

## **Gaia A New Look At Life On Earth Oxford Landmark Science**

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### **The Ages of Gaia**

This is Guy Laliberté documentation of his experience in space featuring his photographs of Earth as seen from the International Space Station. Captivated by the beauty of the surface of the Earth, Laliberté's photos show the colors and textures visible only 220 miles away. A stable subject and a moving photographer - the ISS is moving at 17,500 miles per hour, doing 6 tours of the earth every 24 hours - made for truly original conditions. Using the Nikon D3S and Nikon D3X digital-SLR cameras, deserts resemble contemporary abstract paintings, cities rise up like mini-mountain ranges, and faces and figures are revealed in nature. 'Gaia' is the tour de force of Cirque du Soleil founder Guy Laliberté. A hand-bound limited edition with color plates presented in a linen clamshell box.

### **A Rough Ride to the Future**

James Lovelock's hypothesis, that the Earth is a living organism, has changed people's view of the world. This book addresses planetary health, the diagnosis of its sickness, prognosis for recovery and prescriptions for treatment. ozone layer early warning symptoms of a planetary illness? Is the human race a multiplying disease organism? Is the illness fatal? Can it be treated? These are some of the questions posed in this book by the originator of the Gaia hypothesis. Lovelock, yes there is - the new science of geophysiology, or planetary medicine. The planetary doctor's prescriptions are to be found in this book.

## **Gaia Warriors**

The Gaia hypothesis, first put forth in the mid-1960s, and published in book form in 1975, explores the idea that the life of earth functions as a single organism which actually defines and maintains conditions necessary for its survival. Disclaiming the conventional belief that living matter reacts passively in the face of threats to its existence, Lovelock argues that the earth's living matter - air, ocean, and land surfaces - forms a complex system which has the capacity to keep our planet a fit place for life. Now reissued with an updated preface which discusses how Lovelock's predictions have already begun to hold true, Gaia has dramatically altered the way scientists view evolution and the environment.

## **Symbiotic Planet**

A critical examination of James Lovelock's controversial Gaia hypothesis One of the enduring questions about our planet is how it has remained continuously habitable over vast stretches of geological time despite the fact that its atmosphere and climate are potentially unstable. James Lovelock's Gaia hypothesis posits that life itself has intervened in the regulation of the planetary environment in order to keep it stable and favorable for life. First proposed in the 1970s, Lovelock's hypothesis remains highly controversial and continues to provoke fierce debate. On Gaia undertakes the first in-depth investigation of the arguments put forward by Lovelock and others—and concludes that the evidence doesn't stack up in support of Gaia. Toby Tyrrell draws on the latest findings in fields as diverse as climate science, oceanography, atmospheric science, geology, ecology, and evolutionary biology. He takes readers to obscure corners of the natural world, from southern Africa where ancient rocks reveal that icebergs were once present near the equator, to mimics of cleaner fish on Indonesian reefs, to blind fish deep in Mexican caves. Tyrrell weaves these and many other intriguing observations into a comprehensive analysis of the major assertions and lines of argument underpinning Gaia, and finds that it is not a credible picture of how life and Earth interact. On Gaia reflects on the scientific evidence indicating that life and environment mutually affect each other, and proposes that feedbacks on Earth do not provide robust protection against the environment becoming uninhabitable—or against poor stewardship by us.

## **Novacene**

Gathers information about the world's economy, population, cultures, health care, literacy, food

supplies, employment, wildlife, ecology, natural resources, and energy supplies

## **Gaia and the New Politics of Love**

James Lovelock, creator of the Gaia hypothesis and the greatest environmental thinker of our time, has produced an astounding new theory about future of life on Earth. He argues that the anthropocene – the age in which humans acquired planetary-scale technologies – is, after 300 years, coming to an end. A new age – the novacene – has already begun.

