A sports reporter investigates the training of girls as professional gymnasts and figure skaters, arguing that the pressure to succeed results in mental and physical harm. A withering and witty examination of how the American legal
system, burdened by complexity and untrammeled growth, fails Americans and threatens the rule of law itself, by the acclaimed author of A Generation of Sociopaths. Our trial courts conduct hardly any trials, our correctional systems do not correct, and the rise of mandated arbitration has ushered in a shadowy system of privatized "justice." Meanwhile, our legislators can't even follow their own rules for making rules, while the rule of law mutates into a perpetual state of emergency. The legal system is becoming an incomprehensible farce. How did this happen? In The Nonsense Factory, Bruce Cannon Gibney shows that over the past seventy years, the legal system has dangerously confused quantity with quality and might with legitimacy. As the law bloats into chaos, it staggers on only by excusing itself from the very commands it insists that we obey, leaving Americans at the mercy of arbitrary power. By examining the system as a whole, Gibney shows that the tragedies often portrayed as isolated mistakes or the work of bad actors -- police misconduct, prosecutorial overreach, and the outrages of imperial presidencies -- are really the inevitable consequences of law's descent into lawlessness. The first book to deliver a lucid, comprehensive overview of the entire legal system, from the grandeur of Constitutional theory to the squalid workings of Congress, The Nonsense Factory provides a deeply researched and witty examination of America's state of legal absurdity, concluding with sensible options for reform. Helping both parents and psychologists to arrive at a better understanding of the inner emotional world of the infant, this selection of key lectures by Bowlby includes the seminal one that gives the volume its title. Informed by wide clinical experience, and written with the author's well-known humanity and lucidity, the lectures provide an invaluable introduction to John Bowlby's thought and work, as well as much practical guidance of use both to parents and to
members of the mental health professions. A gripping and insightful examination of the relationship between news-makers and news-watchers, looking at how images of war and tragedy are presented to us in the media and how we consume them. Jean Seaton argues that print and television news are central to the way in which we understand and respond emotionally to the world. She shows how we now tolerate without question the increasing levels of violence in news reporting and traces the public representation of suffering from ancient Romans through Communist Russia to all those who avidly watch today's breaking news'. Seaton neither harks back to a lost golden age, nor presumes that more news is necessarily better news. This is a celebration of the media, which, despite all its problems, we must embrace as an essential part of a free society. Neal Karlen describes the rejection and subsequent embrace of the Jewish faith, remembering his childhood as the son of Orthodox parents, the self-loathing that changed his spiritual perspective, and his participation in devotional studies. Making and Breaking Governments theorizes on how parties create, maintain, or replace new governments. This definitive political history from an ambassador of the Republic of Sudan unravels the background that led to the fracturing of a country. Author and ambassador Dr. Khidir Haroun Ahmed takes us on a journey as he traces the historical and internal/external factors that led to the division of Sudan and altered the political map of Africa. Spanning the nineteenth and twentieth centuries, The Making and Breaking of the United Sudan explores colonial rule, unstable national governments, and disruptive foreign intervention, which led to Sudan's civil war and changed the geography of Sudan. Ahmed's chronicle also focuses on understanding Sudan politics and explains the eventual establishment of two separate national governments in the region. This fascinating account of the formation and
dissolution of a United Sudan offers an honest assessment of change and consequences. It provides a look at what worked and what failed and exposes the detrimental policies motivated by political agendas rather than the good of the people. "Masterful... [A] painstakingly researched, astonishingly erudite study... Tooze has added his name to the roll call of top-class scholars of Nazism." — Financial Times

An extraordinary mythology has grown up around the Third Reich that hovers over political and moral debate even today. Adam Tooze's controversial book challenges the conventional economic interpretations of that period to explore how Hitler's surprisingly prescient vision--ultimately hindered by Germany's limited resources and his own racial ideology--was to create a German super-state to dominate Europe and compete with what he saw as America's overwhelming power in a soon-to-be globalized world. The Wages of Destruction is a chilling work of originality and tremendous scholarship that set off debate in Germany and will fundamentally change the way in which history views the Second World War.

