

The Link Uncovering Our Earliest Ancestor Colin Tudge

The popularity of Family History has increased over the past five years due to TV shows like *Genealogy Roadshow*, *Finding Your Roots*, and *Who Do You Think You Are?* The ability to access records online has opened up the one time hobby for genealogy enthusiasts to the mainstream. Companies like *Ancestry.com*, *Familysearch.org*, *Findmypast.com*, and *MyHeritage* have spent millions of dollars making records available around the world. DNA technology continues to evolve and provides the instant gratification that we have become use to as a society. But then the question remains, what does that really mean? Knowing your ancestry is more than just ethnic percentages it's about creating and building a story about your family history. The *Family History Toolkit* is designed to help you navigate the sometimes overwhelming and sometimes treacherous waters of finding your ancestors. While this is not a comprehensive guide to all things genealogy, it is a roadmap to help you on this journey of discovery, whether you are looking for your African Asian, European, or Jewish ancestry. The *Family History Toolkit* guides you on how and where to begin, what records are available both online and in repositories, what to do once you find the information, how to share your story and of course DNA discoveries.

An enlightening story. . . Scott Billings has a pretty good life, or so it appears. But something is missing for him. Like many others, he finds himself just going through the motions, sleepwalking through life, until an unexpected and unique encounter with a street beggar allows him to see the possibility of a new reality; a dream world that is more real than anything he's ever experienced. It is a world that holds the answers to his questions about life . . . and his destiny. Based on the true story of the author's transformational journey, *Uncovering the Life of Your Dreams* takes you on a journey of your own toward a more enlightened life filled with abundance, joy, and absolute freedom. This entertaining tale of the universal truths that connect us all offers a much-needed and timely message to help you awaken to a more conscious world. Enjoy a free online companion program, as well as access to a supportive community, to help you uncover the life of YOUR dreams.

* What is the standard view of history is completely wrong? * What if science and writing developed from an advanced prehistoric civilisation in the British Isles? * What is written evidence in the Dead Sea Scrolls records megalithic history and provides the plans for a machine that could rebuild civilisation following a global catastrophe? * And what if Jesus and his brother James were practitioners of megalithic astronomy? In *URIEL'S MACHINE* Knight & Lomas offer powerful new evidence that our planet was hit by seven mountain-sized lumps of comet, creating a series of giant waves that ripped across the globe. Putting together the latest findings of leading geologists with their own sensational new archaeological discoveries, they show how a civilisation emerged and was able to build an international network of sophisticated astronomical observatories which provided accurate calendars, could measure the diameter of the planet and accurately predict comet impact years in advance. The revelation that this is the true purpose of the great megalithic sites in Western Europe, built long before the Egyptian pyramids. "Spellbinding. . . Wholly engrossing." -Washington Post "Dennis is in possession of hypnotic narrative gifts and a ferocious intellect. With *Her Here*, she has claimed her place in the literary world." -Rebecca Makkai, author of *Music for Wartime* and *The Great Believers* "In *Her Here*, Dennis has written a metaphysical investigation that is also a wonderfully personal account of a daughter coming to terms with the loss of her mother, and a mother coming to terms with the loss of her daughter. As Elena conjures Ella's last days, the richly imagined narrative moves back and forth between Paris and Thailand, carrying both characters and readers to a vivid and suspenseful conclusion." -Margot Livesey, author of *The Flight of Gemma Hardy* and *The Boy in the Field* Elena, struggling with memory loss due to a trauma that has unmoored her sense of self, deserts graduate school and a long-term relationship to accept a bizarre proposition from an estranged family friend in Paris: she will search for a young woman, Ella, who went missing six years earlier in Thailand, by rewriting her journals. As she delves deeper into Ella's story, Elena begins to lose sight of her own identity and drift dangerously toward self-annihilation. *Her Here* is an existential detective story with a shocking denouement that plumbs the creative and destructive powers of narrative itself. An Iowa Writers' Workshop graduate and Cambridge Gates Scholar, Amanda Dennis teaches at the American University of Paris. *Her Here* is her first novel.

Gender, Intertextuality, and Politics

The Link

Lost Connections

The Attachment Effect

A Comprehensive Guide to Uncovering Your Ancestry and Researching Genealogy

Perspectives on Science and Culture

Uncovering Your Natural Goodness

Rusty boats litter the ground. The smell of dead fish fills the air. Who would believe the Salton Riviera was once a popular vacation spot? Once host to thousands of beachgoers, the area now sits empty. This high-interest book will outline just what caused the community's decline. Special features such as maps, timelines, and fun facts add even more to this interesting title.

