

The Hidden Half Of Nature The Microbial Roots Of Life And Health

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Hidden Valley Road

From the influential New York Times columnist and best-selling author of *Bobos in Paradise* comes a landmark exploration of how human beings and communities succeed. Reprint. A #1 best-seller.

Plant Roots

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"Barber explores the evolution of American food from the 'first plate,' or industrially-produced, meat-heavy dishes, to the 'second plate' of grass-fed meat and organic greens, and says that both of these approaches are ultimately neither sustainable nor healthy. Instead, Barber proposes Americans should move to the 'third plate,' a cuisine rooted in seasonal productivity, natural livestock rhythms, whole-grains, and small portions of free-range meat"--Provided by publishe

The Hidden Lives of Owls

The salmon that symbolize the Pacific Northwest's natural splendor are now threatened with extinction across much of their ancestral range. In studying the natural and human forces that shape the rivers and mountains of that region, geologist David Montgomery has learned to see the evolution and near-extinction of the salmon as a story of changing landscapes. Montgomery shows how a succession of historical experiences -first in the United Kingdom, then in New England, and now in the Pacific Northwest -repeat a disheartening story in which overfishing and sweeping changes to rivers and seas render the world inhospitable to salmon. In *King of Fish*, Montgomery traces the human impacts on salmon over the last thousand years and examines the implications both for salmon recovery efforts and for the more general problem of human impacts on the natural world. What does it say for the long-term prospects of the world's many endangered species if one of the most prosperous regions of the richest country on earth cannot accommodate its icon species? All too aware of the possible bleak outcome for the salmon, *King of Fish* concludes with provocative recommendations for reinventing the ways in which we make environmental decisions about land, water,

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and fish.

The Diet Myth

INSTANT NEW YORK TIMES BESTSELLER A Science News favorite science book of 2019 As you read these words, copies of you are being created. Sean Carroll, theoretical physicist and one of this world's most celebrated writers on science, rewrites the history of 20th century physics. Already hailed as a masterpiece, *Something Deeply Hidden* shows for the first time that facing up to the essential puzzle of quantum mechanics utterly transforms how we think about space and time. His reconciling of quantum mechanics with Einstein's theory of relativity changes, well, everything. Most physicists haven't even recognized the uncomfortable truth: physics has been in crisis since 1927. Quantum mechanics has always had obvious gaps—which have come to be simply ignored. Science popularizers keep telling us how weird it is, how impossible it is to understand. Academics discourage students from working on the "dead end" of quantum foundations. Putting his professional reputation on the line with this audacious yet entirely reasonable book, Carroll says that the crisis can now come to an end. We just have to accept that there is more than one of us in the universe. There are many, many Sean Carrolls. Many of every one of us. Copies of you are generated thousands of times per second. The Many Worlds Theory of quantum behavior says that every time there is a quantum event, a world splits off with everything in it the same, except in that other world the quantum event didn't happen. Step-by-step in Carroll's uniquely lucid way, he tackles the major objections to this otherworldly revelation until his case is inescapably established. Rarely does a book so fully reorganize how we

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think about our place in the universe. We are on the threshold of a new understanding of where we are in the cosmos, and what we are made of.

The Hidden Reality

An intimate look at one majestic hundred-year-old oak tree through four seasons--and the reality of global climate change it reveals. In the life of this one grand oak, we can see for ourselves the results of one hundred years of rapid environmental change. It's leafing out earlier, and dropping its leaves later as the climate warms. Even the inner workings of individual leaves have changed to accommodate more CO₂ in our atmosphere. Climate science can seem dense, remote, and abstract. But through the lens of this one tree, it becomes immediate and intimate. In *Witness Tree*, environmental reporter Lynda V. Mapes takes us through her year living with one red oak at the Harvard Forest. We learn about carbon cycles and leaf physiology, but also experience the seasons as people have for centuries, watching for each new bud, and listening for each new bird and frog call in spring. We savor the cadence of falling autumn leaves, and glory of snow and starry winter nights. Lynda takes us along as she climbs high into the oak's swaying boughs, and scientists core deep into the oak's heartwood, dig into its roots and probe the teeming life of the soil. She brings us eye-level with garter snakes and newts, and alongside the squirrels and jays devouring the oak's acorns. Season by season she reveals the secrets of trees, how they work, and sustain a vast community of lives, including our own. The oak is a living timeline and witness to climate change. While stark in its implications, *Witness Tree* is a beautiful and lyrical read, rich in detail, sweeps of weather, history, people, and animals. It is a story rooted in

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hope, beauty, wonder, and the possibility of renewal in people's connection to nature.

