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The Science of Science The Science of Expertise The Sound Book: The Science of the Sonic Wonders of the World Make It Stick **The Science of the Marathon and the Art of Variable Pace Running** **Science of HIIT** Science of Running **The Art of Risk** **The Science of Citizen Science** The Science of Diversity The Science of Science Policy Proof Science of Strength Training The Science of the Sacred The Science of Fitness The Science of Education Science Be Dammed **The Book of Why** The Science of Marvel The Science of Success **The Science of Interest** **The Science of Health Disparities Research** The Science of Quantitative Information Flow **The Science of Storytelling** The Science of Babies: A Little Book for Big Questions about Bodies, Birth and Families **The Science of Love and Betrayal** The ArcGIS Book **The Science of Near-Death Experiences** From Neurons to Neighborhoods **Science of the Magical** **The Science of Musical Sound** The Science of Star Wars **The Science of Managing Our Digital Stuff** This Book Could Save Your Life **Enhancing the Effectiveness of Team Science** **The Science of the Art of Psychotherapy (Norton Series on Interpersonal Neurobiology)** Physics and Music **Loose-leaf Version for Psychology: The Science of Person, Mind, and Brain** **The Science of Evil** Accelerate

from the author of the science of monsters this engaging scientific inquiry provides a definitive look into the elements of mystical places and magical object from the philosopher s stone to love potions to the oracles from ancient history mythology and contemporary culture can migrations of birds foretell our future do phases of the moon hold sway over our lives are there sacred springs that cure the ill what is the best way to

brew a love potion how do we create mutant humans who regenerate like wolverine in science of the magical noted science journalist matt kaplan plumbs the rich lively and surprising history of the magical objects places and rituals that infuse ancient and contemporary myth like ken jennings and mary roach kaplan serves as a friendly armchair guide to the world of the supernatural from the strengthening powers of viking mead to the super soldiers in movies like captain america kaplan ranges across cultures and time periods to point out that there is often much more to these enduring magical narratives than mere fantasy informative and entertaining science of the magical explores our world through the compelling scope of natural and human history and cutting edge science in psychology the science of person mind and brain experienced teacher researcher and author daniel cervone provides students with a new and exciting way of understanding psychology cervone organizes material around three levels of analysis person mind and brain and employs a person first format that consistently introduces topics at the person level theory and research on the lives of people in sociocultural contexts students are able to make sense of the latest research through what they understand best people with fellow teacher and researcher tracy caldwell cervone has conceived a text beyond the print experience from the ground up integrating online immersive research experiences and assessment tools that capitalize on research findings on pedagogy and student learning e g the testing effect pedagogical author tracy l caldwell working closely with daniel cervone fellow teacher and researcher tracy caldwell of dominican university developed the book s pedagogical program from the preview questions at the beginning of each section to the self tests at the end of each chapter the pedagogy is designed to

engage students at multiple levels of bloom's taxonomy and at multiple points in each chapter a spirited history rich narrative on the art and science of alcohol discusses everything from fermentation and distillation to traditions and the effects of alcohol on the body and brain 25 000 first printing the compelling groundbreaking guide to creative writing that reveals how the brain responds to storytelling stories shape who we are they drive us to act out our dreams and ambitions and mold our beliefs storytelling is an essential part of what makes us human so how do master storytellers compel us in the science of storytelling award winning writer and acclaimed teacher of creative writing will storr applies dazzling psychological research and cutting edge neuroscience to our myths and archetypes to show how we can write better stories revealing among other things how storytellers and also our brains create worlds by being attuned to moments of unexpected change will storr's superbly chosen examples range from harry potter to jane austen to alice walker greek drama to russian novels to native american folk tales king lear to breaking bad to children's stories with sections such as the dramatic question creating a world and plot endings and meaning as well as a practical step by step appendix dedicated to the sacred flaw approach the science of storytelling reveals just what makes stories work placing it alongside such creative writing classics as john yorke's into the woods a five act journey into story and lajos egri's the art of dramatic writing enlightening and empowering the science of storytelling is destined to become an invaluable resource for writers of all stripes whether novelist screenwriter playwright or writer of creative or traditional nonfiction science meets fantasy in this behind the scenes look at the marvel cinematic universe now you can experience the magic of the movies and learn how to replicate it in real life the marvel cinematic universe is filled with extraordinary humans and abilities there are teenaged geniuses swinging through the streets of new york billionaires creating impenetrable armor in hidden caves and aliens flying through wormholes to earth all of these characters seem to lie firmly in the realm of fantasy but the technology behind them might not be as farfetched as you think the science of marvel pulls back the curtain

