

## **American Power Tips The Balance Guided Reading**

WANT BONE SHATTERING POWER PUNCHES!

Dramatically increase your punching power with Sammy Franco's battle tested power punching techniques. THE 10 BEST POWER PUNCHES FOR BOXING, MARTIAL ARTS, MMA, AND SELF-

DEFENSE gives you the winning edge you'll need in both the ring and the streets. In this one-of-a-kind book, you'll learn simple and effective bone crushing knock-out power punches that will drop any opponent of any size. THE 10 BEST POWER

PUNCHES is ideal for: Boxing Mixed martial arts (MMA) Martial arts Kickboxing Self-defense/Street fighting Personal fitness TURN YOUR FISTS INTO SLEDGEHAMMERS! This easy to follow book

covers the entire spectrum of explosive power punching techniques. Learn how to throw the perfect "knockout power punch", turn your hands into virtual sledgehammers, discover the hidden secrets of

power punching footwork, hand strengthening, heavy bag conditioning, target and timing training, and the best power punching training tips. THE 10 BEST POWER PUNCHES FOR BOXING, MARTIAL

ARTS, MMA, AND SELF-DEFENSE will show you that it's not size or strength, but punching form and technique, timing and proper footwork that will turn your fists into lethal power pistons. By following the

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techniques outlined in this book and the workout routines, you will dramatically improve your punching power regardless of your size, strength, or level of training experience.

This accessible introduction tells the American story of religious liberty from its colonial beginnings to the latest Supreme Court cases. The authors provide extensive analysis of the formation of the First Amendment religion clauses and the plausible original intent or understanding of the founders. They describe the enduring principles of American religious freedom--liberty of conscience, free exercise of religion, religious equality, religious pluralism, separation of church and state, and no establishment of religion--as those principles were developed by the founders and applied by the Supreme Court. Successive chapters analyze the two hundred plus Supreme Court cases on religious freedom--on the free exercise of religion, the roles of government and religion in education, the place of religion in public life, and the interaction of religious organizations and the state. A final chapter shows how favorably American religious freedom compares with international human rights norms and European Court of Human Rights case law. Lucid, comprehensive, multidisciplinary, and balanced, this volume is an ideal classroom text and armchair paperback. Detailed appendices offer drafts of each of the religion clauses debated in 1788 and 1789, a

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table of all state constitutional laws on religious freedom, and a summary of every Supreme Court case on religious liberty from 1815 to 2015.

Throughout the volume, the authors address frankly and fully the hot button issues of our day: religious freedom versus sexual liberty, freedom of conscience and its limitations, religious group rights and the worries about abuse, faith-based legal systems and their place in liberal democracies, and the fresh rise of anti-Semitism, Islamophobia, and anti-Christianity in America and abroad. For this new edition, the authors have updated each chapter in light of new scholarship and new Supreme Court case law (through the 2015 term) and have added an appendix mapping some of the cutting edge issues of religious liberty and church-state relations.

EBONY is the flagship magazine of Johnson Publishing. Founded in 1945 by John H. Johnson, it still maintains the highest global circulation of any African American-focused magazine.

In this groundbreaking book, two economists explain why economic imbalances cause civil collapse—and why America could be next. From the Ming Dynasty to Ottoman Turkey to Imperial Spain, the Great Powers of the world emerged as the greatest economic, political, and military forces of their time—only to collapse into rubble and memory. What is at the root of their demise—and how can America stop this pattern from happening again? A quarter

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century after Paul Kennedy's *Rise and Fall of the Great Powers*, Glenn Hubbard and Tim Kane present a bold, sweeping account of why powerful nations and civilizations break down under the heavy burden of economic imbalance. Introducing a profound new measure of economic power, *Balance* traces the triumphs and mistakes of imperial Britain, the paradox of superstate California, the long collapse of Rome, and the limits of the Japanese model of growth. Most importantly, Hubbard and Kane compare the twenty-first century United States to the empires of old and challenge Americans to address the real problems of our country's dysfunctional fiscal imbalance. Without a new economics and politics of balance, they show the inevitable demise ahead.

