

The Xx Factor Alison Wolf

The Psychosocial Implications of Disney Movies Handbook of Biologically Active Peptides What Works for Women at Work The Black Count Still Life with Woodpecker Double Lives Economic Facts and Fallacies Lean In The End of Sisterhood Walking Prey The Lost Books of Jane Austen The War of the Sexes How to Live with an Alpha Female Critical links Trauma Trails, Recreating Song Lines Un Amico Italiano Reproducing Racism Planned Obsolescence Living in the Environment Spending Time The Mom Shift International Handbook of Educational Policy Women vs Feminism Invisible Women Wonder Women Plutocrats The Public Woman Is There Anything Good About Men? All the Single Ladies The XX Brain The XX Factor Shattered Testosterone Rex: Myths of Sex, Science, and Society I Don't Know Why She Bothers EloTHalf a Wife Does Education Matter? Liberating Motherhood The Human Tide The Last Time I Lied

The Psychosocial Implications of Disney Movies

Handbook of Biologically Active Peptides, Second Edition, is the definitive, indispensable reference for peptide researchers, biochemists, cell and molecular biologists, neuroscientists, pharmacologists, and endocrinologists. Its chapters are designed to be a source for workers in the field and enable researchers working in a specific area to examine related areas outside their expertise. Peptides play a crucial role in many physiological processes, including actions as neurotransmitters, hormones, and antibiotics. Research has shown their importance in such fields as neuroscience, immunology, pharmacology, and cell biology. The second edition of Handbook of Biologically Active Peptides presents this tremendous body of knowledge in the field of biologically active peptides in one single reference. The section editors and contributors represent some of the most sophisticated and distinguished scientists working in basic sciences and clinical medicine. Presents all aspects of biologically active peptides in one resource Features more than 20 sections spanning plant, bacterial, fungal, venom, and invertebrate peptides to general peptides Includes immunological, inflammatory, cancer, vaccine, and neurotrophic peptides Discusses peptide precursors, mRNA distribution, processing, and receptors, not just pathophysiological implications

Handbook of Biologically Active Peptides

Highly acclaimed by leading parenting authors, academics and activists, with a foreword from Naomi Stadlen, founder of Mothers Talking and author of What Mothers Do, and How Mothers Love. If it is true that there have been waves of feminism, then mothers' rights are the flotsam left behind on the ocean surface of patriarchy. For all the talk of women's liberation, when it is predicated on liberation from motherhood, it is no liberation at all. Under twenty-first century

capitalism, the bonds of motherhood are being replaced with binds to the market within wage slavery and ruthless individualism. Mothers are in bondage - and not in a 50 Shades way. Olorenshaw is clear: When mothering is on our terms, it can be liberating. The time has come for a radical, bold and creative approach to the question of mothers, children and care. Liberating Motherhood discusses our bodies, our minds, our labour and our hearts, exploring issues from birth and breastfeeding to mental health, economics, politics, basic incomes and love and in doing so, broaches a conversation we've been avoiding for years: how do we value motherhood?

What Works for Women at Work

Statistics tell us there has never been a better time to be a woman but feminists are quick to point out that women are still victims of everyday sexism. This title explores what life is like for women today. It's time to ditch a feminism that appears remote from the concerns of most women and, worse, pitches men and women against each other.

The Black Count

Data is fundamental to the modern world. From economic development, to healthcare, to education and public policy, we rely on numbers to allocate resources and make crucial decisions. But because so much data fails to take into account gender, because it treats men as the default and women as atypical, bias and discrimination are baked into our systems. And women pay tremendous costs for this bias, in time, money, and often with their lives. Celebrated feminist advocate Caroline Criado Perez investigates shocking root cause of gender inequality and research in Invisible Women, diving into women's lives at home, the workplace, the public square, the doctor's office, and more. Built on hundreds of studies in the US, the UK, and around the world, and written with energy, wit, and sparkling intelligence, this is a groundbreaking, unforgettable exposé that will change the way you look at the world.

Still Life with Woodpecker

"Today women outperform men at school and university. They make a success of their early careers and enter into relationships on their own terms. But once they have children, their illusions of equality are swiftly shattered. Shattered exposes the - often invisible - inequalities perpetuated by the state, employers, the parenting industry, and even ourselves. Drawing on the experiences of mothers and fathers both in the UK and around the world, and examining everything from work practices to relationship dynamics and beyond, Rebecca Asher sets out a manifesto for a new model of family life."--Book jacket.

Double Lives

Thoroughly innovative and occasionally irreverent, this book will appeal in equal measure to book historians, Austen fans, and scholars of literary celebrity.