and reveals the secrets behind marvel movie magic and shows us how to recreate these comic book wonders in our everyday life using quantum physics a little bit of mechanical engineering and some out of the box thinking you'll be amazed to discover that it's possible to create a real life captain america incredible hulk or black panther the perfect gift or collectible for marvel fans everywhere the science of marvel brings beloved movies and characters to life like never before is it time to lose weight gain muscle and speed up your metabolism discover the hard science needed to perfect each exercise and build your strongest body at home or in the gym packed with research that supports the notion that body weight exercises help you reach your weight and fitness goals this simple to follow guide also gives you valuable insight into how nutrition and exercise can improve your health inside the pages of this strength training book you'll discover the physiology and benefits of strength training workout plans for beginners enthusiasts and personal trainers the hard dietary science that debunks common myths and important information to properly fuel your body depictions of 33 exercises how to do them common mistakes and the benefits of each work towards your strength goals in this book author austin current takes readers through the science of strength training weight loss nutrition and overall health the book looks at why many people fear strength training why they shouldn't and how they can incorporate it into their daily lives filled with cgi artwork and science backed information this exercise book will help you transform your body and improve your well being not only that but this title also includes full workout plans and over 100 individual exercises you'll learn how your muscles engage at each stage how to do movements properly and without injury and it shows you different variations for home and gym this book is also packed with nutritional information and includes dietary advice for vegans and vegetarians discover more in the series dk's science of series dives into the science of various types of exercises such as weight training running and yoga each book discusses the benefits of the specific type of workout and how you can transform your outlook about health and fitness this exceptional volume analyzes the intricate roles interest plays in cognition motivation

and learning and daily living with a special focus on its development and maintenance across life domains leading experts discuss a spectrum of interest ranging from curiosity to obsession and trace its functions in goal setting decision making self regulation and performance new research refines the current knowledge on student interest in educational settings and the social contexts of interest with insights into why interest levels change during engagement and in the long run from these findings contributors address ways to foster and nurture interest in the therapy room and the classroom for optimum benefits throughout life among the topics covered embedding interest within self regulation knowledge acquisition at the intersection of situational and individual interest the role of interest in motivation and engagement the two faces of passion creative geniuses polymaths child prodigies and autistic savants the promotion and development of interest a robust guide to a fascinating area of study the science of interest synthesizes the field's current knowledge of interest and indicates future directions its chapters contribute depth and rigor to this growing area of research and will enhance the work of researchers in education psychologists social scientists and public policymakers comprehensive and accessible this foundational text surveys general principles of sound musical scales characteristics of instruments mechanical and electronic recording devices and many other topics more than 300 illustrations plus questions problems and projects indigenous naturopathic doctor nicole redvers pairs evidence based research with traditional healing modalities addressing modern health problems and medical processes modern medical science has finally caught up to what traditional healing systems have known for centuries many traditional healing techniques and medicines are often assumed to be archaic outdated or unscientific compared to modern western medicine nicole redvers a naturopathic physician and member of the deninu k ue first nation analyzes modern western medical practices using evidence informed indigenous healing practices and traditions from around the world from sweat lodges and fermented foods to ayurvedic doshas and meditation organized around various sciences such as physics genetics and microbiology the book

