

The Universal Sense How Hearing Shapes The Mind

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Homegoing - Yaa Gyasi 2016-06-07

A NEW YORK TIMES NOTABLE BOOK • Ghana, eighteenth century: two half sisters are born into different villages, each unaware of the other. One will marry an Englishman and lead a life of comfort in the palatial rooms of the Cape Coast Castle. The other will be captured in a raid on her village, imprisoned in the very same castle, and sold into slavery. One of Oprah's Best Books of the Year and a PEN/Hemingway award winner, Homegoing follows the parallel paths of these sisters and their descendants through eight generations: from the Gold Coast to the plantations of Mississippi, from the American Civil War to Jazz Age Harlem. Yaa Gyasi's extraordinary novel illuminates slavery's troubled legacy both for those who were taken and those who stayed—and shows how the memory of captivity has been inscribed on the soul of our nation.

Flatland - Edwin A. Abbott 2012-02-29

Classic of science (and mathematical) fiction — charmingly illustrated by the author — describes the adventures of A. Square, a resident of Flatland, in Spaceland (three dimensions), Lineland (one dimension), and Pointland (no dimensions).

Shouting Won't Help - Katherine Bouton 2013-02-19

For twenty-two years, Katherine Bouton had a secret that grew harder to keep every day. An editor at The New York Times, at daily editorial meetings she couldn't hear what her colleagues were saying. She had gone profoundly deaf in her left ear; her right was getting worse. As she once put it, she was "the kind of person who might have used an ear trumpet in the nineteenth century." Audiologists agree that we're experiencing a national epidemic of hearing impairment. At present, 50 million Americans suffer some degree of hearing loss—17 percent of the population. And hearing loss is not exclusively a product of growing old. The usual onset is between the ages of nineteen and forty-four, and in many cases the cause is unknown. Shouting Won't Help is a deftly written, deeply felt look at a widespread and misunderstood phenomenon. In the style of Jerome Groopman and Atul Gawande, and using her experience as a guide, Bouton examines the problem personally, psychologically, and physiologically. She speaks with doctors, audiologists, and neurobiologists, and with a variety of people afflicted with midlife hearing loss, braiding their stories with her own to illuminate the startling effects of the condition. The result is a surprisingly engaging account of what it's like to live with an invisible disability—and a robust prescription for our nation's increasing problem with deafness. A Kirkus Reviews Best Nonfiction Book of 2013

Communities in Action - National Academies of Sciences, Engineering, and Medicine 2017-04-27

In the United States, some populations suffer from far greater disparities in health than others. Those disparities are caused not only by fundamental differences in health status across segments of the population, but also because of inequities in factors that impact health status, so-called determinants of health. Only part of an individual's health status depends on his or her behavior and choice; community-wide problems like poverty, unemployment, poor education, inadequate housing, poor public transportation, interpersonal violence, and decaying neighborhoods also contribute to health inequities, as well as the historic and ongoing interplay of structures, policies, and norms that shape lives. When these factors are not optimal in a community, it does not mean they are intractable: such inequities can be mitigated by social policies that can shape health in powerful ways. Communities in Action: Pathways to Health Equity seeks to delineate the causes of and the solutions to health inequities in the United States.

This report focuses on what communities can do to promote health equity, what actions are needed by the many and varied stakeholders that are part of communities or support them, as well as the root causes and structural barriers that need to be overcome.

Shape - Jordan Ellenberg 2021-05-25

An instant New York Times Bestseller! "Unreasonably entertaining . . . reveals how geometric thinking can allow for everything from fairer American elections to better pandemic planning." —The New York Times From the New York Times bestselling author of How Not to Be Wrong—himself a world-class geometer—a far-ranging exploration of the power of geometry, which turns out to help us think better about practically everything. How should a democracy choose its representatives? How can you stop a pandemic from sweeping the world? How do computers learn to play Go, and why is learning Go so much easier for them than learning to read a sentence? Can ancient Greek proportions predict the stock market? (Sorry, no.) What should your kids learn in school if they really want to learn to think? All these are questions about geometry. For real. If you're like most people, geometry is a sterile and dimly remembered exercise you gladly left behind in the dust of ninth grade, along with your braces and active romantic interest in pop singers. If you recall any of it, it's plodding through a series of miniscule steps only to prove some fact about triangles that was obvious to you in the first place. That's not geometry. Okay, it is geometry, but only a tiny part, which has as much to do with geometry in all its flush modern richness as conjugating a verb has to do with a great novel. Shape reveals the geometry underneath some of the most important scientific, political, and philosophical problems we face. Geometry asks: Where are things? Which things are near each other? How can you get from one thing to another thing? Those are important questions. The word "geometry" comes from the Greek for "measuring the world." If anything, that's an undersell. Geometry doesn't just measure the world—it explains it. Shape shows us how.

Beyond the Zonules of Zinn - David Bainbridge 2009-06-30

In his latest book, Bainbridge combines an otherworldly journey through the central nervous system with an accessible and entertaining account of how the brain's anatomy has often misled anatomists about its function. Bainbridge uses the structure of the brain to set his book apart from the many volumes that focus on brain function.