An interwoven history of the European project, in tandem with the story of the European far right, recounting the series of shifts that have led to today's critical juncture: a post-Brexit European Union and a stark rise in support for far right, populist parties across Europe. Say you want to start going to the gym or practicing a musical instrument. How long should it take before you stop having to force it and start doing it automatically? The surprising answers are found in Making Habits, Breaking Habits, a psychologist's popular examination of one of the most powerful and under-appreciated processes in the mind. Although people like to think that they are in control, much of human behavior occurs without any decision-making or conscious thought. Drawing on hundreds of fascinating studies, psychologist Jeremy Dean busts the myths to finally
explain why seemingly easy habits, like eating an apple a day, can be surprisingly difficult to form, and how to take charge of your brain's natural "autopilot" to make any change stick. Witty and intriguing, Making Habits, Breaking Habits shows how behavior is more than just a product of what you think. It is possible to bend your habits to your will -- and be happier, more creative, and more productive.In The end of the perfect 10, Dvora Meyers provides an account of the controversial world of gymnastics, the recent changes to the scoring system, and what these changes mean for the future of American gymnastics. This 90-minute short read book is vital for anyone interested in why there have been challenges to Leonardo da Vinci's supposed 100% Italian ethnicity. At the turn of the twenty-first century some scholars disputed Leonardo's pure Tuscan origins in order to explain Eastern technology and Eastern influences found extensively in the Notebooks. Claims emerged Leonardo's mother must have been an Arab or Chinese slave. These ethnicity theories, despite clinging to a 50% Italian "great polymath unschooled note-maker Leonardo", nevertheless rattled at the foundations of a mythical construct. LEONARDO DA VINCI DID NOT WRITE THE NOTEBOOKS The author delves into theories about Leonardo's putative Chinese or Arab slave mother, which leads to a shocking discovery. Although Leonardo da Vinci was indeed 100% Italian, but he did not write the Notebooks, the codices which for five hundred years have been given to his credit without thought or question. The man who wrote the Notebooks was a man relegated to the shadows of the workshop, a man from the East, Zoroastro. "Leonardo: the making and breaking of a myth" is the first book in the series "The Leonardi". An in-depth look at how elements are discovered, why they matter and where they will take us. The science of element discovery is a truly fascinating field, and is constantly rewriting the laws of
chemistry and physics as we know them. Superheavy is the first book to take an in-depth look at how synthetic elements are discovered, why they matter and where they will take us. From the Cold War nuclear race to the present day, scientists have stretched the periodic table to 118 elements. They have broken the rules of the periodic table, rewriting the science we're taught in school, and have the potential to revolutionize our lives. Kit Chapman takes us back to the very beginning, with the creation of the atomic bomb. He tells the story of the major players, such as Ernest Lawrence who revolutionized the field of particle physics with the creation of the cyclotron; Yuri Oganessian, the "guerilla scientist" who opened up a new era of discovery in the field and is the only living scientists to have an element named after him; and Victor Ninov, the disgraced physicist who almost pulled off the greatest fraud in nuclear science. This book will bring us in a full circle back to Oak Bridge National Laboratory, where the first atomic bomb was developed, and that has more recently been an essential player in creating the new superheavy element 117. Throughout, Superheavy explains the complex science of element discovery in clear and easy-to-follow terms. It walks through the theories of atomic structure, discusses the equipment used and explains the purpose of the research. By the end of the book readers will not only marvel at how far we've come, they will be in awe of where we are going and what this could mean for the worlds of physics and chemistry as we know them today. The basic premise of the book at hand is that there is meaning to be 'excavated' (in both meanings of the word) from Christian responses to pagan sculpture in the period from the fourth to the sixth century. More than mindless acts of religious violence by fanatical mobs, these responses are revelatory of contemporary conceptions of images and the different ways in which the material manifestations of the pagan past could
be negotiated in Late Antiquity. Statues were important to the social, political and religious life of cities across the Mediterranean, as well as part of a culture of representation that was intricately bound to bodily taxonomies and visual practices. An accessible portrait of the Nazi war machine and its downfall traces the pivotal role of economics in every aspect of Nazi power, Hitler's views about the potential of a European force strong enough to take on America, and the shortcomings of Hitler's armies. "What if I could show you a way to reconnect with the whole of who you are, in service to your highest purpose as you know it? What if I could help you break out of the invisible prison in which you have been living--the one that keeps you small and scared?" In this jam packed book, Dr. Angela J. Huebner invites you into a journey of change. Through an accessible mix of case studies, neuroscience, personal stories and exercises, Jailbreak, doesn't just tell you what to do-it helps you understand what gets in the way and how to overcome it. High-Conflict Parenting Post-Separation: The Making and Breaking of Family Ties describes an innovative approach for families where children are caught up in their parents' acrimonious relationship - before, during and after formal legal proceedings have been initiated and concluded. This first book in a brand-new series by researchers and clinicians at the Anna Freud National Centre for Children and Families (AFNCCF) outlines a model of therapeutic work which involves children, their parents and the wider family and social network. The aim is to protect children from conflict between their parents and thus enable them to have healthy relationships across both ‘sides’ of their family network. High-Conflict Parenting Post-Separation is written for professionals who work with high-conflict families - be that psychologists, psychiatrists, child and adult psychotherapists, family therapists, social workers, children’s guardians and legal
professionals including solicitors and mediators, as well as students and trainees in all these different disciplines. The book should also be of considerable interest for parents who struggle with post-separation issues that involve their children.

