

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

Sing Without Shame Humanity's Last Stand Love's Knowledge Statin Nation God's Revelation to the Human Heart The Book of Common Prayer, and Administration of the Sacraments Together with the Psalter My Heart Dancing with Water The Book Of Secrets Cosmic Imagery Jerome by Heart The Faraway Nearby Put Your Heart in Your Mouth The Physics of Polymers Cancer and the New Biology of Water Children of the Universe Emf\*d The Nourishing Traditions Book of Baby & Child Care Human Heart, Cosmic Heart The Paleo Cardiologist The Giving Tree Human Heart, Cosmic Heart The Lost Spells A Velocity of Being Regenerate The Fourfold Path to Healing The Restaurant at the End of the Universe Madame Clairevoyant's Guide to the Stars Vaccines, Autoimmunity, and the Changing Nature of Childhood Illness The Desire Map The Invisible Rainbow Timeless: Diego and the Rangers of the Vast Atlantic Crooked The Heart and the Bottle The Project The Epistle of Paul the Apostle to The Romans The Leaky Story Nourishing Traditions Cosmological Koans: A Journey to the Heart of Physical Reality Life

### **Sing Without Shame**

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.

### **Humanity's Last Stand**

Cosmic Education, detailed here, can introduce elementary-age children to the universal values that can save us from wars and planetary destruction My purpose in publishing (this book) is to bring home to teachers the importance of helping students to see themselves, not as self-engrossed individuals, but as Children of the Universe with all that this image entails. -Aline D. Wolf

### **Love's Knowledge**

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

### **Statin Nation**

Although still in its earliest stages, artificial intelligence (AI) is radically transforming all aspects of society. With the immanent emergence of Artificial Super Intelligence (ASI) and the illusory temptations of 'transhumanism', mankind stands at a crossroads. In *Humanity's Last Stand*, Nicanor Perlas makes an urgent plea. It is imperative, he says, that we take immediate steps to ensure that digitized technology is aligned to human values and priorities. Otherwise, ASI will kill the essence of

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our humanity. Further, if we do not master it now, ASI will transform mankind into its own image. Ultimately, it will destroy the human race. AI experts have not offered a single cogent solution to this existential threat. Rudolf Steiner, however, not only foresaw these developments, but gave clear alternatives. Steiner, the founder of a contemporary, scientific approach to spirituality, provided philosophical, ontological and social innovations to save humanity from the abyss. It is the task of the global anthroposophical movement to pioneer this civilization-saving work: to establish spiritual-scientific ideas in mainstream culture that would allow AI to emerge in a healthier societal context. Perlas gives an overview of the phenomenon of AI together with its related transhuman concepts of 'perfecting humanity', and outlines the critical internal and external responses required to meet them with consciousness. In particular, he addresses the movement connected to the work of Rudolf Steiner, indicating its all-important tasks: to cooperate with progressive individuals and movements, including scientists and civil society activists; to mobilize its 'daughter' movements for action; and, ultimately, to cooperate with the spiritual powers that have guided and served humanity since the dawn of time. This, says the author, is humanity's last stand, and failure is not an option.

### **God's Revelation to the Human Heart**

"Arthur loves Jerome. I say it. It's easy."

### **The Book of Common Prayer, and Administration of the Sacraments Together with the Psalter**

Discover the astonishing new biology and lifestyle plan that will stimulate your ability to self-heal and combat the effects of aging from the founder of GreenMedInfo.com. Combining the radical yet inherently practical approaches to health and diet of How Not to Die and Eating on the Wild Side, Sayer Ji, founder of GreenMedInfo.com, explores how to ignite your body's remarkable ability to stimulate the regeneration of diseased tissue, including brain and heart cells, and remove the conditions that contribute to disease. Using your body's powerful self-healing technology, you will be able to understand your body's natural responses to interfering factors from diet and environment and claim your birthright, encoded within every cell, to feel alive, joyful, and comfortable in your own body. Sayer presents the most recent, cutting-edge findings of the new biology and its health implications; explores the messages sent via RNA that impact aging, heart health, cancer, neurological decline, and metabolic disorders; and introduces the Regenerate Rx lifestyle, including 40 recipes and sample meal plans. Embody the hope and resilience that come naturally from within to increase your longevity and the quality of your daily life.

### **My Heart**

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.

