

Dangerous Instincts How Gut Feelings Betray Us Mary Ellen Otoole

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The Fear Factor - Abigail Marsh 2017-10-10
How the brains of psychopaths and heroes show that humans are wired to be good At fourteen,

Amber could boast of killing her guinea pig, threatening to burn down her home, and seducing men in exchange for gifts. She used the

tools she had available to get what she wanted, like all children. But unlike other children, she didn't care about the damage she inflicted. A few miles away, Lenny Skutnik cared so much about others that he jumped into an ice-cold river to save a drowning woman. What is responsible for the extremes of generosity and cruelty humans are capable of? By putting psychopathic children and extreme altruists in an fMRI, acclaimed psychologist Abigail Marsh found that the answer lies in how our brain responds to others' fear. While the brain's amygdala makes most of us hardwired for good, its variations can explain heroic and psychopathic behavior. A path-breaking read, *The Fear Factor* is essential for anyone seeking to understand the heights and depths of human nature. "A riveting ride through your own brain."--Adam Grant "You won't be able to put it down."--Daniel Gilbert, New York Times bestselling author of *Stumbling on Happiness* "[It] reads like a thriller... One of the most mind-opening books I have read in years." -

-Matthieu Ricard, Author of *Altruism*

How to Hold a Grudge - Sophie Hannah

2020-01-07

NAMED ONE OF THE 100 MUST-READ BOOKS OF THE YEAR BY TIME MAGAZINE "A cheerful, mischievous rebuke to all that spiritual sincerity and floaty nonattachment and sugary loving kindness" (The Wall Street Journal), this first and only comprehensive examination of the universal, but widely misunderstood, practice of grudge-holding will show you how to use grudges to be your happiest, most optimistic, and most forgiving self. Secretly, we all hold grudges, but most of us probably think we shouldn't, and many of us deny that we do. To bear a grudge is too negative, right? Shouldn't we just forgive and move on? Wrong, says prolific crime novelist and self-appointed grudge guru Sophie Hannah, in her groundbreaking and irreverent self-help guide. Yes, it's essential to think positively if we want to live happy lives, but even more crucial is how we get to the

positive. Denying our negative emotions and experiences is likely to lead only to more pain, conflict, and stress. What if our grudges are good for us? What if we could embrace them, and use them to help ourselves and others, instead of feeling ashamed of our inability to banish negative emotions and memories from our lives? With contributions from expert psychotherapists as well as extracts from her own extensive catalog of grudges, Sophie Hannah investigates the psychological origins of grudges and also offers not-so-obvious insights into how we should acknowledge—and embrace—them in order to improve the quality of our interpersonal relationships and senses of self. Grudges do not have to fill us with hate or make us toxic, bitter, and miserable. If we approach the practice of grudge-holding in an enlightened way, it will do the opposite—we will become more forgiving. For fans of Sophie Hannah's bestselling crime novels who have ever wondered what is going on in her unusual,

brilliant mind, *How to Hold a Grudge* is “a perfect document” (The New York Times) that also reveals everything we need to know about the many different forms of grudge, the difference between a grudge and not-a-grudge (not as obvious as it seems), when we should let a grudge go, and how to honor a grudge and distill lessons from it. Hannah's practical, compassionate, and downright funny guide can turn us into better, happier people.

Cemetery John- Robert Zorn 2012-06-14

In this meticulous and authoritative account of the trial and the times of the Lindbergh kidnapping, Robert Zorn clears away decades of ungrounded speculation surrounding the case. Inspired by his father's relationship with the actual accomplices--including the mastermind--he presents the clearest ever picture of a criminal partnership that would shake every class and culture of American society. Using personal possessions and documents, never-before-seen photographs, new forensic evidence,

and extensive research, Robert Zorn has written a shocking and captivating account of the crime and the original "Trial of the Century." From the ecstatic riots that followed the Spirit of St. Louis on either side of the Atlantic, to the tragic night that would shake America's sense of security, to the horror of the New Jersey morgue where Lindbergh insisted on verifying the identity of his son, Zorn's skillful treatment meets this larger-than-life story and gives it definitive shape by revealing the true events behind the crime, for the first time.

Divergent (Divergent Trilogy, Book 1) Veronica Roth 2013-11-07

The explosive debut by No. 1 New York Times bestselling author Veronica Roth. DIVERGENT - a major motion picture series.

Breaking Dawn - Stephenie Meyer 2008-08-02

In the explosive finale to the epic romantic saga, Bella has one final choice to make. Should she stay mortal and strengthen her connection to the werewolves, or leave it all behind to become a

vampire? When you loved the one who was killing you, it left you no options. How could you run, how could you fight, when doing so would hurt that beloved one? If your life was all you had to give, how could you not give it? If it was someone you truly loved? To be irrevocably in love with a vampire is both fantasy and nightmare woven into a dangerously heightened reality for Bella Swan. Pulled in one direction by her intense passion for Edward Cullen, and in another by her profound connection to werewolf Jacob Black, a tumultuous year of temptation, loss, and strife have led her to the ultimate turning point. Her imminent choice to either join the dark but seductive world of immortals or to pursue a fully human life has become the thread from which the fates of two tribes hangs. This astonishing, breathlessly anticipated conclusion to the Twilight Saga illuminates the secrets and mysteries of this spellbinding romantic epic. It's here! #1 bestselling author Stephenie Meyer makes a triumphant return to the world of

