

Human Heart Cosmic Heart A Doctor S Quest To Understand Treat And Prevent Cardiovascular Disease

Shortlisted for the 2021 Booker Prize Longlisted for the 2021 National Book Award for Fiction A heartrending new novel from the Pulitzer Prize–winning and #1 New York Times best-selling author of *The Overstory*. Named one of the Most Anticipated Books of 2021 by Newsweek, Los Angeles Times, New York Magazine, Chicago Tribune, BuzzFeed, BookPage, Goodreads, Literary Hub, The Millions, New Statesman, and Times of London The astrobiologist Theo Byrne searches for life throughout the cosmos while single-handedly raising his unusual nine-year-old, Robin, following the death of his wife. Robin is a warm, kind boy who spends hours painting elaborate pictures of endangered animals. He’s also about to be expelled from third grade for smashing his friend in the face. As his son grows more troubled, Theo hopes to keep him off psychoactive drugs. He learns of an experimental neurofeedback treatment to bolster Robin’s emotional control, one that involves training the boy on the recorded patterns of his mother’s brain... With its soaring descriptions of the natural world, its tantalizing vision of life beyond, and its account of a father and son’s ferocious love, *Bewilderment* marks Richard Powers’s most intimate and moving novel. At its heart lies the question: How can we tell our children the truth about this beautiful, imperiled planet?

This book will explain what really makes you ill and why everything you thought you knew about disease is wrong. "Doctors are men who prescribe medicines of which they know little, to cure diseases of which they know less, in human beings of whom they know nothing." Voltaire. The conventional approach adopted by most healthcare systems entails the use of 'medicine' to treat human disease. The idea encapsulated by the above quote attributed to Voltaire, the nom de plume of Francois-Marie Arouet (1694-1778), will no doubt be regarded by most people as inapplicable to 21st century healthcare, especially the system known as modern medicine. The reason that people would consider this idea to no longer be relevant is likely to be based on the assumption that 'medical science' has made significant advances since the 18th century and that 21st century doctors therefore possess a thorough, if not quite complete, knowledge of medicines, diseases and the human body. Unfortunately, however, this would be a mistaken assumption; as this book will demonstrate.

Thomas Cowan was a 20-year-old Duke grad—bright, skeptical, and already disillusioned with industrial capitalism—when he joined the Peace Corps in the mid-1970s for a two-year tour in Swaziland. There, he encountered the work of Rudolf Steiner and Weston A. Price—two men whose ideas would fascinate and challenge him for decades to come. Both drawn to the art of healing and repelled by the way medicine was—and continues to be—practiced in the United States, Cowan returned from Swaziland, went to medical school, and established a practice in New Hampshire and, later, San Francisco. For years, as he raised his three children, suffered the setback of divorce, and struggled with a heart condition, he remained intrigued by the work of Price and Steiner and, in particular, with Steiner’s provocative claim that the heart is not a pump. Determined to practice medicine in a way that promoted healing rather than compounded ailments, Cowan dedicated himself to understanding whether Steiner’s claim could possibly be true. And if Steiner was correct, what, then, is the heart? What is its true role in the human body? In this deeply personal, rigorous, and riveting account, Dr. Cowan offers up a daring claim: Not only was Steiner correct that the heart is not a pump, but our understanding of heart disease—with its origins in the blood vessels—is completely wrong. And this gross misunderstanding, with its attendant medications and risky surgeries, is the reason heart disease remains the most common cause of death worldwide. In *Human Heart, Cosmic Heart*, Dr. Thomas Cowan presents a new way of understanding the body’s most central organ. He offers a new look at what it means to be human and how we can best care for ourselves—and one another.

The key to spiritual and emotional health is to grasp the truth of God's transforming love for us and then let that reality influence our own hearts and relationships. It seems simple, but we are experts at complicating simple things. Instead of living lives characterized by love we find ourselves trapped in cycles of shame, violence, and addiction that steal our joy and keep us from loving others--so much so that, by all indications, Christians are living no differently than anyone else when it comes to abuse rates, use of pornography, alcohol and drug addiction, and more. Christian psychiatrist Dr. Timothy Jennings wants to release us from this prison. With powerful illustrations from case studies and from Scripture, Jennings shows believers who are stuck in addiction, violence, fear, and broken relationships how to experience true freedom through God's transforming love to experience greater health, fulfillment, and well-being.