## **Dancing with Water**

## **The Book Of Secrets**

Offers a guide to child rearing and child nutrition that focuses on a nutrient dense diet from pregnancy through childhood and natural treatments for childhood illnesses.

## **Cosmic Imagery**

Your bucket list. Quarterly objectives. Strategic plans. Big dreams. Goals. Lots of goals and plans to achieve those goals—no matter what. Except ... You're not chasing the goal itself, you're actually chasing the feeling that you hope achieving that goal will give you. Which means we have the procedures of achievement upside down. We go after the stuff we want to have, get, or accomplish, and we hope that we'll be fulfilled when we get there. It's backwards. And it's burning us out. So what if you first got clear on how you actually wanted to feel in your life, and then created some "Goals with Soul"? With The Desire Map, Danielle LaPorte brings you a holistic life-planning tool that will revolutionize the way you go after what you want in life. Unapologetically passionate and with plenty of warm wit, LaPorte turns the concept of ambition inside out and offers an inspired, refreshingly practical workbook for using the Desire Map process: Identify your "core desired feelings" in every life domain: livelihood & lifestyle, body & wellness, creativity & learning, relationships & society, and essence & spirituality Create practical "Goals with Soul" to generate your core desired feelings Why easing up on your expectations actually liberates you to reach your goals Self-assessment quizzes, worksheets, and complete Desire Mapping tools for creating the life you truly long for Goal-setting just got a makeover. There are more than 10,000 "Desire Mappers" who have worked through this system. "Every day I get stories about inner clarity, quitting jobs, dumping the chump, renewing vows, pole-dancing classes, writing memoirs, moving on," says Danielle. "This is about liberation. And pleasure. And self-determination. This is about doing much less proving, and way more living." If you've had enough of trying to trick yourself into happiness through affirmations or bucket-listing your hopes into some distant future, then you're ready for The Desire Map—a dream-fulfilling system that harnesses your soul-deep desire to feel good.

## **Jerome by Heart**

5G is about to be rolled-out across many countries - but what are the risks to your health? Dr Mercola, author of the most visited health website, explains what electromagnetic fields are, where you find them in your daily life, how they affect you and the proven toll that they have on conditions such as cancer, heart disease and neuropsychiatric illnesses. Dr Mercola offers actionable strategies to protect yourself at home, at work and out in the world, and to repair the damage done at a cellular level.

## **The Faraway Nearby**

A companion to A Field Guide for Getting Lost explores the ways that people construct lives from stories and connect to each other through empathy, narrative and imagination, sharing illustrative anecdotes about historical figures and members of her own family. By the National Book Critics Circle Award-winning author of River of Shadows.

## **Put Your Heart in Your Mouth**

## **The Physics of Polymers**

For fans of Rick Riordan and Brian Selznick, author-artist Armand Baltazar introduces *Timeless: Diego and the Rangers of the Vastlantic*, the first in a new science fiction/fantasy series that explores a world painted new by the Time Collision. Integrating art and text, this epic and cinematic adventure features more than 150 full-color illustrations. You've never seen Earth like this before: continents reshaped, oceans re-formed, cities rebuilt, and mountains sculpted anew. Dinosaurs roam the plains alongside herds of buffalo, and giant robots navigate the same waters as steam-powered ships. This is the world Diego Ribera was born into. The past, present, and future coexisting together. In New Chicago, Diego's middle school hallways buzz with kids from all eras of history and from cultures all over the world. The pieces do not always fit together neatly, but this is the world he loves. There are those, however, who do not share his affection. On his thirteenth birthday, Diego learns of a special gift he has within, a secret that is part of something much bigger—something he cannot understand. When his father, New Chicago's top engineer, is taken by the Aeternum, Diego must rescue him and prevent this evil group from disrupting the fragile peace humanity has forged.

## **Cancer and the New Biology of Water**

*Cosmological Koans* invites the reader into an intellectual adventure of the highest order. Through more than fifty Koans—pleasingly paradoxical vignettes following the ancient Zen tradition—leading physicist Anthony Aguirre takes the reader across the world from West to East, and through ideas spanning the age, breadth, and depth of the Universe. Using these beguiling Koans (Could there be a civilization on a mote of dust? How much of your fate have you made? Who cleans the universe?) and a flair for explaining complex science, Aguirre covers cosmic questions that scientific giants from Aristotle to Galileo to Heisenberg have grappled with, from the meaning of quantum theory and the nature of time to the origin of multiple universes. A playful and enlightening book, *Cosmological Koans* explores the strange hinterland between the deep structure of the physical world and our personal experience of it, giving readers what Einstein himself called “the most beautiful and deepest experience” anyone can have: a sense of the mysterious.