## **Speak**

A groundbreaking look at Gaia theory's intersections with neocybernetic systems theory Often seen as an outlier in science, Gaia has run a long and varied course since its formulation in the 1970s by atmospheric chemist James Lovelock and microbiologist Lynn Margulis. Gaian Systems is a pioneering exploration of the dynamic and complex evolution of Gaia's many variants, with special attention to Margulis's foundational role in these developments. Bruce Clarke assesses the different dialects of systems theory brought to bear on Gaia discourse. Focusing in particular on Margulis's work—including multiple pieces of her unpublished Gaia correspondence—he shows how her research and that of Lovelock was concurrent and conceptually parallel with the new discourse of self-referential systems that emerged within neocybernetic systems theory. The recent Gaia writings of Donna Haraway, Isabelle Stengers, and Bruno Latour contest its cybernetic status. Clarke engages Latour on the issue of Gaia's systems description and extends his own systems-theoretical synthesis under what he terms “metabioc Gaia.” This study illuminates current issues in neighboring theoretical conversations—from biopolitics and the immunitary paradigm to NASA astrobiology and the Anthropocene. Along the way, he points to science fiction as a vehicle of Gaian thought. Delving into many issues not previously treated in accounts of Gaia, Gaian Systems describes the history of a theory that has the potential to help us survive an environmental crisis of our own making.

## **The Earth and I**

\*\*\*WINNER, 2010 Nautilus Silver Book Award – Cosmology/New Science Gaia theory argues that the flora and fauna of the planet operate in a self-regulating web that keeps the world livable. According to the theory, humankind is the most powerful species in this web and also its biggest threat. This provocative

book explores ways to minimize and ultimately eliminate this threat with love and intimacy. Controversial Italian author Serena Anderlini-D'Onofrio has authored the first global ecology study based on an analysis of human health. Anderlini-D'Onofrio identifies her remedy within the context of Gaia theory, re-envisioning it as a more inclusive philosophy that positively impacts not only relationships, but world ecology under duress. The author links human sexuality to the global ecosystem, claiming that freedom from fear will stimulate a holistic health movement powerful enough to heal relationships and restore planetary balance. Gaia and the New Politics of Love is bracing in its range, weaving together issues of human and global health; the relationship of politics, sexuality, and ecology; practices and styles of love; the changing roles of eroticism and gender in our lives; and polyamory, bisexuality, and the AIDS reappraisal movement. Clarification Statement from the Author The argument of this book emphasizes the arts of loving as a way to help humanity make peace with our hostess Gaia, the third planet. Some of these arts involve sharing emotional resources and amorous partners. Often, the arts of loving require the use of barriers: mechanical protections such as condoms. At times they do not because only tantric energies are exchanged. The author of this book is persuaded that barriers are recommendable when sexual practices result in the exchange of deep body fluids, unless previous fluid-bonding arrangements have been made. The author is also persuaded that good practices of holistic health contribute to strengthening the immune systems of those who engage in the arts of loving. Safety practices are important in making the arts of loving healthy regardless of what factors are involved in the syndromes most prevalent today, including AIDS and other conditions in the STD spectrum. Historically, disagreement has moved knowledge forward: Today's science is the result of yesterday's disagreements and controversies. The author believes in critical thinking and she respects dissidence in science today, including Gaia science, reappraisals of AIDS, and holistic medicine. She hopes her readers will be open to hearing more than one side of a story. This statement and the contents of this book do not constitute medical advice in any way. Readers are invited to consult their own healers and health care providers. Serena Anderlini-D'Onofrio, PhD Author of Gaia and the New Politics of Love Cabo Rojo, Puerto Rico, March 2010 Blog: <http://polyplanet.blogspot.com/> From the Trade Paperback edition.

**James Lovelock**

**Slanted Truths**

"Lynn Margulis is one of the most successful synthetic thinkers in modern biology. This collection of her work, enhanced by essays co-authored with Dorion Sagan, is a welcome introduction to the full breadth of her many contributions." EDWARD O. WILSON, AUTHOR OF THE DIVERSITY OF LIFE "An important contribution to the history of the 20th century. Read it and you will taste the flavor of real science." JAMES LOVELOCK, AUTHOR OF GAIA: A NEW LOOK AT LIFE ON EARTH "Truly inspirational and of fundamental importance. This thoughtful series of essays on some of the largest questions concerning the nature of life on earth deserves careful study." PETER RAVEN, MISSOURI BOTANICAL GARDEN

### **Scientists Debate Gaia**

"A journalist travels the world and investigates current socioeconomic theories of happiness to discover why most modern cities are designed to make us miserable, what we can do to change this, and why we have more to learn from poor cities than from prosperous ones"--