Abstract: Call Me Tabs: The Making and Breaking of a Marine Corps Wife is a memoir that takes the reader through the hills and valleys of the life of one member in a particular discourse community at the height of its kairotic moment -- the community of military wives.

A collection of key lectures by John Bowlby which provide an invaluable introduction to his thought and work. In addition to the basic principles they contain much practical guidance for both parents and mental health professionals.

Once everyone knew what the family was. It was something natural and without a history - mum, dad and the kids. Divorce, women in the workforce, de facto relationships and the sexual liberation movements have fractured the old certainties. Nowadays there is more talk about the family than ever, even if no-one is quite sure what it is anymore. The making and breaking of the Australian family looks at the family in history. It traces the shift from the household economy of the late nineteenth century, to the child-centred nuclear family of the mid-twentieth century, to the recent proliferation of households. The book argues that the so-called traditional family was a quite recent creation, and that its fragmentation is obscured by new redefinitions of the family. The making and breaking of the Australian family addresses the changing experiences of childhood, parenting, home, neighbourhood, work, birth and sexuality. It examines the expansion of the market and the state, patterns of class mobilisation, the reconstruction of masculinity and femininity and the creative strategies of ordinary people in everyday life. This is a lively and accessible book, which will prove a valuable reference for students of history, sociology, women's studies and
Australian studies, and will generate wide discussion amongst people concerned with family policy, welfare and contemporary social issues. Informed by wide clinical experience, and written with the author’s well known humanity and lucidity, these lectures provide an invaluable introduction to Bowlby’s work, as well practical guidance for parents and mental health professionals. For anyone that has ever wondered what the life of an American deep-cover international spy is like, this book will quench your appetite. Author James A. Everett shares his story of recruitment and training by the CIA, and his eventual untimely dismissal. This autobiographical work takes the reader from Everett’s initiation and training in this arm of government work, through his disillusionment after his cover is blown during the Watergate scandal when Congressional hearings expose his true CIA relationship. In his post-CIA life, he gains a deeper understanding of the political and often devious activities of Empire America, and becomes a peace activist critical of the CIA. About the Author: James A. Everett has been writing his entire life and has been published in numerous magazines and newspapers in a wide variety of genres. He has been writing a weekly opinion column in a daily newspaper for five years and has been recognized with numerous awards, including Kansas City’s International Citizen of the Year Award, and the Crescent Peace Society's Annual Peace Award. Publisher’s website: http://www.strategicpublishinggroup.com/title/TheMakingandBreakingOfAnAmericanSpy.html