THE NEW YORK TIMES BESTSELLER As seen on The Joe Rogan Experience! A groundbreaking dive into the role psychedelics have played in the origins of Western civilization, and the real-life quest for the Holy Grail that could shake the Church to its foundations. The most influential religious historian of the 20th century, Huston Smith, once referred to it as the "best-kept secret" in history. Did the Ancient Greeks use drugs to find God? And did the earliest Christians inherit the same, secret tradition? A profound knowledge of visionary plants, herbs and fungi passed from one generation to the next, ever since the Stone Age? There is zero archaeological evidence for the original Eucharist – the sacred wine said to guarantee life after death for those who drink the blood of Jesus. The Holy Grail and its miraculous contents have never been found. In the absence of any hard data, whatever happened at the Last Supper remains an article of faith for today's 2.5 billion Christians. In an unprecedented search for answers, *The Immortality Key* examines the archaic roots of the ritual that is performed every Sunday for nearly one third of the planet. Religion and science converge to paint a radical picture of Christianity's founding event. And after centuries of debate, to solve history's greatest puzzle. Before the birth of Jesus, the Ancient Greeks found salvation in their own sacraments. Sacred beverages were routinely consumed as part of the so-called Ancient Mysteries – elaborate rites that led initiates to the brink of death. The best and brightest from Athens and Rome flocked to the spiritual capital of Eleusis, where a holy beer unleashed heavenly visions for two thousand years. Others drank the holy wine of Dionysus to become one with the god. In the 1970s, renegade scholars claimed this beer and wine – the original sacraments of Western civilization – were spiked with mind-altering drugs. In recent years, vindication for the disgraced theory has been quietly mounting in the laboratory. The constantly advancing fields of archaeobotany and archaeochemistry have hinted at the enduring use of hallucinogenic drinks in antiquity. And with a single dose of psilocybin, the psychopharmacologists at Johns Hopkins and NYU are now turning self-proclaimed atheists into instant believers. But the smoking gun remains elusive. If these sacraments survived for thousands of years in our remote prehistory, from the Stone Age to the Ancient Greeks, did they also survive into the age of Jesus? Was the Eucharist of the earliest Christians, in fact, a psychedelic Eucharist? With an unquenchable thirst for evidence, Muraresku takes the reader on his twelve-year global hunt for proof. He tours the ruins of Greece with its government archaeologists. He gains access to the hidden collections of the Louvre to show the continuity from pagan to Christian wine. He unravels the Ancient Greek of the New Testament with the world's most controversial priest. He spelunks into the catacombs under the streets of Rome to decipher the lost symbols of Christianity's oldest monuments. He breaches the secret archives of the Vatican to unearth manuscripts never before translated into English. And with leads from the archaeological chemists at UPenn and MIT, he unveils the first scientific data for the ritual use of psychedelic drugs in classical antiquity. *The Immortality Key* reconstructs the suppressed history of women consecrating a forbidden, drugged Eucharist that was later banned by the Church Fathers. Women who were then targeted as witches during the Inquisition, when Europe's sacred pharmacology largely disappeared. If the scientists of today have resurrected this technology, then Christianity is in crisis. Unless it returns to its roots. Featuring a Foreword by Graham Hancock, the NYT bestselling author of *America Before*.

Reveals how the voyages of Columbus reintroduced plants and animals that had been separated millions of years earlier, documenting how the ensuing exchange of flora and fauna between Eurasia and the Americas fostered a European rise, decimated imperial China and rendered Manila and Mexico City the center of the world for two centuries. Reprint.

A fascinating chronicle of the evolution of humankind traces the genetic history of the organs of the human body, offering a revealing correlation between the distant past and present-day human anatomy and physiology, behavior, illness, and DNA. Reprint. 75,000 first printing.

Dispelling the Myths, Uncovering the Opportunities

Waste: Uncovering the Global Food Scandal

Reconstructing the Disaster Behind Human History

The Lost Education of Horace Tate

Uncovering the Secrets of Sexual Intimacy in Marriage

Sites Unseen

*From a dive bar in New Orleans to a leafy residential street in Minneapolis, many establishments and homes in cities across the nation share a troubling and largely invisible past: they were once sites of industrial manufacturers, such as plastics factories or machine shops, that likely left behind carcinogens and other hazardous industrial byproducts. In *Sites Unseen*, sociologists Scott Frickel and James Elliott uncover the hidden histories of these sites to show how they are regularly produced and reincorporated into urban landscapes with limited or no regulatory oversight. By revealing this legacy of our industrial past, *Sites Unseen* spotlights how city-making has become an ongoing process of social and environmental transformation and risk containment. To demonstrate these dynamics, Frickel and Elliott investigate four very different cities—New Orleans, Minneapolis, Philadelphia, and Portland, Oregon. Using original data assembled and mapped for thousands of former manufacturers' locations dating back to the 1950s, they find that more than 90 percent of such sites have now been converted to urban amenities such as parks, homes, and storefronts with almost no environmental review. And because manufacturers tend to open plants on new, non-industrial lots rather than on lots previously occupied by other manufacturers, associated hazards continue to spread relatively unabated. As they do, residential turnover driven by gentrification and the rising costs of urban living further obscure these sites from residents and regulatory agencies alike. Frickel and Elliott show that these hidden processes have serious consequences for city-dwellers. While minority and working class neighborhoods are still more likely to attract hazardous manufacturers, rapid turnover in cities means that whites and middle-income groups also face increased risk. Since government agencies prioritize managing polluted sites that are highly visible or politically expedient, many former manufacturing sites that now have other uses remain invisible. To address these oversights, the authors advocate creating new municipal databases that identify previously undocumented manufacturing sites as potential environmental hazards. They also suggest that legislation limiting urban sprawl might reduce the flow of hazardous materials beyond certain boundaries. A wide-ranging synthesis of urban and environmental scholarship, *Sites Unseen* shows that creating sustainable cities requires deep engagement with*

industrial history as well as with the social and regulatory processes that continue to remake urban areas through time. A Volume in the American Sociological Association's Rose Series in Sociology.