This classic exploration of the Goddess through time and throughout the world draws on religious, cultural, and archaeological sources to recreate the Goddess religion that is humanity’s heritage. Now, with a new introduction and full-color artwork, this passionate and important text shows even more clearly that the religion of the Goddess--which is tied to the cycles of women’s bodies, the seasons, the phases of the moon, and the fertility of the earth--was the original religion of all humanity.

“Stylish, smart, and scary as hell.” —Chris Bohjalian, #1 New York Times bestselling author "A nightmarish white-knuckler." —O, The Oprah Magazine Oliver Park, a recovering addict from Indiana, finally has everything he ever wanted: sobriety and a loving, wealthy partner in Nathan, a prominent DC trauma surgeon. Despite their difference in age and disparate backgrounds, they've made a perfect life together. With everything to lose, Oliver shouldn't be visiting Haus, a gay bathhouse. But through the entrance he goes, and it's a line crossed. Inside, he follows a man into a private room, and it's the final line. Whatever happens next, Nathan can never know. But then, everything goes wrong, terribly wrong, and Oliver barely escapes with his life. He races home in full-blown terror as the hand-shaped bruise grows dark on his neck. The truth will destroy Nathan and everything they have together, so Oliver does the thing he used to do so well: he lies. What follows is a classic runaway-train narrative, full of the exquisite escalations, edge-of-your-seat thrills, and oh-my-god twists. P. J. Vernon's *Bath Haus* is a scintillating thriller with an emotional punch, perfect for readers curious for their next must-read novel.

For readers of *Plague of Corruption*, Thomas S. Cowan, MD, and Sally Fallon Morell ask the question: are there really such things as "viruses"? Or are electro smog, toxic living conditions, and 5G actually to blame for COVID-19? The official explanation for today’s COVID-19 pandemic is a “dangerous, infectious virus.” This is the rationale for isolating a large portion of the world’s population in their homes so as to curb its spread. From face masks to social distancing, from antivirals to vaccines, these measures are predicated on the assumption that tiny viruses can cause serious illness and that such illness is transmissible person-to-person. It was Louis Pasteur who convinced a skeptical medical community that contagious germs cause disease; his “germ theory” now serves as the official explanation for most illness. However, in his private diaries he states unequivocally that in his entire career he was not once able to transfer disease

with a pure culture of bacteria (he obviously wasn't able to purify viruses at that time). He admitted that the whole effort to prove contagion was a failure, leading to his famous death bed confession that "the germ is nothing, the terrain is everything." While the incidence and death statistics for COVID-19 may not be reliable, there is no question that many people have taken sick with a strange new disease—with odd symptoms like gasping for air and "fizzing" feelings—and hundreds of thousands have died. Many suspect that the cause is not viral but a kind of pollution unique to the modern age—electromagnetic pollution. Today we are surrounded by a jangle of overlapping and jarring frequencies—from power lines to the fridge to the cell phone. It started with the telegraph and progressed to worldwide electricity, then radar, then satellites that disrupt the ionosphere, then ubiquitous Wi-Fi. The most recent addition to this disturbing racket is fifth generation wireless—5G. In *The Truth About Contagion: Exploring Theories of How Disease Spreads*, bestselling authors Thomas S. Cowan, MD, and Sally Fallon Morell explore the true causes of COVID-19. On September 26, 2019, 5G wireless was turned on in Wuhan, China (and officially launched November 1) with a grid of about ten thousand antennas—more antennas than exist in the whole United States, all concentrated in one city. A spike in cases occurred on February 13, the same week that Wuhan turned on its 5G network for monitoring traffic. Illness has subsequently followed 5G installation in all the major cities in America. Since the dawn of the human race, medicine men and physicians have wondered about the cause of disease, especially what we call "contagions," numerous people ill with similar symptoms, all at the same time. Does humankind suffer these outbreaks at the hands of an angry god or evil spirit? A disturbance in the atmosphere, a miasma? Do we catch the illness from others or from some outside influence? As the restriction of our freedoms continues, more and more people are wondering whether this is true. Could a packet of RNA fragments, which cannot even be defined as a living organism, cause such havoc? Perhaps something else is involved—something that has upset the balance of nature and made us more susceptible to disease? Perhaps there is no "coronavirus" at all; perhaps, as Pasteur said, "the germ is nothing, the terrain is everything."