The Sound Book: The Science of the Sonic Wonders of the World - Trevor Cox 2014-02-10

"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.

The Case Against Reality: Why Evolution Hid the Truth from Our Eyes - Donald Hoffman 2019-08-13

Can we trust our senses to tell us the truth? Challenging leading scientific theories that claim that our senses report back objective reality, cognitive scientist Donald Hoffman argues that while we should take our perceptions seriously, we should not take them literally. How can it be possible that the world we see is not objective reality? And how can our senses be useful if they are not communicating the truth? Hoffman grapples with these questions and more over the course of this eye-opening work. Ever since Homo sapiens has walked the earth, natural selection has favored perception that hides the truth and guides us toward useful action, shaping our senses to keep us alive and reproducing. We observe a speeding car and do not walk in front of it; we see mold growing on bread and do not eat it. These impressions, though, are not objective reality. Just like a file icon on a desktop screen is a useful symbol rather than a genuine representation of what a computer file looks like, the objects we see every day are merely icons, allowing us to navigate the world safely and with ease. The real-world implications for this discovery are huge. From examining why fashion designers create clothes that give the illusion of a more "attractive" body shape to studying how companies use color to elicit specific emotions in consumers, and even dismantling the very notion that spacetime is objective reality, *The Case Against Reality* dares us to question everything we thought we knew about the world we see.

Language Pangs - Ilit Ferber 2019-07-03

We usually think about language and pain as opposites, the one being about expression and connection, the other destructive, "beyond words" so to speak, and isolating. *Language Pangs* challenges these familiar conceptions and offers a radical reconsideration of the relationship between pain and language in terms of an essential interconnectedness. Ilit Ferber's premise is that we cannot probe the experience of pain without taking account its inherent relation to language; and vice versa, that our understanding of the nature of language essentially depends on how we take account of its correspondence with pain. *Language Pangs* brings together discussions of philosophical as well as literary texts, an intersection that is especially productive in considering the phenomenology of pain and its bearing on language. Ferber explores a phenomenology of pain and its relation to language, before providing a unique close reading of Johann Gottfried Herder's *Treatise on the Origin of Language*, the first modern philosophical text to consider language and pain, establishing the cry of pain as the origin of language. Herder also raises important claims regarding the relationship between human and animal, questions of sympathy and the role of hearing in the expression of pain. Beyond Herder, the book grapples with the work of other profound thinkers, including Martin Heidegger, Stanley Cavell, and André Gide, and finally, Sophocles, from them weaving new insights on the experience of pain, expression, sympathy, and hearing.

How People Learn II - National Academies of Sciences, Engineering, and Medicine 2018-09-27

There are many reasons to be curious about the way people learn, and the past several decades have seen an explosion of research that has important implications for individual learning, schooling, workforce training, and policy. In 2000, *How People Learn: Brain, Mind, Experience, and School: Expanded Edition* was published and its influence has been wide and deep. The report summarized insights on the nature of learning in school-aged children; described principles for the design of effective learning environments; and provided examples of how that could be implemented in the classroom. Since then, researchers have continued to investigate the nature of learning and have generated new findings related to the neurological processes involved in learning, individual and cultural variability related to learning, and educational technologies. In addition to expanding scientific understanding of the mechanisms of learning and how the brain adapts throughout the lifespan, there have been important discoveries about influences on learning, particularly sociocultural factors and the structure of learning environments. *How People Learn II: Learners, Contexts, and Cultures* provides a much-needed update incorporating insights gained from this research over the past decade. The book expands on the foundation laid out in the 2000 report and takes an in-depth look at the constellation of influences that affect individual learning. *How People Learn II* will become an indispensable resource to understand learning throughout the lifespan for educators of students and adults.

The Book Thief - Markus Zusak 2007-12-18

#1 NEW YORK TIMES BESTSELLER • ONE OF TIME MAGAZINE'S 100 BEST YA BOOKS OF ALL TIME
The extraordinary, beloved novel about the ability of books to feed the soul even in the darkest of times.

When Death has a story to tell, you listen. It is 1939. Nazi Germany. The country is holding its breath. Death has never been busier, and will become busier still. Liesel Meminger is a foster girl living outside of Munich, who scratches out a meager existence for herself by stealing when she encounters something she can't resist—books. With the help of her accordion-playing foster father, she learns to read and shares her stolen books with her neighbors during bombing raids as well as with the Jewish man hidden in her basement. In superbly crafted writing that burns with intensity, award-winning author Markus Zusak, author of *I Am the Messenger*, has given us one of the most enduring stories of our time. "The kind of book that can be life-changing." —The New York Times "Deserves a place on the same shelf with *The Diary of a Young Girl* by Anne Frank." —USA Today DON'T MISS BRIDGE OF CLAY, MARKUS ZUSAK'S FIRST NOVEL SINCE THE BOOK THIEF.