Dirt

Our world is built on an invisible one we are barely beginning to understand. In *The Hidden Half of Nature*, geologist David R. Montgomery and biologist Anne Biklé argue that Earth's smallest creatures—microbes—could revolutionize how we grow food, what we eat, and how we practice medicine. *The Hidden Half of Nature* shares a geologist's and a biologist's efforts to turn their barren Seattle lot into a flourishing garden and Biklé's own struggle with cancer. Taking readers deep into the science and history of agriculture and immunology, Montgomery and Biklé show that beneficial microbes can provide powerful solutions to the problems plaguing modern agriculture, such as excess chemicals and infertile crops, as well as our own bodies, weakened by antibiotics and high-fat, low-fiber diets. A spellbinding story, *The Hidden Half of Nature* reveals how we can restore fertility to the land and defeat chronic diseases.

The Hidden Life of Wolves

The Hidden Half of Nature

Sunday Times Bestseller —A paradigm-smashing chronicle of joyous entanglement— Charles Foster Waterstones Non-Fiction Book of the Month (September) Are trees social beings? How do trees live? Do they feel pain or have awareness of their surroundings?

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For the Love of Soil

Finalist for the PEN/E. O. Wilson Literary Science Writing Award —A call to action that underscores a common goal: to change the world from the ground up.—Dan Barber, author of *The Third Plate* For centuries, agricultural practices have eroded the soil that farming depends on, stripping it of the organic matter vital to its productivity. Now conventional agriculture is threatening disaster for the world's growing population. In *Growing a Revolution*, geologist David R. Montgomery travels the world, meeting farmers at the forefront of an agricultural movement to restore soil health. From Kansas to Ghana, he sees why adopting the three tenets of conservation agriculture—ditching the plow, planting cover crops, and growing a diversity of crops—is the solution. When farmers restore fertility to the land, this helps feed the world, cool the planet, reduce pollution, and return profitability to family farms.

The Hidden Half

Water scarcity is on everyone's mind. Long taken for granted, water availability has become dependent on economics, politics, and people's food and lifestyle choices. But as anxiety mounts--and even as a swath of California farmland has been left fallow, and extremist groups worldwide exploit the desperation of people losing livelihoods to desertification--many are finding new routes to water security with key implications for food access, economic resilience, and climate change. Water does not perish, nor does it require millions of years to form as do fossil fuels. However water is always on the move and we must learn to work with its natural movement. In this timely, important book, Judith D.

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Schwartz presents a refreshing perspective on water that transcends zero-sum thinking. By allying with the water cycle, we can revive lush, productive landscapes, like the river in rural Zimbabwe that now flows miles further than it has in living memory thanks to restorative grazing; the fruit-filled food forest in Tucson, Arizona, grown by harvesting urban wastewater; or the mini-oasis in West Texas nourished by dew. Animated by stories from around the globe, *Water In Plain Sight* is an inspiring reminder that fixing the future of our drying planet involves understanding what makes natural systems thrive.

Witness Tree

A photographic tribute to the authors' work as wolf caregivers and advocates documents their efforts with the Sawtooth Pack in Idaho and features a passionate argument for reintroducing and protecting wild wolves.

Let Them Eat Dirt

Geralt the Witcher -- revered and hated -- holds the line against the monsters plaguing humanity in this collection of adventures in the New York Times bestselling series that inspired the Netflix show and the hit video games. Geralt is a Witcher, a man whose magic powers, enhanced by long training and a mysterious elixir, have made him a brilliant fighter and a merciless assassin. Yet he is no ordinary murderer: his targets are the multifarious monsters and vile fiends that ravage the land and attack the innocent. But not everything monstrous-looking is evil and not everything fair is good. . .and in every fairy tale there is a grain of truth. The *Last Wish* story collection is the perfect introduction to a one

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of a kind fantasy world. And look out for *The Tower of Fools*, book one of Andrzej Sapkowski's Hussite Trilogy, coming in October 2020!

The 99% Invisible City

"Sure to become a game-changing guide to the future of good food and healthy landscapes." —Dan Barber, chef and author of *The Third Plate* Prepare to set aside what you think you know about yourself and microbes. *The Hidden Half of Nature* reveals why good health—for people and for plants—depends on Earth's smallest creatures. Restoring life to their barren yard and recovering from a health crisis, David R. Montgomery and Anne Biklé discover astounding parallels between the botanical world and our own bodies. From garden to gut, they show why cultivating beneficial microbiomes holds the key to transforming agriculture and medicine.