## **Children of the Universe**

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

## **Emf\*d**

## **The Nourishing Traditions Book of Baby & Child Care**

Volunteering at the local library during a quick-rising flood, best friends Luke and Tommy discover a long-lost book that is being sought by a secret Nazi society that would use the information it contains to change the outcome of World War II. By the author of *Brain Jack*.

## **Human Heart, Cosmic Heart**

"A fresh, profound, and fun way to look at all things astro while also making spot-on observations about your pop culture faves." —*Cosmopolitan* A soulful exploration of the twelve astrological signs embodied

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by our living “stars”—from divas to philosophers, poets to punks—and the ways they can help us better understand ourselves and each other, from the wildly popular astrology columnist for New York magazine’s *The Cut*. Whether you believe in it or not, astrology’s job has never been to give us a preordained vision of the future, nor to sort us into twelve neat personality types, but to provide the tools and language for delving into our weirdest, best, most thorny contradictions, and for understanding ourselves and each other in our full complexity. The stars and the planets then are more like mirrors that show us who we are, that give us an understanding of how to be and how to move through the world; how certain people do it differently, and what we can learn by studying them. In *Madame Clairevoyant’s Guide to the Stars*, Claire Comstock-Gay brings the sky down to Earth and points to our popular “stars”—from Aretha Franklin to Mr. Rogers, from poets in Cancer to punk singers in Scorpio—to reveal what the sky has to teach us about being human. In this wise, lyrically written guide, she examines the twelve astrological signs, illuminating the ways each one is more complicated, beautiful, and surprising than you might have been told. Claire suggests that actually it’s okay, and even important, to be a seeker, to hunger for self-knowledge, and if astrology is the vehicle for that inquiry, so be it. *Madame Clairevoyant’s Guide to the Stars* offers a clear introduction to the basics and an innovative new framework for creatively using astrology to illuminate our lives on earth. It’s a road map to our internal world, yes, but Claire also reminds us that it’s still our job to navigate it. Combining both heavenly insights and the earthly wisdom of writers like Cheryl Strayed and Heather Havrilesky and the poetry of Patricia Lockwood and Mary Oliver, *Madame Clairevoyant’s Guide to the Stars* offers a fresh, profound, and fun way to look at ourselves and others, and perhaps see each more clearly. And in that way, this book is not just beautiful, but transformative.

### **The Paleo Cardiologist**

What does man seek in religion, and what should he seek in it? How does God reveal Himself in order to bring man to a knowledge of the Truth? How does suffering help this revelation to occur? These and other questions were discussed by Fr. Seraphim Rose, an Orthodox Christian monk from the mountains of northern California, during a lecture he gave at the University of California, Santa Cruz, in 1981. The contents of this lecture comprise *God’s Revelation to the Human Heart*. Drawing from a variety of sources -- the Holy Scriptures, patristic writings, the lives of both ancient and modern saints, and accounts of persecuted Christians behind the Iron Curtain -- Fr. Seraphim goes to the core of all Christian life: the conversion of the heart of man, which causes it to bum with love for Christ and transforms one into a new being.

### **The Giving Tree**

Do you take drugs for cholesterol or high blood pressure? Are you looking to avoid a heart attack or stroke? "The Paleo Cardiologist" is about finding the cause of heart problems, instead of the typical Band-Aid fixes of conventional medicine. The truth is that heart disease can be prevented naturally and cardiologist Dr. Jack Wolfson will show you how. You can trust Dr. Wolfson. For 16 years he worked as a hospital cardiologist performing coronary angiograms and pacemakers. After meeting his chiropractic wife, Dr. Wolfson now runs a very successful, holistic cardiology office. Inside "The Paleo Cardiologist," you will learn: 1) Paleo Nutrition is the food plan for health, 2) The importance of cholesterol to every cell in the body, 3) How to avoid pharmaceuticals and skip the dangerous procedures, 4) Why stress is bad for your heart and how to relax, 5) How to get rid of the chemicals and heavy metals, 6) Sleep is critical for heart health and how to get more Z's, 7) The Top 20 supplements for heart health, 8) The Top 20 blood tests you need Get informed. Get empowered. Read "The Paleo Cardiologist," the natural way to heart health.