Twilight with the highly anticipated companion, Midnight Sun: the iconic love story of Bella and Edward told from the vampire's point of view. "People do not want to just read Meyer's books; they want to climb inside them and live there." -- Time "A literary phenomenon." -- The New York Times

Blink - Malcolm Gladwell 2007-04-03

From the #1 bestselling author of The Bomber Mafia, the landmark book that has revolutionized the way we understand leadership and decision making. In his breakthrough bestseller The Tipping Point, Malcolm Gladwell redefined how we understand the world around us. Now, in Blink, he revolutionizes the way we understand the world within. Blink is a book about how we think without thinking, about choices that seem to be made in an instant--in the blink of an eye--that actually aren't as simple as they seem. Why are some people brilliant decision makers, while others are consistently inept? Why do some

people follow their instincts and win, while others end up stumbling into error? How do our brains really work--in the office, in the classroom, in the kitchen, and in the bedroom? And why are the best decisions often those that are impossible to explain to others? In Blink we meet the psychologist who has learned to predict whether a marriage will last, based on a few minutes of observing a couple; the tennis coach who knows when a player will double-fault before the racket even makes contact with the ball; the antiquities experts who recognize a fake at a glance. Here, too, are great failures of "blink": the election of Warren Harding; "New Coke"; and the shooting of Amadou Diallo by police. Blink reveals that great decision makers aren't those who process the most information or spend the most time deliberating, but those who have perfected the art of "thin-slicing"--filtering the very few factors that matter from an overwhelming number of variables.

Under and Al one- William Queen 2007-06-26

In 1998, William Queen was a veteran law enforcement agent with a lifelong love of motorcycles and a lack of patience with paperwork. When a “confidential informant” made contact with his boss at the Bureau of Alcohol, Tobacco and Firearms, offering to take an agent inside the San Fernando chapter of the Mongols (the scourge of Southern California, and one of the most dangerous gangs in America), Queen jumped at the chance, not realizing that he was kicking-starting the most extensive undercover operation inside an outlaw motorcycle gang in the history of American law enforcement. Nor did Queen suspect that he would penetrate the gang so successfully that he would become a fully “patched-in” member, eventually rising through their ranks to the office of treasurer, where he had unprecedented access to evidence of their criminal activity. After Queen spent twenty-eight months as “Billy St. John,” the bearded, beer-swilling, Harley-riding gang-banger, the truth of his identity

became blurry, even to himself. During his initial “prospecting” phase, Queen was at the mercy of crank-fueled criminal psychopaths who sought to have him test his mettle and prove his fealty by any means necessary, from selling (and doing) drugs, to arms trafficking, stealing motorcycles, driving getaway cars, and, in one shocking instance, stitching up the face of a Mongol “ol’ lady” after a particularly brutal beating at the hands of her boyfriend. Yet despite the constant criminality of the gang, for whom planning cop killings and gang rapes were business as usual, Queen also came to see the genuine camaraderie they shared. When his lengthy undercover work totally isolated Queen from family, his friends, and ATF colleagues, the Mongols felt like the only family he had left. “I had no doubt these guys genuinely loved Billy St. John and would have laid down their lives for him. But they wouldn’t hesitate to murder Billy Queen.” From Queen’s first sleight of hand with a line of methamphetamine in front of him and a knife at

his throat, to the fearsome face-off with their decades-old enemy, the Hell's Angels (a brawl that left three bikers dead), to the heartbreaking scene of a father ostracized at Parents' Night because his deranged-outlaw appearance precluded any interaction with regular citizens, *Under and Alone* is a breathless, adrenaline-charged read that puts you on the street with some of the most dangerous men in America and with the law enforcement agents who risk everything to bring them in.

Four Crows - Lily White 2017-12-22

[An Educator's Guide to Assessing Threats in Student Writing](#) - Brian Van Brunt 2020-10-26

Based on research from the threat-assessment community, this important resource addresses the challenge of assessing concerning online communication, written narratives, and artistic works at schools, colleges, and universities. Drawing from the collective fields of law enforcement, law, and psychology, the authors

expand on evidence-based practices to help student affairs staff and K-12 educators best assess the validity of these communications and develop intervention and management plans. Concepts are supported through numerous examples of social media posts, written fiction work, emails and examples from past attacks, as well as averted plans. Appropriate for the classroom, Behavioral Intervention Teams, frontline teaching staff and administrators, this new resource will ensure an evidence-based approach to early assessment and intervention.

[The Inquisitor](#) - Mark Allen Smith 2012-04-10
Possessing an uncanny ability to recognize lies, professional information retrieval expert Geiger, who refuses to use his torturous techniques on children, places his own life on the line to rescue a 12-year-old boy that a dangerous client has abducted for questioning. A first novel.