*A beautifully illustrated gift book to help us uncover and trust the innate goodness in ourselves and others. We receive so many messages from our culture meant to divide us from one another or turn us against ourselves. Yet when we stop judging, stop avoiding, stop trying to resist that which makes us afraid or ashamed, we open to our true nature—a boundless field of awareness that is innately fearless and loving. This recognition of our essential human goodness may be the most radical act of healing we can take. "The gold of our true nature can never be tarnished," says Tara Brach. "In the moments of remembering and trusting this basic goodness of our Being, we open to happiness, peace, and freedom." In *Trusting the Gold*, Tara draws from more than four decades of experience as a meditation teacher and psychologist to share her most valuable practices for reconnecting with the beauty of our humanity—from timeless Buddhist wisdom to techniques adapted to the specific challenges of our modern age. Here you'll explore three pathways of remembering and living from your full aliveness: • Opening to the Truth of the present moment • Turning toward Love in any situation • Resting in the Freedom of our natural, radiant awareness "Even in the midst of our deepest emotional suffering, self-compassion is the pathway that will carry us home," Dr. Brach writes. "What a joy to pause and behold our basic goodness, and to see how it shines through each of us. Seeing that secret beauty, we fall in love with all of life."*

This book brings together the central tenets of William Stern's critical personalism. Presented for the first time for an English-speaking audience, this selection of original translations and essays encapsulates the critical framework of Stern's personalistic psychology. The selected works highlight the philosophical basis of Stern's personalistic views, illustrate their relevance in domains of theoretical and practical importance in psychology, and reveal Stern's critical stance on certain methodological trends that were gaining favor within psychology during his lifetime. Lamiell's own chapters contextualise the translations by providing an overview of the most basic tenets of critical personalism, and offering a commentary on paradigmatic commitments within scientific psychology's mainstream that began to impede Stern's efforts prior to his death, and that remain obstacles to personalistic thinking in the discipline today. Largely ignored by his contemporaries, this work forms part of an emerging body of scholarship that seeks to reintroduce Stern's thinking into contemporary psychology. The book is intended for academically oriented scholars with interests in historical, theoretical and philosophical issues in psychology.

Audisee® eBooks with Audio combine professional narration and text highlighting for an engaging read aloud experience! The outside layer of our planet is an active place. Earth's crust is always growing and changing. But do you know how Earth's crust forms? And what happens when its plates shift suddenly? Find out more about the moves that make mountains and ocean ridges in this interesting book!

Uncovering Hidden Hazards in American Cities

Uncovering the Hidden Prejudice That Shapes What We See, Think, and Do

Practices and Guidance for Uncovering Your Natural Awareness

1493

Uncovering a Hidden Kindness in Life

Uncovering the Links Between Leadership and Mental Illness

The Zen of Therapy

For more than a century, scientists have raced to unravel the human family tree and have grappled with its complications. Now, with an astonishing new discovery, everything we thought we knew about primate origins could change. Lying inside a high-security vault, deep within the heart of one of the world's leading natural history museums, is the scientific find of a lifetime - a perfectly fossilized early primate, older than the previously most famous primate fossil, Lucy, by forty-four million years. A secret until now, the fossil - "Ida" to the researchers who have painstakingly verified her provenance - is the most complete primate fossil ever found. Forty-seven million years old, Ida rewrites what we've assumed about the earliest primate origins. Her completeness is unparalleled - so much of what we understand about evolution comes from partial fossils and even single bones, but Ida's fossilization offers much more than that, from a haunting "skin shadow" to her stomach contents. And, remarkably, knowledge of her discovery and existence almost never saw the light of day. With exclusive access to the first scientist to study her, the award-winning science writer Colin Tudge tells the history of Ida and her place in the world. A magnificent, cutting-edge scientific detective story followed her discovery, and *The Link* offers a wide-ranging investigation into Ida and our earliest origins. At the same time, it opens a stunningly evocative window into our past and changes what we know about primate evolution and, ultimately, our own.

Darwin's theory of evolution was for more than a century dogged by a major problem: the evidence proving the connections between the main groups of organisms was nowhere to be found. By the 1970s this absence of 'transitional fossils' was hotly debated; some palaeontologists wondered if these 'missing links' had been so quick that no trace of them was left. However, during the past three decades fossils of walking whales from Pakistan, feathered dinosaurs from China, fish with feet from the Arctic Circle, ape-like humans from Africa, and many more bizarre creatures that fill in crucial gaps in our understanding of evolution have all been unearthed. The first account of the hunt for evolution's 'missing links', *Written in Stone* shows how these discoveries have revolutionised palaeontology, and explores what its findings might mean for our place on earth.

In the early '90s, Big Tobacco was making a killing. There was no entity more powerful, and national tobacco-related deaths numbered in the hundreds of thousands each year. The economic loss from smoking-related illnesses was billions of dollars. And yet, Big

Tobacco had never paid a nickel in court. Until one Southern, small-town lawyer figured out how Florida could sue Big Tobacco to reimburse the state for health care costs. The end result? Beyond the \$13 billion settlement, hundreds of thousands of American lives have been, and will continue to be, saved. Meet Fred Levin. Called by his own son "a philanthropist and a cockroach," Fred Levin is no ordinary attorney, and his remarkable story is far from squeaky clean. In *And Give Up Showbiz?*, New York Times bestselling author Josh Young works closely with Levin to give readers a glimpse into the extraordinary and entertaining life of the top trial lawyer who was a pioneer in establishing American personal injury law. Seen as an inspiring innovator by some and a flamboyant self-promoter by others, Levin has not only fought against Big Tobacco, he has won victories for women, African Americans, and workers everywhere. Levin's unprecedented legal career is just one aspect of his roller-coaster life story. From managing one of the world's greatest boxers to avoiding multiple disbarment attempts, and from becoming a chief in the country of Ghana to even being a person of interest in two separate murder investigations, his story reads like a novel suitable for the silver screen. *And Give Up Showbiz?* is both shockingly candid and wildly funny.