Family caregiving affects millions of Americans every day, in all walks of life. At least 17.7 million individuals in the United States are caregivers of an older adult with a health or functional limitation. The nation's family caregivers provide the lion's share of long-term care for our older adult population. They are also central to older adults' access to and receipt of health care and community-based social services. Yet the need to recognize and support caregivers is among the least appreciated challenges facing the aging U.S. population. *Families Caring for an Aging America* examines the prevalence and nature of family caregiving of older adults and the available

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evidence on the effectiveness of programs, supports, and other interventions designed to support family caregivers. This report also assesses and recommends policies to address the needs of family caregivers and to minimize the barriers that they encounter in trying to meet the needs of older adults. America's Mission argues that the global strength and prestige of democracy today are due in large part to America's impact on international affairs. Tony Smith documents the extraordinary history of how American foreign policy has been used to try to promote democracy worldwide, an effort that enjoyed its greatest triumphs in the occupations of Japan and Germany but suffered huge setbacks in Latin America, Vietnam, and elsewhere. With new chapters and a new introduction and epilogue, this expanded edition also traces U.S. attempts to spread democracy more recently, under presidents Clinton, Bush, and Obama, and assesses America's role in the Arab Spring.

American Presidents and the United Nations: Internationalism in the Balance offers a fresh look at the U.S.–UN relationship. The current discourse regarding America's linkage with the UN—and particularly about the President's influence on the world body—has metamorphosed well beyond the conventional conversation of the post-World War II generation. This book places the UN–U.S. relationship within the evolving fabric of international

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affairs and American political developments through the 2020 presidential election, into the early Biden administration. The text integrates analyses of individual presidential politics and presidential foreign policy preferences from Franklin Roosevelt through Donald Trump, with congressional responses, and seemingly ever-accelerating, troublesome, and often unanticipated international crises. Readers will find the latest scholarship, primary sourcing, as well as synthesis, and a fresh analysis of the ongoing and increasingly multifaceted political and intellectual debate about America's role in the world. The book spotlights one of the most creative, complex, and inspired global institutions ever devised by human beings—the United Nations—and puts it in context with the powerful role of the American presidency. Essential for students, scholars, and general readers alike.

The rivalry between Japan and China has a long and sometimes brutal history, and they continue to eye each other warily as the balance of power tips toward Beijing. They cooperate and compete at the same time, but if competition deteriorates into military conflict, the entire world has much to lose. *The Perils of Proximity* evaluates the chances of armed conflict between China and Japan, presenting in stark relief the dangers it would pose and revealing the steps that could head off such a disastrous turn of events. Richard Bush focuses his

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on the problematic East China Sea region. Although Japan's military capabilities are more considerable than some in the West realize, its defense budget has remained basically flat in recent years.

Meanwhile, Chinese military expenditures have grown by double digits annually. Moreover, that the emphasis of China's military modernization is on power projection—the ability of its air and naval forces to stretch their reach to the east, thus encroaching on its island neighbor. Tokyo regards the growth of Chinese power and its focus on the East China Sea with deep anxiety. How should they respond? The balance of power is changing, and Japan must account for that uncomfortable fact in crafting its strategy. It is incumbent on China, Japan, and the United States to take steps to reduce the odds of clash and conflict in the East China Sea, and veteran Asia analyst Bush presents recommendations to that end. The steps he suggests won't be easy, and effective political leadership will be absolutely critical. If implemented fully and correctly, however, they have the potential of reducing the perils of proximity in Asia.

Master the art of entertaining and cement lasting business relationships in the process You're at a fancy downtown restaurant for dinner with a million-dollar business deal on the table. The waiter hands you the wine list. Now what? So much for that shiny M.B.A. and your powerful business connections.

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What matters right now, at this moment, is your wine IQ—and your ability to entertain this client in a way he'll never forget. In *Power Entertaining* Eddie Osterland, Master Sommelier, and America's foremost wine and food coach outlines dozens of power entertaining tips that can make anyone a more effective host or hostess—be it at a corporate business event or private dinners with clients in restaurants. When it comes to hosting big business meetings or important sales events, you will discover how to entertain business clients and business associates with ease, knowledge, and confidence, using good wine and food as the ingredients to build strong and lasting business relationships. Teaches how to transform boring business meetings and sales functions into memorable social events that people will want to attend again and again Enables you to build long-term business relationships based on the time-honored principles of courtesy, generosity and old world hospitality Learn how to convince the restaurant's Maitre d' to give them the best table in the house—even on a busy Friday or Saturday night Success is always in the details, so master the finer points of entertaining before your next big business event.