[Morality for Humans](#) - Mark Johnson 2015-09-04
What is the difference between right and wrong? This is no easy question to answer, yet we

constantly try to make it so, frequently appealing to some hidden cache of cut-and-dried absolutes, whether drawn from God, universal reason, or societal authority. Combining cognitive science with a pragmatist philosophical framework in *Morality for Humans: Ethical Understanding from the Perspective of Cognitive Science*, Mark Johnson argues that appealing solely to absolute principles and values is not only scientifically unsound but even morally suspect. He shows that the standards for the kinds of people we should be and how we should treat one another—which we often think of as universal—are in fact frequently subject to change. And we should be okay with that. Taking context into consideration, he offers a remarkably nuanced, naturalistic view of ethics that sees us creatively adapt our standards according to given needs, emerging problems, and social interactions. Ethical naturalism is not just a revamped form of relativism. Indeed, Johnson attempts to overcome the absolutist-

versus-relativist impasse that has been one of the most intractable problems in the history of philosophy. He does so through a careful and inclusive look at the many ways we reason about right and wrong. Much of our moral thought, he shows, is automatic and intuitive, gut feelings that we follow up and attempt to justify with rational analysis and argument. However, good moral deliberation is not limited merely to intuitive judgments supported after the fact by reasoning. Johnson points out a crucial third element: we imagine how our decisions will play out, how we or the world would change with each action we might take. Plumbing this imaginative dimension of moral reasoning, he provides a psychologically sophisticated view of moral problem solving, one perfectly suited for the embodied, culturally embedded, and ever-developing human creatures that we are. *Harm to Others*- Brian Van Brunt 2014-12-16 Harm to Others offers students and clinicians an effective way to increase their knowledge of and

training in violence risk and threat assessment, and it also provides a comprehensive examination of current treatment approaches. Although the text includes many examples from K-12 and college/university settings, which are particularly relevant for mental health professionals in school settings, the underlying concepts and suggestions are useful for counselors, psychologists, and social workers who face these issues in their daily practice. In an easy-to-understand, jargon-free manner, Dr. Van Brunt shares his observations, extensive clinical expertise, and the latest research on what clinicians should be aware of when performing risk and threat assessments. In addition, he offers numerous examples from recent mass shootings and rampage violence to help explain the motivations and risk factors of those who make threats. Two detailed case examples are presented to illustrate key concepts related to assessing dangerousness. Treatment options are then described, using a

variety of diverse case studies to demonstrate concrete approaches for clients who have been identified as at risk for violence following a threat assessment. *Requests for digital versions from the ACA can be found on wiley.com. *To request print copies, please visit the ACA website here. *Reproduction requests for material from books published by ACA should be directed to permissions@counseling.org.

The Center Cannot Hold - Elyn R. Saks
2007-08-14

A much-praised memoir of living and surviving mental illness as well as "a stereotype-shattering look at a tenacious woman whose brain is her best friend and her worst enemy" (Time). Elyn R. Saks is an esteemed professor, lawyer, and psychiatrist and is the Orrin B. Evans Professor of Law, Psychology, Psychiatry, and the Behavioral Sciences at the University of Southern California Law School, yet she has suffered from schizophrenia for most of her life, and still has ongoing major episodes of the

illness. The Center Cannot Hold is the eloquent, moving story of Elyn's life, from the first time that she heard voices speaking to her as a young teenager, to attempted suicides in college, through learning to live on her own as an adult in an often terrifying world. Saks discusses frankly the paranoia, the inability to tell imaginary fears from real ones, the voices in her head telling her to kill herself (and to harm others), as well as the incredibly difficult obstacles she overcame to become a highly respected professional. This beautifully written memoir is destined to become a classic in its genre.

White Supremacist Violence - Brian Van Brunt
2022-11-22

White Supremacist Violence is a powerful resource for education and mental health professionals who are developing the tools and skills needed to slow the progress of the fast-growing hate movement in the United States. Chapters immerse the reader in a hybrid of

research, historical reviews, current events, social media and online content, case studies, and personal experiences. The first half of the text explores the ways in which individuals become increasingly indoctrinated through the exploitation of cognitive openings, perceptions of real or imagined marginalization, and exposure to political rhetoric and manipulation, as well as an examination of social media and commerce sites that create a climate ripe for recruitment. The second half of the book walks the reader through three case studies and offers treatment considerations to assist mental-health professionals and those developing education and prevention-based programming. White Supremacist Violence gives readers useful perspectives and insights into the white supremacy movement while offering clinicians, threat-assessment professionals, and K-12 and university educators and administrators practical guidance on treatment and prevention efforts.

The School Shooter - 2000

International Handbook of Threat Assessment
J. Reid Meloy 2021

Revised edition of International handbook of threat assessment, [2014]

Murderous Minds - Dean A. Haycock 2021-11-15

Is there a biological basis for evil? From neurological imaging to behavioral studies, Dean Haycock's account of the groundbreaking research reveals what scientists are learning about the psychopaths living among us. How many times have you seen a murder on the news or on a TV show like CSI: Crime Scene Investigation, and said to yourself, "How could someone do something like that?" Today, neuroscientists are imaging, mapping, testing and dissecting the source of the worst behavior imaginable in the brains of the people who lack a conscience: psychopaths. Neuroscientist Dean Haycock examines the behavior of real life psychopaths and discusses how their actions can

be explained in scientific terms, from research that literally looks inside their brains to understanding out psychopaths, without empathy but very goal-oriented, think and act the way they do. Some don't commit crimes at all, but rather make use of their skills in the boardroom. But what does this mean for lawyers, judges, psychiatrists, victims and readers--for anyone who has ever wondered how some people can be so bad. Could your nine-year-old be a psychopath? What about your co-worker? The ability to recognize psychopaths using the scientific method has vast implications for society, and yet is still loaded with consequences.