Parenting Matters - National Academies of Sciences, Engineering, and Medicine 2016-11-21

Decades of research have demonstrated that the parent-child dyad and the environment of the family—which includes all primary caregivers—are at the foundation of children's well-being and healthy development. From birth, children are learning and rely on parents and the other caregivers in their lives to protect and care for them. The impact of parents may never be greater than during the earliest years of life, when a child's brain is rapidly developing and when nearly all of her or his experiences are created and shaped by parents and the family environment. Parents help children build and refine their knowledge and skills, charting a trajectory for their health and well-being during childhood and beyond. The experience of parenting also impacts parents themselves. For instance, parenting can enrich and give focus to parents' lives; generate stress or calm; and create any number of emotions, including feelings of happiness, sadness, fulfillment, and anger. Parenting of young children today takes place in the context of significant ongoing developments. These include: a rapidly growing body of science on early childhood, increases in funding for programs and services for families, changing demographics of the U.S. population, and greater diversity of family structure. Additionally, parenting is increasingly being shaped by technology and increased access to information about parenting. *Parenting Matters* identifies parenting knowledge, attitudes, and practices associated with positive developmental outcomes in children ages 0-8; universal/preventive and targeted strategies used in a variety of settings that have been effective with parents of young children and that support the identified knowledge, attitudes, and practices; and barriers to and facilitators for parents' use of practices that lead to healthy child outcomes as well as their participation in effective programs and services. This report makes recommendations directed at an array of stakeholders, for promoting the wide-scale adoption of effective programs and services for parents and on areas that warrant further research to inform policy and practice. It is meant to serve as a roadmap for the future of parenting policy, research, and practice in the United States.

Noise - David Hendy 2013-10-15

What if history had a sound track? What would it tell us about ourselves? Based on a thirty-part BBC Radio series and podcast, *Noise* explores the human dramas that have revolved around sound at various points in the last 100,000 years, allowing us to think in fresh ways about the meaning of our collective past. Though we might see ourselves inhabiting a visual world, our lives have always been hugely influenced by our need to hear and be heard. To tell the story of sound—music and speech, but also echoes, chanting, drumbeats, bells, thunder, gunfire, the noise of crowds, the rumbles of the human body, laughter, silence, conversations, mechanical sounds, noisy neighbors, musical recordings, and radio—is to explain how we learned to overcome our fears about the natural world, perhaps even to control it; how we learned to communicate with, understand, and live alongside our fellow beings; how we've fought with one another for dominance; how we've sought to find privacy in an increasingly noisy world; and how we've struggled with our emotions and our sanity. Oratory in ancient Rome was important not just for the words spoken but for the sounds made—the tone, the cadence, the pitch of the voice—how that voice might have been transformed by the environment in which it was heard and how the audience might have responded to it. For the Native American tribes first encountering the European colonists, to lose one's voice was to lose oneself. In order to dominate the Native Americans, European colonists went to great effort to silence them, to replace their "demonic" "roars" with the more familiar "bugles, speaking trumpets, and gongs." Breaking up the history of sound into prehistoric noise, the age of oratory, the sounds of religion, the

sounds of power and revolt, the rise of machines, and what he calls our "amplified age," Hendy teases out continuities and breaches in our long relationship with sound in order to bring new meaning to the human story.

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.

The Outsiders - S. E. Hinton 2019

The struggle of three brothers to stay together after their parent's death and their quest for identity among the conflicting values of their adolescent society.

The Universal Sense - Seth S. Horowitz 2013-08-20

Every day, we are beset by millions of sounds-ambient ones like the rumble of the train and the hum of air conditioner, as well as more pronounced sounds, such as human speech, music, and sirens. How do we know which sounds should startle us, which should engage us, and which should turn us off? Why do we often fall asleep on train rides or in the car? Is there really a musical note that can make you sick to your stomach? Why do city folks have trouble sleeping in the country, and vice versa? In this fascinating exploration, research psychologist and sound engineer Seth Horowitz shows how our sense of hearing manipulates the way we think, consume, sleep, and feel. Starting with the basics of the biology, Horowitz explains why we hear what we hear, and in turn, how we've learned to manipulate sound: into music, commercial jingles, car horns, and modern inventions like cochlear implants, ultrasound scans, and the mosquito ringtone. Combining the best parts of This is Your Brain on Music and The Emotional Brain, this book gives new insight into what really makes us tick.

