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Postcards from the Interior is a collection of postcard poems written from different geographical locations and varied states of heart and mind. The first section, "Postcards from Vermont," is composed of poems about Vermont towns and historical landmarks. The second section, "Postcards from the Interior," stretches to include poems from far-flung places, real and imagined. Adroit at juxtaposing the exterior weather of landscapes and the interior weather of the human condition, Cooper writes poetry with the heft of a Romantic meditation and the breezy ease of contemporary song lyrics. Wyn Cooper has published three previous poetry collections. A poem from his first book was turned into lyrics for Sheryl Crow's Grammy-winning song "All I Wanna Do." He lives in Battleboro, Vermont. This collection of essays interrogate and extend the work of Jerry L. Mashaw, the most boundary-pushing scholar in the field of administrative law. Includes Its Bulletin and Records. Edwin E. Gordon tells the tale of his early life, his career as a working musician and later as a researcher, and the founding of the Gordon Institute for Music Learning. --Book Jacket. How many parents have found themselves thinking: I can't believe I just said to my child the very thing my parents used to say to me! Am I just destined to repeat the mistakes of my parents? In *Parenting from the Inside Out*, child psychiatrist Daniel J. Siegel, M.D., and early childhood expert Mary Hartzell, M.Ed., explore the extent to which our childhood experiences actually do shape the way we parent. Drawing upon stunning new findings in neurobiology and attachment research, they explain how interpersonal relationships directly impact the development of the brain, and offer parents a step-by-step approach to forming a deeper understanding of their own life stories, which will help them raise compassionate and resilient children. Born out of a series of parents' workshops that combined Siegel's cutting-edge research on how communication impacts brain development with Hartzell's thirty years of experience as a child-development specialist and parent educator, *Parenting from the Inside Out* guides parents through creating the necessary foundations for loving and secure relationships with their children. This book invites readers to explore how fourteen different experts in their respective fields create deeper meaning in their profession and work with students through thinking, in multiple ways, about the self who teaches, the self who learns, and the ways in which these selves interact within the academy. Essays in this book explore the "inside" of academia through three themes: Pursuing Authenticity, Creating Creative Community, and Humanizing Education. Contributors reflect on their own lived experiences in the academy

and on pedagogies that they have created for their students. Embodied education, the theoretical framework of this book, draws on ideas of educators Parker Palmer from the West and Dr. Chinmay Pandya from the East, emerging through contributors' collaborative work. In embodied education, teachers and learners share experiences that lead to self-understanding and together find ways to humanize spaces in academia. This is book 2 of the Evelina series. Things get even hot. Raised stakes and a matter of life or death. Mankind's existence rest on the shoulders of one woman. The Omega. The first woman has become the last woman. The only true seal. What if it was all planned before this world was created? To save all humanity, mankind must find the only true key; the Omega. On the other hand, to restore the lost kingdom of darkness, the devil must find the most wanted catalyst; The Omega. When everyone's fate is in your hands what are the risks to yourself? It is a dash against time as total obliteration of the losing team is imminent and inevitable. It is a story of courage, steadfast and honor in the face of death. When loyalty is tested to breaking points. When the person you are to protect is the same person you must kill to save humanity from extinction? Some choices are meant for gods as humans are too weak and unequipped to handle such traumatic experiences. One man's quest to solve God's Dilemma, but at what cost? One lady's quest to clear her name and enjoy life like every woman out there, but with what is at stake will the evil regime turn a blind eye? And at what expense? On the edge of the seat from the word go. A MUST READ. An introduction to polymers and how they dominate our world Polymer science is concerned with the structure, synthesis, physical properties, and utility of polymers. Polymers are macromolecular building blocks used to construct natural and man-made materials. Polymers from the Inside Out: An Introduction to Macromolecules provides an all-encompassing introduction to polymers and how they affect the world. Offering a clear explanation of the unique properties exhibited by polymers, this book explores the detailed microstructures of polymers and their internal responses to stress and the environment. Polymers from the Inside Out appeals to a wide range of disciplines, including polymer, organic, materials, and physical chemistry, as well as textile science and engineering. Chapters include: \* Physical properties unique to polymeric materials \* Step-growth and chain-growth polymerizations \* Microstructures of polymers \* Conformational characteristics of polymers developed with the rotational isomeric states model \* Solution and bulk properties of polymers \* Biopolymers \* Discussion questions appropriate for first- and second-semester polymer students at the end of every chapter Polymers from the Inside Out is designed to facilitate either a one-semester or two-semester course on polymers and is an essential