The Signal and the Noise Nate Silver
2015-02-03

UPDATED FOR 2020 WITH A NEW PREFACE BY NATE SILVER "One of the more momentous books of the decade." —The New York Times Book Review Nate Silver built an innovative system for predicting baseball performance,

predicted the 2008 election within a hair's breadth, and became a national sensation as a blogger—all by the time he was thirty. He solidified his standing as the nation's foremost political forecaster with his near perfect prediction of the 2012 election. Silver is the founder and editor in chief of the website FiveThirtyEight. Drawing on his own groundbreaking work, Silver examines the world of prediction, investigating how we can distinguish a true signal from a universe of noisy data. Most predictions fail, often at great cost to society, because most of us have a poor understanding of probability and uncertainty. Both experts and laypeople mistake more confident predictions for more accurate ones. But overconfidence is often the reason for failure. If our appreciation of uncertainty improves, our predictions can get better too. This is the “prediction paradox”: The more humility we have about our ability to make predictions, the more successful we can be in

planning for the future. In keeping with his own aim to seek truth from data, Silver visits the most successful forecasters in a range of areas, from hurricanes to baseball to global pandemics, from the poker table to the stock market, from Capitol Hill to the NBA. He explains and evaluates how these forecasters think and what bonds they share. What lies behind their success? Are they good—or just lucky? What patterns have they unraveled? And are their forecasts really right? He explores unanticipated commonalities and exposes unexpected juxtapositions. And sometimes, it is not so much how good a prediction is in an absolute sense that matters but how good it is relative to the competition. In other cases, prediction is still a very rudimentary—and dangerous—science. Silver observes that the most accurate forecasters tend to have a superior command of probability, and they tend to be both humble and hardworking. They distinguish the predictable from the unpredictable, and they notice a

thousand little details that lead them closer to the truth. Because of their appreciation of probability, they can distinguish the signal from the noise. With everything from the health of the global economy to our ability to fight terrorism dependent on the quality of our predictions, Nate Silver's insights are an essential read.

[Pitch Perfect](#) - Bill McGowan 2014-04-01
Media guru and Emmy Award-winning correspondent Bill McGowan—coach to some of the biggest names in business and entertainment, including Eli Manning, Kelly Clarkson, Jack Welch, Thomas Keller and Kenneth Cole teaches you how to get your message across and get what you want with pitch perfect communication. He is also a trusted advisor in the C-suites of tech companies like, Facebook, Spotify, AirBnB, Dropbox and Salesforce.com. Saying the right thing the right way can make the difference between sealing the deal or losing the account, getting a promotion, or getting a pink slip. It's essential to

be pitch perfect—to get the right message across to the right person at the right time. In Pitch Perfect, Bill McGowan shows you how to craft the right message and deliver it using the right language—both verbal and nonverbal. Pitch Perfect teaches you how to overcome common communication pitfalls using McGowan's simple Principles of Persuasion, which are highly effective and easy to learn, implement, and master. With Pitch Perfect you can harness the power of persuasion and have people not only listening closely to your every word but also remembering you long after you've left the room.

[Alpha Night](#) - Nalini Singh 2021-01-05
New York Times bestselling author Nalini Singh returns to her breathtaking Psy-Changeling Trinity series with a mating that shouldn't exist... Alpha wolf Selenka Durev's devotion to her pack is equaled only by her anger at anyone who would harm those under her care. That currently includes the empaths who've flowed

into her city for a symposium that is a security nightmare, a powder keg just waiting for a match. Ethan Night is an Arrow who isn't an Arrow. Numb and disengaged from the world, he's loyal only to himself. Assigned as part of the security force at a world-first symposium, he carries a dark agenda tied to the power-hungry and murderous Consortium. Then violence erupts and Ethan finds himself crashing into the heart and soul of an alpha wolf. Mating at first sight is a myth, a fairytale. Yet Selenka's wolf is resolute: Ethan Night, broken Arrow and a man capable of obsessive devotion, is the mate it has chosen. Even if the mating bond is full of static and not quite as it should be. Because Selenka's new mate has a terrible secret, his mind surging with a power that is a creature of madness and death...

Junk Science - Dan Agin 2007-11-27

An overdue indictment of government, industry, and faith groups that twist science for their own gain.

The Decisive Moment - Jonah Lehrer 2009

Our best decisions are a finely tuned blend of feeling and reason - and the precise mix depends on the situation. This title shows how the fluctuations of a few dopamine neurons saved a battleship during the Persian Gulf War, and how the fevered activity of a single brain region led to the sub-prime mortgage crisis.

No Place to Run - Maya Banks 2010-12-07

The last person Sam Kelly expected to save was Sophie Lundgren. Once they shared a brief, intense affair while Sam was undercover and then she vanished. She's spent the last few months on the run, knowing that any mistake would cost her both her life and that of their unborn child. Now she's resurfaced with a warning for Sam: this time, he's the one in danger.