The Hidden Half of the Family

—A must-read . . . Takes you inside a child's gut and shows you how to give kids the best immune start early in life. —William Sears, MD, coauthor of *The Baby Book* Like the culture-changing *Last Child in the Woods*, here is the first parenting book to apply the latest cutting-edge scientific research about the human microbiome to the way we raise our children. In the two hundred years since we discovered that microbes cause infectious diseases, we've battled to keep them at bay. But a recent explosion of scientific knowledge has led to undeniable evidence that early exposure to these organisms is beneficial to a child's well-being. Our modern lifestyle, with its emphasis on hyper-

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cleanliness, is taking a toll on children's lifelong health. In this engaging and important book, microbiologists Brett Finlay and Marie-Claire Arrieta explain how the trillions of microbes that live in and on our bodies influence childhood development; why an imbalance of those microbes can lead to obesity, diabetes, and asthma, among other chronic conditions; and what parents can do--from conception on--to positively affect their own behaviors and those of their children. They describe how natural childbirth, breastfeeding, and solid foods influence children's microbiota. They also offer practical advice on matters such as whether to sterilize food implements for babies, the use of antibiotics, the safety of vaccines, and why having pets is a good idea. Forward-thinking and revelatory, *Let Them Eat Dirt* is an essential book in helping us to nurture stronger, more resilient, happy, and healthy kids.

The Secret Life Of Nature

What exactly is inside a laptop, a golf ball, a vacuum cleaner, or a novelty singing fish toy? The insides of these and dozens of other objects are revealed in this photographic exploration of the stuff all around us, exposed and explained. With the help of a high-pressure waterjet cutter able to slice through 4 inches of steel plate, designer and fabricator Mike Warren (creator of the popular *Cut in Half* YouTube channel) cuts into everything from boom boxes to boxing gloves, oil filters to seashells, describing and demystifying the inner workings and materials of each. With gorgeously detailed photography, *Cut in Half* is a fascinating and accessible popular science look at the extraordinary in the everyday.

The Hidden Life of Trees: The International

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Bestseller □ What They Feel, How They Communicate

In an era when many businesses have come under scrutiny for their environmental impact, the film industry has for the most part escaped criticism and regulation. Its practices are more diffuse; its final product, less tangible; and Hollywood has adopted public-relations strategies that portray it as environmentally conscious. In *Hollywood's Dirtiest Secret*, Hunter Vaughan offers a new history of the movies from an environmental perspective, arguing that how we make and consume films has serious ecological consequences. Bringing together environmental humanities, science communication, and social ethics, *Hollywood's Dirtiest Secret* is a pathbreaking consideration of the film industry's environmental impact that examines how our cultural prioritization of spectacle has distracted us from its material consequences and natural-resource use. Vaughan examines the environmental effects of filmmaking from Hollywood classics to the digital era, considering how popular screen media shapes and reflects our understanding of the natural world. He recounts the production histories of major blockbusters—*Gone with the Wind*, *Singin' in the Rain*, *Twister*, and *Avatar*—situating them in the contexts of the development of the film industry, popular environmentalism, and the proliferation of digital technologies. Emphasizing the materiality of media, Vaughan interweaves details of the hidden environmental consequences of specific filmmaking practices, from water use to server farms, within a larger critical portrait of social perceptions and valuations of the natural world.

Cut in Half

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Dirt, soil, call it what you want—it's everywhere we go. It is the root of our existence, supporting our feet, our farms, our cities. This fascinating yet disquieting book finds, however, that we are running out of dirt, and it's no laughing matter. An engaging natural and cultural history of soil that sweeps from ancient civilizations to modern times, *Dirt: The Erosion of Civilizations* explores the compelling idea that we are—and have long been—using up Earth's soil. Once bare of protective vegetation and exposed to wind and rain, cultivated soils erode bit by bit, slowly enough to be ignored in a single lifetime but fast enough over centuries to limit the lifespan of civilizations. A rich mix of history, archaeology and geology, *Dirt* traces the role of soil use and abuse in the history of Mesopotamia, Ancient Greece, the Roman Empire, China, European colonialism, Central America, and the American push westward. We see how soil has shaped us and we have shaped soil—as society after society has risen, prospered, and plowed through a natural endowment of fertile dirt. David R. Montgomery sees in the recent rise of organic and no-till farming the hope for a new agricultural revolution that might help us avoid the fate of previous civilizations.