How the States Got Their Shapes - Mark Stein 2008-05-27

Why does Oklahoma have that panhandle? Did someone make a mistake? We are so familiar with the map of the United States that our state borders seem as much a part of nature as mountains and rivers. Even the oddities—the entire state of Maryland(!)—have become so engrained that our map might as well be a giant jigsaw puzzle designed by Divine Providence. But that's where the real mystery begins. Every edge of the familiar wooden jigsaw pieces of our childhood represents a revealing moment of history and of, well, humans drawing lines in the sand. How the States Got Their Shapes is the first book to tackle why our state lines are where they are. Here are the stories behind the stories, right down to the tiny northward jog at the eastern end of Tennessee and the teeny-tiny (and little known) parts of Delaware that are not attached to Delaware but to New Jersey. How the States Got Their Shapes examines: Why West Virginia has a finger creeping up the side of Pennsylvania Why Michigan has an upper peninsula that isn't attached to Michigan Why some Hawaiian islands are not Hawaii Why Texas and California are so outsized, especially when so many Midwestern states are nearly identical in size Packed with fun oddities and trivia, this entertaining guide also reveals the major fault lines of American history, from ideological intrigues and religious intolerance to major territorial acquisitions. Adding the fresh lens of local geographic disputes, military skirmishes, and land grabs, Mark Stein shows how the seemingly haphazard puzzle pieces of our nation fit together perfectly.

From Neurons to Neighborhoods - National Research Council 2000-11-13

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.

Sophie's World - Jostein Gaarder 2007-03-20

One day Sophie comes home from school to find two questions in her mail: "Who are you?" and "Where does the world come from?" Before she knows it she is enrolled in a correspondence course with a mysterious philosopher. Thus begins Jostein Gaarder's unique novel, which is not only a mystery, but also a complete and entertaining history of philosophy.

The Universal Sense - Seth S. Horowitz 2012-09-04

Reveals how the human sense of hearing manipulates how people think, consume, sleep and feel, explaining the hearing science behind such phenomena as why people fall asleep while traveling, the reason fingernails on a chalkboard causes cringing and why songs get stuck in one's head.

Child Sense - Priscilla J. Dunstan 2009-10-27

Your infant is crying and you don't know why. Your toddler refuses every kind of food-except one. Your preschooler wages war with you each morning over what to wear. Every day, parents struggle unsuccessfully to understand why their children act the way they do. Now child development expert Priscilla J. Dunstan breaks down those barriers to understanding with this revolutionary and accessible guide that teaches a new way of parenting-custom-designed for each child's personality. The product of eight years of groundbreaking research, this book will help you understand how your child interacts with the world. Dunstan begins from the premise that every child has his or her own dominant sensory "interface" with the world. Some children are highly sensitive to touch, others to sound or to sight. And some are unusually sensitive to all outside stimuli, especially taste and smell. This sensitivity affects how your child behaves, learns, and communicates from the very first days of life. Uncovering your child's dominant sense-and knowing what your own dominant sense is-is essential for finding common ground and creating bonds of trust and intimacy with your child. Use this book to • take comprehensive "sense tests" to determine your child's dominant sense-and your own • understand how sensory overload plays out from infancy to age five, at home and in school • learn why your child's sensory personality shapes the way he or she instinctively reacts to new experiences and people • appreciate the richness of your child's emotional life, and help your child thrive in the outside world For every parent who has ever looked at a child's behavior and thought What is he trying to tell me?, Child Sense shows you how to find the answer.

Shapes of Truth - Neal Allen 2021-01-06

Hidden in your body is a set of thirty-five divine objects that represent aspects of God that form the vocabulary of your soul. You can access them and discover your own perfect nature. With roots in Platonic philosophy and Sufi metaphysics, these eternal body-forms were discovered forty years ago and are only now being shared with the world. Not only do the embodied experiences provide wisdom; they also grant immediate and sustained relief from everyday suffering. Spiritual coach and writer Neal Allen describes the discovery, the body-forms themselves, and gives step-by-step instructions for encountering them yourself. His wife, the novelist and memoirist Anne Lamott, contributes a sweet foreword that chronicles her encounter with a body-form on their first date.

The Allegory of the Cave - Plato 2021-01-08

The Allegory of the Cave, or Plato's Cave, was presented by the Greek philosopher Plato in his work Republic (514a-520a) to compare "the effect of education (παδεία) and the lack of it on our nature". It is written as a dialogue between Plato's brother Glaucon and his mentor Socrates, narrated by the latter. The allegory is presented after the analogy of the sun (508b-509c) and the analogy of the divided line (509d-511e). All three are characterized in relation to dialectic at the end of Books VII and VIII (531d-534e). Plato has Socrates describe a group of people who have lived chained to the wall of a cave all of their lives, facing a blank wall. The people watch shadows projected on the wall from objects passing in front of a fire behind them, and give names to these shadows. The shadows are the prisoners' reality.

