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The Social Archaeology of Food

2017 Christine A. Hastorf Introduction : The Social Life of Food -- Part I. Laying the Groundwork -- Framing Food Investigation -- The Practices of a Meal in Society -- Part II. Current Food Studies in Archaeology -- The Archaeological Study of Food Activities -- Food Economics -- Food Politics : Power and Status -- Part III. Food and Identity : The Potentials of Food Archaeology -- Food in the Construction of Group Identity -- The Creation of Personal Identity : Food, Body and Personhood -- Food Creates Society

Genius Foods

2018-03-20 Max Lugavere New York Times Bestseller Discover the critical link between your brain and the food you eat and change the way your brain ages, in this cutting-edge, practical guide to eliminating brain fog, optimizing brain health, and achieving peak mental performance from media personality and leading voice in health Max Lugavere. After his mother was diagnosed with a mysterious form of dementia, Max Lugavere put his successful media career on hold to learn everything he could about brain health and performance. For the better half of a decade, he consumed the most up-to-date scientific research, talked to dozens of leading scientists and clinicians around the world, and visited the country’s best neurology departments—all in the hopes of understanding his mother’s condition. Now, in Genius Foods, Lugavere presents a comprehensive guide to brain optimization. He uncovers the stunning link between our dietary and lifestyle choices and our brain functions, revealing how the foods you eat directly affect your ability to focus, learn, remember, create, analyze new ideas, and maintain a balanced mood. Weaving together pioneering research on dementia prevention, cognitive optimization, and nutritional psychiatry, Lugavere distills groundbreaking science into actionable lifestyle changes. He shares invaluable insights into how to improve your brain power, including the nutrients that can boost your memory and improve mental clarity (and where to find them); the foods and tactics that can energize and rejuvenate your brain, no matter your age; a brain-boosting fat-loss method so powerful it has been called “biochemical liposuction”; and the foods that can improve your happiness, both now and for the long term. With Genius Foods, Lugavere offers a cutting-edge yet practical road map to eliminating brain fog and optimizing the brain’s health and performance today—and decades into the future.

How to Change Your Mind

2018-05-15 Michael Pollan “Pollan keeps you turning the pages . . . cleareyed and assured.” —New York Times A #1 New York Times Bestseller, New York Times Book Review 10 Best Books of 2018, and New York Times Notable Book A brilliant and brave investigation into the medical and scientific revolution taking place around psychedelic drugs--and the spellbinding story of his own life-changing psychedelic experiences When Michael Pollan set out to research how LSD and psilocybin (the active ingredient in magic mushrooms) are being used to provide relief to people suffering from difficult-to-treat conditions such as depression, addiction and anxiety, he did not intend to write what is undoubtedly his most personal book. But upon discovering how these remarkable substances are improving the lives not only of the mentally ill but also of healthy people coming to grips with the challenges of everyday life, he decided to explore the landscape of the mind in the first person as well as the third. Thus began a singular adventure into various altered states of consciousness, along with a dive deep into both the latest brain science and the thriving underground community of psychedelic therapists. Pollan sifts the historical record to separate the truth about these mysterious drugs from the myths that have surrounded them since the 1960s, when a handful of psychedelic evangelists inadvertently catalyzed a powerful backlash against what was then a promising field of research. A unique and elegant blend of science, memoir, travel writing, history, and medicine, How to Change Your Mind is a triumph of participatory journalism. By turns dazzling and edifying, it is the gripping account of a journey to an exciting and unexpected new frontier in our understanding of the mind, the self, and our place in the world. The true subject of Pollan's "mental travelogue" is not just psychedelic drugs but also the eternal puzzle of human consciousness and how, in a world that offers us both suffering and joy, we can do our best to be fully present and find meaning in our lives.

The Long Tail

2006-07-11 Chris Anderson What happens when the bottlenecks that stand between supply and demand in our culture go away and everything becomes available to everyone? "The Long Tail" is a powerful new force in our economy: the rise of the niche. As the cost of reaching consumers drops dramatically, our markets are shifting from a one-size-fits-all model of mass appeal to one of unlimited variety for unique tastes. From supermarket shelves to advertising agencies, the ability to offer vast choice is changing everything, and causing us to rethink where our markets lie and how to get to them. Unlimited selection is revealing truths about what consumers want and how they want to get it, from DVDs at Netflix to songs on iTunes to advertising on Google. However, this is not just a virtue of online marketplaces; it is an example of an entirely new economic model for business, one that is just beginning to show its power. After a century of obsessing over the few products at the head of the demand curve, the new economics of distribution allow us to turn our focus to the many more products in the tail, which collectively can create a new market as big as the one we already know. The Long Tail is really about the economics of abundance. New efficiencies in distribution, manufacturing, and marketing are essentially resetting the definition of what's commercially viable across the board. If the 20th century was about hits, the 21st will be equally about niches.

Data Feminism

2020-03-31 Catherine D'Ignazio A new way of thinking about data science and data ethics that is informed by the ideas of intersectional feminism. Today, data science is a form of power. It has been used to expose injustice, improve health outcomes, and topple governments. But it has also been used to discriminate, police, and surveil. This potential for good, on the one hand, and harm, on the other, makes it essential to ask: Data science by whom? Data science for whom? Data science with whose interests in mind? The narratives around big data and data science are overwhelmingly white, male, and techno-heroic. In Data Feminism, Catherine D'Ignazio and Lauren Klein present a new way of thinking about data science and data ethics—one that is informed by intersectional feminist thought. Illustrating data feminism in action, D'Ignazio and Klein show how challenges to the male/female binary can help challenge other hierarchical (and empirically wrong) classification systems. They explain how, for example, an understanding of emotion can expand our ideas about effective data visualization, and how the concept of invisible labor can expose the significant human efforts required by our automated systems. And they show why the data never, ever “speak for themselves.” Data Feminism offers strategies for data scientists seeking to learn how feminism can help them work toward justice, and for feminists who want to focus their efforts on the growing field of data science. But Data Feminism is about much more than gender. It is about power, about who has it and who doesn't, and about how those differentials of power can be challenged and changed.