### **Jabari Jumps**

The emergence of modern sciences in the seventeenth century profoundly renewed our understanding of nature. For the last three centuries new ideas of nature have been continually developed by theology, politics, economics, and science, especially the sciences of the material world. The situation is even more unstable today, now that we have entered an ecological mutation of unprecedented scale. Some call it the Anthropocene, but it is best described as a new climatic regime. And a new regime it certainly is, since the many unexpected connections between human activity and the natural world oblige every one of us to reopen the earlier notions of nature and redistribute what had been packed inside. So the question now arises: what will replace the old ways of looking at nature? This book explores a potential candidate proposed by James Lovelock when he chose the name 'Gaia' for the fragile, complex system through which living phenomena modify the Earth. The fact that he was immediately misunderstood proves simply that his readers have tried to fit this new notion into an older frame, transforming Gaia into a single organism, a kind of giant thermostat, some sort of New Age goddess, or even divine Providence. In this series of lectures on 'natural religion,' Bruno Latour argues that the complex and ambiguous figure of Gaia offers, on the contrary, an ideal way to disentangle the ethical, political, theological, and scientific aspects of the now obsolete notion of nature. He lays the groundwork for a future collaboration among scientists, theologians, activists, and artists as they, and we, begin to adjust to the new climatic regime.

## **Gaia's Garden**

James Lovelock proposes that all living species are components of that organism, as cells are components of the human body.

## **Healing Gaia**

In 1965 English scientist James Lovelock had a flash of insight: the Earth is not just teeming with life; the Earth, in some sense, is life. He mulled this revolutionary idea over for several years, first with his close friend the novelist William Golding, and then in an extensive collaboration with the American scientist Lynn Margulis. In the early 1970s, he finally went public with the Gaia hypothesis, the idea that everything happens for an end: the good of planet Earth. Lovelock and Margulis were scorned by professional scientists, but the general public enthusiastically embraced Lovelock and his hypothesis. People joined Gaia groups; churches had Gaia services, sometimes with new music written especially for the occasion. There was a Gaia atlas, Gaia gardening, Gaia herbs, Gaia retreats, Gaia networking, and much more. And the range of enthusiasts was—and still is—broad. In *The Gaia Hypothesis*, philosopher Michael Ruse, with his characteristic clarity and wit, uses Gaia and its history, its supporters and detractors, to illuminate the nature of science itself. Gaia emerged in the 1960s, a decade when authority was questioned and status and dignity stood for nothing, but its story is much older. Ruse traces Gaia's connection to Plato and a long history of goal-directed and holistic—or organicist—thinking and explains why Lovelock and Margulis's peers rejected it as pseudoscience. But Ruse also shows why the project was a success. He argues that Lovelock and Margulis should be commended for giving philosophy firm scientific basis and for provoking important scientific discussion about the world as a whole, its homeostasis or—in this age of global environmental uncertainty—its lack thereof. Melding the world of science and technology with the world of feeling, mysticism, and religion, *The Gaia Hypothesis* will appeal to a broad range of readers, from students and scholars of the history and philosophy of science to anyone interested in New Age culture.

## **Gaia, a New Look at Life on Earth**

*Gaia: A New Look At Life on Earth* may continue to divide opinion, but nobody can deny that the book offers a powerful insight into the creative thinking of its author, James E. Lovelock. Published in 1979, *Gaia* offered a radically new hypothesis: the Earth, Lovelock argued, is a living entity. Together,

the planet and all its separate living organisms form a single self-regulating body, sustaining life and helping it evolve through time. Lovelock sees humans as no more special than other elements of the planet, railing against the once widely-held belief that the good of mankind is the only thing that matters. Despite being seen as radical, and even idiotic on its publication, a version of Lovelock's viewpoint has found resonance in contemporary debates about the environment and climate, and has now broadly come to be accepted by modern thinkers. As man's effects on the climate become increasingly extreme, more and more elements of the Earth's self-regulation seem to be unveiled - forcing scientists to ask how far the planet might be able to go in order self-regulate effectively. Indeed, despite its far-fetched elements, Lovelock's Gaia thesis seems to ring more convincingly today than ever before; that it does is largely a result of the critical thinking skills that allowed Lovelock to produce novel explanations for existing evidence and, above all, to connect existing fragments of evidence together in new ways.