The Violin Conspiracy - Brendan Slocumb 2022-02-01

GOOD MORNING AMERICA BOOK CLUB PICK! • Ray McMillian is a Black classical musician on the rise—undeterred by the pressure and prejudice of the classical music world—when a shocking theft sends

him on a desperate quest to recover his great-great-grandfather's heirloom violin on the eve of the most prestigious musical competition in the world. "I loved *The Violin Conspiracy* for exactly the same reasons I loved *The Queen's Gambit*: a surprising, beautifully rendered underdog hero I cared about deeply and a fascinating, cutthroat world I knew nothing about—in this case, classical music." —Chris Bohjalian, #1 New York Times bestselling author of *The Flight Attendant* and *Hour of the Witch* Growing up Black in rural North Carolina, Ray McMillian's life is already mapped out. But Ray has a gift and a dream—he's determined to become a world-class professional violinist, and nothing will stand in his way. Not his mother, who wants him to stop making such a racket; not the fact that he can't afford a violin suitable to his talents; not even the racism inherent in the world of classical music. When he discovers that his beat-up, family fiddle is actually a priceless Stradivarius, all his dreams suddenly seem within reach, and together, Ray and his violin take the world by storm. But on the eve of the renowned and cutthroat Tchaikovsky Competition—the Olympics of classical music—the violin is stolen, a ransom note for five million dollars left in its place. Without it, Ray feels like he's lost a piece of himself. As the competition approaches, Ray must not only reclaim his precious violin, but prove to himself—and the world—that no matter the outcome, there has always been a truly great musician within him.

The Image of the City - Kevin Lynch 1964-06-15

The classic work on the evaluation of city form. What does the city's form actually mean to the people who live there? What can the city planner do to make the city's image more vivid and memorable to the city dweller? To answer these questions, Mr. Lynch, supported by studies of Los Angeles, Boston, and Jersey City, formulates a new criterion—imageability—and shows its potential value as a guide for the building and rebuilding of cities. The wide scope of this study leads to an original and vital method for the evaluation of city form. The architect, the planner, and certainly the city dweller will all want to read this book.

The Universal Sense - Seth Horowitz 2012-09-04

Every day, we are beset by millions of sounds—ambient ones like the rumble of the train and the hum of air conditioner, as well as more pronounced sounds, such as human speech, music, and sirens. How do we know which sounds should startle us, which should engage us, and which should turn us off? Why do we often fall asleep on train rides or in the car? Is there really a musical note that can make you sick to your stomach? Why do city folks have trouble sleeping in the country, and vice versa? In this fascinating exploration, research psychologist and sound engineer Seth Horowitz shows how our sense of hearing manipulates the way we think, consume, sleep, and feel. Starting with the basics of the biology, Horowitz explains why we hear what we hear, and in turn, how we've learned to manipulate sound: into music, commercial jingles, car horns, and modern inventions like cochlear implants, ultrasound scans, and the mosquito ringtone. Combining the best parts of *This is Your Brain on Music* and *The Emotional Brain*, this book gives new insight into what really makes us tick.

Not Fade Away - Rebecca Alexander (Psychotherapist) 2014

A woman who is slowly losing her sight and hearing chronicles her amazing life—from trying to hide her disability as a teenager to fully embracing life as an adult with humor and gratitude, completing a 600-mile bike race and hiking the Inca Trail—in a book where the author reflects not just on what she has lost, but also what she has gained. 30,000 first printing.

Beethoven - Edmund Morris 2009-10-13

"Brilliant....This book is a perfect marriage—or should one say, duet—of subject and author, every word as masterly as the notes of the artist it illuminates." — Christopher Buckley, *Forbes* "This is not just criticism but poetry in itself, with the additional—and inestimable—merit of being true." — Washington Post Book World Pulitzer Prize-winning author Edmund Morris (*The Rise of Theodore Roosevelt*, *Theodore Rex*, *Dutch*) is one of America's most distinguished biographers, known for his rich, compulsively readable prose style. His biography of Beethoven, one of the most admired composers in the history of music, is above all a study of genius in action, of one of the few giants of Western culture. Beethoven is another engaging entry in the HarperCollins' "Eminent Lives" series of biographies by distinguished authors on canonical figures.

How to be Heard - Julian Treasure 2017-11-07

HuffPost 20 Best Business Books of 2017 – Learn communication skills secrets from one of the most successful TED Talks stars of all time Transform your communication skills: Have you ever felt like you're

talking, but nobody is listening? Renowned five time TED Talks speaker and author Julian Treasure reveals how to speak so that people listen – and how to listen so that people feel heard. As this leading sound expert demonstrates via interviews with world-class speakers, professional performers and CEOs atop their field, the secret lies in developing simple habits that can transform our communication skills, the quality of our relationships and our impact in the world. Effective speaking, listening, and understanding skills: How to be Heard includes never-before-seen exercises to develop your communication skills that are as effective at home as in the boardroom or conference call. Julian Treasure offers an inspiring vision for a sonorous world of effective speaking, listening and understanding. Communication skills secrets and tips discussed in How to be Heard include: • Sound affects us all: How to make it work for you and improve your wellbeing, effectiveness and happiness. Why listening matters. How listening and speaking affect one another. • The seven deadly sins of speaking and listening: And how to avoid them; the four cornerstones of powerful speaking and listening. • How to listen and why we don't: Your listening filters, and how to use them. Five simple exercises to achieve conscious listening. Tips from great listeners. Inner listening. • Your voice: The instrument we all play, and how to play it beautifully. The power of your vocal toolbox and how to build your speaking power; tricks of great speakers; simple exercises and practices to develop your voice. • Saying what you mean: How to plan and structure content so you always hit the bullseye. Clean language. Secrets of rhetoric; great speeches unpacked; exercises and methods to achieve clarity, precision and impact. Five danger words to avoid. • Stagecraft: How to deliver a great talk. Practice, preparation, tools and aids, common mistakes and how to avoid them, stage presence - how to act and talk like a top professional speaker and win over any audience. The five most common errors and how to avoid them.