## **Human Heart, Cosmic Heart**

One Doctor's Surprising Answer to the Epidemic of Autoimmunity and Chronic Disease Over the past fifty years, rates of autoimmunity and chronic disease have exploded: currently 1 in 2.5 American children has an allergy, 1 in 11 has asthma, 1 in 13 has severe food allergies, and 1 in 36 has autism. While some attribute this rise to increased awareness and diagnosis, Thomas Cowan, MD, argues for a direct causal relationship to a corresponding increase in the number of vaccines American children typically receive—approximately 70 vaccine doses by age eighteen. The goal of these vaccines is precisely what we're now seeing in such abundance among our chronically ill children: the provocation of immune response. Dr. Cowan looks at emerging evidence that certain childhood illnesses are actually protective of disease later in life; examines the role of fever, the gut, and cellular fluid in immune health; argues that vaccination is an ineffective (and harmful) attempt to shortcut a complex immune response; and asserts that the medical establishment has engaged in an authoritarian argument that robs parents of informed consent. His ultimate question, from the point of view of a doctor who has decades of experience treating countless children is: What are we really doing to children when we vaccinate them?

## **The Lost Spells**

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!*

## **A Velocity of Being**

A book sits abandoned on a living room shelf. While the Blossburn family happily gets on with other things like watching TV and playing video games, the book aches to be read. The longer it sits abandoned, the more it aches. At last the book can't take it any longer. Slowly it starts to swell. Then it starts to leak! At first it's only a small trickle, but eventually the Blossburns can no longer ignore the octopus, crabs and other marine life that are swirling around their suburban home. And when pirates sail out of the book, the family must band together to reclaim their living room. Can J.J. and his parents find a way to get the characters back in the book? And in the process, will they discover that sometimes books are the best fun of all? *The Leaky Story* is an action-packed adventure into the wonderful world of books, the power of the imagination, the art of storytelling and the importance of family.

## **Regenerate**

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

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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 Fourfold Path to Healing**

This study of literary themes, linguistic practice and cultural traditions analyzes the oral traditions of Indo-Portuguese creole verse, as a synthesis from European, African and Asian sources. This musical, dramatic and textual syncretism defines tradition within the group and maintains the identity of the creole community. References are primarily to Indian and Sri Lankan materials collected in the late nineteenth century and to data in the H. Nevill collection, an extensive manuscript of Sri Lankan Creole texts from the 1870s or 1880s, housed in the British Museum. The importance of these texts is linguistic, anthropological and sociological. They are persistent in their ability to give definition to creole culture, surviving in South Asia from the seventeenth century to the present.

### **The Restaurant at the End of the Universe**

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.

### **Madame Clairevoyant's Guide to the Stars**

An expansive collection of love letters to books, libraries, and reading, from a wonderfully eclectic array of thinkers and creators.

### **Vaccines, Autoimmunity, and the Changing Nature of Childhood Illness**

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.

## **The Desire Map**

## **The Invisible Rainbow**

The follow-up to the internationally bestselling sensation *The Lost Words*, *The Lost Spells* is a beautiful collection of poems and illustrations that evokes the magic of the everyday natural world.

## **Timeless: Diego and the Rangers of the Vastlantic**

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

## **Crooked**

"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"--

## **The Heart and the Bottle**

Why do babies have lopsided smiles? Why are so many people's eyes misaligned? What started as a simple search to understand this phenomenon turned into a two-year quest that uncovered hidden links between our crooked faces and some of the most puzzling diseases of our time. From autism to Alzheimer's and from chronic fatigue syndrome to Crohn's disease, *Crooked* methodically goes through the most recent scientific research and connects the dots from the outbreak of metallic medicine in 1800s England to the eruption of neurological and autoimmune disorders so many are suffering from today. If the theories put forth in this book are true, the convergence of metals, microbes and medicine that started two hundred years ago may have set humanity on a path of suffering that could make the deadliest epidemics in history pale in comparison. Thankfully, for the millions who are afflicted, who may have found nothing to explain the cause of their suffering - these same theories could also illuminate the path to healing and recovery. WITH CHAPTERS & EXPLANATIONS FOR THESE ILLNESSES ADHD Allergies Anemia Asthma Autism Alzheimer's disease Chronic fatigue syndrome Chronic traumatic encephalopathy (CTE) Crohn's disease Diabetes (Type 1) Eating disorders Eczema Fibromyalgia