Shortlisted for the Wolfson History Prize 2018 A Book of the Year for the Evening Standard and the Observer A black porter publicly whips a white Englishman in the hall of a Gloucestershire manor house. A Moroccan woman is baptised in a London church. Henry VIII dispatches a Mauritanian diver to salvage lost treasures from the Mary Rose. From long-forgotten records emerge the remarkable stories of Africans who lived free in Tudor England... They were present at some of the defining moments of the age. They were christened, married and buried by the Church. They were paid wages like any other Tudors. The untold stories of the Black Tudors, dazzlingly brought to life by Kaufmann, will transform how we see this most intriguing period of history.

The Curse of the Mummy: Uncovering Tutankhamun's Tomb (Scholastic Focus)

Written in Stone (Icon Science)

A Journey Into the 3.5-Billion-Year History of the Human Body

And Give Up Showbiz?

The Bible Unearthed

The Little Book of Being

A First-Rate Madness

Gnostic texts are filled with encounters of strange other worldly beings, journeys to visionary heavenly realms, and encounters with the presence and spirit of the divine. In *Gnostic Visions*, author and Gnostic scholar Luke A. Myers presents evidence demonstrating how Gnostic visions were created and the connection these visions have to naturally occurring visionary compounds that are still in existence today. The culmination of more than ten years of research, *Gnostic Visions* advances the understanding of classical ethnobotany, Gnosticism, and the genesis of early Christian history. In this book the author discusses the prehistoric foundations of early human religion as well as the visionary religious traditions of the classical Greeks and Egyptians. Using these as a foundation, the book presents new and never before seen research explaining how Gnostic visions were created and what types of compounds were used by these ancient people to create them. *Gnostic Visions* presents evidence directly linking visionary Ayahuasca analogs with the creation of Gnostic and Hermetic visionary experiences. *Gnostic Visions* also describes the decline of Gnosticism, other visionary practices used in the Dark Ages and gives a brief tour of the visionary plants of the new world. In *Gnostic Visions*, Myers tells of his personal experience with the divine and includes some of his own reflections of the importance of mankind's relationship to the natural world. He communicates that altered states of consciousness have been responsible for many of the most profound mystical religious experiences in human history.

Edited by Kris Rutten, Stefaan Blancke, and Ronald Soetaert, *Perspectives on Science and Culture* explores the intersection between scientific understanding and cultural representation from an interdisciplinary perspective. Contributors to the volume analyze representations of science and scientific discourse from the perspectives of rhetorical criticism, comparative cultural studies, narratology, educational studies, discourse analysis, naturalized epistemology, and the cognitive sciences. The main objective of the volume is to explore how particular cognitive predispositions and cultural representations both shape and distort the public debate about scientific controversies, the teaching and learning of science, and the development of science itself. The theoretical background of the articles in the volume integrates C. P. Snow's concept of the two cultures (science and the humanities) and Jerome Bruner's confrontation between narrative and logico-scientific modes of thinking (i.e., the cognitive and the evolutionary approaches to human cognition).

"Every reader will find this book about attachment enlightening." --Dr. Sue Johnson, author of *Hold Me Tight* "Does a magnificent job of revealing how attachment manifests at the workplace, in friendships, religion, and even politics." --Amir Levine, M.D., author of *Attached* A revealing look at attachment theory, uncovering how our early childhood experiences create a blueprint for all our relationships to come Attachment theory is having a moment. It's the subject of much-shared articles and popular relationship guides. Why is this fifty-year-old theory, widely accepted in psychological circles, suddenly in vogue? Because people are discovering how powerfully it sheds light on who we love--and how. Fascinated by the subject, award-winning journalist and author Peter Lovenheim embarked on a journey to understand it from the inside out. Interviewing researchers, professors, counselors, and other experts, as well as individuals and couples whose attachment stories illuminate and embody the theory's key concepts. The result is this engaging and revealing book, which is part journalism, part memoir, part psychological guide--and a fascinating read for anyone who wants to better understand the needs and dynamics that drive the complex relationships in their lives. Topics include: * What it means to be securely and insecurely attached * How our early childhood experiences create a blueprint for future relationships--and how to use those insights to gain self-awareness and growth * Why anxious and avoidant attachment types tend to attract each other, and

how to break the negative cycle * How anyone can work to become "earned secure" regardless of their upbringing and past relationships.

For married couples and those engaged to be married, *Sheet Music* is a practical guide to sex according to God's plan. In his characteristic style, Kevin Leman addresses a wide spectrum of people, from those with no sexual experiences to those with past sexual problems or even abuse. Using frank descriptions and black-and-white line drawings, this book has a warm and friendly tone that will help couples overcome awkwardness in discussing an issue important to all married couples.