Fresh Fruit, Broken Bodies

2023-11-28 Seth M. Holmes An intimate examination of the everyday lives and suffering of Mexican migrants and indigenous people in our contemporary

food system. An anthropologist and MD in the mold of Paul Farmer and Didier Fassin, Seth Holmes shows how market forces, anti-immigrant sentiment, and racism undermine health and healthcare. Holmes’s material is visceral and powerful. He trekked with his companions illegally through the desert into Arizona and was jailed with them before they were deported. He lived with indigenous families in the mountains of Oaxaca and in farm labor camps in the United States, planted and harvested corn, picked strawberries, and accompanied sick workers to clinics and hospitals. This “embodied anthropology” deepens our theoretical understanding of how health equity is undermined by a normalization of migrant suffering, the natural endpoint of systemic dehumanization, exploitation, and oppression that clouds any sense of empathy for “invisible workers.” Fresh Fruit, Broken Bodies is far more than an ethnography or supplementary labor studies text; Holmes tells the stories of food production workers from as close to the ground as possible, revealing often theoretically discussed social inequalities as irreparable bodily damage done. This book substantiates the suffering of those facing the danger of crossing the border, threatened with deportation, or otherwise caught up in the structural violence of a system promising work but endangering or ignoring the human rights and health of its workers. All of the book award money and royalties from the sales of this book have been donated to farm worker unions, farm worker organizations, and farm worker projects in consultation with farm workers who appear in the book.

The Federal Response to Hurricane Katrina

2006 "The objective of this report is to identify and establish a roadmap on how to do that, and lay the groundwork for transforming how this Nation- from every level of government to the private sector to individual citizens and communities - pursues a real and lasting vision of preparedness. To get there will require significant change to the status quo, to include adjustments to policy, structure, and mindset"--P. 2.

The Cathedral & the Bazaar

2001-02-01 Eric S. Raymond Open source provides the competitive advantage in the Internet Age. According to the August Forrester Report, 56 percent of IT managers interviewed at Global 2,500 companies are already using some type of open source software in their infrastructure and another 6 percent will install it in the next two years. This revolutionary model for collaborative software development is being embraced and studied by many of the biggest players in the high-tech industry, from Sun Microsystems to IBM to Intel.The Cathedral & the Bazaar is a must for anyone who cares about the future of the computer industry or the dynamics of the information economy. Already, billions of dollars have been made and lost based on the ideas in this book. Its conclusions will be studied, debated, and implemented for years to come. According to Bob Young, "This is Eric Raymond's great contribution to the success of the open source revolution, to the adoption of Linux-based operating systems, and to the success of open source users and the companies that supply them."The interest in open source software development has grown enormously in the past year. This revised and expanded paperback edition includes new material on open source developments in 1999 and 2000. Raymond's clear and effective writing style accurately describing the benefits of open source software has been key to its success. With major vendors creating acceptance for open source within companies, independent vendors will become the open source story in 2001.

Homeland

2013-02-05 Cory Doctorow In Cory Doctorow's wildly successful Little Brother, young Marcus Yallow was arbitrarily detained and brutalized by the government in the wake of a terrorist attack on San Francisco—an experience that led him to become a leader of the whole movement of technologically clued-in teenagers, fighting back against the tyrannical security state. A few years later, California's economy collapses, but Marcus's hacktivist past lands him a job as webmaster for a crusading politician who promises reform. Soon his former nemesis Masha emerges from the political underground to gift him with a thumbdrive containing a Wikileaks-style cable-dump of hard evidence of corporate and governmental perfidy. It's incendiary stuff—and if Masha goes missing, Marcus is supposed to release it to the world. Then Marcus sees Masha being kidnapped by the same government agents who detained and tortured Marcus years earlier. Marcus can leak the archive Masha gave him—but he can't admit to being the leaker, because that will cost his employer the election. He's surrounded by friends who remember what he did a few years ago and regard him as a hacker hero. He can't even attend a demonstration without being dragged onstage and handed a mike. He's not at all sure that just dumping the archive onto the Internet, before he's gone through its millions of words, is the right thing to do. Meanwhile, people are beginning to shadow him, people who look like they're used to inflicting pain until they get the answers they want. Fast-moving, passionate, and as current as next week, Homeland is every bit the equal of Little Brother—a paeaan to activism, to courage, to the drive to make the world a better place. At the Publisher's request, this title is being sold without Digital Rights Management Software (DRM) applied.

Nancy Clark's Sports Nutrition Guidebook

2013-10-11 Nancy Clark Boost your energy, manage stress, build muscle, lose fat, and improve your performance. The best-selling nutrition guide is now better than ever! Nancy Clark’s Sports Nutrition Guidebook will help you make the right choices in cafes, convenience stores, drive-throughs, and your own kitchen. Whether you’re preparing for competition or simply eating for an active lifestyle, let this leading sports nutritionist show you how to get maximum benefit from the foods you choose and the meals you make. You’ll learn what to eat before and during exercise and events, how to refuel for optimal recovery, and how to put into use Clark’s family-friendly recipes and meal plans. You’ll find the latest research and recommendations on supplements, energy drinks, organic foods, fluid intake, popular diets, carbohydrate and protein intake, training, competition, fat reduction, and muscle gain. Whether you’re seeking advice on getting energized for exercise or improving your health and performance, Nancy Clark’s Sports Nutrition Guidebook has the answers you can trust.

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