The Brain That Changes Itself - Norman Doidge 2007-03-15

"Fascinating. Doidge's book is a remarkable and hopeful portrait of the endless adaptability of the human brain."—Oliver Sacks, MD, author of *The Man Who Mistook His Wife for a Hat* What is neuroplasticity? Is it possible to change your brain? Norman Doidge's inspiring guide to the new brain science explains all of this and more. An astonishing new science called neuroplasticity is overthrowing the centuries-old notion that the human brain is immutable, and proving that it is, in fact, possible to change your brain. Psychoanalyst, Norman Doidge, M.D., traveled the country to meet both the brilliant scientists championing neuroplasticity, its healing powers, and the people whose lives they've transformed—people whose mental limitations, brain damage or brain trauma were seen as unalterable. We see a woman born with half a brain that rewired itself to work as a whole, blind people who learn to see, learning disorders cured, IQs raised, aging brains rejuvenated, stroke patients learning to speak, children with cerebral palsy learning to move with more grace, depression and anxiety disorders successfully treated, and lifelong character traits changed. Using these marvelous stories to probe mysteries of the body, emotion, love, sex, culture, and education, Dr. Doidge has written an immensely moving, inspiring book that will permanently alter the way we look at our brains, human nature, and human potential.

Transforming the Workforce for Children Birth Through Age 8 - National Research Council 2015-07-23

Children are already learning at birth, and they develop and learn at a rapid pace in their early years. This provides a critical foundation for lifelong progress, and the adults who provide for the care and the education of young children bear a great responsibility for their health, development, and learning. Despite the fact that they share the same objective - to nurture young children and secure their future success - the various practitioners who contribute to the care and the education of children from birth through age 8 are not acknowledged as a workforce unified by the common knowledge and competencies needed to do their jobs well. *Transforming the Workforce for Children Birth Through Age 8* explores the science of child development, particularly looking at implications for the professionals who work with children. This report examines the current capacities and practices of the workforce, the settings in which they work, the policies and infrastructure that set qualifications and provide professional learning, and the government agencies and other funders who support and oversee these systems. This book then makes recommendations to improve the quality of professional practice and the practice environment for care and education professionals. These detailed recommendations create a blueprint for action that builds on a unifying foundation of child development and early learning, shared knowledge and competencies for care

and education professionals, and principles for effective professional learning. Young children thrive and learn best when they have secure, positive relationships with adults who are knowledgeable about how to support their development and learning and are responsive to their individual progress. Transforming the Workforce for Children Birth Through Age 8 offers guidance on system changes to improve the quality of professional practice, specific actions to improve professional learning systems and workforce development, and research to continue to build the knowledge base in ways that will directly advance and inform future actions. The recommendations of this book provide an opportunity to improve the quality of the care and the education that children receive, and ultimately improve outcomes for children.

The Emperor of Scent - Chandler Burr 2003-01-21

For as long as anyone can remember, a man named Luca Turin has had an uncanny relationship with smells. He has been compared to the hero of Patrick Süskind's novel *Perfume*, but his story is in fact stranger, because it is true. It concerns how he made use of his powerful gifts to solve one of the last great mysteries of the human body: how our noses work. Luca Turin can distinguish the components of just about any smell, from the world's most refined perfumes to the air in a subway car on the Paris metro. A distinguished scientist, he once worked in an unrelated field, though he made a hobby of collecting fragrances. But when, as a lark, he published a collection of his reviews of the world's perfumes, the book hit the small, insular business of perfume makers like a thunderclap. Who is this man Luca Turin, they demanded, and how does he know so much? The closed community of scent creation opened up to Luca Turin, and he discovered a fact that astonished him: no one in this world knew how smell worked. Billions and billions of dollars were spent creating scents in a manner amounting to glorified trial and error. The solution to the mystery of every other human sense has led to the Nobel Prize, if not vast riches. Why, Luca Turin thought, should smell be any different? So he gave his life to this great puzzle. And in the end, incredibly, it would seem that he solved it. But when enormously powerful interests are threatened and great reputations are at stake, Luca Turin learned, nothing is quite what it seems. Acclaimed writer Chandler Burr has spent four years chronicling Luca Turin's quest to unravel the mystery of how our sense of smell works. What has emerged is an enthralling, magical book that changes the way we think about that area between our mouth and our eyes, and its profound, secret hold on our lives.