Economic Facts and Fallacies

"Education, education, education" has become an obsession for politicians and the public alike. It is seen as an economic panacea: an engine for growth and prosperity. But is there a link between increased spending on higher education and economic growth? Professor Alison Wolf takes a critical look at successive governments' education policy and challenges many of the tenets of received wisdom: there are no economic reasons for spending more on higher education in order to stimulate growth. The conclusion of this devastating book is that a large proportion of the billions poured into vocational training and university provision might be better spent on teaching the basics at primary school.

Lean In

A dazzling new history of the irrepressible demographic changes and mass migrations that have made and unmade nations, continents, and empires. The rise and fall of the British Empire; the emergence of America as a superpower; the ebb and flow of global challenges from Nazi Germany, Imperial Japan, and Soviet Russia. These are the headlines of history, but they cannot be properly grasped without understanding the role that population has played. The Human Tide shows how periods of rapid population transition--a phenomenon that first emerged in the British Isles but gradually spread across the globe--shaped the course of world history. Demography--the study of population--is the key to unlocking an understanding of the world we live in and how we got here. Demographic changes explain why the Arab Spring came and went, how China rose so meteorically, and why Britain voted for Brexit and America for Donald Trump. Sweeping from Europe to the Americas, China, East Asia, the Middle East, and North Africa, The Human Tide is a panoramic view of the sheer power of numbers.

The End of Sisterhood

The #1 international best seller. In *Lean In*, Sheryl Sandberg reignited the conversation around women in the workplace. Sandberg is chief operating officer of Facebook and coauthor of *Option B* with Adam Grant. In 2010, she gave an electrifying TED talk in which she described how women unintentionally hold themselves back in their careers. Her talk, which has been viewed more than six million times, encouraged women to "sit at the table," seek challenges, take risks, and pursue their

goals with gusto. Lean In continues that conversation, combining personal anecdotes, hard data, and compelling research to change the conversation from what women can't do to what they can. Sandberg provides practical advice on negotiation techniques, mentorship, and building a satisfying career. She describes specific steps women can take to combine professional achievement with personal fulfillment, and demonstrates how men can benefit by supporting women both in the workplace and at home. Written with humor and wisdom, Lean In is a revelatory, inspiring call to action and a blueprint for individual growth that will empower women around the world to achieve their full potential.

Walking Prey

For most of history, being female defined the limits of a woman's achievements. But now, women are successful careerists equal to men. In Norway, women legally must constitute a third of all boards; in America, women have gone from 3% of practising lawyers in 1970 to 40% today, and over half of all law students are female. These changes are revolutionary - but not universal: the 'sisterhood' of working women is deeply divided. Making enormous strides in the workplace are young, educated, full-time professionals who have put children on hold. But for a second group of women this is unattainable: instead, they work part-time, earn less, are concentrated in heavily feminised occupations like cleaning and gain income and self-worth from having children young. As these two groups move ever further apart, shared gender no longer automatically creates interests in common with other women. The XX Factor lifts the curtain on the social, cultural and economic schisms.

The Lost Books of Jane Austen

The War of the Sexes

Time is the ultimate scarce resource and thus quintessentially a topic for economics, which studies scarcity. Starting with the observation that time is increasingly valuable given competing demands as we have more things we can buy and do, Spending Time provides engaging insights into how people use their time and what determines their decisions about spending their time. That our time is limited by the number of hours in a day, days in a year, and years in our lives means that we face constraints and thus choices that involve trade-offs. We sleep, eat, have fun, watch TV, and not least we work. How much we dedicate to each, and why we do so, is intriguing and no one is better placed to shed light on similarities and differences than Daniel S. Hamermesh, the leading authority on time-use. Here he explores how people use their time, including across countries, regions, cultures, class, and gender. Americans now work more than people in other rich countries, but as recently as the late 1970s they worked no more than others; and they also work longer into older age.

Men and women do different things at different times of the day, which affects how well-off they feel. Both the arrival of children and retirement create major shocks to existing time uses, with differences between the sexes. Higher incomes and higher wage rates lead people to hurry more, both on and off the job, and higher wage rates lead people to cut back on activities that take time away from work. Being stressed for time is central to modern life, and Hamermesh shows who is rushed, and why. With Americans working more than people in France, Germany, the U.K., Japan and other rich countries, the book offers a simple but radical proposal for changing Americans' lives and reducing the stress about time.