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Hearing disorders Heart disease Lupus Lyme disease Multiple sclerosis PANDAS / PANS Parkinson's disease POTS Rheumatoid arthritis Sarcoidosis Sensory processing disorder Tics Tourette syndrome Tuberos sclerosis complex Ulcerative colitis Zika

### **The Project**

"This volume is presented as a story or history starting from the moment Mankind began to peek into the microscopic world of cells and microbes with the invention of microscopes--and even earlier, much earlier--continuing through landmark events of false starts and new insights put away for the wrong reasons etc., etc., culminating in the association-induction hypothesis of today."--vii.

### **The Epistle of Paul the Apostle to The Romans**

This volume brings together Nussbaum's published papers on the relationship between literature and philosophy, especially moral philosophy. The papers, many of them previously inaccessible to non-specialist readers, deal with such fundamental issues as the relationship between style and content in the exploration of ethical issues; the nature of ethical attention and ethical knowledge and their relationship to written forms and styles; and the role of the emotions in deliberation and self-knowledge. Nussbaum investigates and defends a conception of ethical understanding which involves emotional as well as intellectual activity, and which gives a certain type of priority to the perception of particular people and situations rather than to abstract rules. She argues that this ethical conception cannot be completely and appropriately stated without turning to forms of writing usually considered literary rather than philosophical. It is consequently necessary to broaden our conception of moral philosophy in order to include these forms. Featuring two new essays and revised versions of several previously published essays, this collection attempts to articulate the relationship, within such a broader ethical inquiry, between literary and more abstractly theoretical elements.

### **The Leaky Story**

Now celebrating the 42nd anniversary of *The Hitchhiker's Guide to the Galaxy*, soon to be a Hulu original series! "Douglas Adams is a terrific satirist."—*The Washington Post Book World* Facing annihilation at the hands of the warlike Vogons? Time for a cup of tea! Join the cosmically displaced Arthur Dent and his uncommon comrades in arms in their desperate search for a place to eat, as they hurtle across space powered by pure improbability. Among Arthur's motley shipmates are Ford Prefect, a longtime friend and expert contributor to *The Hitchhiker's Guide to the Galaxy*; Zaphod Beeblebrox, the three-armed, two-headed ex-president of the galaxy; Tricia McMillan, a fellow Earth refugee who's gone native (her name is Trillian now); and Marvin, the moody android. Their destination? The ultimate hot spot for an evening of apocalyptic entertainment and fine dining, where the food speaks for itself (literally). Will they make it? The answer: hard to say. But bear in mind that *The Hitchhiker's Guide* deleted the term "Future Perfect" from its pages, since it was discovered not to be! "What's such fun is how amusing the galaxy looks through Adams's sardonically silly eyes."—*Detroit Free Press*

### **Nourishing Traditions**

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,

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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.

### **Cosmological Koans: A Journey to the Heart of Physical Reality**

Polymer physics is one of the key courses not only in polymer science but also in material science. In his textbook Strobl presents the elements of polymer physics to the necessary extent in a very didactical way. His main focus is on the concepts and major phenomena of polymer physics, not just on mere physical methods. He has written the book in a personal style evaluating the concepts he is dealing with. Every student in polymer and materials science will be happy to have it on his shelf.

### **Life**

Electricity has shaped the modern world. But how has it affected our health and environment? Over the last 220 years, society has evolved a universal belief that electricity is 'safe' for humanity and the planet. Scientist and journalist Arthur Firstenberg disrupts this conviction by telling the story of electricity in a way it has never been told before--from an environmental point of view--by detailing the effects that this fundamental societal building block has had on our health and our planet. In *The Invisible Rainbow*, Firstenberg traces the history of electricity from the early eighteenth century to the present, making a compelling case that many environmental problems, as well as the major diseases of industrialized civilization--heart disease, diabetes, and cancer--are related to electrical pollution.

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