Merges the wisdom of traditional societies with modern western medicine and esoteric teaching of the ancients.

The dangers of electromagnetic fields are real--and now a renowned health authority reveals exactly what they are and how you can protect yourself. The hazards of electronic pollution may once have been the stuff of science fiction, but now we know they're all too real. And with the advent of 5G ultra-wideband technology, the danger is greater than ever. Dr. Joseph Mercola, one of the world's foremost authorities on alternative health, has mined the scientific literature to offer a radical new understanding of how electromagnetic fields impact your body and mind. In this first-of-its-kind guide, he reveals: • What EMFs (electromagnetic fields) actually are, where you find them in your daily life, and how they affect you • The toll that EMFs have been proven to take in conditions such as cancer, heart disease, and neuropsychiatric illnesses • Why you've been largely kept in the dark about this threat to your health • How you can actually repair the damage done by EMFs at a cellular level • Practical strategies to protect yourself and your loved ones from EMFs at home, at work, and out in the world The coming 5G technology will be pervasive and powerful. It will also be one of the largest public-health experiments in history-with no way of opting out. That's why you need to read this book. Now.

Paul was the most influential figure in the early Christian church. In this epistle, written to the founders of the church in Rome, he sets out some of his ideas on the importance of faith in overcoming mankind's innate sinfulness and in obtaining redemption. With an introduction by Ruth Rendell

From the author-illustrator of *The Book of Mistakes* comes a gorgeous picture book about caring for your own heart and living with kindness and empathy. My heart is a window. My heart is a slide. My heart can be closed...or opened up wide. Some days your heart is a puddle or a fence to keep the world out. But some days it is wide open to the love that surrounds you. With lyrical text and breathtaking art, *My Heart* empowers all readers to listen to the guide within in this ode to love and self-acceptance.

Over the past 50 years, rates of chronic illness, learning disabilities, and allergies in children have exploded--1 in 6 children has a diagnosed learning disorder, 1 in 50 has autism, and 1 in 13 has severe food allergies. Instead of blaming genetics or increased awareness and diagnosis, author Thomas Cowan, MD, attributes these rising numbers to our current vaccination policy. In *Vaccines, Auto-Immunity, and the Assault on Childhood*, Cowan combines his years of experience as a medical practitioner with his research into the history and science of vaccines to show how childhood illnesses, which help children to develop a robust immune system, are now eschewed by conventional medicine in favor of an increasing array of vaccinations that do more harm than good. Invoking philosopher Rudolph Steiner's vision of vaccines as inspired by "spirits of darkness," Cowan brings to light the various ways in which scientists and government officials work to promote a vaccine program that only increases suffering. Along the way he questions commonly held views of cell biology, the role of water in the body, and the spatial and spiritual components of autism. Additionally, he provides hope of recovery in the form of a nontoxic course of treatment for those suffering chronic inflammation and other averse immune responses to vaccines. Cowan's thoughtfully bold writing takes us on a journey into the history of illness, questioning the true origins of diseases such as polio, and asking important questions, such as: why did paralytic polio make a sudden appearance in the US in the years between 1916-1918? The answers lie far beyond what conventional medicine would have us believe. *Vaccines, Auto-Immunity, and the Assault on Childhood* asks that we re-examine not only our modern health system but our relationship with the spiritual world. Only then will we find true health.

From #1 New York Times bestseller Oliver Jeffers, comes a poignant and beautiful story about finding joy after loss. There is a wonder and magic to childhood. We don't realize it at the time, of course . . . yet the adults in our lives do. They encourage us to see things in the stars, to find joy in colors and laughter as we play. But what happens when that special someone who encourages such wonder and magic is no longer around? We can hide, we can place our heart in a bottle and grow up . . . or we can find another special someone who understands the magic. And we can encourage them to see things in the stars, find joy among colors and laughter as they play. Oliver Jeffers delivers a remarkable book, a touching and resonant tale reminiscent of *The Giving Tree* that will speak to the hearts of children and parents alike.

Uses iconic images to teach the history of modern science, from early depictions of the constellations to magnifications of single atoms.