explains the connection between traditional medicine and current research around epigenetics and quantum physics for example and includes over 600 citations redvers who has traveled and worked with indigenous groups around the world shares the knowledge and teachings of health and wellness that have been passed down through the generations tying this knowledge with current scientific advances knowing that the science backs up the traditional practice allows us to have earlier and more specific interventions that integrate age old techniques with the advances in modern medicine and technology praise for the science of success evaluating the success of an individual or company is a lot like judging a trapper by his pelts charles koch has a lot of pelts he has built koch industries into the world's largest privately held company and this book is an insider's guide to how he did it koch has studied how markets work for decades and his commitment to pass that knowledge on will inspire entrepreneurs for generations to come t boone pickens a must read for entrepreneurs and corporate executives that is also applicable to the wider world mbm is an invaluable tool for engendering excellence for all groups from families to nonprofit entities government leaders could avoid policy failures by heeding the science of human behavior richard l sharp chairman carmax my father sam walton stressed the importance of fundamental principles such as humility integrity respect and creating value that are the foundation for success no one makes a better case for these principles than charles koch rob walton chairman wal mart what accounts for koch industries spectacular success charles koch calls it market based management a vision that nurtures personal qualities of humility and integrity that build trust and the confidence to enhance future success through learning from failure and a culture of thinking in terms of opportunity cost and comparative advantage for all employees vernon smith 2002 nobel laureate in economics in a very thoughtful creative and understandable way charles koch explains how he has used the science of human behavior to create a culture that has produced one of the world's largest and most successful private companies a must read for anyone interested in creating value william b harrison jr former chairman and ceo jpmorgan chase co the

same exacting thought rooted in the realities of human nature that the framers of the u s constitution put into building a nation of entrepreneurs charles koch has framed to build an enduring company of entrepreneurs a company larger than microsoft dell hp and other giants every entrepreneur should study this book verne harnish founder young entrepreneurs organization author of mastering the rockefeller habits ceo gazelles inc a pioneer of artificial intelligence shows how the study of causality revolutionized science and the world correlation does not imply causation this mantra was invoked by scientists for decades in order to avoid taking positions as to whether one thing caused another such as smoking and cancer and carbon dioxide and global warming but today that taboo is dead the causal revolution sparked by world renowned computer scientist judea pearl and his colleagues has cut through a century of confusion and placed cause and effect on a firm scientific basis now pearl and science journalist dana mackenzie explain causal thinking to general readers for the first time showing how it allows us to explore the world that is and the worlds that could have been it is the essence of human and artificial intelligence and just as pearl s discoveries have enabled machines to think better the book of why explains how we can think better why we organize our personal digital data the way we do and how design of new pim systems can help us manage our information more efficiently each of us has an ever growing collection of personal digital data documents photographs powerpoint presentations videos music emails and texts sent and received to access any of this we have to find it the ease or difficulty of finding something depends on how we organize our digital stuff in this book personal information management pim experts ofer bergman and steve whittaker explain why we organize our personal digital data the way we do and how the design of new pim systems can help us manage our collections more efficiently bergman and whittaker report that many of us use hierarchical folders for our personal digital organizing critics of this method point out that information is hidden from sight in folders that are often within other folders so that we have to remember the exact location of information to access it because of this information scientists suggest

other methods search more flexible than navigating folders tags which allow multiple categorizations and group information management yet bergman and whittaker have found in their pioneering pim research that these other methods that work best for public information management don t work as well for personal information management bergman and whittaker describe personal information collection as curation we preserve and organize this data to ensure our future access to it unlike other information management fields in pim the same user organizes and retrieves the information after explaining the cognitive and psychological reasons that so many prefer folders bergman and whittaker propose the user subjective approach to pim which does not replace folder hierarchies but exploits these unique characteristics of pim this is a hands on book about arcgis that you work with as much as read by the end using learn arcgis lessons you ll be able to say you made a story map conducted geographic analysis edited geographic data worked in a 3d web scene built a 3d model of venice and more train your way to a leaner stronger body in half the time or less get ready to break a serious sweat with this scientific guide to hiit training discover everything you need to know to achieve the best results from your hiit workouts by understanding the muscle action needed to perfect each exercise inside the pages of this fitness book you ll explore the physiology of more than 90 essential hiit exercises it is packed with specially commissioned cgi artworks depicting all the main hiit resistance exercises from burpees to plank jacks and variations that add or reduce the challenge cgi artwork features color coding to highlight how the muscles ligaments and joints engage stretch and relax to perform each exercise training programs tailored to different abilities and goals provide suggested workouts with a progressive increase in challenges over weeks and months easy to follow infographics help explain the hard science behind why hiit training is so efficient and what beneficial physical adaptations it can bring high intensity interval training is a fantastic way to lose weight and get strong by performing very short bursts of targeted exercise recent scientific research shows that hiit is the most efficient form of exercise for raising fitness levels and increasing cardio respiratory health science of hiit