### **Gaia Special Edition**

\*\* Winner of Royal Society Winton Prize for Science Books 2015 \*\* We live in epoch-making times. The changes we humans have made in recent decades have altered our world beyond anything it has experienced in its 4.6 billion-year history. As a result, our planet is said to be crossing into the Anthropocene - the Age of Humans. Gaia Vince decided to travel the world at the start of this new age to see what life is really like for the people on the frontline of the planet we've made. From artificial glaciers in the Himalayas to painted mountains in Peru, electrified reefs in the Maldives to garbage islands in the Caribbean, Gaia found people doing the most extraordinary things to solve the problems that we ourselves have created. These stories show what the Anthropocene means for all of us - and they illuminate how we might engineer Earth for our future.

### **Gaian Systems**

Modern science and western culture both teach that the planet we inhabit is a dead and passive lump of matter, but as Stephan Harding points out, this wasn't always the prevailing sentiment and in *Animate Earth* he sets out to explain how these older notions of an animate earth can be explained in rational, scientific terms. In this astounding book Harding lays out the facts and theories behind one of the most controversial notions to come out of the hard sciences arguably since Sir Isaac Newton's *Principia* or the first major publications to come out of the Copenhagen School regarding quantum mechanics. The

latter is an important parallel: Whereas quantum mechanics is a science of the problem--it gave rise to the atomic bomb among other things--Gaia Theory in this age of global warming and dangerous climate change is a science of the solution. Its utility: Healing a dying planet becomes an option in a culture otherwise poised to fall into total ecological collapse. Replacing the cold, objectifying language of science with a way of speaking of our planet as a sentient, living being, Harding presents the science of Gaia in everyday English. His scientific passion and rigor shine through his luminous prose as he calls us to experience Gaia as a living presence and bringing to mind such popular science authors as James Gleick. *Animate Earth* will inspire in readers a profound sense of the interconnectedness of life, and to discover what it means to live harmoniously as part of a sentient creature of planetary proportions. This new understanding may solve the most serious problems that face us as a species today.

### **The Gaia Hypothesis**

About *These Crazy Nights*, Moniro Ravanipour writes: "In 1981, less than three years after the Islamic Revolution in Iran, and in the heat of the Iran-Iraq War, I had become a night nurse in a hospital in Tehran, where every night I witnessed the arrival of the soldiers wounded on battlefronts. It was in the course of those nights that I also witnessed endless arguments and debates among patients with different ideologies and beliefs, including leftists, monarchists, nationalists, and staunch supporters of the new Islamic regime. Late at night, when the hospital ward was quiet, the patients would come and tell me stories about the battlefronts and their lives. The initial chapters of this novel, which was shaping in my mind at the time, were written in Iran and the concluding chapters were completed in the United States." This is a novel about the author's life, first in Iran and later as a refugee and immigrant in the United States. It is an important novel to be made available in English, especially in a country made up of immigrants, and in particular at this time. It tells us, in fact it actually shows us, why so many people around the world, whether from the Middle East, South America, or elsewhere, are inclined to leave their ancestral land, their hearth and home, and try, despite all the odds and obstacles, to take refuge to the land of the free.

### **Oxygen**

To many of us, the Earth's crust is a relic of ancient, unknowable history. But to a geologist, stones are richly illustrated narratives, telling gothic tales of cataclysm and reincarnation. For more than four billion years, in beach sand, granite, and garnet schists, the planet has kept a rich and

idiosyncratic journal of its past. Fulbright Scholar Marcia Bjornerud takes the reader along on an eye-opening tour of Deep Time, explaining in elegant prose what we see and feel beneath our feet. Both scientist and storyteller, Bjornerud uses anecdotes and metaphors to remind us that our home is a living thing with lessons to teach. Containing a glossary and detailed timescale, as well as vivid descriptions and historic accounts, Reading the Rocks is literally a history of the world, for all friends of the Earth.