Moral Minds - Marc Hauser 2009-10-13

In his groundbreaking book, Marc Hauser puts forth a revolutionary new theory: that humans have evolved a universal moral instinct, unconsciously propelling us to deliver judgments of right and wrong independent of gender, education, and religion. Combining his cutting-edge research with the latest findings in cognitive psychology, linguistics, neuroscience, evolutionary biology, economics, and anthropology, Hauser explores the startling implications of his provocative theory vis-à-vis contemporary bioethics, religion, the law, and our everyday lives.

The Left Hand of Darkness - Ursula K. Le Guin 2016-10-25

A deluxe hardcover edition of the queen of science fiction's trailblazing novel about a planet full of genderless beings—part of Penguin Galaxy, a collectible series of six sci-fi/fantasy classics, featuring a series introduction by Neil Gaiman Winner of the AIGA + Design Observer 50 Books | 50 Covers competition A groundbreaking work of science fiction, *The Left Hand of Darkness* tells the story of a lone human emissary's mission to Winter, an unknown alien world whose inhabitants can choose—and change—their gender. His goal is to facilitate Winter's inclusion in a growing intergalactic civilization. But to do so he must bridge the gulf between his own views and those of the completely dissimilar culture that he encounters. Exploring questions of psychology, society, and human emotion in an alien world, *The Left Hand of Darkness* stands as a landmark achievement in the annals of science fiction. Penguin Galaxy Six of our greatest masterworks of science fiction and fantasy, in dazzling collector-worthy hardcover editions, and featuring a series introduction by #1 New York Times bestselling author Neil Gaiman, Penguin Galaxy represents a constellation of achievement in visionary fiction, lighting the way toward our knowledge of the universe, and of ourselves. From historical legends to mythic futures, monuments of world-building to mind-bending dystopias, these touchstones of human invention and storytelling ingenuity have transported millions of readers to distant realms, and will continue for generations to chart the frontiers of the imagination. *The Once and Future King* by T. H. White *Stranger in a Strange Land* by Robert A. Heinlein

Dune by Frank Herbert 2001: *A Space Odyssey* by Arthur C. Clarke *The Left Hand of Darkness* by Ursula K. Le Guin *Neuromancer* by William Gibson For more than seventy years, Penguin has been the leading publisher of classic literature in the English-speaking world. With more than 1,700 titles, Penguin Classics represents a global bookshelf of the best works throughout history and across genres and disciplines. Readers trust the series to provide authoritative texts enhanced by introductions and notes by distinguished scholars and contemporary authors, as well as up-to-date translations by award-winning translators.

Middlesex - Jeffrey Eugenides 2011-07-18

Spanning eight decades and chronicling the wild ride of a Greek-American family through the vicissitudes of the twentieth century, Jeffrey Eugenides' witty, exuberant novel on one level tells a traditional story about three generations of a fantastic, absurd, lovable immigrant family -- blessed and cursed with generous doses of tragedy and high comedy. But there's a provocative twist. Cal, the narrator -- also Callie -- is a hermaphrodite. And the explanation for this takes us spooling back in time, through a breathtaking review of the twentieth century, to 1922, when the Turks sacked Smyrna and Callie's grandparents fled for their lives. Back to a tiny village in Asia Minor where two lovers, and one rare genetic mutation, set our narrator's life in motion. *Middlesex* is a grand, utterly original fable of crossed bloodlines, the intricacies of gender, and the deep, untidy promptings of desire. It's a brilliant exploration of divided people, divided families, divided cities and nations -- the connected halves that make up ourselves and our world.

Nicomachean Ethics - Aristotle 2021-11-13

Nicomachean Ethics Aristotle - The *Nicomachean Ethics* is one of Aristotle's most widely read and influential works. Ideas central to ethics—that happiness is the end of human endeavor, that moral virtue is formed through action and habituation, and that good action requires prudence—found their most powerful proponent in the person medieval scholars simply called "the Philosopher." Drawing on their intimate knowledge of Aristotle's thought, Robert C. Bartlett and Susan D. Collins have produced here an English-language translation of the *Ethics* that is as remarkably faithful to the original as it is graceful in its rendering. Aristotle is well known for the precision with which he chooses his words, and in this elegant translation his work has found its ideal match. Bartlett and Collins provide copious notes and a glossary providing context and further explanation for students, as well as an introduction and a substantial interpretive essay that sketch central arguments of the work and the seminal place of Aristotle's *Ethics* in his political philosophy as a whole. The *Nicomachean Ethics* has engaged the serious interest of readers across centuries and civilizations—of peoples ancient, medieval, and modern; pagan, Christian, Muslim, and Jewish—and this new edition will take its place as the standard English-language translation.