1918: The Great War, as it was becoming known, had reached an inflection point. The course of the war and the future of European civilization now rested on one decision: Would Germany, having



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prevailed in the East against a Russia crumbling into revolution and chaos, now attempt to crush her British and French enemies in one last desperate offensive before the emergent American Army arrived in its overwhelming force? Or could a small band of patriotic Germans led by a General and a Crown Prince use their high positions to influence their unyielding leadership to simply declare victory and withdraw homeward, leaving their opponents to justify a continuing and increasingly senseless slaughter? Their conspiracy gathers in such figures as Winston Churchill, the Communist firebrand Rosa Luxemburg and the Irish rebel leader Michael Collins along with an enigmatic Princess, an impetuous English Lord and a beautiful Belgian war refugee. Their story careens from swordfighting in France to a secret mission to London to Bolshevik-inspired upheavals in Berlin. *Who Desires Peace...*, the first book in the *Great War Won* trilogy, chronicles the schemes and adventures of the conspirators laying the foundations for their peace offensive; the second installment, *...Should Prepare for War*, veers from Russia and Ukraine to the West as those peace efforts falter; the final volume, *A Power of Recognized Superiority*, traces the resumption and resolution of the war as America's looming presence finally tips the balance.

Essays examining aspects of German book history -- in relation to writers, readers, and publishers -- from

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the 1780s to the 1930s.

During the 2016 presidential election, America's election infrastructure was targeted by actors sponsored by the Russian government. *Securing the Vote: Protecting American Democracy* examines the challenges arising out of the 2016 federal election, assesses current technology and standards for voting, and recommends steps that the federal government, state and local governments, election administrators, and vendors of voting technology should take to improve the security of election infrastructure. In doing so, the report provides a vision of voting that is more secure, accessible, reliable, and verifiable.

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

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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

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parenting policy, research, and practice in the United States.

[Henry Kissinger and American Power] effectively separates the man from the myths." —The Christian Science Monitor | Best books of August 2020 The definitive biography of Henry Kissinger—at least for those who neither revere nor revile him Over the past six decades, Henry Kissinger has been America's most consistently praised—and reviled—public figure. He was hailed as a “miracle worker” for his peacemaking in the Middle East, pursuit of détente with the Soviet Union, negotiation of an end to the Vietnam War, and secret plan to open the United States to China. He was assailed from the left and from the right for his indifference to human rights, complicity in the pointless sacrifice of American and Vietnamese lives, and reliance on deception and intrigue. Was he a brilliant master strategist—“the 20th century's greatest 19th century statesman”—or a cold-blooded monster who eroded America's moral standing for the sake of self-promotion? In this masterfully researched biography, the renowned diplomatic historian Thomas Schwartz offers an authoritative, and fair-minded, answer to this question. While other biographers have engaged in hagiography or demonology, Schwartz takes a measured view of his subject. He recognizes Kissinger's successes and acknowledges that Kissinger thought seriously and with great insight

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about the foreign policy issues of his time, while also recognizing his failures, his penchant for backbiting, and his reliance on ingratiating and fawning praise of the president as a source of power. Throughout, Schwartz stresses Kissinger's artful invention of himself as a celebrity diplomat and his domination of the medium of television news. He also notes Kissinger's sensitivity to domestic and partisan politics, complicating—and undermining—the image of the far-seeing statesman who stands above the squabbles of popular strife. Rounded and textured, and rich with new insights into key dilemmas of American power, *Henry Kissinger and American Power* stands as an essential guide to a man whose legacy is as complex as the last sixty years of US history itself.

*The Pinnacle of Power*, first book in the *Keeper of the Balance* Trilogy, combines all of the classic elements of epic fantasy and sci-fi with a little touch of political intrigue, mystery, suspense, espionage and romance.