How to Live with an Alpha Female

Have men really been engaged in a centuries-old conspiracy to exploit and oppress women? Have the essential differences between men and women really been erased? Have men now become unnecessary? Are they good for anything at all? In *Is There Anything Good About Men?*, Roy Baumeister offers provocative answers to these and many other questions about the current state of manhood in America. Baumeister argues that relations between men and women are now and have always been more cooperative than antagonistic, that men and women are different in basic ways, and that successful cultures capitalize on these differences to outperform rival cultures. Amongst our ancestors---as with many other species--only the alpha males were able to reproduce, leading them to take more risks and to exhibit more aggressive and protective behaviors than women, whose evolutionary strategies required a different set of behaviors. Whereas women favor and excel at one-to-one intimate relationships, men compete with one another and build larger organizations and social networks from which culture grows. But cultures in turn exploit men by insisting that their role is to achieve and produce, to provide for others, and if necessary to sacrifice themselves. Baumeister shows that while men have greatly benefited from the culture they have created, they have also suffered because of it. Men may dominate the upper echelons of business and politics, but far more men than women die in work-related accidents, are incarcerated, or are killed in battle--facts nearly always left out of current gender debates. Engagingly written, brilliantly argued, and based on evidence from a wide range of disciplines, *Is There Anything Good About Men?* offers a new and far more balanced view of gender relations.

Critical links

Noted British academic and journalist Alison Wolf offers a surprising and thoughtful study of the professional elite, and examines the causes—and limits—of women's rise and the consequences of their difficult choices. The gender gap is closing. Today, for the first time in history, tens of millions of women are spending more time at the boardroom table than the kitchen table. These professional women are highly ambitious and highly educated, enjoying the same lifestyle prerogatives as their male counterparts. They are working longer and marrying later—if they marry at all. They are heading Fortune 500 companies and appearing on the covers of *Forbes* and *Businessweek*. They represent a special type of working

woman—the kind who doesn't just punch a clock for a paycheck, but derives self-worth and pleasure from wielding professional power. At the same time that the gender gap is narrowing, the gulf is widening among women themselves. While blockbuster books such as *Lean In* focus only on women in high pressure jobs, in reality there are four women in traditionally female roles for every Sheryl Sandberg. In this revealing and deeply intelligent book, Alison Wolf examines why more educated women work longer hours, why having children early is a good idea, and how feminism created a less equal world. Her ideas are sure to provoke and surprise, as she challenges much of what the liberal and conservative media consider to be women's best interests.

Trauma Trails, Recreating Song Lines

In this volume of 15 articles, contributors from a wide range of disciplines present their analyses of Disney movies and Disney music, which are mainstays of popular culture. The power of the Disney brand has heightened the need for academics to question whether Disney's films and music function as a tool of the Western elite that shapes the views of those less empowered. Given its global reach, how the Walt Disney Company handles the role of race, gender, and sexuality in social structural inequality merits serious reflection according to a number of the articles in the volume. On the other hand, other authors argue that Disney productions can help individuals cope with difficult situations or embrace progressive thinking. The different approaches to the assessment of Disney films as cultural artifacts also vary according to the theoretical perspectives guiding the interpretation of both overt and latent symbolic meaning in the movies. The authors of the 15 articles encourage readers to engage with the material, showcasing a variety of views about the good, the bad, and the best way forward.

Un Amico Italiano

"Beliefs about men and women are as old as humanity itself, but Fine's funny, spiky book gives reason to hope that we've heard Testosterone rex's last roar." —Annie Murphy Paul, *New York Times Book Review* Many people believe that, at its core, biological sex is a fundamental force in human development. According to this false-yet-familiar story, the divisions between men and women are in nature alone and not part of culture. Drawing on evolutionary science, psychology, neuroscience, endocrinology, and philosophy, *Testosterone Rex* disproves this ingrained myth and calls for a more equal society based on both sexes' full human potential.

Reproducing Racism

As countless love songs, movies, and self-help books attest, men and women have long sought different things. The result?

Seemingly inevitable conflict. Yet we belong to the most cooperative species on the planet. Isn't there a way we can use this capacity to achieve greater harmony and equality between the sexes? In *The War of the Sexes*, Paul Seabright argues that there is—but first we must understand how the tension between conflict and cooperation developed in our remote evolutionary past, how it shaped the modern world, and how it still holds us back, both at home and at work. Drawing on biology, sociology, anthropology, and economics, Seabright shows that conflict between the sexes is, paradoxically, the product of cooperation. The evolutionary niche—the long dependent childhood—carved out by our ancestors requires the highest level of cooperative talent. But it also gives couples more to fight about. Men and women became experts at influencing one another to achieve their cooperative ends, but also became trapped in strategies of manipulation and deception in pursuit of sex and partnership. In early societies, economic conditions moved the balance of power in favor of men, as they cornered scarce resources for use in the sexual bargain. Today, conditions have changed beyond recognition, yet inequalities between men and women persist, as the brains, talents, and preferences we inherited from our ancestors struggle to deal with the unpredictable forces unleashed by the modern information economy. Men and women today have an unprecedented opportunity to achieve equal power and respect. But we need to understand the mixed inheritance of conflict and cooperation left to us by our primate ancestors if we are finally to escape their legacy.