NEW YORK TIMES BESTSELLER • Bill Bryson, bestselling author of *A Short History of Nearly Everything*, takes us on a head-to-toe tour of the marvel that is the human body—with a new afterword for this edition. Bill Bryson once again proves himself to be an incomparable companion as he guides us through the human body—how it functions, its

remarkable ability to heal itself, and (unfortunately) the ways it can fail. Full of extraordinary facts (your body made a million red blood cells since you started reading this) and irresistible Brysonesque anecdotes, *The Body* will lead you to a deeper understanding of the miracle that is life in general and you in particular. As Bill Bryson writes, “We pass our existence within this wobble of flesh and yet take it almost entirely for granted.” *The Body* will cure that indifference with generous doses of wondrous, compulsively readable facts and information. As addictive as it is comprehensive, this is Bryson at his very best, a must-read owner’s manual for every body.

Examines New York City as a paradigmatic example of the tensions between privatization and public uses of space in the contemporary U.S. Focusing on the liberating promise of public space, *The Beach Beneath the Streets* examines the activist struggles of communities in New York City—queer youth of color, gardeners, cyclists, and anti-gentrification activists—as they transform streets, piers, and vacant lots into everyday sites for autonomy, imagination, identity formation, creativity, problem solving, and even democratic renewal. Through ethnographic accounts of contests over New York City’s public spaces that highlight the tension between resistance and repression, Shepard and Smithsion identify how changes in the control of public spaces—parks, street corners, and plazas—have reliably foreshadowed elites’ shifting designs on the city at large. With an innovative taxonomy of public space, the authors frame the ways spaces as diverse as gated enclaves, luxury shopping malls, collapsing piers and street protests can be understood in relation to one another. Synthesizing the fifty-year history of New York’s neoliberal transformation and the social movements which have opposed the process, *The Beach Beneath the Streets* captures the dynamics at work in the ongoing shaping of urban spaces into places of repression, expression, control, and creativity. Benjamin Shepard is Assistant Professor of Human Services at New York City College of Technology, CUNY. He is the author or editor of several books, including *White Nights* and *Ascending Shadows: An Oral History of the San Francisco AIDS Epidemic*, and *From ACT UP to the WTO: Urban Protest and Community Building in the Era of Globalization*. Gregory Smithsion is Assistant Professor of Sociology at Brooklyn College, CUNY.

"When President Nixon launched the War on Cancer with the signing of the National Cancer Act of 1971 and the allocation of billions of research dollars, it was amidst a flurry of promises that a cure was within reach. The research establishment was trumpeting the discovery of oncogenes, the genes that supposedly cause cancer. As soon as we identified them and treated cancer patients accordingly, cancer would become a thing of the past. Fifty years later it's clear that the War on Cancer has failed--despite what the cancer industry wants us to believe. New diagnoses have continued to climb; one in three people in the United States can now expect to battle cancer during their lifetime. For the majority of common cancers, the search for oncogenes has not changed the treatment: We're still treating with the same old triad of removing (surgery), burning out (radiation), or poisoning (chemotherapy). In *Cancer and the New Biology of Water*, Thomas Cowan, MD, argues that this failure was inevitable because the oncogene theory is incorrect--or at least incomplete--and based on a flawed concept of biology in which DNA controls our cellular function and therefore our health. Instead, Dr. Cowan tells us, the somatic mutations seen in cancer cells are the result of a cellular deterioration that has little to do with oncogenes, DNA, or even the nucleus. The root cause is metabolic dysfunction that deteriorates the structured water that forms the basis of cytoplasmic health. Despite mainstream medicine's failure to bring an end to suffering or deliver on its promises, it remains illegal for physicians to prescribe anything other than the "standard of care" for their cancer patients, despite the fact that gentler, more effective, and more promising treatments exist"--

Drawing on his own incarceration and exile, as well as on evidence from more than 200 fellow prisoners and Soviet archives, Aleksandr I. Solzhenitsyn reveals the entire apparatus of Soviet repression -- the state within the state that ruled all-powerfully. Through truly Shakespearean portraits of its victims -- men, women, and children -- we encounter secret police operations, labor camps and prisons; the uprooting or extermination of whole populations, the "welcome" that awaited Russian soldiers who had been German prisoners of war. Yet we also witness the astounding moral courage of the incorruptible, who, defenseless, endured great brutality and degradation. *The Gulag Archipelago 1918-1956* -- a grisly indictment of a regime, fashioned here into a veritable literary miracle -- has now been updated with a new introduction that includes the fall of the Soviet Union and Solzhenitsyn's move back to Russia.