### **Gaia, the Practical Science of Planetary Medicine**

Although Charles Darwin's theory of evolution laid the foundations of modern biology, it did not tell the whole story. Most remarkably, The Origin of Species said very little about, of all things, the origins of species. Darwin and his modern successors have shown very convincingly how inherited variations are naturally selected, but they leave unanswered how variant organisms come to be in the first place. In Symbiotic Planet, renowned scientist Lynn Margulis shows that symbiosis, which simply means members of different species living in physical contact with each other, is crucial to the origins of evolutionary novelty. Ranging from bacteria, the smallest kinds of life, to the largest -- the living Earth itself -- Margulis explains the symbiotic origins of many of evolution's most important innovations. The very cells we're made of started as symbiotic unions of different kinds of bacteria. Sex -- and its inevitable corollary, death -- arose when failed attempts at cannibalism resulted in seasonally repeated mergers of some of our tiniest ancestors. Dry land became forested only after symbioses of algae and fungi evolved into plants. Since all living things are bathed by the same waters and atmosphere, all the inhabitants of Earth belong to a symbiotic union. Gaia, the finely tuned largest ecosystem of the Earth's surface, is just symbiosis as seen from space. Along the way, Margulis describes her initiation into the world of science and the early steps in the present revolution in evolutionary biology; the importance of species classification for how we think about the living world; and the way "academic apartheid" can block scientific advancement. Written with enthusiasm and authority, this is a book that could change the way you view our living Earth.

### **The Revenge of Gaia**

Examines the causes and effects of global warming and offers opinions from leading scientists about what can be done to help the Earth.

## **Facing Gaia**

Oxygen has had extraordinary effects on life. Three hundred million years ago, in Carboniferous times, dragonflies grew as big as seagulls, with wingspans of nearly a metre. Researchers claim they could have flown only if the air had contained more oxygen than today – probably as much as 35 per cent. Giant spiders, tree-ferns, marine rock formations and fossil charcoals all tell the same story. High oxygen levels may also explain the global firestorm that contributed to the demise of the dinosaurs after the asteroid impact. The strange and profound effects that oxygen has had on the evolution of life pose a riddle, which this book sets out to answer. Oxygen is a toxic gas. Divers breathing pure oxygen at depth suffer from convulsions and lung injury. Fruit flies raised at twice normal atmospheric levels of oxygen live half as long as their siblings. Reactive forms of oxygen, known as free radicals, are thought to cause ageing in people. Yet if atmospheric oxygen reached 35 per cent in the Carboniferous, why did it promote exuberant growth, instead of rapid ageing and death? Oxygen takes the reader on an enthralling journey, as gripping as a thriller, as it unravels the unexpected ways in which oxygen spurred the evolution of life and death. The book explains far more than the size of ancient insects: it shows how oxygen underpins the origin of biological complexity, the birth of photosynthesis, the sudden evolution of animals, the need for two sexes, the accelerated ageing of cloned animals like Dolly the sheep, and the surprisingly long lives of bats and birds. Drawing on this grand evolutionary canvas, Oxygen offers fresh perspectives on our own lives and deaths, explaining modern killer diseases, why we age, and what we can do about it. Advancing revelatory new ideas, following chains of evidence, the book ranges through many disciplines, from environmental sciences to molecular medicine. The result is a captivating vision of contemporary science and a humane synthesis of our place in nature. This remarkable book will redefine the way we think about the world.

## **Reading the Rocks**

For millennia, humankind has exploited the Earth without counting the cost. Now, as the world warms and weather patterns dramatically change, the Earth is beginning to fight back. James Lovelock, one of the giants of environmental thinking, argues passionately and poetically that, although global warming is now inevitable, we are not yet too late to save at least part of human civilization. This short book, written at the age of eighty-six after a lifetime engaged in the science of the earth, is his testament.

## **The Ages of Gaia**

This extensively revised and expanded edition broadens the reach and depth of the permaculture approach for urban and suburban gardeners. The text's message is that working with nature, not against it, results in more beautiful, abundant, and forgiving gardens.

### **Gaia**

In the tradition of *Guns, Germs, and Steel* and *Sapiens*, a winner of the Royal Society Prize for Science Books shows how four tools enabled us humans to control the destiny of our species "A wondrous, visionary work." --Tim Flannery, scientist and author of the bestselling *The Weather Makers* What enabled us to go from simple stone tools to smartphones? How did bands of hunter-gatherers evolve into multinational empires? Readers of *Sapiens* will say a cognitive revolution -- a dramatic evolutionary change that altered our brains, turning primitive humans into modern ones -- caused a cultural explosion. In *Transcendence*, Gaia Vince argues instead that modern humans are the product of a nuanced coevolution of our genes, environment, and culture that goes back into deep time. She explains how, through four key elements -- fire, language, beauty, and time -- our species diverged from the evolutionary path of all other animals, unleashing a compounding process that launched us into the Space Age and beyond. Provocative and poetic, *Transcendence* shows how a primate took dominion over nature and turned itself into something marvelous.