Planned Obsolescence

Fifty years after the Equal Pay Act, why are women still living in a man's world? Debora L. Spar never thought of herself as a feminist. Raised after the tumult of the 1960s, she presumed the gender war was over. As one of the youngest female professors to be tenured at Harvard Business School and a mother of three, she swore to young women that they could have it all. "We thought we could just glide into the new era of equality, with babies, board seats, and husbands in tow," she writes. "We were wrong." Now she is the president of Barnard College, arguably the most important all-women's college in the United States. And in *Wonder Women: Sex, Power, and the Quest for Perfection*—a fresh, wise, original book—she asks why, a half century after the publication of Betty Friedan's *The Feminine Mystique*, do women still feel stuck. In this groundbreaking and compulsively readable book, Spar explores how American women's lives have—and have not—changed over the past fifty years. Armed with reams of new research, she details how women struggled for power and instead got stuck in an endless quest for perfection. The challenges confronting women are more complex than ever, and they are challenges that come inherently and inevitably from being female. Spar is acutely aware that it's time to change course. Both deeply personal and statistically rich, *Wonder Women* is Spar's story and the story of our culture. It is cultural history at its best, and a road map for the future.

Living in the Environment

This open access book explores the collision between the sustainable energy transition and the Internet of Things (IoT). In that regard, this book's arrival is timely. Not only is the Internet of Things for energy applications, herein called the energy Internet of Things (eloT), rapidly developing but also the transition towards sustainable energy to abate global climate is very much at the forefront of public discourse. It is within the context of these two dynamic thrusts, digitization and global climate change, that the energy industry sees itself undergoing significant change in how it is operated and managed. This book recognizes that they impose five fundamental energy management change drivers: 1.) the growing demand for electricity, 2.) the emergence of renewable energy resources, 3.) the emergence of electrified transportation, 4.) the deregulation of electric power markets, 5.) and innovations in smart grid technology. Together, they challenge many of the assumptions upon which the electric grid was first built. The goal of this book is to provide a single integrated picture of how eloT can come to transform our energy infrastructure. This book links the energy management change drivers mentioned above to the need for a technical energy management solution. It, then, describes how eloT meets many of the criteria required for such a technical solution. In that regard, the book stresses the ability of eloT to add sensing, decision-making, and actuation capabilities to millions or perhaps even billions of interacting "smart" devices. With such a large scale transformation composed of so many independent actions, the book also organizes the discussion into a single multi-layer energy management control loop structure. Consequently, much attention is given to not just network-enabled physical devices but also communication networks, distributed control & decision making, and finally technical architectures and standards. Having gone into the detail of these many simultaneously developing technologies, the book returns to how these technologies when integrated form new applications for transactive energy. In that regard, it highlights several eloT-enabled energy management use cases that fundamentally change the relationship between end users, utilities, and grid operators. Consequently, the book discusses some of the emerging applications for utilities, industry, commerce, and residences. The book concludes that these eloT applications will transform today's grid into one that is much more responsive, dynamic, adaptive and flexible. It also concludes that this transformation will bring about new challenges and opportunities for the cyber-physical-economic performance of the grid and the business models of its increasingly growing number of participants and stakeholders.

Spending Time

Still Life with Woodpecker is a sort of a love story that takes place inside a pack of Camel cigarettes. It reveals the purpose of the moon, explains the difference between criminals and outlaws, examines the conflict between social activism and romantic individualism, and paints a portrait of contemporary society that includes powerful Arabs, exiled royalty, and pregnant cheerleaders. It also deals with the problem of redheads.

The MomShift

"Luca Spaghetti is not only one of my favorite people in the world, but also a natural-born storyteller. . . . This [is a] marvelous book." -Elizabeth Gilbert When Luca Spaghetti (yes, that's really his name) was asked to show a writer named Elizabeth Gilbert around Rome, he had no idea how his life was about to change. She embraced his Roman ebullience, and Luca in turn became her guardian angel, determined that his city would help Liz out of her funk. Filled with colorful anecdotes about food, language, soccer, daily life in Rome, and Luca's own fish-out-of-water moments as a visitor to the United States--and culminating with the episodes in Liz's bestselling memoir, told from Luca's side of the table--Un Amico Italiano is a book that no fan of Eat, Pray, Love will want to miss.