reveals the facts to help you optimize the benefits of hitt to your body and mind the clear cgi artwork details the mechanics of each exercise correct body posture the muscles involved and how they engage to perform movements you ll also learn the knowledge and tools needed to be able to create your own bespoke workouts this hiit guide will completely transform your performance and help you smash your goals dk publishing s science of series helps readers discover the research and scientific theories behind exercise and sport it s perfect for training at home or the gym other sport science books in this series include science of yoga and science of strength training the science of the marathon and the art of variable pace running encourages you to rediscover running by gradually slowing down running at your own pace and learning to accelerate this book is about veronique billat s 30 years of research life studies and practical experience this research takes place in real life and extreme racing situations it does not take place on treadmills rather in marathon races and the high mountains it s about adapting new technologies to the needs of training and understanding the possibilities for the improvement of human energy the key to long term success without injury or overtraining is to train with quality and not quantity it is no longer necessary to train by running long distances in preparation for specific types of running races performance is not just about a result but rather a road to true happiness we invite you to discover this new way of running as it is a realistic minimalist based training using your running mind body feelings sensations and your lifestyle the practice of marathon running is above all a serious endeavor for anyone 10 to 100 years old that will let you dream immense possibilities reviews i thought i knew everything i needed to know about marathon pacing before i read the science of the marathon whether your goal is to complete a marathon with a smile on your face or set a new personal best dr billat and edwards fascinating and persuasive book will help you prepare with greater purpose and race with more confidence matt fitzgerald author of 80 20 running brain training for runners life is a marathon and many others this amazing book covering 30 years of exercise science and human experience from dr billat is designed for the coach scientist or

running enthusiast who desires to understand the physiology and variability of individual banners i learned some new and interesting things and the book reaffirms that doing accelerations and varying the pace spontaneously on runs is a good thing i have never used gps watch and run by feel so it is nice to hear that is not crazy it s refreshing to read about optimizing fat metabolism as this is the evolutionary fuel of the human at age 53 this book keeps me honest to do my strength training and sprints every day dr mark cucuzzella professor of family medicine west virginia university school of medicine author of run for your life 2008drs billat and edwards have put together a book that combines the best of sports science and in the field research it s refreshing to see a book on running that connects the dots delves deep into the science but still bases its recommendations on how we should run as nature intended barry murray m sci faculty at munster technological university ceo of optimum nutrition for sport irish national endurance runner veronique billat is one of the most innovative and important researchers currently active in determining the science of optimum training i have found her work to be useful for boosting the performances of runners not only in the marathon but all the way down to the 800 any distance at which aerobic capability matters my runners swear by it richard a lovett coach team red lizard portland oregon and co author of alberto salazar s guide to road racing drs billat and edwards did an excellent job writing this book dr edwards has been a huge help getting brenda back to top running form you don t have to be an elite runner to train like one brenda has benefited from the 30 30 workouts described in the book i would recommend this amazing book to anyone looking to take their fitness to the next level carlos handler coach brenda martinez usa olympic track field runner are risk takers born or made why are some more willing to go out on a limb so to speak than others how do we weigh the value of opportunities large or small that may have the potential to change the course of our lives these are just a few of the questions that author kayt sukel tackles applying the latest research in neuroscience and psychology to compelling real world situations building on a portfolio of work that has appeared in such publications as scientific