### **Gaia**

What are the conditions that foster true novelty and allow visionaries to set their eyes on unknown horizons? What have been the challenges that have spawned new innovations, and how have they shaped modern biology? In *Dreamers, Visionaries, and Revolutionaries in the Life Sciences*, editors Oren Harman and Michael R. Dietrich explore these questions through the lives of eighteen exemplary biologists who had grand and often radical ideas that went far beyond the run-of-the-mill science of their peers. From the Frenchman Jean-Baptiste Lamarck, who coined the word "biology" in the early nineteenth century, to the American James Lovelock, for whom the Earth is a living, breathing organism, these dreamers innovated in ways that forced their contemporaries to reexamine comfortable truths. With this collection readers will follow Jane Goodall into the hidden world of apes in African jungles and Francis Crick as he attacks the problem of consciousness. Join Mary Lasker on her campaign to conquer cancer and follow geneticist George Church as he dreams of bringing back woolly mammoths and Neanderthals. In these lives and the many others featured in these pages, we discover visions that were sometimes fantastical,

quixotic, and even threatening and destabilizing, but always a challenge to the status quo.

### **The Vanishing Face of Gaia**

Proposes that all living species are components of a single organism and theorizes that the biological processes of the Earth naturally change environmental conditions to enable survival. Original. Lib of Science. Natural Science Bk Club.

### **These Crazy Nights**

James Lovelock described his previous book, *The Revenge of Gaia*, as 'a wake-up call for humanity'. Stark though it was in many respects, in *The Vanishing Face of Gaia* Lovelock says that even though the weather seems cooler and pollution lessens as the recession bites, the environmental problems we will face in the twenty-first century are even more terrifying than he previously realised. The Arctic and Antarctic ice-caps are melting very quickly, and water shortages and natural disasters are more common occurrences than at any time in recent history. The civilisations of many countries will be jeopardised and life as we know it severely disrupted. Almost all predictions of the likely rate of climate change have been based on estimates which professional observers in the real world now show are consistently underestimating the true rate of change. As a global community we continue to be fixated by conventional 'green' ideas which we believe will help save our world. Lovelock argues that only Gaia theory, which he originated over forty years ago, can really help us understand the crisis fully. The root problem is that there are too many people and animals for the Earth to carry. And there is in fact only one possible procedure which might bring a permanent cure for climate change, but we are unlikely to adopt it. 'Our wish to continue business as usual will probably prevent us from saving ourselves' says Lovelock, so we must adapt as best we can and try to ensure that enough of us survive to allow a more capable species to evolve from us. There could hardly be a more important message for humankind. James Lovelock has been an active and accurate observer of the Earth environment since the 1960s and was the first to find CFCs and other gases accumulating in the air. His Gaia theory provides insight into climate change in the coming century. This is his final warning.

### **Homage to Gaia**

In this classic work that continues to inspire its many readers, Jim Lovelock puts forward his idea that

life on earth functions as a single organism. Written for non-scientists, Gaia is a journey through time and space in search of evidence with which to support a new and radically different model of our planet. In contrast to conventional belief that living matter is passive in the face of threats to its existence, the book explores the hypothesis that the earth's living matter air, ocean, and land surfaces forms a complex system that has the capacity to keep the Earth a fit place for life. Since Gaia was first published, many of Jim Lovelock's predictions have come true and his theory has become a hotly argued topic in scientific circles. In a new Preface to this reissued title, he outlines his present state of the debate.

### **Dreamers, Visionaries, and Revolutionaries in the Life Sciences**

Scientist, inventor, and pioneering environmentalist James Lovelock brings together a richly illustrated collection of essays on earth and human science from 12 of today's leading thinkers. From stars to cells, quantum theory to capitalism, ancient fossils to Artificial Intelligence, this book delivers a holistic understanding of our planet and