resource for the practicing scientist. Explores the extent to which our childhood experiences shape the way we parent, drawing on new findings in neurobiology and attachment research and explaining how interpersonal relationships directly impact the development of the brain. Offers parents a step-by-step approach to forming a deeper understanding of their own life stories. Is there a right way to study how the brain works? Following the empiricist's tradition, the most common approach involves the study of neural reactions to stimuli presented by an experimenter. This 'outside-in' method fueled a generation of brain research and now must confront hidden assumptions about causation and concepts that may not hold neatly for systems that act and react. György Buzsáki's The Brain from Inside Out examines why the outside-in framework for understanding brain function have become stagnant and points to new directions for understanding neural function. Building upon the success of Rhythms of the Brain, Professor Buzsáki presents the brain as a foretelling device that interacts with its environment through action and the examination of action's consequence. Consider that our brains are initially filled with nonsense patterns, all of which are gibberish until grounded by action-based interactions. By matching these nonsense "words" to the outcomes of action, they acquire meaning. Once its circuits are "calibrated" by action and experience, the brain can disengage from its sensors and actuators, and examine "what happens if" scenarios by peeking into its own computation, a process that we refer to as cognition. The Brain from Inside Out explains why our brain is not an information-absorbing coding device, as it is often portrayed, but a venture-seeking explorer constantly controlling the body to test hypotheses. Our brain does not process information: it creates it. Studying the im/mobility trajectories of West Africans in the EU, this book presents a new approach to West African migrants in Europe. It argues that a migration lens is not necessarily the best starting point to understand these dynamic im/mobility processes. Rather than seeing migrancy as the primary marker of their lives, this book positions these trajectories in a wider social script of mobility and discusses how

African migrants are confronted with rigid mobility regimes, but also how they manage to transgress and circumvent them. Explores how women in prison manage to mother their children from behind bars. If you are inspired to take up his challenge, the Karmapa offers a path for participating in a global community that is based on compassion. In these chapters, he shares his vision for bringing social action into daily life, on a scale we can realistically manage through the choices we make every day—what to buy, what to eat, and how to relate honestly and bravely with our friends and family and coworkers. His fresh and encouraging perspective shows us that we have the strength to live with kindness in the midst of the many challenges we face as socially and environmentally conscious beings. Because he sees the world through the lens of the interdependence of all beings, he sees that humans can change social and environmental problems by changing their attitudes and actions. And so, he shows ways that we can change our world by changing ourselves—by examining our own habits of consumption and by being willing to look into how our food reaches our table and how the products we buy are made. In his chapter on gender, he points out that we don't have to label others according to a social construct. If his viewpoint seems optimistic, it is—and it's also demanding. The Karmapa calls on us to open our mind and heart to the innumerable connections we share with others—in our families, communities, social systems, and on our planet. Thanks to the depth of his spiritual training, and the breadth of his curiosity about the world and his love for it, he presents a relevant framework for understanding what it means to be human now—and why it's imperative that we concern ourselves with the well-being of all others. He points to a world we can create through our own effort, using a resource we already have in abundance—the basic nobility of our human heart. Change initiatives fail because humans are hardwired to return to what's worked for us in the past. This book offers a straightforward process for rewiring ourselves and those we lead to be more change-capable. Erika Andersen says avoiding change has been a historical imperative. In this book, she shows how we can overcome that reluctance and get good at making necessary change. Using a fictional story about a jewelry business changing generational hands, Andersen lays out a five-step model for addressing both this human side of change and its practical aspects: Step 1: Clarify the change and why it's needed—Get clear on what the change is and the benefits it will bring. Step 2: Envision the future state—Build a shared picture of the post-change future. Step 3: Build the change—Bring together a change team, engage key stakeholders, and plan the change. Step 4: Lead the transition—Build a transition plan that supports the human side of the change, then engage the whole organization in making the change. Step 5: Keep the change going—Work to make your organization permanently more change-capable. With opportunities to self-reflect and try out the ideas and approaches throughout, this book is a practical guide to thriving in this era of nonstop change. Architecture Inside Out is precisely what the title says - it tells us everything we need to know about the subject of 'Real Architecture'. For everyone (like me) who has been seeking the true explanation, this book is a must read. It should be required reading for all architecture and design