If you stop any person on the street and ask them what causes heart disease, you know what their answer will be: butter and eggs, meat and fat. This infamous Diet-Heart Hypothesis was proposed in 1953, and it took scientists all over the world a few decades to prove it wrong. The trouble is that while science was beginning to cast doubt upon its basic tenets, the Diet-Heart Hypothesis was giving rise to a powerful and wealthy political and commercial machine with a vested interest in promoting it—by means of anti-fat and anti-cholesterol propaganda presented relentlessly and with increasing intensity. In this book Dr. Campbell-McBride tackles the subject of CHD (Coronary Heart Disease), caused by atherosclerosis, a disease of the arterial wall that leads to narrowing and obstruction of the arteries. She maintains that conventional medicine does not actually know the cause of atherosclerosis or how to cure it, and explores in this book what it is, what causes it, and how to prevent and reverse it. She dispels the myth of the Diet-Heart Hypothesis, and explains that cholesterol is not the enemy but an integral and important part of our cell membranes.

LONGLISTED FOR THE 2021 NATIONAL BOOK AWARD IN FICTION NATIONAL BESTSELLER ONE OF BARACK OBAMA’S FAVORITE SUMMER READS “One of the best novels I’ve read in 2021.” – Dwight Garner, *The New York Times* “A perfect novel—taut and seductive.” —Brandon Taylor, author of *Real Life* and *Filthy Animals* “Intimacies is a haunting, precise, and morally astute novel that reads like a psychological thriller.... Katie Kitamura is a wonder.” —Dana Spiotta, author of *Wayward* and *Eat the Document* A novel from the author of *A Separation*, an electrifying story about a woman caught between many truths. An interpreter has come to The Hague to escape New York and work at

the International Court. A woman of many languages and identities, she is looking for a place to finally call home. She's drawn into simmering personal dramas: her lover, Adriaan, is separated from his wife but still entangled in his marriage. Her friend Jana witnesses a seemingly random act of violence, a crime the interpreter becomes increasingly obsessed with as she befriends the victim's sister. And she's pulled into an explosive political controversy when she's asked to interpret for a former president accused of war crimes. A woman of quiet passion, she confronts power, love, and violence, both in her personal intimacies and in her work at the Court. She is soon pushed to the precipice, where betrayal and heartbreak threaten to overwhelm her, forcing her to decide what she wants from her life.

“Fundamentals might be the perfect book for the winter of this plague year. . . . Wilczek writes with breathtaking economy and clarity, and his pleasure in his subject is palpable.”

—The New York Times Book Review One of our great contemporary scientists reveals the ten profound insights that illuminate what everyone should know about the physical world In *Fundamentals*, Nobel laureate Frank Wilczek offers the reader a simple yet profound exploration of reality based on the deep revelations of modern science. With clarity and an infectious sense of joy, he guides us through the essential concepts that form our understanding of what the world is and how it works. Through these pages, we come to see our reality in a new way--bigger, fuller, and stranger than it looked before. Synthesizing basic questions, facts, and dazzling speculations, Wilczek investigates the ideas that form our understanding of the universe: time, space, matter, energy, complexity, and complementarity. He excavates the history of fundamental science, exploring what we know and how we know it, while journeying to the horizons of the scientific world to give us a glimpse of what we may soon discover. Brilliant, lucid, and accessible, this celebration of human ingenuity and imagination will expand your world and your mind.

Thomas Cowan was a 20-year-old Duke grad--bright, skeptical, and already disillusioned with industrial capitalism--when he joined the Peace Corps in the mid-1970s for a two-year tour in Swaziland. There, he encountered the work of Rudolf Steiner and Weston A. Price--two men whose ideas would fascinate and challenge him for decades to come. Both drawn to the art of healing and repelled by the way medicine was--and continues to be--practiced in the United States, Cowan returned from Swaziland, went to medical school, and established a practice in New Hampshire and, later, San Francisco. For years, as he raised his three children, suffered the setback of divorce, and struggled with a heart condition, he remained intrigued by the work of Price and Steiner and, in particular, with Steiner's provocative claim that the heart is not a pump. Determined to practice medicine in a way that promoted healing rather than compounded ailments, Cowan dedicated himself to understanding whether Steiner's claim could possibly be true. And if Steiner was correct, what, then, is the heart? What is its true role in the human body? In this deeply personal, rigorous, and riveting account, Dr. Cowan offers up a daring claim: Not only was Steiner correct that the heart is not a pump, but our understanding of heart disease--with its origins in the blood vessels--is completely wrong. And this gross misunderstanding, with its attendant medications and risky surgeries, is the reason heart disease remains the most common cause of death worldwide. In *Human Heart, Cosmic Heart*, Dr. Thomas Cowan presents a new way of understanding the body's most central organ. He offers a new look at what it means to be human and how we can best care for ourselves--and one another.