Corporate Governance - Walter Effross
2022-02-07

Buy a new version of this textbook and receive access to the Connected eBook on

CasebookConnect, including: lifetime access to the online ebook with highlight, annotation, and search capabilities, plus an outline tool and other helpful resources. Connected eBooks provide what you need most to be successful in your law school classes. Corporate Governance examines in an extraordinarily practical and accessible way the legal concerns of today's shareholders, stakeholders, directors, officers, and their counsel, with a special emphasis on drafting documents and developing procedures to anticipate and prevent problems. Designed for real-world application by students, practitioners, executives, investors, and activists, the text includes excerpts from only the most important judicial decisions. Extensive notes and analyses provide context from courts, commentators, institutional investors, proxy advisors, stock exchange requirements, and businesspeople. Dozens of examples "ripped from the headlines," or taken from corporate documents, the "Great Books," or pop culture illustrate and illuminate

key principles. Appendices offer detailed information to establish, support, and advance the reader's career in corporate governance practice. New to the Third Edition: Composite provisions, offset in text boxes, patterned on the corporate governance guidelines of major corporations, identify the issues in and approaches to drafting such documents. New appendices discussing: On Preparing and Presenting "Actionable" Advice, for both executives and their counsel (Appendix B), and Ten Tips for Transparency in Posting Core Corporate Documents Online (Appendix C); and a fully updated list of Recommended Resources for Corporate Governance Research (Appendix A). In Chapter 1, enhanced discussion and examples of themes and trends in the study, theory, and practice of corporate governance. Throughout Chapter 2, expanded treatment of the directors' responsibility to monitor and reduce risks (including special issues of cybersecurity); and analyses of the rules of

conduct for board meetings, of variable/differential voting powers of directors; and of emergency bylaws. In Chapter 3, new discussions of meetings in “executive session,” and of the viability of a policy against a company’s directors’ dating each other; and additional material on: constraints on executives’ “private” activities and statements; special responsibilities of members of the audit committee; and the composition and role of the executive committee. In Chapter 4, updated discussions of virtual meetings of shareholders, of the rules of conduct for shareholder meetings, and of forum selection provisions for intracorporate litigation; and new sections on “loyalty shares”/“tenure voting,” on fee-shifting provisions, and on mandatory arbitration provisions. In Chapter 5, new examinations of: increased efforts (and mandates) to diversify the composition of boards; the “financial literacy” requirement for (some) directors; enabling the CEO also to serve as the board chair; the role of

the “executive chair”; “golden leashes” for directors; the roles and responsibilities of advisory board members, advisory directors, emeritus directors, honorary directors, and board observers; proxy access proposals; and “refreshing” the board through age and term limits for directors. In Chapter 6, expanded discussions of clawbacks, restrictions on executives’ pledging and hedging company stock, Key Employee Retention Plans (KERPs) in bankruptcy situations, “golden hellos,” and “say on pay” litigation; and an analysis of the recent requirement of “pay ratio disclosure.” In Chapter 7, updated material on ESG (Environmental, Social, and Governance) issues, and on social enterprises such as benefit corporations and Certified B Corporations. In Chapter 8, a new discussion of the role and relationship to corporate counsel, of the chief compliance officer. Professors and students will benefit from: References to more than 200 newly added decisions. Identification of hundreds of

intriguing topics for papers and/or blogs. Comparisons and contrasts of the governance practices supported by institutional investors, proxy advisors, and stock exchanges. A practice-ready, drafting-oriented approach to the systems, structures, and strategies of corporate governance.

Understanding and Treating Incels Brian Van Brunt 2020-11-29

Understanding and Treating Incels is an indispensable guide for mental health clinical staff, social workers, prevention specialists, educators, and threat assessment professionals who want to better understand the involuntary celibate movement, assess individuals' potential for violence, and offer treatment approaches and prevention efforts. Chapters explore the movement in terms of gender, technology, the media, and pornography usage. The book discusses how the incel mentality has motivated individuals to misogynistic worldviews and increased rage and disillusionment, and inspired

acts of targeted violence such as school shootings and mass casualty events. Later chapters walk the reader through three case studies and offer treatment considerations to assist mental health professionals and those developing education and prevention-based programming. The complete text gives the reader useful perspectives and insights into incel culture while offering mental health clinicians and educators guidance on treatment and prevention efforts.

The Hungry Brain - Stephan J. Guyenet, Ph.D. 2017-02-07

A Publishers Weekly Best Book of the Year From an obesity and neuroscience researcher with a knack for engaging, humorous storytelling, *The Hungry Brain* uses cutting-edge science to answer the questions: why do we overeat, and what can we do about it? No one wants to overeat. And certainly no one wants to overeat for years, become overweight, and end up with a high risk of diabetes or heart disease--yet two

thirds of Americans do precisely that. Even though we know better, we often eat too much. Why does our behavior betray our own intentions to be lean and healthy? The problem, argues obesity and neuroscience researcher Stephan J. Guyenet, is not necessarily a lack of willpower or an incorrect understanding of what to eat. Rather, our appetites and food choices are led astray by ancient, instinctive brain circuits that play by the rules of a survival game that no longer exists. And these circuits don't care about how you look in a bathing suit next summer. To make the case, *The Hungry Brain* takes readers on an eye-opening journey through cutting-edge neuroscience that has never before been available to a general audience. The *Hungry Brain* delivers profound insights into why the brain undermines our weight goals and transforms these insights into practical guidelines for eating well and staying slim. Along the way, it explores how the human brain works, revealing how this mysterious organ

makes us who we are.