International Handbook of Educational Policy

"Academic institutions are facing a crisis in scholarly publishing at multiple levels: presses are stressed as never before, library budgets are squeezed, faculty are having difficulty publishing their work, and promotion and tenure committees are facing a range of new ways of working without a clear sense of how to understand and evaluate them. Planned Obsolescence is both a provocation to think more broadly about the academy's future and an argument for reconceiving that future in more communally-oriented ways. Facing these issues head-on, Kathleen Fitzpatrick focuses on the technological changes--especially greater utilization of internet publication technologies, including digital archives, social networking tools, and multimedia--necessary to allow academic publishing to thrive into the future. But she goes further, insisting that the key issues that must be addressed are social and institutional in origin. Springing from original research as well as Fitzpatrick's own hands-on experiments in new modes of scholarly communication through MediaCommons, the digital scholarly network she co-founded, Planned Obsolescence explores these aspects of scholarly work, as well as issues surrounding the preservation of digital scholarship and the place of publishing within the structure of the contemporary university. Written in an approachable style designed to bring administrators and scholars into a conversation, Planned Obsolescence explores both symptom and cure to ensure that scholarly communication will remain relevant in the digital future. "--

Women vs Feminism

A timely, intelligent and important book for fans of LEAN IN and Caitlin Moran: why do modern mothers allow themselves to suffer from so much guilt? Mothering skills are now scrutinised, measured, judged, discussed and disapproved of like never before. The bar is set so preposterously high, it's impossible, at least in the early years, not to feel like a long lost loser: and honestly, mothers only have themselves to blame Motherly love is ferocious, intense, fathomless, unconditional and absolute. Daisy will add a dusting of reality to the sickly sweet bake-your-own rubbish by covering topics such as breast pumps, other children, sleepovers, swearing (yours and theirs) and contagious diseases. It's time to burn the maternity bras

and Daisy is the first at the stake to exclaim, 'Enough! Life is short. Mothers adore their children. But they're people too. And that is more than just a mother.'

Invisible Women

"Today, only twenty percent of Americans are wed by age twenty-nine, compared to nearly sixty percent in 1960. The Population Reference Bureau calls it a 'dramatic reversal.' [This book presents a] portrait of contemporary American life and how we got here, through the lens of the single American woman, covering class, race, [and] sexual orientation, and filled with anecdotes from contemporary and historical figures"--

Wonder Women

Providing a ground-breaking answer to the questions of how to solve the problems of cross-generational trauma, Trauma Trails moves beyond the rhetoric of victimhood, and provides inspiration for anyone concerned about Indigenous and non-Indigenous communities today.

Plutocrats

This book is designed to change the way we think about racial inequality. Long after the passage of civil rights laws and now the inauguration of our first black president, blacks and Latinos possess barely a nickel of wealth for every dollar that whites have. Why have we made so little progress? Legal scholar Daria Roithmayr provocatively argues that racial inequality lives on because white advantage functions as a powerful self-reinforcing monopoly, reproducing itself automatically from generation to generation even in the absence of intentional discrimination. Drawing on work in antitrust law and a range of other disciplines, Roithmayr brilliantly compares the dynamics of white advantage to the unfair tactics of giants like AT&T and Microsoft. With penetrating insight, Roithmayr locates the engine of white monopoly in positive feedback loops that connect the dramatic disparity of Jim Crow to modern racial gaps in jobs, housing and education. Wealthy white neighborhoods fund public schools that then turn out wealthy white neighbors. Whites with lucrative jobs informally refer their friends, who refer their friends, and so on. Roithmayr concludes that racial inequality might now be locked in place, unless policymakers immediately take drastic steps to dismantle this oppressive system.

The Public Woman

WINNER OF THE 2013 PULITZER PRIZE FOR BIOGRAPHY General Alex Dumas is a man almost unknown today, yet his story

is strikingly familiar—because his son, the novelist Alexandre Dumas, used his larger-than-life feats as inspiration for such classics as *The Count of Monte Cristo* and *The Three Musketeers*. But, hidden behind General Dumas's swashbuckling adventures was an even more incredible secret: he was the son of a black slave—who rose higher in the white world than any man of his race would before our own time. Born in Saint-Domingue (now Haiti), Alex Dumas made his way to Paris, where he rose to command armies at the height of the Revolution—until he met an implacable enemy he could not defeat. *The Black Count* is simultaneously a riveting adventure story, a lushly textured evocation of 18th-century France, and a window into the modern world's first multi-racial society. *TIME* magazine called *The Black Count* "one of those quintessentially human stories of strength and courage that sheds light on the historical moment that made it possible." But it is also a heartbreaking story of the enduring bonds of love between a father and son.

Is There Anything Good About Men?

Today, two cultural forces are converging to make America's youth easy targets for sex traffickers. Younger and younger girls are engaging in adult sexual attitudes and practices, and the pressure to conform means thousands have little self-worth and are vulnerable to exploitation. At the same time, thanks to social media, texting, and chatting services, predators are able to ferret out their victims more easily than ever before. In *Walking Prey*, advocate and former victim Holly Austin Smith shows how middle class suburban communities are fast becoming the new epicenter of sex trafficking in America. Smith speaks from experience: Without consistent positive guidance or engagement, Holly was ripe for exploitation at age fourteen. A chance encounter with an older man led her to run away from home, and she soon found herself on the streets of Atlantic City. Her experience led her, two decades later, to become one of the foremost advocates for trafficking victims. Smith argues that these young women should be treated as victims by law enforcement, but that too often the criminal justice system lacks the resources and training to prevent the vicious cycle of prostitution. This is a clarion call to take a sharp look at one of the most striking human rights abuses, and one that is going on in our own backyard.