The popular media often portrays Asian Americans as highly educated and successful individuals—the "Model Minority." As the ethnic minority with the largest percentage of college graduates, many Asian Americans do enter the professional workforce. However, many of them seem to stall in their careers and never make it to the corner offices. Leading executive coach Jane Hyun explores how traditional Asian values can be at odds with Western corporate culture. By using anecdotes, case studies, and exercises, Hyun offers practical solutions for resolving misunderstandings and overcoming challenges in an increasingly multicultural

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workplace. This timely book explains how companies will benefit from discovering and supporting the talents of their Asian employees and shows Asians how to leverage their strengths to break through the bamboo ceiling.

Be as productive as possible at work while never leaving your home with these 500 easy-to-follow hacks that will instantly improve your work-from-home experience. As many have discovered during the Covid-19 pandemic, working from home certainly has its perks. From the easy (non)commute to your computer to the extra time you can spend with your family and pets to the benefits of customizing your environment to your own personal needs, many are continuing to enjoy the work-from-home lifestyle. But it also comes with its challenges. How do you avoid distractions around your home? How can you remain as productive as you are in the office? That's where *Work-from-Home Hacks* comes in to help! With over 500 quick and easy solutions you can implement in your daily life, you'll find yourself staying more productive, organized, and happier than ever. You'll learn useful tips like: -Create a designated workspace at home -Figure out what background noise works best for you -Use a different internet browser for work -Change your clothes before you start work -And so much more! So whether you're adjusting to a new, permanent work-from-home schedule, are looking to make some changes to a long-standing remote work routine, or just need some advice for the occasional WFH days, this book is here to help you stay as productive as possible so you can maintain a healthy work/life balance and make the most of your days outside of the office!

**NEW YORK TIMES BEST SELLER** • A grand, devastating portrait of three generations of the Sackler family, famed for their philanthropy, whose fortune was built by Valium and whose reputation was destroyed by OxyContin. From the

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prize-winning and bestselling author of *Say Nothing*, as featured in the HBO documentary *Crime of the Century*. The Sackler name adorns the walls of many storied institutions—Harvard, the Metropolitan Museum of Art, Oxford, the Louvre. They are one of the richest families in the world, known for their lavish donations to the arts and the sciences. The source of the family fortune was vague, however, until it emerged that the Sacklers were responsible for making and marketing a blockbuster painkiller that was the catalyst for the opioid crisis. *Empire of Pain* begins with the story of three doctor brothers, Raymond, Mortimer and the incalculably energetic Arthur, who weathered the poverty of the Great Depression and appalling anti-Semitism. Working at a barbaric mental institution, Arthur saw a better way and conducted groundbreaking research into drug treatments. He also had a genius for marketing, especially for pharmaceuticals, and bought a small ad firm. Arthur devised the marketing for Valium, and built the first great Sackler fortune. He purchased a drug manufacturer, Purdue Frederick, which would be run by Raymond and Mortimer. The brothers began collecting art, and wives, and grand residences in exotic locales. Their children and grandchildren grew up in luxury. Forty years later, Raymond's son Richard ran the family-owned Purdue. The template Arthur Sackler created to sell Valium—co-opting doctors, influencing the FDA, downplaying the drug's addictiveness—was employed to launch a far more potent product: OxyContin. The drug went on to generate some thirty-five billion dollars in revenue, and to launch a public health crisis in which hundreds of thousands would die. This is the saga of three generations of a single family and the mark they would leave on the world, a tale that moves from the bustling streets of early twentieth-century Brooklyn to the seaside palaces of Greenwich, Connecticut, and Cap d'Antibes to the corridors of power in

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Washington, D.C. Empire of Pain chronicles the multiple investigations of the Sacklers and their company, and the scorched-earth legal tactics that the family has used to evade accountability. The history of the Sackler dynasty is rife with drama—baroque personal lives; bitter disputes over estates; fistfights in boardrooms; glittering art collections; Machiavellian courtroom maneuvers; and the calculated use of money to burnish reputations and crush the less powerful. Empire of Pain is a masterpiece of narrative reporting and writing, exhaustively documented and ferociously compelling. It is a portrait of the excesses of America's second Gilded Age, a study of impunity among the super elite and a relentless investigation of the naked greed and indifference to human suffering that built one of the world's great fortunes.

