, Salman Rushdie, Allan Bloom, Philip Larkin, and Robert Graves, among others. Not since Nabokov's Speak, Memory has such an implausible life been recorded by such an inimitable talent. Profound, witty, and ruthlessly honest, Experience is a literary event.

The Inside Story of the Minnesota Tobacco Trial
Origins of the Cigarette Catastrophe and the Case

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for Abolition

A Citizen's Guide to Understanding Health Risks and Reducing Exposure

Essays on American Federalism

The Inside Story of Medicines

By turns philosophical and darkly comic, an ex-smoker's meditation on the nature and consequences of his nearly lifelong addiction

Written with the passion of an obsessive, Nicotine addresses a lifelong addiction, from the thrill of the first drag to the perennial last last cigarette. Reflecting on his experiences as a smoker from a young age, Gregor Hens investigates the irreversible effects of nicotine on thought and patterns of behavior. He extends the conversation with other smokers to meditations on Mark Twain and

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Italo Svevo, the nature of habit, and the validity of hypnosis. With comic insight and meticulous precision, Hens deconstructs every facet of dependency, offering a brilliant analysis of the psychopathology of addiction. This is a book about the physical, emotional, and psychological power of nicotine as not only an addictive drug, but also a gateway to memory, a long trail of streetlights in the rearview mirror of a smoker's life. Cigarettes are sometimes a solace, sometimes a weakness, but always a witness and companion. This is a meditation, an ode, and a eulogy, one that will be passed hand-to-hand between close friends.

The story of tobacco's fortunes seems simple: science triumphed over addiction and profit. Yet the reality is more complicated—and more political. Historically it was not just bad habits but also the state that lifted the tobacco industry. What brought about change

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was not medical advice but organized pressure: a movement for nonsmoker's rights.