All the Single Ladies

The instant New York Times bestseller! "In *The XX Brain*, Lisa meticulously guides us in the ways we can both nourish and protect ourselves, body and mind, to ensure our brains remain resilient throughout our lives." --from the foreword by Maria Shriver The first book to address cognitive enhancement and Alzheimer's prevention specifically in women--and to frame brain health as an essential component of Women's Health. In this revolutionary book, Dr. Lisa Mosconi, director of the Women's Brain Initiative at Weill Cornell Medical College, provides women with the first plan to address the unique risks of the female brain. Until now, medical research has focused on "bikini medicine," assuming that women are essentially men with breasts and tubes. Yet women are far more likely than men to suffer from anxiety, depression, migraines, brain

injuries, and strokes. They are also twice as likely to end their lives suffering from Alzheimer's disease, even when their longer lifespans are taken into account. But in the past, the female brain has received astonishingly little attention and was rarely studied by medical researchers-- resulting in a wealth of misinformation about women's health. The XX Brain confronts this crisis by revealing how the two powerful X chromosomes that distinguish women from men impact the brain first and foremost and by focusing on a key brain-protective hormone: estrogen. Taking on all aspects of women's health, including brain fog, memory lapses, depression, stress, insomnia, hormonal imbalances, and the increased risk of dementia, Dr. Mosconi introduces cutting-edge, evidence-based approaches to protecting the female brain, including a specific diet proven to work for women, strategies to reduce stress, and useful tips for restorative sleep. She also examines the controversy about soy and hormonal replacement therapy, takes on the perils of environmental toxins, and examines the role of our microbiome. Perhaps best of all, she makes clear that it is never too late to take care of yourself. The XX Brain is a rallying cry for women to have full access to information regarding what is going on in their brains and bodies as well as a roadmap for the path to optimal, lifelong brain health.

The XX Brain

Inspiring people to care about the planet. In the new edition of LIVING IN THE ENVIRONMENT, authors Tyler Miller and Scott Spoolman have partnered with the National Geographic Society to develop a text designed to equip students with the inspiration and knowledge they need to make a difference solving today's environmental issues. Exclusive content highlights important work of National Geographic Explorers, and features over 200 new photos, maps, and illustrations that bring course concepts to life. Using sustainability as the integrating theme, LIVING IN THE ENVIRONMENT 18e, provides clear introductions to the multiple environmental problems that we face and balanced discussions to evaluate potential solutions. In addition to the integration of new and engaging National Geographic content, every chapter has been thoroughly updated and 18 new Core Case Studies offer current examples of present environmental problems and scenarios for potential solutions. The concept-centered approach used in the text transforms complex environmental topics and issues into key concepts that students will understand and remember. Overall, by framing the concepts with goals for more sustainable lifestyles and human communities, students see how promising the future can be and their important role in shaping it. offers additional exclusive National Geographic content, including high-quality videos on important environmental problems and efforts being made to address them. Team up with Miller/Spoolman's, LIVING IN THE ENVIRONMENT and the National Geographic Society to offer your students the most inspiring introduction to environmental science available! Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

The XX Factor

In the last few decades what it means to be rich has changed dramatically. Forget the 1%; it's the wealthiest .01% who are fast outpacing the rest of us. Today's colossal fortunes are amassed by the diligent toiling of smart, perceptive businessmen who see themselves as deserving victors in a cutthroat international competition. Cracking open this tight-knit world is Chrystia Freeland, an acclaimed business journalist. At ease in Davos or Dubai, Freeland has reported on the lives and minds of these new super-elites for nearly a decade. Grounding her interviews in the economics and history of modern capitalism, she provides examples of the new wealth and its consequences. She showcases the \$3 million birthday party of a New York financier months before the financial meltdown; details the closed-door 2005 SEC meeting where the US government allowed investment banks to write their own regulatory laws; and tells how the Bank of Canada's Mark Carney became a key figure in the central battle between the plutocracy and the rest of us. Brightly written and powerfully researched, Freeland's *Plutocrats* will be a lightning rod event in the midst of the US election season.