american atlantic monthly the washington post and more sukel offers an in depth look at risk taking and its role in the many facets of life that resonates on a personal level smart progressive and truly enlightening the art of risk blends riveting case studies and hard hitting science to explore risk taking and how it impacts decision making in work play love and life providing insight in understanding individual behavior and furthering personal success you are what you eat food and diet have an enormous influence on your health and well being but eating the right amount of the right things and not too much of the wrong things isn't easy but as in most walks of life knowledge is power this book will empower you to eat healthily lose weight and sort the fads from the science facts this is the new scientist take on a new year new you book an eye opening and myth busting guide to everything from sugar to superfoods from fasting to eating like a caveman and from veganism to your gut microbiome forget faddy diet books or gimmicky exercise programs this is what is scientifically proven to make you live longer and to be healthier and happier the past half century has witnessed a dramatic increase in the scale and complexity of scientific research the growing scale of science has been accompanied by a shift toward collaborative research referred to as team science scientific research is increasingly conducted by small teams and larger groups rather than individual investigators but the challenges of collaboration can slow these teams progress in achieving their scientific goals how does a team based approach work and how can universities and research institutions support teams enhancing the effectiveness of team science synthesizes and integrates the available research to provide guidance on assembling the science team leadership education and professional development for science teams and groups it also examines institutional and organizational structures and policies to support science teams and identifies areas where further research is needed to help science teams and groups achieve their scientific and translational goals this report offers major public policy recommendations for science research agencies and policymakers as well as recommendations for individual scientists disciplinary associations and research universities enhancing

the effectiveness of team science will be of interest to university research administrators team science leaders science faculty and graduate and postdoctoral students discusses the best methods of learning describing how rereading and rote repetition are counterproductive and how such techniques as self testing spaced retrieval and finding additional layers of information in new material can enhance learning this book presents a comprehensive mathematical theory that explains precisely what information flow is how it can be assessed quantitatively so bringing precise meaning to the intuition that certain information leaks are small enough to be tolerated and how systems can be constructed that achieve rigorous quantitative information flow guarantees in those terms it addresses the fundamental challenge that functional and practical requirements frequently conflict with the goal of preserving confidentiality making perfect security unattainable topics include a systematic presentation of how unwanted information flow i.e. leaks can be quantified in operationally significant ways and then bounded both with respect to estimated benefit for an attacking adversary and by comparisons between alternative implementations a detailed study of capacity refinement and dalenius leakage supporting robust leakage assessments a unification of information theoretic channels and information leaking sequential programs within the same framework and a collection of case studies showing how the theory can be applied to interesting realistic scenarios the text is unified self contained and comprehensive accessible to students and researchers with some knowledge of discrete probability and undergraduate mathematics and contains exercises to facilitate its use as a course textbook this open access book discusses how the involvement of citizens into scientific endeavors is expected to contribute to solve the big challenges of our time such as climate change and the loss of biodiversity growing inequalities within and between societies and the sustainability turn the field of citizen science has been growing in recent decades many different stakeholders from scientists to citizens and from policy makers to environmental organisations have been involved in its practice in addition many scientists also study citizen science as a research

approach and as a way for science and society to interact and collaborate this book provides a representation of the practices as well as scientific and societal outcomes in different disciplines it reflects the contribution of citizen science to societal development education or innovation and provides an overview of the field of actors as well as on tools and guidelines it serves as an introduction for anyone who wants to get involved in and learn more about the science of citizen science the science of diversity uses a multidisciplinary approach to excavate the theories principles and paradigms that illuminate our understanding of the issues surrounding human diversity social equality and justice the book brings these to the surface holistically examining diversity at the individual interpersonal and international levels shedding light on why diversity programs fail the book provides tools to understand how biases develop and influence our relationships and interactions with others a lucid and passionate case for a more mindful way of listening anyone who has ever clapped hollered or yodeled at an echo will delight in cox's zestful curiosity new york times trevor cox is on a hunt for the sonic wonders of the world a renowned expert who engineers classrooms and concert halls cox has made a career of eradicating bizarre and unwanted sounds but after an epiphany in the london sewers cox now revels in exotic noises creaking glaciers whispering galleries stalactite organs musical roads humming dunes seals that sound like alien angels and a mayan pyramid that chirps like a bird with forays into archaeology neuroscience biology and design cox explains how sound is made and altered by the environment how our body reacts to peculiar noises and how these mysterious wonders illuminate sound's surprising dynamics in everyday settings from your bedroom to the opera house the sound book encourages us to become better listeners in a world dominated by the visual and to open our ears to the glorious cacophony all around us offering the broadest review of psychological perspectives on human expertise to date this volume covers behavioral computational neural and genetic approaches to understanding complex skill the chapters show how performance in music the arts sports games medicine and other domains reflects basic traits such as personality and intelligence as well