Archaeology's New Vision of Ancient Israel and the Origin of Sacred Texts

Uncovering the Forbidden

Uncovering the New World Columbus Created

Her Here

The Secret History of the Religion with No Name

How Fred Levin Beat Big Tobacco, Avoided Two Murder Prosecutions, Became a Chief of Ghana, Earned Boxing Manager of the Year, and Transformed American Law

The Family Tree Toolkit

Go ahead, be skeptical about big data. The author was—at first. When the term “big data” first came on the scene, bestselling author Tom Davenport (*Competing on Analytics, Analytics at Work*) thought it was just another example of technology hype. But his research in the years that followed changed his mind. Now, in clear, conversational language, Davenport explains what big data means—and why everyone in business needs to know about it. *Big Data at Work* covers all the bases: what big data means from a technical, consumer, and management perspective; what its opportunities and costs are; where it can have real business impact; and which aspects of this hot topic have been oversold. This book will help you understand:

- Why big data is important to you and your organization
- What technology you need to manage it
- How big data could change your job, your company, and your industry
- How to hire, rent, or develop the kinds of people who make big data work
- The key success factors in implementing any big data project
- How big data is leading to a new approach to managing analytics

With dozens of company examples, including UPS, GE, Amazon, United Healthcare, Citigroup, and many others, this book will help you seize all opportunities—from improving decisions, products, and services to strengthening customer relationships. It will show you how to put big data to work in your own organization so that you too can harness the power of this ever-evolving new resource. An award-winning Museum of Natural History curator and author of *Becoming Human* traces the evolution of homo sapiens to demonstrate how they prevailed among other early humans because of their unique cognitive ability, in an account that also explains how their superior mental abilities were acquired. 40,000 first printing.

This is a compilation of historical accounts that contradict everything we have been taught about ancient America. The accounts are substantiated by the testimony of the Native Americans who lived in the Great Lakes and Ohio Valley regions of North America. American Indians speak of a people who were skilled in arts and engaged in trade whose remains could be found in the burial mounds. These legends are validated by the hundreds of miles of canals extending into the Mississippi River and the extensive copper and lead mines. Early settlers in the Ohio Valley described ancient cities with well-defined evidence of streets laid out at regular intervals and intersected at right angles with other streets. Stone macadamized roads were also evidence of an industrious people engaged in commerce. New information from the British Isles places the Celtic peoples on the Island earlier than previously believed. The Celtic pagan religion is superimposed on ancient sites in the Ohio Valley with indistinguishable characteristics. Ancient ceremonial sites in the Ohio Valley are re-examined under the looking glass of the Celtic Gods and Goddesses. The ancient mound builders practiced a cult of the dead and buried their deceased in burial mounds to act as portals to connect the living with the dead. These portals remain open today and are the gateways for much of the paranormal activity found in the Great Lakes region. While not the focus of the stories presented, many of the skeletons discovered at the ancient sites were of gigantic size. The connection to the paranormal is elaborated in the *Book of Enoch*, "And now the Giants, who have been begotten from body and flesh, will be called evil spirits on earth, and their dwelling-places will be upon the earth." New documentation is presented that solves the mystery of who were the Hopewell Mound Builders. The Dakota Sioux legends place them in the Ohio Valley at the time when the great geometric earthworks were being constructed. They were called "The Snake People" by the Algonquins. Identical serpent effigies are found in the historic Dakota lands that overlap the Hopewell interaction sphere. Other Indians tribes concur in their legends that this was true along with age-old place names that corroborate the Dakota Sioux as the builders of the effigy mounds in Minnesota, Wisconsin, Iowa, Ohio and Indiana.

Colin Tudge tells the history of *Ida*--a perfectly fossilized early primate predating the most famous primate fossil, *Lucy*, by 44 million years--and her place in the world. At the same time, he explains how *Ida* opens a stunningly evocative window into our past and changes what we know about primate evolution and, ultimately, our own.

Mysteries of Ancient America

Uncovering the Secret Forces Destroying American Public Education

Uncovering Jewish Creativity in Book III of the Sibylline Oracles

Uncovering the Life of Your Dreams

Archaeology for Kids

Uncovering Critical Personalism

Trusting the Gold

THE INTERNATIONAL BESTSELLER 'A book that could actually make us happy' SIMON AMSTELL 'This amazing book will change your life' ELTON JOHN 'One of the most important texts of recent years' BRITISH JOURNAL OF GENERAL PRACTICE 'Brilliant, stimulating, radical' MATT HAIG 'The more people read this book, the better off the world will be' NAOMI KLEIN 'Wonderful' HILLARY CLINTON 'Eye-opening' GUARDIAN 'Brilliant for anyone wanting a better understanding of mental health' ZOE BALL 'A game-changer' DAVINA MCCALL 'Extraordinary' DR MAX PEMBERTON 'Beautiful' RUSSELL BRAND Depression and anxiety are now at epidemic levels. Why?

Across the world, scientists have uncovered evidence for nine different causes. Some are in our biology, but most are in the way we are living today. Lost Connections offers a radical new way of thinking about this crisis. It shows that once we understand the real causes, we can begin to turn to pioneering new solutions – ones that offer real hope.

Featuring a "Then and Now" section of information, this book describes the illnesses and deaths of people who had entered King Tut's tomb in 1922.

The New York Times bestseller "A glistening psychological history, faceted largely by the biographies of eight famous leaders . . ." —The Boston Globe "A provocative thesis . . . Ghaemi's book deserves high marks for original thinking." —The Washington Post "Provocative, fascinating." —Salon.com Historians have long puzzled over the apparent mental instability of great and terrible leaders alike: Napoleon, Lincoln, Churchill, Hitler, and others. In *A First-Rate Madness*, Nassir Ghaemi, director of the Mood Disorders Program at Tufts Medical Center, offers a myth-shattering exploration of the powerful connections between mental illness and leadership and sets forth a controversial, compelling thesis: The very qualities that mark those with mood disorders also make for the best leaders in times of crisis. From the importance of Lincoln's "depressive realism" to the lackluster leadership of exceedingly sane men as Neville Chamberlain, *A First-Rate Madness* overturns many of our most cherished perceptions about greatness and the mind.