Things Hidden Since the Foundation of the World

Learn a roadmap to healthy soil and revitalised food systems to powerfully address these times of challenge. This book equips producers with knowledge, skills and insights to regenerate ecosystem health and grow farm/ranch profits. Learn how to: - Triage soil health and act to fast-track soil and plant health-Build healthy resilient soil systems-Develop a deeper understanding of microbial and mineral synergies-Read what weeds and diseases are communicating about soil and plant health-Create healthy, productive and profitable

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landscapes. Globally recognised soil advocate and agroecologist Nicole Masters delivers the solution to rewind the clock on this increasingly critical soil crisis in her first book, *For the Love of Soil*. She argues we can no longer treat soil like dirt. Instead, we must take a soil-first approach to regenerate landscapes, restore natural cycles, and bring vitality back to ecosystems. This book translates the often complex and technical know-how of soil into more digestible terms through case studies from regenerative farmers, growers, and ranchers in Australasia and North America. Along with sharing key soil health principles and restoration tools, *For the Love of Soil* provides land managers with an action plan to kickstart their soil resource's well-being, no matter the scale. "For years many of us involved in regenerative agriculture have been touting the soil health - plant health - animal health - human health connection but no one has tied them all together like Nicole does in *For the love of Soil*!" Gabe Brown, Browns Ranch, Nourished by Nature. "William Gibson once said that "the future is here - it is just not evenly distributed." "Nicole modestly claims that the information in the book is not new thinking, but her resynthesis of the lessons she has learned and refined in collaboration with regenerative land-managers is new, and it is powerful." Says Abe Collins, cofounder of LandStream and founder of Collins Grazing. "She lucidly shares lessons learned from the deep-topsoil futures she and her farming and ranching partners manage for and achieve." The case studies, science and examples presented a compelling testament to the global, rapidly growing soil health movement. "These food producers are taking actions to imitate natural systems more closely," says Masters. " they are rewarded with more efficient nutrient, carbon, and water cycles; improved plant and animal health, nutrient density, reduced stress, and ultimately, profitability." In spite of the challenges

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food producers face, Masters' book shows even incredibly degraded landscapes can be regenerated through mimicking natural systems and focusing on the soil first. "Our global agricultural production systems are frequently at war with ecosystem health and Mother Nature," notes Terry McCosker of Resource Consulting Services in Australia. "In this book, Nicole is declaring peace with nature and provides us with the science and guidelines to join the regenerative agriculture movement while increasing profits." Buy this book today to take your farm or ranch to the next level!

Why Fish Don't Exist

Prepare to set aside what you think you know about yourself and microbes. The Hidden Half of Nature reveals why good health--for people and for plants--depends on Earth's smallest creatures. Restoring life to their barren yard and recovering from a health crisis, David R. Montgomery and Anne Biklé discover astounding parallels between the botanical world and our own bodies. From garden to gut, they show why cultivating beneficial microbiomes holds the key to transforming agriculture and medicine.

The Last Wish

In a future where the Population Police enforce the law limiting a family to only two children, Luke, an illegal third child, has lived all his twelve years in isolation and fear on his family's farm in this start to the Shadow Children series from Margaret Peterson Haddix. Luke has never been to school. He's never had a birthday party, or gone to a friend's house for an overnight. In fact, Luke has never had a friend. Luke is one of the shadow children, a third child forbidden by the

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Population Police. He's lived his entire life in hiding, and now, with a new housing development replacing the woods next to his family's farm, he is no longer even allowed to go outside. Then, one day Luke sees a girl's face in the window of a house where he knows two other children already live. Finally, he's met a shadow child like himself. Jen is willing to risk everything to come out of the shadows—does Luke dare to become involved in her dangerous plan? Can he afford not to?

