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Victoria Moran

A Troublesome Inheritance Nicholas Wade, 2014-05-06 Drawing on startling new evidence from the mapping of the genome, an explosive new account of the genetic basis of race and its role in the human story Fewer ideas have been more toxic or harmful than the idea of the biological reality of race, and with it the idea that humans of different races are biologically different from one another. For this understandable reason, the idea has been banished from polite academic conversation. Arguing that race is more than just a social construct can get a scholar run out of town, or at least off campus, on a rail. Human evolution, the consensus view insists, ended in prehistory. Inconveniently, as Nicholas Wade argues in *A Troublesome Inheritance*, the consensus view cannot be right. And in fact, we know that populations have changed in the past few thousand years—to be lactose tolerant, for example, and to survive at high altitudes. Race is not a bright-line distinction; by definition it means that the more human populations are kept apart, the more they evolve their own distinct traits under the selective pressure known as Darwinian evolution. For many thousands of years, most human populations stayed where they were and grew distinct, not just in outward appearance but in deeper senses as well. Wade, the longtime journalist covering genetic advances for *The New York Times*, draws widely on the work of scientists who have made crucial breakthroughs in establishing the reality of recent human evolution. The most provocative claims in this book involve the genetic basis of human social habits. What we might call middle-class social traits—thrift, docility, nonviolence—have been slowly but surely inculcated genetically within agrarian societies, Wade argues. These “values” obviously had a strong cultural component, but Wade points to evidence that agrarian societies evolved away from hunter-gatherer societies in some crucial respects. Also controversial are his findings regarding the genetic basis of traits we associate with intelligence, such as literacy and numeracy, in certain ethnic populations, including the Chinese and Ashkenazi Jews. Wade believes deeply in the fundamental equality of all human peoples. He also believes that science is best served by pursuing the truth without fear, and if his mission to arrive at a coherent summa of what the new genetic science does and does not tell us about race and human history leads straight into a minefield, then so be it. This will not be the last word on the subject, but it will begin a powerful and overdue conversation.

The Prevent and Reverse Heart Disease Cookbook Ann Crile Esselstyn, Jane Esselstyn, 2014-09-02 The long-awaited cookbook companion to the revolutionary *New York Times* bestseller *Prevent and Reverse Heart Disease*. “I hope you’ll treat yourself to one of these recipes and just open that door. I guarantee you won’t close it! —Samuel L. Jackson Hundreds of thousands of readers have been inspired to turn their lives around by Dr. Caldwell B. Esselstyn’s Jr.’s bestseller, *Prevent and Reverse Heart Disease*. The plant-based nutrition plan Dr. Esselstyn advocates based on his twenty-year nutritional study—the most comprehensive of its kind—is proven to stop and reverse even advanced coronary disease, and is built on the message the Esselstyn family has lived by for years: Your health is truly in your own hands, and what you eat matters. Mother-daughter team Ann and Jane Esselstyn have decades of experience developing delicious, healthful recipes for both their family and Dr. Esselstyn’s many grateful patients. Now, they combine their expertise to offer you the cookbook companion to Dr. Esselstyn’s groundbreaking book, with more than 125 easy and mouthwatering recipes, brimming with nourishment for your heart and your overall health. From their quick and easy meals like Fast Pasta and Greens and delicious “Sloppy Joes” to their indulgent desserts like their signature Kale Cake and Minty Frozen Chocolate Balls, these recipes will empower you to reclaim your health and discover the pleasures of eating plant-based.