### **Earth System Science: A Very Short Introduction**

The proposal that the impact of humanity on the planet has left a distinct footprint, even on the scale of geological time, has recently gained much ground. Global climate change, shifting global cycles of the weather, widespread pollution, radioactive fallout, plastic accumulation, species invasions, the mass extinction of species - these are just some of the many indicators that we will leave a lasting record in rock, the scientific basis for recognizing new time intervals in Earth's history. The Anthropocene, as the proposed new epoch has been named, is regularly in the news. Even with such robust evidence, the proposal to formally recognize our current time as the Anthropocene remains controversial both inside and outside the scholarly world, kindling intense debates. The reason is clear. The Anthropocene represents far more than just another interval of geologic time. Instead, the Anthropocene has emerged as a powerful new narrative, a concept through which age-old questions about the meaning of nature and even the nature of humanity are being revisited and radically revised. This Very Short Introduction explains the science behind the Anthropocene and the many proposals about when to mark its beginning: the nuclear tests of the 1950s? The beginnings of agriculture? The origins of humans as a species? Erle Ellis considers the many ways that the Anthropocene's "evolving paradigm" is reshaping the sciences, stimulating the humanities, and foregrounding the politics of life on a planet transformed by

humans. The Anthropocene remains a work in progress. Is this the story of an unprecedented planetary disaster? Or of newfound wisdom and redemption? Ellis offers an insightful discussion of our role in shaping the planet, and how this will influence our future on many fronts. ABOUT THE SERIES: The Very Short Introductions series from Oxford University Press contains hundreds of titles in almost every subject area. These pocket-sized books are the perfect way to get ahead in a new subject quickly. Our expert authors combine facts, analysis, perspective, new ideas, and enthusiasm to make interesting and challenging topics highly readable.

### **The Wim Hof Method**

The first ten lies they tell you in high school. "Speak up for yourself--we want to know what you have to say." From the first moment of her freshman year at Merryweather High, Melinda knows this is a big fat lie, part of the nonsense of high school. She is friendless, outcast, because she busted an end-of-summer party by calling the cops, so now nobody will talk to her, let alone listen to her. As time passes, she becomes increasingly isolated and practically stops talking altogether. Only her art class offers any solace, and it is through her work on an art project that she is finally able to face what really happened at that terrible party: she was raped by an upperclassman, a guy who still attends Merryweather and is still a threat to her. Her healing process has just begun when she has another violent encounter with him. But this time Melinda fights back, refuses to be silent, and thereby achieves a measure of vindication. In Laurie Halse Anderson's powerful novel, an utterly believable heroine with a bitterly ironic voice delivers a blow to the hypocritical world of high school. She speaks for many a disenfranchised teenager while demonstrating the importance of speaking up for oneself. *Speak* was a 1999 National Book Award Finalist for Young People's Literature.

### **Adventures in the Anthropocene**

Working up the courage to take a big, important leap is hard, but Jabari is almost absolutely ready to make a giant splash. Jabari is definitely ready to jump off the diving board. He's finished his swimming lessons and passed his swim test, and he's a great jumper, so he's not scared at all. "Looks easy," says Jabari, watching the other kids take their turns. But when his dad squeezes his hand, Jabari squeezes back. He needs to figure out what kind of special jump to do anyway, and he should probably do some stretches before climbing up onto the diving board. In a sweetly appealing tale of overcoming your fears, newcomer Gaia Cornwall captures a moment between a patient and encouraging father and a

determined little boy you can't help but root for.

## **Animate Earth**

Now in his 95th year, James Lovelock has been hailed as “the man who conceived the first wholly new way of looking at life on earth since Charles Darwin†? (Independent) and “the most profound scientific thinker of our time†? (Literary Review). Â A Rough Ride to the Future introduces two new Lovelockian ideas. The first is that three hundred years ago, when Thomas Newcomen invented the steam engine, he was unknowingly beginning what Lovelock calls “accelerated evolution,†? a process that is bringing about change on our planet roughly a million times faster than Darwinian evolution. The second is that as part of this process, humanity has the capacity to become the intelligent part of Gaia, the self-regulating earth system whose discovery Lovelock first announced nearly fifty years ago. Â A Rough Ride to the Future is also an intellectual autobiography, in which Lovelock reflects on his life as a lone scientist, and asks—eloquently—whether his career trajectory is possible in an age of increased bureaucratization. Â We are now changing the atmosphere again, and Lovelock argues that there is little that can be done about this. But instead of feeling guilty, we should recognize what is happening, prepare for change, and ensure that we survive as a species so we can contribute to—perhaps even guide—the next evolution of Gaia. The road will be rough, but if we are smart enough, life will continue on earth in some form far into the future.

## **Gaia, an Atlas of Planet Management**

Leading scientists bring the controversy over Gaia up to date by exploring a broad range of recent thinking on Gaia theory.