Something Deeply Hidden

A Best Book of 2020: The Washington Post * NPR * Chicago Tribune * Smithsonian A "remarkable" (Los Angeles Times), "seductive" (The Wall Street Journal) debut from the new cohost of Radiolab, *Why Fish Don't Exist* is a dark and astonishing tale of love, chaos, scientific obsession, and—possibly—even murder. "At one point, Miller dives into the ocean into a school of fish—comes up for air, and realizes she's in love. That's how I felt: Her book took me to strange depths I never imagined, and I was smitten." "The New York Times Book Review David Starr Jordan was a taxonomist, a man possessed with bringing order to the natural world. In time, he would be credited with discovering nearly a fifth of the fish known to humans in his day. But the more of the hidden blueprint of life he uncovered, the harder the universe seemed to try to thwart him. His specimen collections were demolished by lightning, by fire, and eventually by the 1906 San Francisco earthquake—which sent more than a thousand discoveries, housed in fragile glass jars, plummeting to the floor. In an instant, his life's work was shattered. Many might have given up, given in to despair. But Jordan? He surveyed the wreckage at his feet, found the first fish that he

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recognized, and confidently began to rebuild his collection. And this time, he introduced one clever innovation that he believed would at last protect his work against the chaos of the world. When NPR reporter Lulu Miller first heard this anecdote in passing, she took Jordan for a fool—a cautionary tale in hubris, or denial. But as her own life slowly unraveled, she began to wonder about him. Perhaps instead he was a model for how to go on when all seemed lost. What she would unearth about his life would transform her understanding of history, morality, and the world beneath her feet. Part biography, part memoir, part scientific adventure, *Why Fish Don't Exist* is a wondrous fable about how to persevere in a world where chaos will always prevail.

King of Fish

How the mystery of the Bible's greatest story shaped geology: a MacArthur Fellow presents a surprising perspective on Noah's Flood. In Tibet, geologist David R. Montgomery heard a local story about a great flood that bore a striking similarity to Noah's Flood. Intrigued, Montgomery began investigating the world's flood stories and—drawing from historic works by theologians, natural philosophers, and scientists—discovered the counterintuitive role Noah's Flood played in the development of both geology and creationism. Steno, the grandfather of geology, even invoked the Flood in laying geology's founding principles based on his observations of northern Italian landscapes. Centuries later, the founders of modern creationism based their irrational view of a global flood on a perceptive critique of geology. With an explorer's eye and a refreshing approach to both faith and science, Montgomery takes readers on a journey across landscapes and cultures. In the process we discover the illusive nature of

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truth, whether viewed through the lens of science or religion, and how it changed through history and continues changing, even today.

The Good Gut

Crimes against Nature reveals the hidden history behind three of the nation's first parklands: the Adirondacks, Yellowstone, and the Grand Canyon. Focusing on conservation's impact on local inhabitants, Karl Jacoby traces the effect of criminalizing such traditional practices as hunting, fishing, foraging, and timber cutting in the newly created parks. Jacoby reassesses the nature of these "crimes" and provides a rich portrait of rural people and their relationship with the natural world in the late nineteenth and early twentieth centuries.

Crimes Against Nature

important dates in the state's history, following which is a detailed listing of eight key categories of information: (1) Marriage and Divorce (marriage and divorce laws and where to find marriage and divorce records); (2) Property and Inheritance (women's legal status in a state as reflected in statute law, code, and legislative acts); (3) Suffrage (information as to when any voting rights were granted prior to the ratification of the 19th Amendment in 1920); (4) Citizenship (dates when residents of an area became U.S.

Your Hidden Superpower

One of PW's "Most Anticipated Books of Fall 2019" Ecologist Adele Brand has devoted her life to understanding the fabled

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yet enigmatic fox. Now she reveals their secrets in this extraordinary portrait of our most remarkable wild neighbors. The fox. For thousands of years myth and folklore have celebrated its cunning intelligence. Today the red fox is the nature's most populous carnivore, its dancing orange tail a common sight in backyards. Yet who is this wild neighbor, truly? How do we negotiate this uneasy new chapter of an ancient relationship? Join British ecologist Adele Brand on a journey to discover the surprising secrets of the fabled fox, the familiar yet enigmatic creature that has adapted to the human world with astonishing—some say, unsettling—success. Brand has studied foxes for twenty years across four continents—from the Yucatán rainforest to India's remote Thar Desert, from subarctic Canada to metropolitan London. Her observations have convinced her that the fox is arguably the most modern of all wildlife, uniquely suited to survival in the rapidly expanding urban/wild interface. Blending cutting-edge science, cultural anthropology, and intimate personal storytelling drawn from her own remarkable fieldwork, *The Hidden World of the Fox* is Brand's rich and revelatory portrait of the extraordinary animal she has devoted her life to understanding.