Shattered

The *MomShift* is the first book to exclusively research and showcase the stories of a diverse range of relatable women who share the multitude of ways in which they achieved greater career success after starting their families. Women are regularly told that having children will hurt their careers--until now. In *The MomShift*, Reva Seth talked to over 500 mothers from a broad range of professional and personal backgrounds who have defied cultural expectations and achieved greater professional success after starting their families. For these women and others like them, having children actually enhanced their work life: by helping them prioritize and set bigger goals, inspiring them to work harder and smarter or even spurring them to start their own businesses. As Rebecca Woolf--of *Girl's Gone Child* blog fame--puts it, "Motivation, thy name is parenthood." But as Sheryl Sandberg, the COO of Facebook has pointed out, when an already busy women starts thinking about having a child, she frequently steps back from her career goals, unable to picture how her already busy life will accommodate children. Enter *The MomShift*, which covers areas such as how much we really need to "lean in," whether there's a "best time" to have a baby, the benefits of re-framing maternity leave, ambition, financial concerns, the changing nature of careers, and whether work/life balance really exists for working mothers. Each chapter has discussion questions to keep the conversation going and the ideas percolating. The result is a reassuring, supportive and inspirational resource that emphasizes there is no one right way to balance careers and family, and that illustrates the many choices women have today. *The MomShift* is an invaluable career companion brimming with motivation, tips and ideas to help each woman to create her own version of career success during the often hectic but highly productive "mom" years.

Testosterone Rex: Myths of Sex, Science, and Society

A groundbreaking history of mothers who worked for pay that will change the way we think about gender, work and equality

in modern Britain. In Britain today, three-quarters of mothers are in employment and paid work is an unremarkable feature of women's lives after childbirth. Yet a century ago, working mothers were in the minority, excluded altogether from many occupations, whilst their wage-earning was widely perceived as a social ill. In *Double Lives*, Helen McCarthy accounts for this remarkable transformation, whose consequences have been momentous for Britain's society and economy. Drawing upon a wealth of sources, McCarthy ranges from the smoking chimney-stacks of nineteenth-century Manchester to the shimmering skyscrapers of present-day Canary Wharf. She recovers the everyday worlds of working mothers and traces how women's desires for financial independence and lives beyond home and family were slowly recognised. McCarthy reveals the deep and complicated past of a phenomenon so often assumed to be a product of contemporary lifestyles and aspirations. This groundbreaking history forces us not only to re-evaluate the past, but to ask anew how current attitudes towards mothers in the workplace have developed and how far we have to go. Through vivid and powerful storytelling, *Double Lives* offers a social and cultural history for our times.

I Don't Know Why She Bothers

Up-beat, pragmatic, and chock full of advice, *What Works for Women at Work* is an indispensable guide for working women. An essential resource for any working woman, *What Works for Women at Work* is a comprehensive and insightful guide for mastering office politics as a woman. Authored by Joan C. Williams, one of the nation's most-cited experts on women and work, and her daughter, writer Rachel Dempsey, this unique book offers a multi-generational perspective into the realities of today's workplace. Often women receive messages that they have only themselves to blame for failing to get ahead—Negotiate more! Stop being such a wimp! Stop being such a witch! *What Works for Women at Work* tells women it's not their fault. The simple fact is that office politics often benefits men over women. Based on interviews with 127 successful working women, over half of them women of color, *What Works for Women at Work* presents a toolkit for getting ahead in today's workplace. Distilling over 35 years of research, Williams and Dempsey offer four crisp patterns that affect working women: Prove-It-Again!, the Tightrope, the Maternal Wall, and the Tug of War. Each represents different challenges and requires different strategies—which is why women need to be savvier than men to survive and thrive in high-powered careers. Williams and Dempsey's analysis of working women is nuanced and in-depth, going far beyond the traditional cookie-cutter, one-size-fits-all approaches of most career guides for women. Throughout the book, they weave real-life anecdotes from the women they interviewed, along with quick kernels of advice like a "New Girl Action Plan," ways to "Take Care of Yourself", and even "Comeback Lines" for dealing with sexual harassment and other difficult situations.

EIoT

Half a Wife

For most families, it remains the ultimate dilemma: how to balance a happy, healthy family life with the demands and rewards of work. When Gaby Hinsliff realised that she couldn't continue to work 60-hour weeks, spend time with her child and expect to stay happily married, there was only one solution. She quit, and decided to start again from scratch. Half a Wife tells the story of that leap into the dark and proposes positive, practical solutions for piecing together what at times can seem like an impossible jigsaw. It encourages working parents to rethink traditional set ups - at home, at work, in relationships - to the mutual benefit of the whole family. The result? A much more egalitarian family life, where both partners can work if they want to, both share the care and both get back a little bit of a life as a result. Based on personal experience but also drawing on new thinking from politics, psychology, anthropology and even architecture, Half a Wife is a guide for guilt-torn parents who are teetering on the edge, but it is also a wake-up call to opinion leaders. It is essential - and uplifting - reading for anyone who feels the visceral pull of home, but also the lure of meaningful work. 'A wonderfully sane and helpful book. Better than Calpol. I only wish it had been around when I became a mother. Gaby Hinsliff has written an invaluable guide for any parent struggling to reconcile their twin passions for their children and their work.' Allison Pearson, author of I Don't Know How She Does It

Does Education Matter?