as knowledge and skills acquired through training in doing so this book moves the field of expertise beyond the duality of nature vs nurture toward an integrative understanding of complex skill this book is an invaluable resource for researchers and students interested in expertise and for professionals seeking current reviews of psychological research on expertise the science of fitness power performance and endurance clearly explains the vital connection between diet and exercise in the human body with this knowledge you can use the right exercise and nutrition to obtain a higher quality life prevent disease and slow the aging process authored in a straightforward style and with color images throughout this book explores the cellular science behind fitness protein synthesis and healthy living with it you will learn the most recent and important discoveries in the relationships between physical fitness nutrition weight loss and weight management it provides key information on the body's mitochondrial processes and their role in aging along with well informed discussions on general nutrition sports nutrition exercise physiology how to enhance athletic performance and how exercise strengthens the mind whether you are interested in how to eat healthy train for your first or next marathon take your fitness to the next level find the best super foods or simply want to improve your vitality through healthy doable practices this book will help you on your journey regardless of age or fitness level presents the connection between exercise nutrition and physiology in a way that is ideal for both experienced athletes and newcomers provides the scientific basis for mitochondrial functions and their relationship to fitness protein synthesis quality of life and the aging process synthesizes the latest research on nutrition sports nutrition super foods and the brain body connection co authored by legendary cyclist greg lemond who illustrates key points using his own athletic journey what happens to consciousness during the act of dying the most compelling answers come from people who almost die and later recall events that occurred while lifesaving resuscitation emergency care or surgery was performed these events are now called near death experiences ndes as medical and surgical skills improve innovative procedures can bring back patients who have traveled farther

on the path to death than at any other time in history physicians and healthcare professionals must learn how to appropriately treat patients who report an nde it is estimated that more than 10 million people in the united states have experienced an nde hagan and the contributors to this volume engage in evidence based research on near death experiences and include physicians who themselves have undergone a near death experience this book establishes a new paradigm for ndes discover the hard science that will help you run faster endure for longer and avoid injury analyze your running style and learn how to enhance your gait for optimum efficiency and safety transform your performance with exercises targeting strength flexibility and recovery each exercise annotated to reveal the muscle mechanics so you know you re getting it right understand the science behind your body s energy systems and how to train to maximize energy storage and conversion follow training and exercise programs tailored to different abilities and distances from 5k to marathon whether you are new to running or an experienced runner this book will help you achieve your goals and stay injury free this is the first comprehensive overview of the exciting field of the science of science with anecdotes and detailed easy to follow explanations of the research this book is accessible to all scientists policy makers and administrators with an interest in the wider scientific enterprise integrates the various disciplines of the science of health disparities in one comprehensive volume the science of health disparities research is an indispensable source of up to date information on clinical and translational health disparities science building upon the advances in health disparities research over the past decade this authoritative volume informs policies and practices addressing the diseases disorders and gaps in health outcomes that are more prevalent in minority populations and socially disadvantaged communities contributions by recognized scholars and leaders in the field featuring contemporary research conceptual models and a broad range of scientific perspectives provide an interdisciplinary approach to reducing inequalities in population health encouraging community engagement in the research process and promoting social justice in depth chapters help readers better understand the specifics of