The Third Plate

A NEW YORK TIMES, WASHINGTON POST, USA TODAY, AND PUBLISHERS WEEKLY BESTSELLER "[A] diverse and enlightening book . . . The 99% Invisible City is altogether fresh and imaginative when it comes to thinking about urban spaces." "The New York Times Book Review" "Here is a field guide, a boon, a bible, for the urban curious. Your city's secret anatomy laid bare—a hundred things you look at but don't see, see but don't know. Each entry is a compact,

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surprising story, a thought piece, an invitation to marvel. Together, they are almost transformative. To know why things are as they are adds a satisfying richness to daily existence. This book is terrific, just terrific. — Mary Roach, New York Times bestselling author of *Stiff*, *Grunt*, and *Gulp* — The 99% Invisible City brings into view the fascinating but often unnoticed worlds we walk and drive through every day, and to read it is to feel newly alive and aware of your place in the world. This book made me laugh, and it made me cry, and it reminded me to always read the plaque. — John Green, New York Times bestselling author of *The Fault in Our Stars* and *Turtles All The Way Down* A beautifully designed guidebook to the unnoticed yet essential elements of our cities, from the creators of the wildly popular 99% Invisible podcast Have you ever wondered what those bright, squiggly graffiti marks on the sidewalk mean? Or stopped to consider why you don't see metal fire escapes on new buildings? Or pondered the story behind those dancing inflatable figures in car dealerships? 99% Invisible is a big-ideas podcast about small-seeming things, revealing stories baked into the buildings we inhabit, the streets we drive, and the sidewalks we traverse. The show celebrates design and architecture in all of its functional glory and accidental absurdity, with intriguing tales of both designers and the people impacted by their designs. Now, in *The 99% Invisible City: A Field Guide to Hidden World of Everyday Design*, host Roman Mars and coauthor Kurt Kohlstedt zoom in on the various elements that make our cities work, exploring the origins and other fascinating stories behind everything from power grids and fire escapes to drinking fountains and street signs. With deeply researched entries and beautiful line drawings throughout, *The 99% Invisible City* will captivate devoted fans of the show and anyone curious about design, urban environments, and the unsung marvels of the world around them.

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The Hidden Half

When other nations are forced to rethink their agricultural and food security strategies in light of the post-peak oil debate, they only have one living example to draw from: that of Cuba in the 1990s. Based on the first and - up till now - only systematic and empirical study to come out of Cuba on this topic, this book examines how the nation successfully headed off its own food crisis after the dissolution of the Soviet Bloc in the early 1990s. The author identifies the policies and practices required for such an achievement under conditions of petroleum-scarcity and in doing so, challenges the mainstream globalized and privatized food systems and food security strategies being driven through in both industrialized and more vulnerable developing regions. Paradoxically, the book dispels the myth that Cuba turned to organic farming nationwide, a myth founded on the success of Cuba's urban organic production systems which visitors to the country are most commonly exposed to. In rural regions, where the author had unique access, industrialized high-input and integrated agriculture is aspired to for the majority of domestic production, despite the ongoing fluctuations in availability of agrochemicals and fuel. By identifying the challenges faced by Cuban institutions and individuals in de-industrializing their food and farming systems, this book provides crucial learning material for the current fledgling attempts at developing energy descent plans and at mainstreaming more organic food systems in industrialized nations. It also informs international policy on sustainable agriculture and food security for less-industrialized countries.

The Hidden World of the Fox

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What should we eat? It's a simple and fundamental question that still bewilders us, despite a seemingly infinite amount of available information on which foods are best for our bodies. Scientists, dieticians, and even governments regularly publish research on the dangers of too much fat and sugar, as well as on the benefits of exercise, and yet the global obesity crisis is only worsening. Most diet plans prove to be only short-term solutions, and few strategies work for everyone. Why can one person eat a certain meal and gain weight, while another eating the same meal drops pounds? Part of the truth lies in genetics, but more and more, scientists are finding that the answer isn't so much what we put into our stomachs, but rather the essential digestive microbes already in them. Drawing on the latest science and his team's own pioneering research, *The Diet Myth* explores the hidden world of the microbiome, and demystifies the common misconceptions about fat, calories, vitamins, and nutrients. Dr. Tim Spector shows us that only by understanding what makes our own personal microbes tick and interact can we overcome the confusion of modern nutrition, allowing us to regain natural balance in our bodies. Countless recent scientific papers have been written on weight-loss topics like prebiotics and fructans, and *The Diet Myth* gathers these latest findings into one place, revealing new information about how best to lose weight and manage our bodies. Mixing cutting-edge discoveries, illuminating science, and his own case studies, Spector reveals why we should abandon fads and instead embrace diversity for a balanced diet, a healthy stomach, and a nourished body.