Labor Day, observed on the first Monday in September, is an annual celebration of the social and economic achievements of American workers. The holiday has its origins in the late nineteenth century, when labor activists advocated for a federal holiday to recognize the numerous contributions workers have made to America's strength, prosperity, and well-being. Labor Day 2021 is a Book for all Americans workers. It is an interesting, easy to read, educative, power-packed, simple, informative Book on history of Labor Day and how to celebrate it at work, 13 Work Life Balance Tips for a Happy and Productive Life, What to Do When You Hate Your Job but Want a Successful Career and MANY MORE!!!! I dedicate this Book to all committed, goal-driven, and work-oriented business employers and its employees in all sectors most especially the doctors on the frontline in this pandemic period. If you're a worker looking for ways to balance your work life, then quickly click on the BUY NOW and get a copy of this Book.

This book presents a new theory for why political regimes emerge, and why they subsequently survive or break down. It



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then analyzes the emergence, survival and fall of democracies and dictatorships in Latin America since 1900. Scott Mainwaring and Aníbal Pérez-Liñán argue for a theoretical approach situated between long-term structural and cultural explanations and short-term explanations that look at the decisions of specific leaders. They focus on the political preferences of powerful actors - the degree to which they embrace democracy as an intrinsically desirable end and their policy radicalism - to explain regime outcomes. They also demonstrate that transnational forces and influences are crucial to understand regional waves of democratization. Based on extensive research into the political histories of all twenty Latin American countries, this book offers the first extended analysis of regime emergence, survival and failure for all of Latin America over a long period of time.

Jamba, from the African word "jama," meaning to celebrate, is the philosophy of Jamba Juice, a nationally known chain of smoothie and juice stores. Reasons to celebrate include good health, happiness, and of course, delicious, nutritious, all-natural energizing smoothies. In Jamba Juice Power Jamba Juice founder Kirk Perron shares dozens of his easy-to-prepare smoothie recipes (a blender is the only equipment required), his nutrition advice (developed with a team of scientists and physicians), and his twenty-one-day lifestyle-changing plan with daily tips for mind, body, and spirit and a relevant smoothie recipe. Jamba Juice Power is filled with Jambaisms-"Do unto your body as you would have it do unto you" (Jambaism #3), health fast-fact sidebars, illustrations, and testimonials, all delivered with the hip, irreverent attitude that has made Jamba Juice a phenomenon.

Mona has finally exited a painful divorce and bravely taken herself off the roller coaster of anti-depressants. She is doing her best to care for her child and put her life back together when some strange new desires refuse her any peace. After

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years of a toxic relationship where she had little control and less respect, she wanted her power back. She becomes transfixed with the fantasy of topping a younger man and having her way with him. Joaquin is a Mexican and Native American 27 year-old working overtime at minimum wage stocking job, trying to escape a life of violence and crime. Growing up in an impoverished community, Joaquin joined a gang at the age of eleven in exchange for protection, an affiliation that pressured him into unspeakable acts that wracked his heart. In an act of personal rebellion, he left that life behind, and fought to make a new life for himself. They meet and form a strange bond that begins a sexual journey so natural, so rapturous but also, so taboo. Brought together by a singular, primal need, they seek solace in each other and test the limits of intimacy. But when an explosive event occurs in their town, the delicate balance of power tips in the other direction and she must decide how far she is willing to go to save him. In a time where hate speech has reached a fever pitch, social, racial and political lines divide. However, love reaches across those lines, playing with power and dancing with danger.