Appearing on the world stage in 1918, Lithuania suffered numerous invasions, border changes and large scale population displacements. The successive occupations of Stalin in 1940 and Hitler in 1941, mass deportations to the Gulag and the elimination of the Jewish community in the Holocaust gave the horrors of World War II a special ferocity. Moreover, the fighting continued after 1945 with the anti-
Soviet insurrection, crushed through mass deportations and forced collectivization in 1948-1951. At no point, however, did the process of national consolidation take a pause, making Lithuania an improbably representative case study of successful nation-building in this troubled region. As postwar reconstruction gained pace, ethnic Lithuanians from the countryside – the only community to remain after the war in significant numbers – were mobilized to work in the cities. They streamed into factory and university alike, creating a modern urban society, with new elites who had a surprising degree of freedom to promote national culture. This book describes how the national cultural elites constructed a Soviet Lithuanian identity against a backdrop of forced modernization in the fifties and sixties, and how they subsequently took it apart by evoking the memory of traumatic displacement in the seventies and eighties, later emerging as prominent leaders of the popular movement against Soviet rule. Argues that eliminating affirmative action programs also eliminates opportunities for minorities to move up the corporate ladder. Workers’ self-management was one of the unique features of communist Yugoslavia. Goran Musi has investigated the changing ways in which blue-collar workers perceived the recurring crises of the regime. Two self-managed metal enterprises, one in Serbia another in Slovenia, provide the frame of the analysis in the time span between 1945 and 1989. These two factories became famous for strikes in 1988 that evoked echoes in popular discourses in former Yugoslavia. Drawing on interviews, factory publications and other media, local archives, and secondary literature, Musi analyzes the two cases, going beyond the clichés of political manipulation from the top and workers' intrinsic attraction to nationalism. The author explains how, in the later phase of communist Yugoslavia, growing social inequalities among the workers and undemocratic practices
inside the self-managed enterprises facilitated the spread of a nationalist and pro-market ideology on the shop floors. Restoring the voice of the working class in history, Musi presents Yugoslavia's workers actors in their own right, rather than as a mass easily manipulated by nationalist or populist politicians. The book thus seeks to open a debate on the social processes leading up to the dissolution of Yugoslavia. A groundbreaking journey tracing America’s forgotten path to global power—and how its legacies shape our world today—told through the extraordinary life of a complicated Marine. Smedley Butler was the most celebrated warfighter of his time. Bestselling books were written about him. Hollywood adored him. Wherever the flag went, “The Fighting Quaker” went—serving in nearly every major overseas conflict from the Spanish War of 1898 until the eve of World War II. From his first days as a 16-year-old recruit at the newly seized Guantánamo Bay, he blazed a path for empire: helping annex the Philippines and the land for the Panama Canal, leading troops in China (twice), and helping invade and occupy Nicaragua, Puerto Rico, Haiti, Mexico, and more. Yet in retirement, Butler turned into a warrior against war, imperialism, and big business, declaring: “I was a racketeer for capitalism.” Award-winning author Jonathan Myerson Katz traveled across the world—from China to Guantánamo, the mountains of Haiti to the Panama Canal—and pored over the personal letters of Butler, his fellow Marines, and his Quaker family on Philadelphia's Main Line. Along the way, Katz shows how the consequences of the Marines' actions are still very much alive: talking politics with a Sandinista commander in Nicaragua, getting a martial arts lesson from a devotee of the Boxer Rebellion in China, and getting cast as a P.O.W. extra in a Filipino movie about their American War. Tracing a path from the first wave of U.S. overseas expansionism to the rise of fascism in the 1930s to the crises of democracy in our
own time, Gangsters of Capitalism tells an urgent story about a formative era most Americans have never learned about, but that the rest of the world cannot forget. Five hundred years. A vast geography. Making and Breaking Settler Space explores how settler spaces have developed and diversified from contact to the present. Adam Barker traces the trajectory of settler colonialism, drawing out details of its operation that are embedded not only in imperialism but also in contemporary contexts that include problematic activist practices by would-be settler allies. Unflinchingly engaging with the systemic weaknesses of this process, he proposes an innovative, unified spatial theory of settler colonization in Canada and the United States that offers a framework within which settlers can pursue decolonial actions in solidarity with Indigenous communities. Absurdly funny, trenchant, and provocative, this outside-looking-in account of the stillbirth of one particular television series is a must read for every serious and not-so-serious television viewer. This study of communist Europe, from the situation that emerged from the 19th-century great-power system to the dissolution of the dictatorships at the end of the 1980s, takes as its central theme the progressive drawing apart of Eastern Europe from the West through the course of the 20th century.

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