The Hidden Half of Nature

Inspired by an exhibition at the American Museum of Natural

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History in New York, explores microbes and their implications for modern science and medicine.

The Hidden Half of the Gospel

Covering a wide range of topics, this volume presents case studies which focus on particular aspects of the female condition in Plains Indian societies, mostly concentrated on tribal groups in the northern Plains region of the United States and Canada. The focus is primarily historical, dealing with the conditions of Plains Indian women in the pre-reservation period, but also contains selections concerned with the role and status of women in the modern reservation era.

Among the Hidden

The Hidden Half of Nature: The Microbial Roots of Life and Health

Who do you turn to when life hurts? Someone who has "been there." Facing divorce, addiction, and abuse-both in and out of the church-Pastor Paul Coneff searched for answers to why so many Christians were not experiencing the good news Jesus offered. What Paul found was a gospel able to meet humanity in the midst of its deepest pains and darkest sins-hidden in plain sight! Now you can discover how Jesus Christ suffered "in every way" like you have, so He could help you overcome all the sins, wounds, and lies in your life.

Sustainable Agriculture and Food Security in an Era of Oil Scarcity

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Presenting an original global theory of culture, Girard explores the social function of violence and the mechanism of the social scapegoat. His vision is a challenge to conventional views of literature, anthropology, religion and psychoanalysis. Rene Girard is the Andrew B. Hammond Professor Emeritus of French Language, Literature and Civilization at Stanford University, USA.

Welcome to the Microbiome

The groundbreaking science behind the surprising source of good health Stanford University's Justin and Erica Sonnenburg are pioneers in the most exciting and potentially transformative field in the entire realm of human health and wellness, the study of the relationship between our bodies and the trillions of organisms representing thousands of species to which our bodies play host, the microbes that we collectively call the microbiota. The microbiota interacts with our bodies in a number of powerful ways; the Sonnenburgs argue that it determines in no small part whether we're sick or healthy, fit or obese, sunny or moody. The microbiota has always been with us, and in fact has coevolved with humans, entwining its functions with ours so deeply, the Sonnenburgs show us, humans are really composite organisms having both microbial and human parts. But now, they argue, because of changes to diet, antibiotic over-use, and over-sterilization, our gut microbiota is facing a "mass extinction event," which is causing our bodies to go haywire, and may be behind the mysterious spike in some of our most troubling modern afflictions, from food allergies to autism, cancer to depression. It doesn't have to be this way. The Good Gut offers a new plan for health that focuses on how to nourish your microbiota, including recipes and a menu plan. In this

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groundbreaking work, the Sonnenburgs show how we can keep our microbiota off the endangered species list and how we can strengthen the community that inhabits our gut and thereby improve our own health. The answer is unique for each of us, and it changes as you age. In this important and timely investigation, the Sonnenburgs look at safe alternatives to antibiotics; dietary and lifestyle choices to encourage microbial health; the management of the aging microbiota; and the nourishment of your own individual microbiome. Caring for our gut microbes may be the most important health choice we can make.

The Rocks Don't Lie: A Geologist Investigates Noah's Flood

In this New York Times bestseller that will appeal to readers of *H is for Hawk*, a naturalist probes the forest to comprehend the secret lives of owls. Join Leigh Calvez on adventures into the world of owls: owl-watching, avian science, and the deep forest—often in the dead of night. These birds are a bit mysterious, and that’s part of what makes them so fascinating. Calvez makes the science entertaining and accessible while exploring the questions about the human-animal connection, owl obsession, habitat, owl calls, social behavior, and mythology. From the Trade Paperback edition.

Water in Plain Sight

Kindness isn’t merely about getting along with people and being nice. It’s a game changer in business, the door opener to fulfillment, and the key to authenticity and confidence. It’s also a superpower that can be honed through developing a daily practice of kindness as a lifestyle and is especially