Heart disease is the number one killer in the world. Despite ever advancing heart procedures and more and more powerful drugs, the rates of heart disease continue to rise. This is in part due to the misunderstandings our modern medical approach has about how the heart functions and what keeps it healthy. These misunderstandings have resulted in improper medical approaches to prevention and off target interventional therapies which have allowed heart disease rates to grow. With a 2-4 times increased risk for developing heart disease due to his personal health history, Dr. Stephen Hussey, DC has been investigating how to prevent this disease for his entire adult life. He is determined to prevent himself from becoming a statistic of the leading killer in the western world despite his increased risk. What he has found is shocking. From sifting through the large amount of research suggesting the heart is not the main mover of blood in the body, to dissecting the widely accepted idea that saturated fat and cholesterol in the diet clogs your arteries, to illuminating the special characteristics of heart tissue that makes heart cancer one of the rarest forms of cancer, Dr. Hussey reveals all he has learned in his lifelong investigation into how to prevent heart disease and create health.

Crafted with all the skills that have made his previous books bestsellers, *The Book of Secrets* will be essential reading for Deepak Chopra's huge number of followers worldwide, and also appeal to everyone searching for the meaning of life, and looking for answers to the questions: Who Am I? Where Did I Come From? and Why Am I Here? Each of the fifteen chapters discusses a 'secret' - such as: The World Is In You; Transformation Is Not The Same As Change; Death Is Conquered By Dying Every Day; Everything Is Pure Essence. Chopra believes that 'Every life is a book of secrets ready to be opened', and that the only way to discover the answers to these secrets is to delve inside yourself, and cease to be a mystery to yourself. Only by going to 'the still point inside' can you see life as it really is.

As *The Giving Tree* turns fifty, this timeless classic is available for the first time ever in ebook format. This digital edition allows young readers and lifelong fans to continue the legacy and love of a household classic that will now reach an even wider audience. Never before have Shel Silverstein's children's books appeared in a format other than hardcover. Since it was first published fifty years ago, Shel Silverstein's poignant picture book for readers of all ages has offered a touching interpretation of the gift of giving and a serene acceptance of another's capacity to love in return. Shel Silverstein's incomparable career as a bestselling children's book author and illustrator began with *Lafcadio, the Lion Who Shot Back*. He is also the creator of picture books including *A Giraffe and a Half*, *Who Wants a Cheap Rhinoceros?*, *The Missing Piece*, *The Missing Piece Meets the Big O*, and the perennial favorite *The Giving Tree*, and of classic poetry collections such as *Where the Sidewalk Ends*, *A Light in the Attic*, *Falling Up*, *Every Thing On It*, *Don't Bump the Glump!*, and *Runny Babbit*. And don't miss these other Shel Silverstein ebooks, *Where the Sidewalk Ends*, and *A Light in the Attic*!

In 1911, famed cartoonist Winsor McCay debuted one of the first animated cartoons, based on his sophisticated newspaper strip “Little Nemo in Slumberland,” itself inspired by Freud’s recent research on dreams. McCay is largely forgotten today, but he unleashed an art form, and the creative energy of artists from Otto Messmer and Max Fleischer to Walt Disney and Warner Bros.’ Chuck Jones. Their origin stories, rivalries, and sheer genius, as Reid Mitenbuler skillfully relates, were as colorful and subversive as their creations—from Felix the Cat to Bugs

Bunny to feature films such as Fantasia—which became an integral part and reflection of American culture over the next five decades. Pre-television, animated cartoons were aimed squarely at adults; comic preludes to movies, they were often “little hand grenades of social and political satire.” Early Betty Boop cartoons included nudity; Popeye stories contained sly references to the injustices of unchecked capitalism. “During its first half-century,” Mitenbuler writes, “animation was an important part of the culture wars about free speech, censorship, the appropriate boundaries of humor, and the influence of art and media on society.” During WWII it also played a significant role in propaganda. The Golden Age of animation ended with the advent of television, when cartoons were sanitized to appeal to children and help advertisers sell sugary breakfast cereals. Wild Minds is an ode to our colorful past and to the creative energy that later inspired The Simpsons, South Park, and BoJack Horseman.