In the waning years of the Cold War, the United States and China began to cautiously engage in cultural, educational, and policy exchanges, which in turn strengthened new security and economic ties. These links have helped shape the most important bilateral relationship in the late-twentieth and early twenty-first centuries. This book explores the dynamics of cultural exchange through an in-depth historical investigation of three organizations at the forefront of U.S.-China non-governmental relations: the Hopkins-Nanjing Center for Chinese and American Studies, the National Committee on United States-China Relations, and The 1990 Institute. Norton Wheeler reveals the impact of American non-governmental organizations (NGOs) on education,

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environment, fiscal policy, and civil society in contemporary China. In turn, this book illuminates the important role that NGOs play in complementing formal diplomacy and presents a model of society-to-society relations that moves beyond old debates over cultural imperialism. Finally, the book highlights the increasingly significant role of Chinese Americans as bridges between the two societies. Based on extensive archival research and interviews with leading American and Chinese figures, this book will be of interest to students and scholars of Chinese politics and history, international relations and transnational NGOs.

UNDERSTANDING AMERICAN GOVERNMENT is highly respected and trusted for its attention to research and issues of diversity, as well as for its award-winning team of authors. While covering the foundations of American government, this text also moves beyond the nuts and bolts to explain why and how important aspects of government have evolved, their impact on government and individuals, and why they may be controversial, inspire debate, and worth learning. More than just narrating facts and current issues, UNDERSTANDING AMERICAN GOVERNMENT leaves students with an understanding of the “why”, so their knowledge can be applied long after the course is completed.

UNDERSTANDING AMERICAN GOVERNMENT is a three-time winner of the American Government Textbook Award for the Best Treatment of Women in Politics, by the Women’s Caucus for Political Science. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

Why do gorgeous, clean little babies smell so lovely? Because, chemically, they are predominately sweet smelling, alkaline water-their bodies are pH balanced. To be in optimum health, we need to keep our bodies pH balanced. Save Your Life with the Power of pH Balance tells you in

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straight-forward, easy-to-access language how to do this. In *Rethinking American Music*, Tara Browner and Thomas L. Riis curate essays that offer an eclectic survey of current music scholarship. Ranging from Tin Pan Alley to Thelonious Monk to hip hop, the contributors go beyond repertory and biography to explore four critical yet overlooked areas: the impact of performance; patronage's role in creating music and finding a place to play it; personal identity; and the ways cultural and ethnographic circumstances determine the music that emerges from the creative process. Many of the articles also look at how a piece of music becomes initially popular and then exerts a lasting influence in the larger global culture. The result is an insightful state-of-the-field examination that doubles as an engaging short course on our complex, multifaceted musical heritage. Contributors: Karen Ahlquist, Amy C. Beal, Mark Clagu., Esther R. Crookshank, Todd Decker, Jennifer DeLapp-Birkett, Joshua S. Duchan, Mark Katz, Jeffrey Magee, Sterling E. Murray, Guthrie P. Ramsey Jr., David Warren Steel, Jeffrey Taylor, and Mark Tucker

A New York Times Bestseller A Washington Post Notable Nonfiction Book of 2020 Named a Best Book of 2020 by NPR  
“A fascinating scientific, cultural, spiritual and evolutionary history of the way humans breathe—and how we’ve all been doing it wrong for a long, long time.” —Elizabeth Gilbert, author of *Big Magic* and *Eat Pray Love*

No matter what you eat, how much you exercise, how skinny or young or wise you are, none of it matters if you’re not breathing properly. There is nothing more essential to our health and well-being than breathing: take air in, let it out, repeat twenty-five thousand times a day. Yet, as a species, humans have lost the ability to breathe correctly, with grave consequences. Journalist James Nestor travels the world to figure out what went wrong and how to fix it. The answers aren’t found in pulmonology labs, as we might expect, but in the muddy digs of ancient burial

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sites, secret Soviet facilities, New Jersey choir schools, and the smoggy streets of São Paulo. Nestor tracks down men and women exploring the hidden science behind ancient breathing practices like Pranayama, Sudarshan Kriya, and Tummo and teams up with pulmonary tinkerers to scientifically test long-held beliefs about how we breathe. Modern research is showing us that making even slight adjustments to the way we inhale and exhale can jump-start athletic performance; rejuvenate internal organs; halt snoring, asthma, and autoimmune disease; and even straighten scoliotic spines. None of this should be possible, and yet it is. Drawing on thousands of years of medical texts and recent cutting-edge studies in pulmonology, psychology, biochemistry, and human physiology, *Breath* turns the conventional wisdom of what we thought we knew about our most basic biological function on its head. You will never breathe the same again.