In this New York Times bestselling thriller from the author of Lock Every Door and Final Girls, a young woman returns to her childhood summer camp to uncover the truth about a tragedy that happened there fifteen years ago. Two Truths and a Lie. The girls played it all the time in their cabin at Camp Nightingale. Vivian, Natalie, Allison, and first-time camper Emma Davis, the youngest of the group. But the games ended the night Emma sleepily watched the others sneak out of the cabin into the darkness. The last she--or anyone--saw of them was Vivian closing the cabin door behind her, hushing Emma with a finger pressed to her lips. Now a rising star in the New York art scene, Emma turns her past into paintings--massive canvases filled with dark leaves and gnarled branches that cover ghostly shapes in white dresses. When the paintings catch the attention of Francesca Harris-White, the wealthy owner of Camp Nightingale, she implores Emma to return to the newly reopened camp as a painting instructor. Seeing an opportunity to find out what really happened to her friends all those years ago, Emma agrees. Familiar faces, unchanged cabins, and the same dark lake haunt Nightingale, even though the camp is opening its doors for the first time since the disappearances. Emma is even assigned to the same cabin she slept in as a teenager, but soon discovers a security camera--the only one on the property--pointed directly at its door. Then cryptic clues that Vivian left behind about the camp's twisted origins begin surfacing. As she digs deeper, Emma finds herself sorting through lies from the past while facing mysterious threats in the present. And the closer she gets to the truth about Camp Nightingale and what really happened to those girls, the more she realizes that closure could come at a deadly price.

Liberating Motherhood

Women have never had more freedom yet questions of inequality persist from the bedroom to the workplace. A quarter of a century after the publication of her seminal text *Misogynies*, Joan Smith looks at what women have achieved - and the price they've paid for it. From Amy Winehouse to Pussy Riot, from the veil to domestic violence, a war is being fought over women's bodies and minds. Smith shows how misogyny has assumed new and dangerous forms as we confront an economic, social and religious backlash. But that's only part of the story. The female eunuch has become the public woman, and she isn't going to go quietly. Written with wit and passion, this forensic analysis sets out what we're up against - and how to fight back. 'Brilliant A compelling rap sheet of 21st century misogynies and a reprimand to anyone who declares the battle for gender equality is over' - Robin Ince 'Joan Smith dares to expose woman-hating in all its forms. She does not shy away from naming religion and cultural relativism as barriers to liberation, and names men and the system of patriarchy as the problem. Read this book, not least because it will open your eyes to how much needs to be done before we consign male supremacy to the museum of ancient reli.' - Julie Bindel

The Human Tide

Nina Bascia, Alister Cumming, Amanda Datnow, Kenneth Leithwood and David Livingstone This Handbook presents contemporary and emergent trends in educational policy research, in over 75 chapters written by nearly ninety leading researchers from a number of countries. It is organized into 7 broad sections which capture many of the current dominant educational policy foci and at the same time situate current understandings historically, in terms of both how they are conceptualized and in terms of past policy practice. The chapters themselves are empirically grounded, providing illustrations of the conceptual implications contained within them as well as allowing for comparisons across them. The serenity within chapters with respect to jurisdictional particularities and contrasts allows readers to consider not only a range of approaches to policy analysis but also the ways in which policies and policy ideas play out in different times and places. The sections move from a focus on prevailing policy tendencies through increasingly critical and "outsider" perspectives on policy. They address, in turn, the contemporary strategic emphasis on large-scale reform; substantive emphases at several levels - on leadership and governance, improving teacher quality and conceptualizing learning in various domains around the notion of literacies and concluding, finally, with a contrasting topic, workplace learning, which has had less policy attention and thus allows readers to consider both the advantages and disadvantages of learning and teaching under the bright gaze of policy.

The Last Time I Lied

Economic Facts and Fallacies exposes some of the most popular fallacies about economic issues-and does so in a lively manner and without requiring any prior knowledge of economics by the reader. These include many beliefs widely disseminated in the media and by politicians, such as mistaken ideas about urban problems, income differences, male-female economic differences, as well as economics fallacies about academia, about race, and about Third World countries. One of the themes of Economic Facts and Fallacies is that fallacies are not simply crazy ideas but in fact have a certain plausibility that gives them their staying power-and makes careful examination of their flaws both necessary and important, as well as sometimes humorous. Written in the easy-to-follow style of the author's Basic Economics, this latest book is able to go into greater depth, with real world examples, on specific issues.

[ROMANCE](#) [ACTION & ADVENTURE](#) [MYSTERY & THRILLER](#) [BIOGRAPHIES & HISTORY](#) [CHILDREN'S](#) [YOUNG ADULT](#) [FANTASY](#)
[HISTORICAL FICTION](#) [HORROR](#) [LITERARY FICTION](#) [NON-FICTION](#) [SCIENCE FICTION](#)