A new edition of Bulgakov’s fantastical precursor to The Master and Margarita, part of Melville House’s reissue of the Bulgakov backlist in Michael Glenny’s celebrated translations. A key work of early modernism, this is the superbly comic story of a Soviet scientist and a scroungy Moscow mongrel named Sharik. Attempting a medical first, the scientist transplants the glands of a petty criminal into the dog and, with that, turns a distinctly worryingly human animal loose on the city. The new, lecherous, vulgar, Engels-spouting Sharik soon finds his niche in governmental bureaucracy as the official in charge of purging the city of cats. A Frankenstein fable that’s as funny as it is terrifying, Heart of a Dog has also been read as a fierce parable of the Russian Revolution. It was rejected for publication by the censors in 1925, and circulated in samizdat for years until Michael Glenny translated it into English in 1968—long before it was allowed to be officially published in the Soviet Union. That happened only in 1987, although till this day the book remains one of Mikhail Bulgakov’s most controversial novels in his native country.

Human Heart, Cosmic Heart A Doctor's Quest to Understand, Treat, and Prevent Cardiovascular Disease

Based on a real scientific event and inspired by a beloved real human in the author's life, this is a story about science and the poetry of existence; about time and chance, genetics and gender, love and death, evolution and infinity -- concepts often too abstract for the human mind to fathom, often more accessible to the young imagination; concepts made fathomable in the concrete, finite life of one tiny, unusual creature dwelling in a pile of compost amid an English garden. Emerging from this singular life is a lyrical universal invitation not to mistake difference for defect and to welcome, across the accordion scales of time and space, diversity as the wellspring of the universe's beauty and resilience. Humans are unique in their ability to create systematic accounts of the world – theories based on guiding cosmological principles. This book is about the role of cognition in creating cosmologies, and explores this through the ethnography and history of Yijing divination in China. Diviners explain the cosmos in terms of a single substance, qi, unfolding across scales of increasing complexity to create natural phenomena and human experience. Combined with an understanding of human cognition, it shows how this conception of scale offers a new way for anthropologists and other social scientists to think about cosmology, comparison, and cultural difference.

This 12th edition of Marriott's Practical Electrocardiography offers residents and fellows the resources they need to quickly build up their ECG interpretive skills. The gold standard text on interpretation of ECG recordings is now being Completely updated and revised to reflect the latest advances in ECG technology as well as the newest diagnostic applications, this edition also features a fully searchable website that includes animations and video clips illustrating cardiovascular disease processes and key correlations between ECG results and the heart muscle. Smartphone users will appreciate the QR codes that are placed throughout the text to instantly take the reader to the relevant electronic content. wing the dynamic process of CV disease. These will run as clips in the online Residents and fellows will have all the resources they need to quickly build their ECG interpretive skills.

Collects Friendly Neighborhood Spider-Man (2019) #1-5. Spider-Man is the worst neighbor ever! There are always crazy villains and property damage and drama and...and he catches those villains. And he tries to fix the damage. And he helps carry your groceries. And actually that property damage keeps the rents down. You know what? Spider-Man is the best neighbor ever, and this book will give you a closer look at Spider-Man’s (and Peter Parker’s) neighborhood than any before it! But it wouldn’t be a Spider-Man adventure without a threat that could destroy not only Spider-Man, but also all his friendly neighbors — and it’s going to take him far from home, to a part of the Marvel Universe you’ve never seen before! Plus: Aunt May has a shocking secret that could change everything for Peter and his family!