“A welcome antidote to our toxic hustle culture of burnout.”—Arianna Huffington “This book is so important and could truly save lives.”—Elizabeth Gilbert “A clarion call to work smarter [and] accomplish more by doing less.”—Adam Grant We work feverishly to make ourselves happy. So why are we so miserable? Despite our constant search for new ways to optimize our bodies and minds for peak performance, human beings are working more instead of less, living harder not smarter, and becoming more lonely and anxious. We strive for the absolute best in every aspect of our lives, ignoring what we do well naturally and reaching for a bar that keeps rising higher and higher. Why do we measure our time in terms of efficiency instead of meaning? Why can't we just take a break? In *Do Nothing*, award-winning journalist Celeste Headlee illuminates a new path ahead, seeking to institute a global shift in our thinking so we can stop sabotaging our well-being, put work aside, and start living instead of doing. As it

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turns out, we're searching for external solutions to an internal problem. We won't find what we're searching for in punishing diets, productivity apps, or the latest self-improvement schemes. Yet all is not lost—we just need to learn how to take time for ourselves, without agenda or profit, and redefine what is truly worthwhile. Pulling together threads from history, neuroscience, social science, and even paleontology, Headlee examines long-held assumptions about time use, idleness, hard work, and even our ultimate goals. Her research reveals that the habits we cling to are doing us harm; they developed recently in human history, which means they are habits that can, and must, be broken. It's time to reverse the trend that's making us all sadder, sicker, and less productive, and return to a way of life that allows us to thrive.

Colin Powell, one of America's most admired public figures, reveals the principles that have shaped his life and career in this inspiring and engrossing memoir. A beautiful companion to his previous memoir, the #1 New York Times bestseller *My American Journey*, Powell's *It Worked for Me: In Life and Leadership* is a trove of wisdom for anyone hoping to achieve their goals and turn their dreams into reality. A message of strength and endurance from a man who has dedicated his life to public service, *It Worked for Me* is a book with the power to show readers everywhere how to achieve a more fulfilling life and career.

An eminent political scientist's brilliant analysis of economic, social, and political trends over the past century demonstrating how we have gone from an individualistic "I" society to a more communitarian "We" society and then back again, and how we can learn from that experience to become a stronger, more unified nation—from the author of *Bowling Alone* and *Our Kids*. Deep and accelerating inequality; unprecedented political polarization; vitriolic public discourse;

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a fraying social fabric; public and private narcissism—Americans today seem to agree on only one thing: This is the worst of times. But we've been here before. During the Gilded Age of the late 1800s, America was highly individualistic, starkly unequal, fiercely polarized, and deeply fragmented, just as it is today. However as the twentieth century opened, America became—slowly, unevenly, but steadily—more egalitarian, more cooperative, more generous; a society on the upswing, more focused on our responsibilities to one another and less focused on our narrower self-interest. Sometime during the 1960s, however, these trends reversed, leaving us in today's disarray. In a sweeping overview of more than a century of history, drawing on his inimitable combination of statistical analysis and storytelling, Robert Putnam analyzes a remarkable confluence of trends that brought us from an "I" society to a "We" society and then back again. He draws inspiring lessons for our time from an earlier era, when a dedicated group of reformers righted the ship, putting us on a path to becoming a society once again based on community. Engaging, revelatory, and timely, this is Putnam's most ambitious work yet, a fitting capstone to a brilliant career.

**American Government:** In the United States, the government gets its power to govern from the people. We have a government of the people, by the people, and for the people. Citizens in the United States shape their government and its policies, so they must learn about important public issues and get involved in their communities. Learning about American government helps you understand your rights and responsibilities and allows you to fully participate in the American political process. The Founders of this country decided that the United States should be a representative democracy. They wanted a nation ruled by laws, not by men. In a representative democracy, the people choose officials to

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make laws and represent their views and concerns in government. This book will help you understand the principles of American democracy, the U.S. system of government, and the important rights and responsibilities of U.S. citizenship.

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