U.S. Industrial Directory , 1977

What We Talk About When We Talk About Books Leah Price,2019-08-20 Reports of the death of reading are greatly exaggerated Do you worry that you've lost patience for anything longer than a tweet? If so, you're not alone. Digital-age pundits warn that as our appetite for books dwindles, so too do the virtues in which printed, bound objects once trained us: the willpower to focus on a sustained argument, the curiosity to look beyond the day's news, the willingness to be alone. The shelves of the world's great libraries, though, tell a more complicated story. Examining the wear and tear on the books that they contain, English professor Leah Price finds scant evidence that a golden age of reading ever existed. From the dawn of mass literacy to the invention of the paperback, most readers already skimmed and multitasked. Print-era doctors even forbade the very same silent absorption now recommended as a cure for electronic addictions. The evidence that books are dying proves even scarcer. In encounters with librarians, booksellers and activists who are reinventing old ways of reading, Price offers fresh hope to bibliophiles and literature lovers alike.

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Stirring It Up Gary Hirshberg,2008-01-08 A true force for change, Gary Hirshberg has been at the forefront of movements working for environmental and social transformation for 30 years. From his early days as an educator and activist to his current position as President and CE-Yo of Stonyfield Farm, the world's largest organic yogurt company, Hirshberg's positive outlook has inspired thousands of people to recognize their ability to make the world a better place. In *Stirring It Up*, Hirshberg calls on individuals to realize their power to effect change in the marketplace -- the power of one -- while proving that environmental commitment makes for a healthier planet and a healthier bottom line. Drawing from his 25 years' experience growing Stonyfield Farm from a 7-cow start-up, as well as the examples of like-minded companies, such as Newman's Own, Patagonia, Wal-Mart and Timberland, Hirshberg presents stunning evidence that business not only can save the planet, but is able to simultaneously deliver higher growth and superior profits as well. Hirshberg illustrates his points with practical information and advice, as well as engaging anecdotes from what he calls the bad old days of his yogurt company: how a power outage left him milking cows by hand, how a dumpster fire revealed the need for better packaging, and his camel manure taste test challenge to a local shock jock. He also describes hands-on grassroots marketing strategies -- printing yogurt lids with provocative, politically charged messages, handing out thousands of free samples to subway commuters to thank them for using public transit, and devising the country's first organic vending machine -- explaining how these approaches make a much more

powerful impact on consumers than traditional advertising. An inspiring book for business owners and managers as well as anyone interested in saving the environment, Stirring It Up demonstrates how companies can work to save the planet, while achieving greater profits and satisfaction, and how we can all use the power of conscious consumption to encourage green corporate behavior.

The Good Karma Diet Victoria Moran,2015-05-19 Many popular diets call for avoiding some foods or eating others exclusively. But as The Good Karma Diet reveals, the secret to looking and feeling great is actually quite simple: Treat our planet and all its inhabitants well. In this revolutionary book, bestselling author Victoria Moran reveals that by doing what's best for all creatures and the planet, you align your eating with your ethics—a powerful health and wellness tool if there ever was one! The Good Karma Diet shows readers how favoring foods that are karmically good for you will help you: - Sustain energy - Extend youthfulness - Take off those stubborn extra pounds - Reflect an enlightened outlook This book also includes the inspiring stories of men and women across the country who have made this simple mealtime shift and reaped “good karma” in every aspect of their lives. Follow this wise diet and lifestyle program and you will find yourself waking up in a good mood more often and having a luminous look that bespeaks health and clean living.

The Good Karma Diet Deluxe Victoria Moran,2015-05-19 This Deluxe eBook edition of The Good Karma Diet includes 25 minutes of exclusive video of author Victoria Moran giving readers wise instruction on how to make healthy and ethical food and lifestyle choices. Moran also sits down with inspiring vegans Sarah Gross, Joshua Katcher, and Leanne Mai-ly Hilgart to discuss how they have implemented the “good karma” lifestyle. Many popular diets call for avoiding some foods or eating others exclusively. But as The Good Karma Diet reveals, the secret to looking and feeling great is actually quite simple: Treat our planet and all its inhabitants well. In this revolutionary book, bestselling author Victoria Moran reveals that by doing what's best for all creatures and the planet, you align your eating with your ethics—a powerful health and wellness tool if there ever was one! The Good Karma Diet shows readers how favoring foods that are karmically good for you will help you: - Sustain energy - Extend youthfulness - Take off those stubborn extra pounds - Reflect an enlightened outlook This book also includes the inspiring stories of men and women across the country who have made this simple mealtime shift and reaped “good karma” in every aspect of their lives. Follow this wise diet and lifestyle program and you will find yourself waking up in a good mood more often and having a luminous look that bespeaks health and clean living.