Psychic Self-Defense Dion Fortune 2020-12-12
A new edition of an occult classic, which includes a new introduction by Mary K. Greer, author of *Women of the Golden Dawn*, and a new afterword with excerpts from rarely seen documents by Fortune herself describing how the book came about. After finding herself the subject of a powerful psychic attack in the 1930s, famed British occultist Dion Fortune wrote this detailed instruction manual on protecting oneself from paranormal attack. This classic psychic self-defense guide explains how to understand the signs of a psychic attack, vampirism, hauntings, and methods of defense. Everything you need to know about the methods, motives, and physical aspects of a psychic attack and how to overcome it is here, along with a look at the role psychic elements play in mental illness and how to recognize them. This is one of the best guides to detection and defense against psychic attack from one of the leading occult

writers of the twentieth century. This Weiser Classics edition of Dion Fortune's *Psychic Self-Defense* includes a new forward by Mary K. Greer, author of numerous books including *Tarot for Your Self*, and a new afterword by Christian Gilson that chronicles the original context surrounding Dion Fortune's writing of the book. Mr. Gibson is the editor of *The Inner Light*, the journal published by the Society of Inner Light.

Nineteen Eighty-Four - George Orwell

2021-01-09

"Nineteen Eighty-Four: A Novel", often published as "1984", is a dystopian social science fiction novel by English novelist George Orwell. It was published on 8 June 1949 by Secker & Warburg as Orwell's ninth and final book completed in his lifetime. Thematically, "Nineteen Eighty-Four" centres on the consequences of totalitarianism, mass surveillance, and repressive regimentation of persons and behaviours within society. Orwell, himself a democratic socialist, modelled the

authoritarian government in the novel after Stalinist Russia. More broadly, the novel examines the role of truth and facts within politics and the ways in which they are manipulated. The story takes place in an imagined future, the year 1984, when much of the world has fallen victim to perpetual war, omnipresent government surveillance, historical negationism, and propaganda. Great Britain, known as Airstrip One, has become a province of a totalitarian superstate named Oceania that is ruled by the Party who employ the Thought Police to persecute individuality and independent thinking. Big Brother, the leader of the Party, enjoys an intense cult of personality despite the fact that he may not even exist. The protagonist, Winston Smith, is a diligent and skillful rank-and-file worker and Outer Party member who secretly hates the Party and dreams of rebellion. He enters into a forbidden relationship with a colleague, Julia, and starts to remember what life was like before the Party

came to power.

Moving Beyond Betrayal- Vicki Tidwell Palmer
2016-05-16

Partners experience dire consequences as a result of being in a relationship with someone suffering from compulsive sexual behavior. Their emotional well-being requires developing new skill sets for self-care and self-protection as they confront the difficult and painful process of discovery, disclosure, and beyond. In other words—they need boundaries. This is the first book specifically for partners affected by addictive behavior that addresses, in detail, how to identify, create, and maintain boundaries as a vital component of self-care and an indispensable tool for healing and growth.

Moving Beyond Betrayal guides partners to define the current problem(s); identify needs that aren't being met; find where they have the power to effect change; take action; and evaluate the results to determine if their goal has been accomplished. The author examines all

aspects of effective boundary work, including what to do when boundaries are violated. Through working the 5-Step Boundary Solution partners will: Gain clarity Reduce the chaos inherent in relationships impacted by sex addiction Feel more empowered and in control of their lives Discover whether or not their relationship with the addict is salvageable Vicki Tidwell Palmer is a Licensed Clinical Social Worker (LCSW), Certified Sex Addiction Therapist (CSAT), and Somatic Experiencing Practitioner (SEP) in private practice in Houston, Texas. She is the author of the blog for partners *Survival Strategies for Partners of Sex Addicts*.

Serial Murderers and Their Victims Eric W. Hickey 2015-01-19

This text provides an in-depth, scholarly examination of serial murderers and their victims. Supported by extensive data and research, the book profiles some of the most prominent murderers of our time, addressing the

highest-profile serial killer type--the sexual predator--as well as a wide variety of other types (male, female, team, healthcare, and serial killers from outside the U.S.). Author Eric Hickey examines the lives of over 400 serial murderers, analyzing the cultural, historical, and religious factors that influence our myths and stereotypes of these individuals. He describes the biological, psychological, and sociological reasons for serial murder and discusses profiling and other law enforcement issues related to the apprehension and disposition of serial killers. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

