

Zen Tones Relaxing Ringtones And Soothing Alert Sounds

International Association of Educating Cities

Democracy and Education John Dewey, 1916 John Dewey's *Democracy and Education* addresses the challenge of providing quality public education in a democratic society. In this classic work Dewey calls for the complete renewal of public education, arguing for the fusion of vocational and contemplative studies in education and for the necessity of universal education for the advancement of self and society. First published in 1916, *Democracy and Education* is regarded as the seminal work on public education by one of the most important scholars of the century.

With a Little Help Cory Doctorow, 2015-07-16 *With a Little Help* is my first serious experiment in self-publishing. I've published many novels, short story collections, books of essays and so on with publishers, and it's all been very good and satisfying and educational and so on, but it seems like it's time to try something new. *With a Little Help* consists of 12 stories, all reprints except for *Epoch* (commissioned by Mark Shuttleworth).

Birdwatching in New York City and on Long Island Deborah Rivel, Kellye Rosenheim, 2016-05-03 This easy-to-use guide gives seasonal information for both popular birding sites and those off the beaten path. Precise directions to the best viewing locations within the region's diverse habitats enable birdwatchers to efficiently explore urban and wild birding hotspots. Over 500 species of birds can be seen in New York City's five boroughs and on Long Island, one of the most densely populated and urbanized regions in North America, which also happens to be situated directly on the Atlantic Flyway. In this fragmented environment of scarce resources, birds concentrate on what's available. This means that high numbers of birds are found in small spaces. In fact, Central Park alone attracts over 225 species of birds, which birders from around the world flock to see during spring and fall migration. Beyond Central Park, the five boroughs and Long Island have numerous wildlife refuges of extraordinary scenic beauty where resident and migratory birds inhabit forests, wetlands, grasslands, and beaches. These special places present an opportunity to see a wide array of songbirds, endangered nesting shorebirds, raptors, and an unprecedented number and variety of waterfowl. Including the latest information on the seasonal status and distribution of more than 400 species, with 39 maps and over 50 photographs, this full-color guide features information essential to planning a birding visit. It will become the go-to book for both the region's longtime birders and those exploring the area for the first time.

The Hatha Yoga Pradipika Svātmārāma, 1975

Noise Music Paul Hegarty, 2007-09-01 *Noise/Music* looks at the phenomenon of noise in music, from experimental music of the early 20th century to the Japanese noise music and glitch electronica of today. It situates different musics in their cultural and historical context, and analyses them in terms of cultural aesthetics. Paul Hegarty argues that noise is a judgement about sound, that what was noise can become acceptable as music, and that in many ways the idea of noise is similar to the idea of the avant-garde. While it provides an excellent historical overview, the book's main concern is in the noise music that has emerged since the mid 1970s, whether through industrial music, punk, free jazz, or the purer noise of someone like Merzbow. The book progresses seamlessly from discussions of John Cage, Erik Satie, and Pauline Oliveros through to bands like Throbbing Gristle and the Boredoms. Sharp and erudite, and underpinned throughout by the ideas of thinkers like Adorno and Deleuze, *Noise/Music* is the perfect primer for anyone interested in the louder side of experimental music.

The Fast Diet Michael Mosley, 2013 Is it possible to eat what you like, most of the time, and get thinner and healthier as you do it? Simple answer: yes. You just have to restrict your calorie intake for two non-consecutive days each week (500 calories for women, 600 for men). This book brings together the results of recent revolutionary research to create a dietary programme that anyone can incorporate into their normal working life.

Prometheus and Atlas Jason Reza Jorjani, 2016-02-18

Punk Rock is My Religion Francis Stewart, 2017-06-26 As religion has retreated from its position and role of being the glue that holds society together, something must take its place. Utilising a focused and detailed study of Straight Edge punk (a subset of punk in which adherents abstain from drugs, alcohol and casual sex) *Punk Rock is My Religion* argues that traditional modes of religious behaviours and affiliations are being rejected in favour of key ideals located within a variety of spaces and experiences, including popular culture. Engaging with questions of identity construction through concepts such as authenticity, community, symbolism and music, this book furthers the debate on what we mean by the concepts of 'religion' and 'secular'. Provocatively exploring the notion of salvation, redemption, forgiveness and faith through a Straight Edge lens, it suggests that while the study of religion as an abstraction is doomed to a simplistic repetition of dominant paradigms, being willing to examine religion as a lived experience reveals the utility of a broader and more nuanced approach.