## **Transcendence**

When humanity first glimpsed planet Earth from space, the unity of the system that supports humankind entered the popular consciousness. The concept of the Earth's atmosphere, biosphere, oceans, soil, and rocks operating as a closely interacting system has rapidly gained ground in science. This new field, involving geographers, geologists, biologists, oceanographers, and atmospheric physicists, is known as Earth System Science. In this Very Short Introduction, Tim Lenton considers how a world in which humans could evolve was created; how, as a species, we are now reshaping that world; and what a sustainable

future for humanity within the Earth System might look like. Drawing on elements of geology, biology, chemistry, physics, and mathematics, Lenton asks whether Earth System Science can help guide us onto a sustainable course before we alter the Earth system to the point where we destroy ourselves and our current civilisation. ABOUT THE SERIES: The Very Short Introductions series from Oxford University Press contains hundreds of titles in almost every subject area. These pocket-sized books are the perfect way to get ahead in a new subject quickly. Our expert authors combine facts, analysis, perspective, new ideas, and enthusiasm to make interesting and challenging topics highly readable.

### On Gaia

INSTANT NEW YORK TIMES BESTSELLER The only definitive book authored by Wim Hof on his powerful method for realizing our physical and spiritual potential. "This method is very simple, very accessible, and endorsed by science. Anybody can do it, and there is no dogma, only acceptance. Only freedom." –Wim Hof Wim Hof has a message for each of us: "You can literally do the impossible. You can overcome disease, improve your mental health and physical performance, and even control your physiology so you can thrive in any stressful situation." With *The Wim Hof Method*, this trailblazer of human potential shares a method that anyone can use—young or old, sick or healthy—to supercharge their capacity for strength, vitality, and happiness. Wim has become known as "The Iceman" for his astounding physical feats, such as spending hours in freezing water and running barefoot marathons over deserts and ice fields. Yet his most remarkable achievement is not any record-breaking performance—it is the creation of a method that thousands of people have used to transform their lives. In his gripping and passionate style, Wim shares his method and his story, including:

- **Breath**—Wim's unique practices to change your body chemistry, infuse yourself with energy, and focus your mind
- **Cold**—Safe, controlled, shock-free practices for using cold exposure to enhance your cardiovascular system and awaken your body's untapped strength
- **Mindset**—Build your willpower, inner clarity, sensory awareness, and innate joyfulness in the miracle of living
- **Science**—How users of this method have redefined what is medically possible in study after study
- **Health**—True stories and testimonials from people using the method to overcome disease and chronic illness
- **Performance**—Increase your endurance, improve recovery time, up your mental game, and more

Wim's Story—Follow Wim's inspiring personal journey of discovery, tragedy, and triumph

- **Spiritual Awakening**—How breath, cold, and mindset can reveal the beauty of your soul

Wim Hof is a man on a mission: to transform the way we live by reminding us of our true power and purpose. "This is how we will change the world, one soul at a time," Wim says. "We alter the collective consciousness by awakening to our own boundless potential. We are limited only by the depth of our imagination and the

strength of our conviction." If you're ready to explore and exceed the limits of your own potential, The Wim Hof Method is waiting for you.

### **Anthropocene: A Very Short Introduction**

Tells the life of the scientist most famous for developing the Gaia hypothesis, that Earth is a living organism that maintains conditions suitable for life.

### **Gaia**

The author takes his theory of looking at the earth as a living organism one step further, showing readers how to apply medical science to the healing of the planet and discussing ozone depletion, acid rain, and more

### **Happy City: Transforming Our Lives Through Urban Design**

A new edition in the year of James Lovelock's 100th birthday With over fifty patents to his name and innumerable awards and accolades, James Lovelock is a distinguished and original thinker who has been widely recognized by the international scientific community. In this inspiring book, republished in the year of his 100th birthday, Lovelock tells his life story, from his first steps as a scientist to his work with organisations as diverse as NASA, Shell and the Marine Biological Association. *Homage to Gaia* describes the years of travel and work that led to his crucial scientific breakthroughs in environmental awareness, uncovering how CFCs impact on the ozone layer and creating the concept of Gaia, the theory that the Earth is a self-regulating system. Written in a sharp and energetic style, James Lovelock's book will entertain and inspire anyone interested in science or the creative spirit.

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