minority health and health disparities while demonstrating the importance of advancing theory refining measurement improving investigative methods and diversifying scientific research in 26 chapters the book examines topics including the etiology of health disparities research the determinants of population health research ethics and research in african american asians latino american indian and other vulnerable populations providing a unified framework on the principles and applications of the science of health disparities research this important volume defines the field of health disparities science and suggests new directions in scholarship and research explains basic definitions principles and concepts for identifying understanding and addressing health disparities provides guidance on both conducting health disparities research and translating the results examines how social historical and contemporary injustices may influence the health of racial and ethnic minorities illustrates the increasing national and global importance of addressing health disparities discusses population health training capacity building and the transdisciplinary tools needed to advance health equity a significant contribution to the field the science of health disparities research is an essential resource for students and basic and clinical researchers in genetics population genetics and public health health care policymakers and epidemiologists medical students and clinicians particularly those working with minority vulnerable or underserved populations how we raise young children is one of today s most highly personalized and sharply politicized issues in part because each of us can claim some level of expertise the debate has intensified as discoveries about our development in the womb and in the first months and years have reached the popular media how can we use our burgeoning knowledge to assure the well being of all young children for their own sake as well as for the sake of our nation drawing from new findings this book presents important conclusions about nature versus nurture the impact of being born into a working family the effect of politics on programs for children the costs and benefits of intervention and other issues the committee issues a series of challenges to decision makers regarding the quality of child care issues of racial and ethnic

diversity the integration of children's cognitive and emotional development and more authoritative yet accessible from neurons to neighborhoods presents the evidence about brain wiring and how kids learn to speak think and regulate their behavior it examines the effect of the climate family child care community within which the child grows winner of the shingo publication award accelerate your organization to win in the marketplace how can we apply technology to drive business value for years we've been told that the performance of software delivery teams doesn't matter that it can't provide a competitive advantage to our companies through four years of groundbreaking research to include data collected from the state of devops reports conducted with puppet dr nicole forsgren jez humble and gene kim set out to find a way to measure software delivery performance and what drives it using rigorous statistical methods this book presents both the findings and the science behind that research making the information accessible for readers to apply in their own organizations readers will discover how to measure the performance of their teams and what capabilities they should invest in to drive higher performance this book is ideal for management at every level falling in love is one of the strangest things we can do and one of the things that makes us uniquely human but what happens to our brains when our eyes meet across a crowded room how are our romantic relationships different from our relationships with friends family or even god this book deals with these questions a groundbreaking and challenging examination of the social cognitive neurological and biological roots of psychopathy cruelty and evil borderline personality disorder autism narcissism psychosis all of these syndromes have one thing in common lack of empathy in some cases this absence can be dangerous but in others it can simply mean a different way of seeing the world in the science of evil simon baron cohen an award winning british researcher who has investigated psychology and autism for decades develops a new brain based theory of human cruelty a true psychologist however he examines social and environmental factors that can erode empathy including neglect and abuse based largely on baron cohen's own research the science of evil will change the way we understand and

treat human cruelty science be damned is an alarming reminder of the high stakes in the management and perils in the mismanagement of water in the western united states it seems deceptively simple even when clear evidence was available that the colorado river could not sustain ambitious dreaming and planning by decision makers throughout the twentieth century river planners and political operatives irresponsibly made the least sustainable and most dangerous long term decisions arguing that the science of the early twentieth century can shed new light on the mistakes at the heart of the over allocation of the colorado river authors eric kuhn and john fleck delve into rarely reported early studies showing that scientists warned as early as the 1920s that there was not enough water for the farms and cities boosters wanted to build contrary to a common myth that the authors of the colorado river compact did the best they could with limited information kuhn and fleck show that development boosters selectively chose the information needed to support their dreams ignoring inconvenient science that suggested a more cautious approach today water managers are struggling to come to terms with the mistakes of the past focused on both science and policy kuhn and fleck unravel the tangled web that has constructed the current crisis with key decisions being made now including negotiations for rules governing how the colorado river water will be used after 2026 science be damned offers a clear eyed path forward by looking back understanding how mistakes were made is crucial to understanding our contemporary problems science be damned offers important lessons in the age of climate change about the necessity of seeking out the best science to support the decisions we make could the science fiction of star wars be the actual science of tomorrow how close are we to creating robots that look and act like r2 d2 and c 3po can we access a force with our minds to move objects and communicate telepathically with each other how might spaceships like the millennium falcon make the exhilarating jump into hyperspace what kind of environment could spawn a wookiee could a single blast from the death star destroy an entire planet could light sabers possibly be built and if so how would they work do star wars aliens look like real aliens might what