The LinkUncovering Our Earliest AncestorLittle, Brown

Black Tudors

Finding the Mother Tree

Uncovering Earth's Crust

Discovering the Wisdom of the Forest

Sheet Music

Biased

The Untold Story

"A warm, profound and cleareyed memoir. . . this wise and sympathetic book's lingering effect is as a reminder that a deeper and more companionable way of life lurks behind our self-serious stories."—Oliver Burkeman, *New York Times Book Review* A remarkable exploration of the therapeutic relationship, Dr. Mark Epstein reflects on one year's worth of therapy sessions with his patients to observe how his training in Western psychotherapy and his equally long investigation into Buddhism, in tandem, led to greater awareness—for his patients, and for himself For years, Dr. Mark Epstein kept his beliefs as a Buddhist separate from his work as a psychiatrist. Content to use his training in mindfulness as a private resource, he trusted that the Buddhist influence could, and should, remain invisible. But as he became more forthcoming with his patients about his personal spiritual leanings, he was surprised to learn how many were eager to learn more. The divisions between the psychological, emotional, and the spiritual, he soon realized, were not as distinct as one might think. In *The Zen of Therapy*, Dr. Epstein reflects on a year's worth of selected sessions with his patients and observes how, in the incidental details of a given hour, his Buddhist background influences the way he works. Meditation and psychotherapy each encourage a willingness to face life's difficulties with courage that can be hard to otherwise muster, and in this cross-section of life in his office, he emphasizes how therapy, an element of Western medicine, can in fact be considered a two-person meditation. Mindfulness, too, much like a good therapist, can "hold" our awareness for us—and allow us to come to our senses and find inner peace. Throughout this deeply personal inquiry, one which weaves together the wisdom of two worlds, Dr. Epstein illuminates the therapy relationship as spiritual friendship, and reveals how a therapist can help patients cultivate the sense that there is something magical, something wonderful, and something to trust running through our lives, no matter how fraught they have been or might become. For when we realize how readily we have misinterpreted our selves, when we stop clinging to our falsely conceived constructs, when we touch the ground of being, we come home.

#1 NEW YORK TIMES BESTSELLER • "The story of modern medicine and bioethics—and, indeed, race relations—is refracted beautifully, and movingly."—*Entertainment Weekly* NOW A MAJOR MOTION PICTURE FROM HBO® STARRING OPRAH WINFREY AND ROSE BYRNE • ONE OF THE "MOST INFLUENTIAL" (CNN), "DEFINING" (LITHUB), AND "BEST" (THE PHILADELPHIA INQUIRER) BOOKS OF THE DECADE • ONE OF ESSENCE'S 50 MOST IMPACTFUL BLACK BOOKS OF THE PAST 50 YEARS • WINNER OF THE CHICAGO TRIBUNE HEARTLAND PRIZE FOR NONFICTION NAMED ONE OF THE BEST BOOKS OF THE YEAR BY The New York Times Book Review • *Entertainment Weekly* • *O: The Oprah Magazine* • NPR • *Financial Times* • *New York* • *Independent (U.K.)* • *Times (U.K.)* • *Publishers Weekly* • *Library Journal* • *Kirkus Reviews* • *Booklist* • *Globe and Mail* Her name was Henrietta Lacks, but scientists know her as HeLa. She was a poor Southern tobacco farmer who worked the same land as her slave ancestors, yet her cells—taken without her knowledge—became one of the most important tools in medicine: The first "immortal" human cells grown in culture, which are still alive today, though she has been dead for more than sixty years. HeLa cells were vital for developing the polio vaccine; uncovered secrets of cancer, viruses, and the atom bomb's effects; helped lead to important advances like in vitro fertilization, cloning, and gene mapping; and have been bought and sold by the billions. Yet Henrietta Lacks remains virtually unknown, buried in an unmarked grave. Henrietta's family did not learn of her "immortality" until more than twenty years after her death, when scientists investigating HeLa began using her husband and children in research without informed consent. And though the cells had launched a multimillion-dollar industry that sells human biological materials, her family never saw any of the profits. As Rebecca Skloot so brilliantly shows, the story of the Lacks family—past and present—is inextricably connected to the dark history of experimentation on African Americans, the birth of bioethics, and the legal battles over whether we control the stuff we are made of. Over the decade it took to uncover this story, Rebecca became enmeshed in the lives of the Lacks family—especially Henrietta's daughter Deborah. Deborah was consumed with questions: Had scientists cloned her mother? Had they killed her to harvest her cells? And if her mother was so important to medicine, why couldn't her children afford health insurance? Intimate in feeling, astonishing in scope, and impossible to put down, *The Immortal Life of Henrietta Lacks* captures the beauty and drama of scientific discovery, as well as its human consequences. In this groundbreaking work that sets apart fact and legend, authors Finkelstein and Silberman use significant archeological discoveries to provide historical information about biblical Israel and its neighbors. In this iconoclastic and provocative work,