A raw and funny memoir about sex, dating, and relationships in the digital age, intertwined with a brilliant investigation into the challenges to love and intimacy wrought by dating apps, by firebrand New York Times–bestselling author Nancy Jo Sales At forty-nine, famed Vanity Fair writer Nancy Jo Sales was nursing a broken heart and wondering, “How did I wind up alone?” On the advice of a young friend, she downloaded Tinder, then a brand-new dating app. What followed was a raucous ride through the world of online dating. Sales, an award-winning journalist and single mom, became a leading critic of the online dating industry, reporting and writing articles and making her directorial debut with the HBO documentary Swiped: Hooking Up in the Digital Age. Meanwhile, she was dating a series of younger men, eventually falling in love with a man less than half her age. Nothing Personal is Sales’s memoir of coming-of-middle-age in the midst of a new dating revolution. She is unsparingly honest about her own experience of addiction to dating apps and hilarious in her musings about dick pics, sexting, dating FOMO, and more. Does Big Dating really want us to find love, she asks, or just keep on using its apps? Fiercely feminist, Nothing Personal investigates how Big Dating has overwhelmed the landscape of dating, cynically profiting off its users’ deepest needs and desires. Looking back through the history of modern courtship and her own relationships, Sales examines how sexism has always been a factor for women in dating, and asks what the future of courtship will bring, if left to the designs of Silicon Valley’s tech giants—especially in a time of social distancing and a global pandemic, when the rules of romance are once again changing.

For readers of *Plague of Corruption*, Thomas S. Cowan, MD, and Sally Fallon Morell ask the question: are there really such things as "viruses"? Or are electro smog, toxic living conditions, and 5G actually to blame for COVID-19? The official explanation for today's COVID-19 pandemic is a "dangerous, infectious virus." This is the rationale for isolating a large portion of the world's population in their homes so as to curb its spread. From face masks to social distancing, from antivirals to vaccines, these measures are predicated on the assumption that tiny viruses can cause serious illness and that such illness is transmissible person-to-person. It was Louis Pasteur who convinced a skeptical medical community that contagious germs cause disease; his "germ theory" now serves as the official explanation for most illness. However, in his private diaries he states unequivocally that in his entire career he was not once able to transfer disease with a pure culture of bacteria (he obviously wasn't able to purify viruses at that time). He admitted that the whole effort to prove contagion was a failure, leading to his famous death bed confession that "the germ is nothing, the terrain is everything." While the incidence and death statistics for COVID-19 may not be reliable, there is no question that many people have taken sick with a strange new disease—with odd symptoms like gasping for air and "fizzing" feelings—and hundreds of thousands have died. Many suspect that the cause is not viral but a kind of pollution unique to the modern age—electromagnetic pollution. Today we are surrounded by a jangle of overlapping and jarring frequencies—from power lines to the fridge to the cell phone. It started with the telegraph and progressed to worldwide electricity, then radar, then satellites that disrupt the ionosphere, then ubiquitous Wi-Fi. The most recent addition to this disturbing racket is fifth generation wireless—5G. In *The Contagion Myth: Why Viruses (including Coronavirus) are Not the Cause of Disease*, bestselling authors Thomas S. Cowan, MD, and Sally Fallon Morell tackle the true causes of COVID-19. On September 26, 2019, 5G wireless was turned on in Wuhan, China (and officially launched November 1) with a grid of about ten thousand antennas—more antennas than exist in the whole United States, all concentrated in one city. A spike in cases occurred on February 13, the same week that Wuhan turned on its 5G network for monitoring traffic. Illness has subsequently followed 5G installation in all the major cities in America. Since the dawn of the human race, medicine men and physicians have wondered about the cause of disease, especially what we call "contagions," numerous people ill with similar symptoms, all at the same time. Does humankind suffer these outbreaks at the hands of an angry god or evil spirit? A disturbance in the atmosphere, a miasma? Do we catch the illness from others or from some outside influence? As the restriction of our freedoms continues, more and more people are wondering whether this is true. Could a packet of RNA fragments, which cannot even be defined as a living organism, cause such havoc? Perhaps something else is involved—something that has upset the balance of nature and made us more susceptible to disease? Perhaps there is no "coronavirus" at all; perhaps, as Pasteur said, "the germ is nothing, the terrain is everything."

This inspirational book blends elements of shamanism with inherited traditions and contemporary religious commitments. Drawing on shamanic practices from the world over, *SHAMANISM AS A SPIRITUAL PRACTICE FOR DAILY LIFE* addresses the needs of contemporary people who yearn to deepen their own innate mystical sensibilities. This inspirational book shows how to develop a personal spiritual practice by blending elements of shamanism with inherited traditions and current religious commitments. Contents include: The central role of power animals and spirit teachers. Visionary techniques for exploring the extraordinary in everyday life. Elements of childhood spirituality including songs, secret hiding places, power spots, and imaginary power figures. A journey to an ancestral shaman to recover lost knowledge.

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