Selected Works for Big Band Mary Lou Williams, 2013-12-01

Consuming Cultural Hegemony Harisur Rahman, 2019-11-22 This book examines the circulation and viewership of Bollywood films and filmi modernity in Bangladesh. The writer poses a number of fundamental questions: what it means to be a Bangladeshi in South Asia, what it means to be a Bangladeshi fan of Hindi film, and how popular film reflects power relations in South Asia. The writer argues that partition has resulted in India holding hegemonic power over all of South Asia's nation-states at the political, economic, and military levels—a situation that has made possible its cultural hegemony. The book draws on relevant literature from anthropology, sociology, film, media, communication, and cultural studies to explore the concepts of hegemony, circulation, viewership, cultural taste, and South Asian cultural history and politics.

Extreme Exoticism W. Anthony Sheppard, 2019-09-20 To what extent can music be employed to shape one culture's understanding of another? In the American imagination, Japan has represented the most alien nation for over 150 years. This perceived difference has inspired fantasies--of both desire and repulsion--through which Japanese culture has profoundly impacted the arts and industry of the U.S. While the influence of Japan on American and European painting, architecture, design, theater, and literature has been celebrated in numerous books and exhibitions, the role of music has been virtually ignored until now. W. Anthony Sheppard's *Extreme Exoticism* offers a detailed documentation and wide-ranging investigation of music's role in shaping American perceptions of the Japanese, the influence of Japanese music on American composers, and the place of Japanese Americans in American musical life. Presenting numerous American encounters with and representations of Japanese music and Japan, this book reveals how music functions in exotic representation across a variety of genres and media, and how Japanese music has at various times served as a sign of modernist experimentation, a sounding board for defining American music, and a tool for reshaping conceptions of race and gender. From the Tin Pan Alley songs of the Russo-Japanese war period to Weezer's *Pinkerton* album, music has continued to inscribe Japan as the land of extreme exoticism.

How to Do Things with Videogames Ian Bogost, 2011-08-05 In recent years, computer games have moved from the margins of popular culture to its center. Reviews of new games and profiles of game designers now regularly appear in the *New York Times* and the *New Yorker*, and sales figures for games are reported alongside those of books, music, and movies. They are increasingly used for purposes other than entertainment, yet debates about videogames still fork along one of two paths: accusations of debasement through violence and isolation or defensive paeans to their potential as serious cultural works. In *How to Do Things with Videogames*, Ian Bogost contends that such generalizations obscure the limitless possibilities offered by the medium's ability to create complex simulated realities. Bogost, a leading scholar of videogames and an award-winning game designer, explores the many ways computer games are used today: documenting important historical and cultural events; educating both children and adults; promoting commercial products; and serving as platforms for art, pornography, exercise, relaxation, pranks, and politics. Examining these applications in a series of short, inviting, and provocative essays, he argues that together they make the medium broader, richer, and more relevant to a wider audience. Bogost concludes

that as videogames become ever more enmeshed with contemporary life, the idea of gamers as social identities will become obsolete, giving rise to gaming by the masses. But until games are understood to have valid applications across the cultural spectrum, their true potential will remain unrealized. How to Do Things with Videogames offers a fresh starting point to more fully consider games' progress today and promise for the future.

Enchanted Objects David Rose,2015-04-28 We are now standing at the precipice of the next transformative development: the Internet of Things. Soon, connected technology will be embedded in hundreds of everyday objects we already use: our cars, wallets, watches, umbrellas, even our trash cans. These objects will respond to our needs, come to know us, and learn to think on our behalf. David Rose calls these devices--which are just beginning to creep into the marketplace--Enchanted Objects. Some believe the future will look like more of the same--more smartphones, tablets, screens embedded in every conceivable surface. Rose has a different vision: technology that atomizes, combining itself with the objects that make up the very fabric of daily living. Such technology will be woven into the background of our environment, enhancing human relationships and channeling desires for omniscience, long life, and creative expression. The enchanted objects of fairy tales and science fiction will enter real life. Groundbreaking, timely, and provocative, Enchanted Objects is a blueprint for a better future, where efficient solutions come hand in hand with technology that delights our senses.