would living on a desert planet like tatoonine be like why does darth vader require an artificial respirator discover the answers to these and many other fascinating questions of physics astronomy biology and more as a noted scientist and star wars enthusiast explores the science of star wars the latest work from a pioneer in the study of the development of the self focusing on the hottest topics in psychotherapy attachment developmental neuroscience trauma the developing brain this book provides a window into the ideas of one of the best known writers on these topics following allan schore's very successful books on affect regulation and dysregulation also published by norton this is the third volume of the trilogy it offers a representative collection of essential expansions and elaborations of regulation theory all written since 2005 as in the first two volumes of this series each chapter represents a further development of the theory at a particular point in time presented in chronological order some of the earlier chapters have been re edited those more recent contain a good deal of new material that has not been previously published the first part of the book affect regulation therapy and clinical neuropsychanalysis contains chapters on the art of the craft offering interpersonal neurobiological models of the change mechanism in the treatment of all patients but especially in patients with a history of early relational trauma these chapters contain contributions on modern attachment theory and its focus on the essential nonverbal unconscious affective mechanisms that lie beneath the words of the patient and therapist on clinical neuropsychanalytic models of working with relational trauma and pathological dissociation and on the use of affect regulation therapy art in the emotionally stressful heightened affective moments of clinical enactments the chapters in the second part of the book on developmental affective neuroscience and developmental neuropsychiatry address the science that underlies regulation theory's clinical models of development and psychopathogenesis although most mental health practitioners are actively involved in child adolescent and adult psychotherapeutic treatment a major theme of the latter chapters is that the field now needs to more seriously attend to the problem of early intervention and prevention praise for allan n schore allan schore

reveals himself as a polymath the depth and breadth of whose reading bringing together neurobiology developmental neurochemistry behavioral neurology evolutionary biology developmental psychoanalysis and infant psychiatry is staggering british journal of psychiatry allan schore's work is leading to an integrated evidence based dynamic theory of human development that will engender a rapprochement between psychiatry and neural sciences american journal of psychiatry one cannot over emphasize the significance of schore's monumental creative labor oliver sacks work has made a great deal of difference to neurology but schore's is perhaps even more revolutionary and pivotal his labors are darwinian in scope and import contemporary psychoanalysis schore's model explicates in exemplary detail the precise mechanisms in which the infant brain might internalize and structuralize the affect regulating functions of the mother in circumscribed neural tissues at specifiable points in its epigenetic history journal of the american psychoanalytic allan schore has become a heroic figure among many psychotherapists for his massive reviews of neuroscience that center on the patient therapist relationship daniel goleman author of social intelligence basic scientific research and technological development have had an enormous impact on innovation economic growth and social well being yet science policy debates have long been dominated by advocates for particular scientific fields or missions in the absence of a deeper understanding of the changing framework in which innovation occurs policymakers cannot predict how best to make and manage investments to exploit our most promising and important opportunities since 2005 a science of science policy has developed rapidly in response to policymakers increased demands for better tools and the social sciences capacity to provide them the science of science policy a handbook brings together some of the best and brightest minds working in science policy to explore the foundations of an evidence based platform for the field the contributions in this book provide an overview of the current state of the science of science policy from three angles theoretical empirical and policy in practice they offer perspectives from the broader social science behavioral science and policy communities on the fascinating challenges

and prospects in this evolving arena drawing on domestic and international experiences the text delivers insights about the critical questions that create a demand for a science of science policy

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