How Super Cool Tech Works DK,2020-09-01 Discover the mind-blowing high-tech inventions of the future! Incredible images reveal the secret inner workings of everything from drones and supercomputers to underwater hotels and flying cars. How Super Cool Tech Works explains how incredible technologies will shape the world of tomorrow. Explore robotics, space rockets, artificial intelligence, and even game consoles in this cutting-edge non-fiction science book for kids aged 9 and over. Also featured are state-of-the-art buildings, new ways of traveling, imaginative entertainment gadgets, and even how teleportation and invisibility cloaks might be possible in the future. Each exciting subject is explained in detail, via crisp images and engaging, child-friendly text. How it works panels explain each subject's secret inner workings. New and updated for 2020, How Super Cool Tech Works is a one-stop shop for kids who want to know what the latest and greatest technologies are, and how they will shape our world in the years to come.

The Rough Guide to Videogames Kate Berens,Geoff Howard,2008-08-01 The Rough Guide to Videogames is the ultimate guide to the world's most addictive pastime. Both a nostalgic look at the past and a celebration of the latest in joystick-wrecking wonders, this book covers the full story from the first arcade machines to the latest digital delights. Easy access to 75 of the greatest games of all time, from Civilization and Pro Evolution Soccer to We Love Katamari and World of Warcraft. The guide profiles the stories behind the

software giants, famous creators and the world's favourite characters, including Mario, Lara Croft and Sonic the Hedgehog. All the gadgets and devices for consoles, hand-helds, phones and PCs are explored as well as the wider world of gaming, from websites and movies to books.

The Molecular Basis of Human Cancer William B. Coleman, Gregory J. Tsongalis, 2016-11-11 This book covers the concepts of molecular medicine and personalized medicine. Subsequent chapters cover the topics of genomics, transcriptomics, epigenomics, and proteomics, as the tools of molecular pathology and foundations of molecular medicine. These chapters are followed by a series of chapters that provide overviews of molecular medicine as applied broadly to neoplastic, genetic, and infectious diseases, as well as a chapter on molecular diagnostics. The volume concludes with a chapter that delves into the promise of molecular medicine in the personalized treatment of patients with complex diseases, along with a discussion of the challenges and obstacles to personalized patient care. The Molecular Basis of Human Cancer, Second Edition, is a valuable resource for oncologists, researchers, and all medical professionals who work with cancer.