Hummingbirds of Costa Rica ,2006 Vibrant photos and fascinating text bring Costa Rica's hummingbirds to life. Hummingbirds of Costa Rica features 44 of the 45 species of hummers that inhabit Costa Rica. (The Plain-capped starthroat, the missing species, lives only in the highest treetops. The authors have never encountered one at a height low enough to photograph.) Each bird is depicted in its natural habitat and with the flower with which it naturally associates. Hundreds of detailed close-ups show each bird's unique features and allow the reader to fully appreciate these stunning marvels of nature. Featuring the work of internationally acclaimed nature photographers Michael and Patricia Fogden, this richly illustrated guide covers: Biology Predators The relationship between hummingbirds and flowers Feeding strategies A year in a hummingbird's life Hummingbird site guide. More than 90 plant species -- belonging to 34 families and over 60 genera -- are featured along with the hummers, so Hummingbirds of Costa Rica is also a useful guide to an astonishing diversity of Costa Rican flora. Beautifully detailed photographs bring the exquisite creatures to life, and scientifically accurate and accessible text provides a comprehensive reference to Costa Rica, its hummingbirds and their ecosystem.

The Five Keys to Mindful Communication Susan Gillis Chapman,2012-04-10 Good communion is essential to any healthy relationship, whether it's between spouses, family members, friends, or co-workers. In this book Susan Chapman, a marriage and family therapist and a longtime meditation teacher, explains how mindfulness can be brought to bear in the way we speak and listen to each other so that we can strengthen our connections and better accomplish our goals. Drawing on Buddhist principles and on her training as a psychotherapist, Chapman explains how the practice of mindfulness--learning to become fully present in the moment--makes it possible for us to listen more deeply to others and to develop greater clarity and confidence about how to respond. Chapman highlights five key elements of mindful communication: silence, mirroring, encouraging, discerning, and responding, and she dedicates a chapter of the book to each. Other topics include identifying your communication patterns and habits; uncovering the hidden fears that often sabotage communication; staying open in the midst of difficult conversations so that we can respond wisely and skillfully; and learning how mindful communication can help us to become more truthful, compassionate, and flexible in our relationships.

Marketing Michael R. Solomon,Greg W. Marshall,Elnora W. Stuart,2017-01-04 For undergraduate Principles of Marketing courses. Real people making real choices Marketing: Real People, Real Choices is the only text to introduce marketing from the perspective of real people, who make real marketing decisions, at leading companies every day. Timely, relevant, and dynamic, this reader-friendly text shows students how marketing concepts are implemented, and what they really mean in the marketplace. The 9th Edition presents more information than ever on the core issues every marketer needs to know, including value, analytics and metrics, and ethical and sustainable marketing. And with new examples and assessments, the text helps students actively learn and retain chapter content, so they know what's happening in the world of marketing today. Also available with MyLab Marketing MyLab(TM) Marketing is an online homework, tutorial, and assessment program designed to work with this text to engage students and improve results. Within its structured environment, students practice what they learn, test their understanding, and pursue a personalized study plan that helps them better absorb course material and understand difficult concepts. Students, if interested in purchasing this title with MyLab Marketing, ask your instructor for the correct package ISBN and Course ID. Instructors, contact your Pearson representative for more information. Marketing: Real People, Real Choices, 9th Edition is also available via Revel(TM), an interactive learning environment that enables students to read, practice, and study in one continuous experience. Learn more.

The Australian Official Journal of Trademarks ,1906

Education and Urban Life International Association of Educating Cities,2008

The Mood of the Fifth Waldorf Early Childhood Association of North America,2013-07-01 Music is a vital part of the healthy development of young children and yet many teachers can struggle with this key area.This book collects together different perspectives on the theme of music in the mood of the fifth (that is, using a pentatonic scale of five notes), to help teachers, parents and carers understand and work with music at kindergarten level.The book includes classic articles by Jennifer Aulie, Wilma Ellersiek and Rita Jacobs, along with new contributions by Michael Deason-Barrow, Jana Hawley, Renate Long-Breipohl, Sally Schweizer, Estelle Bryer, Eleanor Winship, Jill Taplin and many others.A key resource book for Steiner-Waldorf teachers.

Beta Test Eric Griffith,2011-12 PUBLISHERS WEEKLY: An unusually lighthearted apocalyptic tale. Sam Terra is having a bad week. He lost Molly, the woman he secretly loves, when she vanished before his eyes at the exact same time that ten percent of the inhabitants of Earth disappeared. Naturally upset, Sam follows clues about the global vanishing with questionable help from his friends including a misanthropic co-worker and a childhood pal. When Molly reappears in the body of a man during a night of monster-laden devastation, Sam finally learns the truth. Not just about her, but about the planet Earth and the entire cosmos surrounding it. What we consider mundane reality, others consider a game . . . and not a very good one. The whole thing is about to be shut down.

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