Handbook of Behavioral Criminology -

Vincent B. Van Hasselt 2018-02-10

This multidisciplinary volume assembles current findings on violent crime, behavioral, biological, and sociological perspectives on its causes, and effective methods of intervention and prevention. Noted experts across diverse fields

apply a behavioral criminology lens to examine crimes committed by minors, extremely violent offenses, sexual offending, violence in families, violence in high-risk settings, and crimes of recent and emerging interest. The work of mental health practitioners and researchers is shown informing law enforcement response to crime in interrogation, investigative analysis, hostage negotiations, and other core strategies. In addition, chapters pay special attention to criminal activities that violate traditional geographic boundaries, from cyberstalking to sex trafficking to international terrorism. Among the topics in the Handbook: · Dyadic conceptualization, measurement, and analysis of family violence. · School bullying and cyberbullying: prevalence, characteristics, outcomes, and prevention. · A cultural and psychological perspective on mass murder. · Young people displaying problematic sexual behavior: the research and their words. · Child physical abuse and neglect. · Criminal

interviewing and interrogation in serious crime investigations. · Violence in correctional settings. · Foundations of threat assessment and management. The Handbook of Behavioral Criminology is a meticulous resource for researchers in criminology, psychology, sociology, and related fields. It also informs developers of crime prevention programs and practitioners assessing and intervening with criminal clients and in correctional facilities.

Dangerous Instincts - Mary Ellen O'Toole 2011
Shares guidelines for protecting oneself from physical, financial, legal, and professional harm, outlining methods for everything from responding to random threats and hiring babysitters to finding honest investment advisors and seeking employment.

Passion and Reason - Richard S. Lazarus
1994-11-03

When Oxford published Emotion and Adaptation, the landmark 1991 book on the psychology of emotion by internationally acclaimed stress and

coping expert Richard Lazarus, Contemporary Psychology welcomed it as "a brightly shining star in the galaxy of such volumes."

Psychiatrists, psychologists and researchers hailed it as a masterpiece, a major breakthrough in our understanding of the emotional process and its central role in our adaptation as individuals and as a species. What was still needed, however, was a book for general readers and health care practitioners that would dispel the myths still surrounding cultural beliefs about emotion and systematically explain the relevance of the new research to the emotional dramas of our everyday lives. Now, in Passion and Reason, Lazarus draws on his four decades of pioneering research to bring readers the first book to move beyond both clinical jargon and "feel-good" popular psychology to really explain, in plain, accessible language, how emotions are aroused, how they are managed, and how they critically shape our views of ourselves and the world around us. With his co-

author writer Bernice Lazarus, Dr. Lazarus explores the latest findings on the short and long-term causes and effects of various emotions, including the often conflicting research on stress management and links between negative emotions and heart disease, cancer, and other aspects of physical and psychological health. Lazarus makes a strong case that contrary to common assumption, emotions are not irrational--our emotions and our analytical thought processes are inextricably linked. While not a "how-to" book, *Passion and Reason* does describe how readers can interpret what lies behind their own emotions and those of their families, friends, and co-workers, and how to manage them more effectively. Exploring fifteen emotions in depth, from love to jealousy, the authors show how the personal meaning we give to the events and conditions of our lives trigger such emotions as anger, anxiety, guilt, and pride. They provide fascinating vignettes to frame a "biography" of each emotion. Some are

composite case histories drawn from Dr. Lazarus's long career, but most are stories of people the Lazaruses have known over the years--people whose emotional fears, conflicts, and desires mirror readers' own. The Lazaruses also offer a special chapter on the diverse strategies of coping people use in managing their emotions, and another, "When Coping Fails," on psychotherapy and its approaches to emotional stress and dysfunction, from traditional Freudian psychoanalysis to continuing research into relaxation techniques, meditation, hypnosis, and biofeedback. Packed with insight and compellingly readable, *Passion and Reason* will enrich all readers fascinated by our emotional lives.

The Prometheus Deception/The Sigma Protocol - Robert Ludlum 2006-09-05

Prometheus Deception Robert Ludlum is the acknowledged master of suspense and international intrigue. For over thirty years, in over twenty international bestsellers, he has a

set a standard that has never been equaled. Now, with the Prometheus Deception, he proves that he is at the very pinnacle of his craft. Nicholas Bryson spent years as a deep cover operative for the American secret intelligence group, the Directorate. After critical undercover mission went horribly wrong, Bryson was retired to a new identity. Years later, his closely held cover is cracked and Bryson learns that the Directorate was not what it claimed - that he was a pawn in a complex scheme against his own country's interests. Now, it has become increasingly clear that the shadowy Directorate is headed for some dangerous endgame - but no one knows precisely who they are and what they are planning. With Bryson their only possible asset, the director of the CIA recruits Bryson to find, reinfiltate, and stop the Directorate. But after years on the sidelines, Bryson's field skills are rusty, his contacts unreliable, and his instincts suspect. With everything he thought he knew about his own life in question, Bryson is all

alone in a wilderness of mirrors - unsure what is and isn't true and who, if anyone, he can trust - with the future of millions in the balance. Sigma Protocol Ben Hartman is vacationing in Zurich, Switzerland when he chances upon his old friend Jimmy Cavanaugh—a madman who's armed and programmed to assassinate. In a matter of minutes, six innocent bystanders are dead. So is Cavanaugh. But when his body vanishes, and his weapon mysteriously appears in Hartman's luggage, Hartman is plunged into an unfathomable nightmare... Meanwhile, Anna Navarro, field agent for the Department of Justice, has been asked to investigate the sudden, random deaths of eleven men throughout the world. The only thing that connects them? A secret file, over a half-century old, that's linked to the CIA—and is marked with the same puzzling codename: Sigma. As Anna follows the connecting thread—and Hartman finds himself on the run—she ends up in the shadows of a relentless killer who is one step

ahead of her...victim by victim. Now, she and Hartman together must uncover the diabolical secrets long held behind Sigma. It will threaten everything they think they know about themselves—and confirm their very worst fears...