leading scholars Israel Finkelstein and Neil Asher Silberman draw on recent archaeological research to present a dramatically revised portrait of ancient Israel and its neighbors. They argue that crucial evidence (or a telling lack of evidence) at digs in Israel, Egypt, Jordan, and Lebanon suggests that many of the most famous stories in the Bible—the wanderings of the patriarchs, the Exodus from Egypt, Joshua's conquest of Canaan, and David and Solomon's vast empire—reflect the world of the later authors rather than actual historical facts. Challenging the fundamentalist readings of the scriptures and marshaling the latest archaeological evidence to support its new vision of ancient Israel, *The Bible Unearthed* offers a fascinating and controversial perspective on when and why the Bible was written and why it possesses such great spiritual and emotional power today. Award-winning and critically acclaimed author Candace Fleming presents the edge-of-your-seat true story of the search for Tutankhamun's tomb, the Western public's belief that the dig was cursed, and the battle for ownership of the treasures within. During the reign of the New Kingdom of Egypt, the boy pharaoh Tutankhamun ruled and died tragically young. In order to send him on his way into the afterlife, his tomb was filled with every treasure he would need after death. And then, it was lost to time, buried in the sands of the Valley of the Kings. His tomb was also said to be cursed. Centuries later, as Egypt-mania gripped Europe, two Brits -- a rich earl with a habit for gambling and a disreputable, determined archeologist -- worked for years to rediscover and open Tutankhamun's tomb. But once it was uncovered, would ancient powers take their revenge for disturbing and even looting the pharaoh's resting place? What else could explain the mysterious illnesses, accidents, and deaths that began once it was found?

Your Inner Fish

Uncovering the Hidden Heroes Who Fought for Justice in Schools

Exploring the Powerful Ways Our Earliest Bond Shapes Our Relationships and Lives

Race to the Bottom

Six Flags New Orleans: The Ruined Theme Park

Readings from William Stern's Contributions to Scientific Psychology

Big Data at Work

Everyone wants: High schoolers to graduate well-prepared for jobs. Improved STEM literacy. Greater achievement for inner-city children. Happiness for all children. So why are liberals spending billions of dollars working against those goals? In Race to the Bottom, Luke Rosiak uncovers the shocking reason why American education is failing: Powerful special interest groups are using our kids as guinea pigs in vast ideological experiments. These groups' initiatives aren't focused on making children smarter—but on implementing a radical agenda, no matter the effect on academic standards. Nonprofits pump billions into initiatives meant to redress racial inequities. Rather than fixing the problem, districts with a big gap between white and black test scores hire consultants who claim the tests are meaningless because they are "racist." These consultants' judgments allow school districts to ignore their own failures—ultimately hurting minority students and perpetuating racism. That is just one example. Drawing on his years in investigative journalism, Rosiak did a deep dive into school files, financial records, and parents' stories. What he found is that nonprofit influence has crept into the educational bureaucracy all over America. Corrupt school boards and quack diversity consultants abound. Teachers drawing government pay claim it's unsafe to return to in-person school, but "double dip" teaching in-person private classes. And amid all this focus on money and equity, academic standards are crumbling, which hurts American kids in ways we'll be suffering for decades. Race to the Bottom is the first comprehensive exposé of the way radical ideology and self-serving administrators are destroying academic quality in America's K-12 schools. Rigorous and deeply-researched, this is essential reading for anyone who cares about the future of our kids.

This activity book features 25 projects such as making a surface survey of a site, building a screen for sifting dirt and debris at a dig, tracking soil age by color, and counting tree rings to date a find, teaches kids the techniques that unearthed Neanderthal caves, Tutankhamun's tomb, the city of Pompeii, and Tenochtitlan, capital of the Aztec empire. Kids will delight in fashioning a stone-age tool, playing a seriation game with old photographs of cars, "reading" objects excavated in their own backyards, and using patent numbers to date modern artifacts as they gain an overview of human history and the science that brings it back to life.

NEW YORK TIMES BEST SELLER • From the world's leading forest ecologist who forever changed how people view trees and their connections to one another and to other living things in the forest—a moving, deeply personal journey of discovery Suzanne Simard is a pioneer on the frontier of plant communication and intelligence; her TED talks have been viewed by more than 10 million people worldwide. In this, her first book, now available in paperback, Simard brings us into her world, the intimate world of the trees, in which she brilliantly illuminates the fascinating and vital truths--that trees are not simply the source of timber or pulp, but are a complicated, interdependent circle of life; that forests are social, cooperative creatures connected through underground networks by which trees communicate their vitality and vulnerabilities with communal lives not that different from our own. Simard writes--in inspiring, illuminating, and accessible ways--how trees, living side by side for hundreds of years, have evolved, how they learn and adapt their behaviors, recognize neighbors, compete and cooperate with one another with sophistication, characteristics ascribed to human intelligence, traits that are the essence of civil societies--and at the center of it all, the Mother Trees: the mysterious, powerful forces that connect and sustain the others that surround them. And Simard writes of her own life, born and raised into a logging world in the rainforests of

British Columbia, of her days as a child spent cataloging the trees from the forest and how she came to love and respect them. And as she writes of her scientific quest, she writes of her own journey, making us understand how deeply human scientific inquiry exists beyond data and technology, that it is about understanding who we are and our place in the world.

In *Uncovering Jewish Creativity in Book III of the Sibylline Oracles*, Ashley L. Bacchi reclaims the importance of the Sibyl as a female voice of prophecy, revealing intertextual references and political commentary on second-century events in Ptolemaic Egypt.