Cohen's Pathways of the Pulp Expert Consult Louis H. Berman, DDS, FACD, Kenneth M. Hargreaves, 2015-10-02 Find the latest evidence-based research and clinical treatments! Cohen's Pathways of the Pulp, 11th Edition covers the science, theory, and practice of endodontics with chapters written by internationally renowned experts. Full-color illustrations and detailed radiographs guide you through each step of endodontic care - from diagnosis and treatment planning to proven techniques for managing pulpal and periapical diseases. New to the print edition are seven new chapters, and the eBook version adds three more. As an Expert Consult title, Cohen's Pathways of the Pulp lets you search the entire contents of the book on your desktop or mobile device, and includes videos, case studies, and more. Edited by noted specialists Kenneth Hargreaves and Louis Berman, this book is the definitive resource in endodontics! Print version of the text includes 27 comprehensive chapters and meets the CODA requirements for endodontic dental education. EBook version of the text consists of 30 searchable chapters, including the 27 chapters in the print version, and features videos, PowerPoint® slides, review questions, case studies, and more; this expanded version makes it easy to find clinical answers quickly, and meets the needs of students, clinicians, and residents in endodontics. Videos and animations demonstrate key procedures such as palpation of the masseter muscle, introsseous anesthesia with the X-tipT system, dentin hypersensitivity, indirect ultrasound, palpation of the temporomandibular joint, and ultrasonic settling. Over 2,000 illustrations include full-color photos and line art, along with a wide range of radiographs, clearly demonstrating core concepts and reinforcing the essential principles and techniques of endodontics. NEW co-editor Dr. Louis H. Berman joins lead editor Dr. Kenneth M. Hargreaves for this edition, and a respected team of contributors includes experts from many U.S.-based dental education programs, as well as programs in Canada, the U.K., Norway, Sweden, France, Germany, Italy, and Switzerland. NEW chapter organization reflects the chronology of endodontic treatment with three comprehensive sections: Clinical Endodontics, focusing on core clinical concepts, and Biological Basis of Endodontics and Endodontics in Clinical Practice, both with information that advanced students, endodontic residents, and clinicians need to know. NEW! Three chapters are available in the eBook: Understanding and Managing the Anxious Patient, Endodontic Records and Legal Responsibilities, and Endodontic Practice Management. NEW Radiographic Interpretation chapter clarifies the diagnostic process with coverage of imaging modalities, diagnostic tasks, three-dimensional imaging, cone beam computed tomography, intra- or post-operative assessment of endodontic treatment complications, and more. NEW Pain Control chapter addresses the management of acute endodontic pain with

coverage of local anesthesia for restorative dentistry and endodontics, along with nonnarcotic analgesics and therapeutic recommendations. NEW Evaluation of Outcomes chapter helps you achieve optimal treatment outcomes with information on topics such as the reasons for evaluating outcomes, outcome measurements for endodontic treatment, and the outcomes of vital pulp therapy procedures, non-surgical root canal treatment, non-surgical retreatment, and surgical retreatment. NEW Root Resorption chapter covers the early detection, diagnosis, and histological features of root resorption, as well as external inflammatory resorption, external cervical resorption, and internal resorption. NEW Iatrogenic Endodontics chapter addresses failed treatment scenarios with key information on the event itself, the etiology, soft and hard tissue implications and symptoms, and treatment options and prognosis; the events include cervico-facial subcutaneous emphysema, sodium hypochlorite accidents, perforations (non-surgical), inferior alveolar nerve injury, surgical, sinus perforation, instrument separation, apical extrusion of obturation materials, and ledge formation. NEW Vital Pulp Therapy chapter provides an overview of new treatment concepts for the preservation of the pulpal involved permanent tooth, covering topics such as the living pulp, pulpal response to caries, procedures for generating reparative dentin, indications and materials for vital pulp therapy, MTA applications, and treatment recommendations. NEW Bleaching chapter addresses procedures that can be utilized during and following endodontic treatment to eliminate or reduce any discoloration issues, reviewing internal and external bleaching procedures and their impact on pulpal health/endodontic treatment - with presentations of cases and clinical protocols.

Cohen's Pathways of the Pulp Expert Consult - E-Book Louis H. Berman,Kenneth M. Hargreaves,2015-09-23 The definitive endodontics reference, Cohen's Pathways of the Pulp is known for its comprehensive coverage of leading-edge information, materials, and techniques. It examines all aspects of endodontic care, from preparing the clinician and patient for endodontic treatment to the role the endodontist can play in the treatment of traumatic injuries and to the procedures used in the treatment of pediatric and older patients. Not only does Hargreaves and Cohen's 10th edition add five chapters on hot new topics, it also includes online access! As an Expert Consult title, Cohen's Pathways of the Pulp lets you search the entire contents of the book on your computer, and includes five online chapters not available in the printed text, plus videos, a searchable image collection, and more. For evidence-based endodontics research and treatment, this is your one-stop resource!

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