students as well as for all those individuals who are responsible for making decisions that influence our built environment. Wayne Ruga, AIA, FIIDA, Hon. FASID, Founder, Symposium on Healthcare Design and The Center for Health Design Traditionally, men have been builders of the universe. This book gives a glimpse of what the world would be like if women took over more of this responsibility. Rather than thinking of architecture as an egotistical gesture involving form and facade, Franck and Lepori believe it should be more alive and take its character from the human body, which is a moving, animated structure that relies on its inner geography for optimum experience. When similarly designed from the inside out, rather than being austere and devoid of sensibilities, buildings would offer spatial sensations that connect with people, such as quality of light, comforting ambiance, joyful spirit and nurturing feelings of support. The new millennium deserves a dramatic revision in thinking away from convention into this new, emotionally-charged yet utterly convincing construct. Beverly Russell, Executive Director, Archeworks and author of Architecture & Design 1970-1990, Women of Design and 40 Under 40 Architecture Inside Out weaves together an impressive array of authors and architects - Paul Valéry and Gottfried Semper, Balkrishna Doshi, Juhani Pallasmaa and Steven Holl among them - in vivid description of architectural experience. Extending the long-neglected thread of S.E. Rasmussen's classic Experiencing Architecture, the authors use such contemporary lenses as phenomenology and feminism to guide us on our journey through buildings. They trace the haptic qualities of architecture back through the design process with both daring and documentation. Their case studies of

architecture's generation will inform teacher and student alike. Deborah Gans, Architect and Associate Professor, Pratt Institute Architecture Inside Out celebrates what the design of places and objects often neglects: the needs, activities and emotions of people and the possibilities for transformation in our ways of thinking and living. With the contemporary interest in architecture as idea and image, there has been a loss of attention to its content in both its materiality and its inhabitation. With the current relentless creation of financially profitable products, there is little care or time for process. The authors describe an alternative approach that attends to content and process, that places human life and experience as well as materiality at the centre of design, that seeks out opportunities for discovery, growth and transformation. Design is seen not as a project, imposing preconceived ideas upon a situation, but as a process, evolving from inside out: from the desires and activities of people, from site and context, and from a dialogue between architect and client. Examples from art, literature, biology and history, cases from architectural education and practice, and individual life experiences complement the book's strong conceptual framework. Karen A. Franck is an environmental psychologist who has taught for many years in a school of architecture in the US. R. Bianca Lepori is a practising architect in Italy with many years of experience in designing houses and maternity health care facilities. Together they draw upon their diverse backgrounds and areas of expertise, moving easily from concept to example, from a descriptive voice to an experiential one, from one field to another, to present a vision of architecture they share. Henry Moore is most celebrated for his monumental outdoor sculptures in many major cities around the world. Lesser known are the sculptor's plaster pieces, which represent an important stage in the development of his work leading up to the final bronze sculptures. Moore's sculptures are presented alongside a generous selection of his drawings and carvings made during the last decades of his life. Commentary by leading scholars from the Henry Moore Foundation offers Moore's audience a deeper understanding of the artist's approach to his work and the evolution of his worldview. AUTHOR: CLAUDE ALLEMAND-COSNEAU is curator at the Musee des Beaux-Arts in Nantes, France. MANFRED FATH is director of the Städtische Kunsthalle in Mannheim, Germany. DAVID MITCHINSON is head of Collections and Exhibitions at the Henry Moore Foundation. 89 colour & 183 b/w illustrations No doctor can ever understand your body as well as you. And from understanding comes the self-awareness and responsible self-care that produces long-lasting good health. To help you take charge of your body's well-being, clinical nutritionist Adele Puhn, author of the New York Times bestseller The 5-Day Miracle Diet, has written this comprehensive guide to the sources of--and remedies for--many, perhaps all, of your health problems. An abused digestive tract allows toxins and bacteria to leak through its weakened walls into the bloodstream and wreak havoc throughout the body. An overtaxed liver, unable to perform its vital filtering and metabolic functions, leaves the body toxic and vulnerable. Healing from the Inside Out tells you how to heal these conditions and repair the damage they have caused in all parts of the body--featuring more than fifty fully detailed and carefully structured preventive and rescue regimens--wholesome diets, appropriate potencies of vitamins, minerals, amino acids, herbal remedies, and more--all designed to heal and invigorate the body. - Gastro-intestinal tract: Crohn's disease, colitis, ulcers, gallbladder disease, hiatal hernia, irritable bowel syndrome - Heart and circulation: angina, arrhythmia, high cholesterol, hypertension - Muscles, joints, and skeleton: chronic back pain, fibromyalgia, osteoporosis, osteoarthritis, rheumatoid arthritis - Skin and hair: dandruff, hair loss, psoriasis - Endocrine system: hypoglycemia, hyperthyroidism, kidney stones, diabetes - Emotions: depression, chronic fatigue syndrome, stress, hyperactivity - Breathing: asthma, chronic bronchitis, sinusitis And much more, including case histories and a guide to complementary health organizations. An investigation of the growing trend among major companies, including Fortune 100 giants, to promote mindful activities like meditation and yoga in the workplace, and its often surprising effects on productivity, strategy, and employees mental health " An examination of why government agencies allow environmental injustices to persist. Many state and federal environmental agencies have put in place programs, policies, and practices to redress environmental injustices, and yet these efforts fall short of meeting the principles that environmental justice activists have fought for. In From the Inside Out, Jill Lindsey Harrison offers an account of the bureaucratic culture that

hinders regulatory agencies' attempts to reduce environmental injustices. It is now widely accepted that America's poorest communities, communities of color, and Native American communities suffer disproportionate harm from environmental hazards, with higher exposure to pollution and higher incidence of lead poisoning, cancer, asthma, and other diseases linked to environmental ills. And yet, Harrison reports, some regulatory staff view these problems as beyond their agencies' area of concern, requiring too many resources, or see neutrality as demanding "color-blind" administration. Drawing on more than 160 interviews (with interviewees including 89 current or former agency staff members and more than 50 environmental justice activists and others who interact with regulatory agencies) and more than 50 hours of participant observation of agency meetings (both open- and closed-door), Harrison offers a unique account of how bureaucrats resist, undermine, and disparage environmental justice reform—and how environmental justice reformers within the agencies fight back by trying to change regulatory practice and culture from the inside out. Harrison argues that equity, not just aggregated overall improvement, should be a metric for evaluating environmental regulation. MAKE YOUR COMPANY A FORCE FOR GOOD You're ambitious. You're not afraid to take risks. You want to bring about positive social change. And while your peers have left a trail of failed start-ups in their wake, you want to initiate change from within an established company, where you can have a more far-reaching, even global impact. Welcome to the club—you're a social intrapreneur. But even with your enviable skill set, your unwavering social conscience, and your determination to change the world, your path to success is filled with challenges. So how do you get started and maintain your momentum? Changing Your Company from the Inside Out provides the tools to empower you to jump-start initiatives that matter to you—and that should matter to your company. Drawing on lessons from social movements as well as on the work of successful intrapreneurs, Gerald Davis and Christopher White provide you with a guide for creating positive social change from within your own organization. You'll learn how to answer four key questions: • When is the right time for change? Learn how to read your organization's climate. • Why is this a compelling change? Use language and stories to connect your initiative to your organization's mission, strategy, and values. • Who will make this innovation possible? Identify the decision makers you need to persuade and the potential resisters you need to steer around. • How can you mobilize your supporters to collaborate on your innovation? Use the online and offline tools and platforms that best support your initiative. This book is a road map for intrapreneurs seeking to reshape their companies into drivers of positive change. If you want to spearhead social innovation from within your company, use this book as your guide. This volume presents reverse mathematics to a general mathematical audience for the first time. Stillwell gives a representative view of this field, emphasizing basic analysis--finding the "right axioms" to prove fundamental theorems--and giving a novel approach to logic. to logic. "The tough-minded and revealing story of a leading doctor's crusade against medical harm...Fascinating reading." -Atul Gawande, author of The Checklist Manifesto. First, do no harm. Doctors, nurses, and clinicians swear by this code of conduct. Yet, medical errors are made every single day--avoidable mistakes that often cost lives. Inspired by two such mistakes, Dr. Peter Pronovost made it his personal mission to improve patient safety and make preventable deaths a thing of the past, one hospital at a time. Safe Patients, Smart Hospitals shows how Dr. Pronovost started a revolution by creating a simple checklist that standardized a common ICU procedure. His reforms are being implemented in all fifty states and have saved hundreds of lives by cutting hospital-acquired infection rates by 70%. Atul Gawande profiled Dr. Pronovost's reforms in a New Yorker article and his bestselling book The Checklist Manifesto is based upon Dr. Pronovost's success in patient safety. But Safe Patients, Smart Hospitals is the real story: an inspiring, thought-provoking, accessible insider's narrative about how doctors and nurses are improving patient care for all Americans, today. Hit by a car while bicycling Osborn, an internist at a Detroit hospital, suffered injuries. Recounts the struggles and frustrations of a gradually learning strategies to compensate for the lack of certain brain functions. An exceptionally well-written and engaging account. PW review.

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