On Reading Well - Karen Swallow Prior 2018-09-04

□ Publishers Weekly starred review A Best Book of 2018 in Religion, Publishers Weekly Reading great literature well has the power to cultivate virtue. Great literature increases knowledge of and desire for the good life by showing readers what virtue looks like and where vice leads. It is not just what one reads but how one reads that cultivates virtue. Reading good literature well requires one to practice numerous virtues, such as patience, diligence, and prudence. And learning to judge wisely a character in a book, in turn, forms the reader's own character. Acclaimed author Karen Swallow Prior takes readers on a guided tour through works of great literature both ancient and modern, exploring twelve virtues that philosophers and theologians throughout history have identified as most essential for good character and the good life. In reintroducing ancient virtues that are as relevant and essential today as ever, Prior draws on the best classical and Christian thinkers, including Aristotle, Aquinas, and Augustine. Covering authors from Henry Fielding to Cormac McCarthy, Jane Austen to George Saunders, and Flannery O'Connor to F. Scott Fitzgerald, Prior explores some of the most compelling universal themes found in the pages of classic books, helping readers learn to love life, literature, and God through their encounters with great writing. In examining works by these authors and more, Prior shows why virtues such as prudence, temperance, humility, and patience are still necessary for human flourishing and civil society. The book includes end-of-chapter reflection questions geared toward book club discussions, features original artwork throughout, and includes a foreword from Leland Ryken.

The Vanishing Half - Brit Bennett 2022-02-01

#1 NEW YORK TIMES BESTSELLER ONE OF BARACK OBAMA'S FAVORITE BOOKS OF THE YEAR

NAMED A BEST BOOK OF 2020 BY THE NEW YORK TIMES * THE WASHINGTON POST * NPR * PEOPLE * TIME MAGAZINE* VANITY FAIR * GLAMOUR 2021 WOMEN'S PRIZE FINALIST "Bennett's tone and style recalls James Baldwin and Jacqueline Woodson, but it's especially reminiscent of Toni Morrison's 1970 debut novel, *The Bluest Eye*." —Kiley Reid, *Wall Street Journal* "A story of absolute, universal timelessness ...For any era, it's an accomplished, affecting novel. For this moment, it's piercing, subtly wending its way toward questions about who we are and who we want to be..." - Entertainment Weekly From The New York Times-bestselling author of *The Mothers*, a stunning new novel about twin sisters, inseparable as children, who ultimately choose to live in two very different worlds, one black and one white. The Vignes twin sisters will always be identical. But after growing up together in a small, southern black community and running away at age sixteen, it's not just the shape of their daily lives that is different as adults, it's everything: their families, their communities, their racial identities. Many years later, one sister lives with her black daughter in the same southern town she once tried to escape. The other secretly passes for white, and her white husband knows nothing of her past. Still, even separated by so many miles and just as many lies, the fates of the twins remain intertwined. What will happen to the next generation, when their own daughters' storylines intersect? Weaving together multiple strands and generations of this family, from the Deep South to California, from the 1950s to the 1990s, Brit Bennett produces a story that is at once a riveting, emotional family story and a brilliant exploration of the American history of passing. Looking well beyond issues of race, *The Vanishing Half* considers the lasting influence of the past as it shapes a person's decisions, desires, and expectations, and explores some of the multiple reasons and realms in which people sometimes feel pulled to live as something other than their origins. As with her New York Times-bestselling debut *The Mothers*, Brit Bennett offers an engrossing page-turner about family and relationships that is immersive and provocative, compassionate and wise.

Radical Acceptance - Tara Brach 2004-11-23

For many of us, feelings of deficiency are right around the corner. It doesn't take much--just hearing of someone else's accomplishments, being criticized, getting into an argument, making a mistake at work--to make us feel that we are not okay. Beginning to understand how our lives have become ensnared in this trance of unworthiness is our first step toward reconnecting with who we really are and what it means to live fully. —from *Radical Acceptance* "Believing that something is wrong with us is a deep and tenacious suffering," says Tara Brach at the start of this illuminating book. This suffering emerges in crippling self-judgments and conflicts in our relationships, in addictions and perfectionism, in loneliness and overwork—all the forces that keep our lives constricted and unfulfilled. *Radical Acceptance* offers a path to freedom, including the day-to-day practical guidance developed over Dr. Brach's twenty years of work with therapy clients and Buddhist students. Writing with great warmth and clarity, Tara Brach brings her teachings alive through personal stories and case histories, fresh interpretations of Buddhist tales, and guided meditations. Step by step, she leads us to trust our innate goodness, showing how we can develop the balance of clear-sightedness and compassion that is the essence of *Radical Acceptance*. *Radical Acceptance* does not mean self-indulgence or passivity. Instead it empowers genuine change: healing fear and shame and helping to build loving, authentic relationships. When we stop being at war with ourselves, we are free to live fully every precious moment of our lives.

[The Book of Lies](#) - Aleister Crowley 2018-01-23

Aleister Crowley's *The Book of Lies* is an important and complex work of occultism. Deciphering its many layers of hidden meaning requires a little patience and more than a beginner's knowledge of Thelema. For those interested in passing beyond the initiate stage, the reward offered by a deeper understanding of this challenging text is well worth the effort. This new 2018 edition of *The Book of Lies* from Kismet Publishing restores all of Crowley's original text, including the important keys, sigils and diagrams often omitted from reprints.