Inner Work - Robert A. Johnson 2009-11-03

From Robert A. Johnson, the bestselling author of *Transformation, Owning Your Own Shadow*, and the groundbreaking works *He, She, and We*, comes a practical four-step approach to using dreams and the imagination for a journey of inner transformation. In *Inner Work*, the renowned Jungian analyst offers a powerful and direct way to approach the inner world of the unconscious, often resulting in a central transformative experience. A repackaged classic by a major name in the field, Robert Johnson's *Inner Work* enables us to find extraordinary strengths and resources in the hidden depths of our own subconscious.

A Beautiful, Terrible Thing Waite

2017-07-11

A woman discovers her marriage is built on an illusion in this harrowing and ultimately inspiring memoir. "Be forewarned: You won't sleep until you finish the last page."—Caroline Leavitt, author of *Cruel Beautiful World* One night. One email. Two realities... Before: Jen Waite has met the partner of her dreams. A handsome, loving man who becomes part of her family, evolving into her husband, her best friend, and the father of her infant daughter. After: A disturbing email sparks suspicion, leading to an investigation of who this man really is and what was really happening in their marriage. In alternating Before and After chapters, Waite obsessively analyzes her relationship, trying to find a single moment from the past five years that isn't part of the long con of lies and manipulation. Instead, she finds more lies, infidelity, and betrayal than she could have imagined. With the pacing and twists of a psychological thriller, *A Beautiful, Terrible Thing* looks at how a fairy tale can become a nightmare

and what happens when “it could never happen to me” actually does.

The Righteous Mind - Jonathan Haidt 2013-02-12

NEW YORK TIMES BESTSELLER • The acclaimed social psychologist challenges conventional thinking about morality, politics, and religion in a way that speaks to conservatives and liberals alike—a “landmark contribution to humanity’s understanding of itself” (The New York Times Book Review).

Drawing on his twenty-five years of groundbreaking research on moral psychology, Jonathan Haidt shows how moral judgments arise not from reason but from gut feelings. He shows why liberals, conservatives, and libertarians have such different intuitions about right and wrong, and he shows why each side is actually right about many of its central concerns. In this subtle yet accessible book, Haidt gives you the key to understanding the miracle of human cooperation, as well as the curse of our eternal divisions and conflicts. If you’re ready to

trade in anger for understanding, read The Righteous Mind.

A Slave of Catiline - Paul Anderson 1957

Sentimental Education - Gustave Flaubert
2016-03-03

'For certain men the stronger their desire, the less likely they are to act.' With his first glimpse of Madame Arnoux, Frédéric Moreau is convinced he has found his romantic destiny, but when he pursues her to Paris the young student is unable to translate his passion into decisive action. He also finds himself distracted by the equally romantic appeal of political action in the turbulent years leading up to the revolution of 1848, and by the attractions of three other women, each of whom seeks to make him her own: a haughty society lady, a capricious courtesan, and an artless country girl. Flaubert offers a vivid and unsparing portrait of the young men of his generation, struggling to salvage something of their ideals in a city where

corruption, consumerism, and a pervasive sense of disenchantment undermine all but the most compromised erotic, aesthetic, and social initiatives. Sentimental Education combines thoroughgoing irony with an impartial but unexpectedly intense sympathy in a novel whose realism competes with that of Balzac and whose innovations in narrative plot and perspective mark a turning-point in the development of literary modernism. ABOUT THE SERIES: For over 100 years Oxford World's Classics has made available the widest range of literature from around the globe. Each affordable volume reflects Oxford's commitment to scholarship, providing the most accurate text plus a wealth of other valuable features, including expert introductions by leading authorities, helpful notes to clarify the text, up-to-date bibliographies for further study, and much more.

5G Tai Chi - Scott Meredith 2019-05-27

I don't know how to describe this book. If I say it's ideal for beginners, I'll be hit with

incredulity: How can a book that teaches so many obscure yet specific, fully functional drills for generating the deepest experience of internal power, with the physical training process as well as energetic effects laid out in illustrated drill steps - all supported by precise, original translations of the relevant sections of the classical Tai Chi writings supplemented with texts by little known historical masters - possibly be considered a 'beginner' book? On the other hand, calling it 'advanced' belies my motivation in writing it, because this is exactly the book I wish I'd been issued at the first Tai Chi class I ever attended. Not only for inspiration but for the specific, ground-truth covert energy methods. This book is packed with Tai Chi-based internal cultivation techniques that will take your practice of any Tai Chi style into hyperdrive. No matter how I describe it, somebody will post saying they feel ripped off. Furthermore, let me say it loud, say it clear, right up front: 'you cannot learn the form

sequence from this book'. Is that plain enough?
So - beginner? advanced? It's both, it's neither,
or give me some other word for it. All I can say is
that if you have any reasonable degree of
intelligent, working interest in Tai Chi or human
internal energy, this book was written for you.
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