The Search for Our Human Origins

An Enlightening Story

Masters of the Planet

The Immortality Key

Uriel's Machine

Tut's Deadly Tomb

The Immortal Life of Henrietta Lacks

The true cost of what the global food industry throws away. With shortages, volatile prices and nearly one billion people hungry, the world has a food problem—or thinks it does. Farmers, manufacturers, supermarkets and consumers in North America and Europe discard up to half of their food—enough to feed all the world's hungry at least three times over. Forests are destroyed and nearly one tenth of the West's greenhouse gas emissions are released growing food that will never be eaten. While affluent nations throw away food through neglect, in the developing world crops rot because farmers lack the means to process, store and transport them to market. But there could be surprisingly painless remedies for what has become one of the world's most pressing environmental and social problems. *Waste* traces the problem around the globe from the top to the bottom of the food production chain. Stuart's journey takes him from the streets of New York to China, Pakistan and Japan and back to his home in England. Introducing us to foraging pigs, potato farmers and food industry CEOs, Stuart encounters grotesque examples of profligacy, but also inspiring innovations and ways of making the most of what we have. The journey is a personal one, as Stuart is a dedicated freegan, who has chosen to live off of discarded or self-produced food in order to highlight the global food waste scandal. Combining front-line investigation with startling new data, *Waste* shows how the way we live now has created a global food crisis—and what we can do to fix it.

A Publishers Weekly Best Book of 2018 "An important contribution to our understanding of how ordinary people found the strength to fight for equality for schoolchildren and their teachers." —Wall Street Journal In the epic tradition of *Eyes on the Prize* and with the cultural significance of John Lewis's *March* trilogy, an ambitious and harrowing account of the devoted black educators who battled southern school segregation and inequality For two years an aging Dr. Horace Tate—a former teacher, principal, and state senator—told Emory University professor Vanessa Siddle Walker about his clandestine travels on unpaved roads under the cover of night, meeting with other educators and with Dr. King, Georgia politicians, and even U.S. presidents. Sometimes he and Walker spoke by phone, sometimes in his office, sometimes in his home; always Tate shared fascinating stories of the times leading up to and following *Brown v. Board of Education*. Dramatically, on his deathbed, he asked Walker to return to his office in Atlanta, in a building that was once the headquarters of another kind of southern strategy, one driven by integrity and equality. Just days after Dr. Tate's passing in 2002, Walker honored his wish. Up a dusty, rickety staircase, locked in a concealed attic, she found the collection: a massive archive documenting the underground actors and covert strategies behind the most significant era of the fight for educational justice. Thus began Walker's sixteen-year project to uncover the network of educators behind countless battles—in courtrooms, schools, and communities—for the education of black children. Until now, the courageous story of how black Americans in the South won so much and subsequently fell so far has been incomplete. *The Lost Education of Horace Tate* is a monumental work that offers fresh insight into the southern struggle for human rights, revealing little-known accounts of leaders such as W.E.B. Du Bois and James Weldon Johnson, as well as hidden provocateurs like Horace Tate.

"Poignant...important and illuminating."—The New York Times Book Review

"Groundbreaking."—Bryan Stevenson, New York Times bestselling author of *Just Mercy* From one of the world's leading experts on unconscious racial bias come stories, science, and strategies to address one of the central controversies of our time How do we talk about bias? How do we address racial disparities and inequities? What role do our institutions play in creating, maintaining, and magnifying those inequities? What role do we play? With a perspective that is at once scientific, investigative, and informed by personal experience, Dr. Jennifer Eberhardt offers us the language and courage we need to face one

of the biggest and most troubling issues of our time. She exposes racial bias at all levels of society—in our neighborhoods, schools, workplaces, and criminal justice system. Yet she also offers us tools to address it. Eberhardt shows us how we can be vulnerable to bias but not doomed to live under its grip. Racial bias is a problem that we all have a role to play in solving.

A practical guide for experiencing natural awareness—an effortless and spacious state of resting in the depth of our being. Do you recall, as a child, being enthralled by a drifting cloud, a rain-soaked leaf, a wandering ladybug? Or suddenly having a sense of timelessness, contentment, and ease? If so, then you've already had a taste of natural awareness. Known and revered in many traditions as a complement to focused mindfulness training, natural awareness transcends even these wondrous childhood moments. Some describe it as a profound “awareness of awareness”—an effortless, boundless state of resting in the depth of our being. For those new to meditation and experienced meditators alike, these 72 “mini-chapters” guide you on an in-depth odyssey into natural awareness, illuminated by many simple and enjoyable insights and exercises. *The Little Book of Being* invites you to explore: The spectrum of awareness practices, from focused mindfulness to flexible mindfulness to natural awareness How classical mindfulness and effortless natural awareness enrich and shape each other, and how to practice both Three ways to move into natural awareness—relaxing effort, broadening awareness, and dropping objects A treasury of “glimpse practices” to spark natural awareness anytime, in just a few moments How to bring this way of “simply being” into your daily life, into your connection with others, and into the world “At first natural awareness may seem far away, just a whisper, but then it will begin to grow and expand and permeate aspects of living. Over time we may feel more peace, more connection to ourselves. We may find ourselves taking life a bit more lightly. We may feel a sense of relaxed ‘beingness’ throughout the day, and when we do get caught in our dramas, we may find ourselves moving out of them quicker than we imagined we could.” —Diana Winston

Gnostic Visions

Uncovering the Greatest Secret of the Ancient World

The British National Bibliography

Uncovering Our Earliest Ancestor