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important in these divisive times. Whether it's the current political climate, family matters, or workplace dynamics, everything in our world appears to be more intense lately. Social media is a forum for debates and name-calling. Many feel frustrated and powerless. The person next to you might be on the verge of quitting or cracking under pressure. Is something as simple as kindness really the answer? Through years of talking to friends and colleagues about her kindness practices, Good Morning America correspondent and anchor Adrienne Bankert has heard story after story confirming the unlimited power of kindness. Adjusting our perspective from being closed off and self-centered to a mindset of kindness ripples into a staggering amount of personal fulfillment and development. Kindness is universally understood in every culture. No matter our age or ethnicity, where we come from, or how much money we make, any one of us can be kind. Any one of us can be the difference maker. As a bonus, we achieve our unique destiny day by day by being kind. Your Hidden Superpower will help you See the many layers of benefits that simple acts of kindness can bring to people who commit to practicing it in their lives Learn how to make kindness a habit in your own life and feel the joy, fulfillment, and inspiration that comes from helping others Make kindness one of your differentiators at work and experience the remarkable opportunities and direction that this brings Feel the power of kindness as a force to reconnect you to your authentic self, replenish your passion and creativity, and find your voice

Hollywood's Dirtiest Secret

Why does one smoker die of lung cancer but another live to 100? The answer is 'The Hidden Half' - those random,

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unknowable variables that mess up our attempts to comprehend the world. We humans are very clever creatures - but we're idiots about how clever we really are. In this entertaining and ingenious book, Blastland reveals how in our quest to make the world more understandable, we lose sight of how unexplainable it often is. The result - from GDP figures to medicine - is that experts know a lot less than they think. Filled with compelling stories from economics, genetics, business, and science, The Hidden Half is a warning that an explanation which works in one arena may not work in another. Entertaining and provocative, it will change how you view the world.

Growing a Revolution: Bringing Our Soil Back to Life

The decade since the publication of the third edition of this volume has been an era of great progress in biology in general and the plant sciences in particular. This is especially true with the advancements brought on by the sequencing of whole genomes of model organisms and the development of "omics" techniques. This fourth edition of Plant Root

Mind in Animals

OPRAH'S BOOK CLUB PICK #1 NEW YORK TIMES BESTSELLER ONE OF THE NEW YORK TIMES TOP TEN BOOKS OF THE YEAR ONE OF THE WALL STREET JOURNAL TOP TEN BOOKS OF THE YEAR PEOPLE'S #1 BEST BOOK OF THE YEAR Named a BEST BOOK OF THE YEAR by The New York Times, The Washington Post, NPR, TIME, Slate, Smithsonian, The New York Post, and Amazon The heartrending story of a midcentury American family with twelve children, six of them diagnosed with schizophrenia,

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that became science's great hope in the quest to understand the disease. Don and Mimi Galvin seemed to be living the American dream. After World War II, Don's work with the Air Force brought them to Colorado, where their twelve children perfectly spanned the baby boom: the oldest born in 1945, the youngest in 1965. In those years, there was an established script for a family like the Galvins--aspiration, hard work, upward mobility, domestic harmony--and they worked hard to play their parts. But behind the scenes was a different story: psychological breakdown, sudden shocking violence, hidden abuse. By the mid-1970s, six of the ten Galvin boys, one after another, were diagnosed as schizophrenic. How could all this happen to one family? What took place inside the house on Hidden Valley Road was so extraordinary that the Galvins became one of the first families to be studied by the National Institute of Mental Health. Their story offers a shadow history of the science of schizophrenia, from the era of institutionalization, lobotomy, and the schizophrenogenic mother to the search for genetic markers for the disease, always amid profound disagreements about the nature of the illness itself. And unbeknownst to the Galvins, samples of their DNA informed decades of genetic research that continues today, offering paths to treatment, prediction, and even eradication of the disease for future generations. With clarity and compassion, bestselling and award-winning author Robert Kolker uncovers one family's unforgettable legacy of suffering, love, and hope.

The Social Animal

The bestselling author of *The Elegant Universe* and *The Fabric of the Cosmos* tackles perhaps the most mind-bending question in modern physics and cosmology: Is our universe

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the only universe? There was a time when "universe" meant all there is. Everything. Yet, a number of theories are converging on the possibility that our universe may be but one among many parallel universes populating a vast multiverse. Here, Brian Greene, one of our foremost physicists and science writers, takes us on a breathtaking journey to a multiverse comprising an endless series of big bangs, a multiverse with duplicates of every one of us, a multiverse populated by vast sheets of spacetime, a multiverse in which all we consider real are holographic illusions, and even a multiverse made purely of math--and reveals the reality hidden within each. Using his trademark wit and precision, Greene presents a thrilling survey of cutting-edge physics and confronts the inevitable question: How can fundamental science progress if great swaths of reality lie beyond our reach? *The Hidden Reality* is a remarkable adventure through a world more vast and strange than anything we could have imagined.

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