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wonder how Albert Einstein might
have wrestled with the still-open
question of how inanimate atoms
produce life. He freely acknowledged

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the limitations of human understanding, including his own, and in July 1945, he wrote, “ We have to admire in humility the beautiful harmony of the structure of this world — as far as we can grasp it.

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Invisible hand, metaphor, introduced by the 18th-century Scottish philosopher and economist Adam Smith, that characterizes the

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mechanisms through which
beneficial social and economic
outcomes may arise from the
accumulated self-interested actions
of individuals, none of whom intends
to bring about such outcomes. The
notion of the invisible hand has been
employed in economics and other

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Looks at the atoms that compose the human body and the role that they play in the workings of the world and the universe.

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Hydrogen atoms will wriggle into
your hair and betray where you live
and what you have been drinking.
The carbon in your breath will
become tree trunks, and the sodium
in your tears will link you to long-
dead oceans. The nitrogen in your
muscles will help to turn the sky blue,

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the phosphorus in your bones will help to turn the coastal waters of North Carolina green, the calcium in your teeth will crush your food between atoms that were mined by mushrooms, and the iron in your blood will kill microbes as it once killed a star. You will also discover

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that much of what death must inevitably do to your body is already happening among many of your atoms at this very moment and that, nonetheless, you and everyone else you know will always exist somewhere in the fabric of the universe. You are not only made of

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atoms; you are atoms, and this book, in essence, is an atomic field guide to yourself.

A fascinating exploration of lakes around the world, from Walden Pond to the Dead Sea. More than a century and a half have passed since Walden

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was first published, and the world is now a very different place. Lakes are changing rapidly, not because we are separate from nature but because we are so much a part of it. While many of our effects on the natural world today are new, from climate change to nuclear fallout, our connections to

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it are ancient, as core samples from lake beds reveal. In *Still Waters*, Curt Stager introduces us to the secret worlds hidden beneath the surfaces of our most remarkable lakes, leading us on a journey from the pristine waters of the Adirondack Mountains to the wilds of Siberia, from

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Thoreau 's cherished pond to the Sea of Galilee. Through decades of firsthand investigations, Stager examines the significance of our impacts on some of the world ' s most iconic inland waters. Along the way he discovers the stories these lakes contain about us, including our

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loftiest philosophical ambitions and
our deepest myths. For him, lakes are
not only mirrors reflecting our place
in the natural world but also windows
into our history, culture, and the
primal connections we share with all
life. Beautifully observed and
eloquently written, Stager ' s

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narrative is filled with strange and enchanting details about these submerged worlds—diving insects chirping underwater like crickets, African crater lakes that explode, and the growing threats to some of our most precious bodies of water. Modern science has demonstrated

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that humanity is an integral part of nature on this planet, so intertwined with it that we have also become an increasingly powerful force of nature in our own right. Still Waters reminds us how beautiful, complex, and vulnerable our lakes are, and how, more than ever, it is essential to

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A Kirkus Reviews Best Nonfiction of 2011 title A bold, far-reaching look at how our actions will decide the planet's future for millennia to come. Imagine a planet where North American and Eurasian navies are

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squaring off over shipping lanes
through an acidified, ice-free Arctic.
Centuries later, their northern
descendants retreat southward as the
recovering sea freezes over again.
And later still, future nations plan
how to avert an approaching Ice
Age... by burning what remains of our

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fossil fuels. These are just a few of the events that are likely to befall Earth and human civilization in the next 100,000 years. And it will be the choices we make in this century that will affect that future more than those of any previous generation. We are living at the dawn of the Age of

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Humans; the only question is how long that age will last. Few of us have yet asked, "What happens after global warming?" Drawing upon the latest, groundbreaking works of a handful of climate visionaries, Curt Stager's *Deep Future* helps us look beyond 2100 a.d. to the next hundred

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Problem is your system. Bad habits repeat themselves again and again not because you don't want to change, but because you have the wrong system for change. You do not rise to the level of your goals. You fall to the level of your systems. Here, you'll get a proven system that can

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take you to new heights. Clear is known for his ability to distill complex topics into simple behaviors that can be easily applied to daily life and work. Here, he draws on the most proven ideas from biology, psychology, and neuroscience to create an easy-to-understand guide

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for making good habits inevitable and bad habits impossible. Along the way, readers will be inspired and entertained with true stories from Olympic gold medalists, award-winning artists, business leaders, life-saving physicians, and star comedians who have used the science of small

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more. Atomic Habits will reshape the way you think about progress and success, and give you the tools and strategies you need to transform your habits--whether you are a team looking to win a championship, an organization hoping to redefine an industry, or simply an individual who

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wishes to quit smoking, lose weight, reduce stress, or achieve any other goal.

Living with the Stars describes the many fascinating connections between the universe and the human body, which range from the makeup

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of DNA and human cells, growth and aging, to stellar evolution and the beginning of the universe. This popular science book should be of interest to anyone who wonders about the processes going on in our human bodies that connect us to our environment on Earth, to the Solar

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System, to the stars in our Galaxy, and
even to the origin of the universe.

What are things made of? 'Everything
is composed of small molecules of
itself, and they are flying around in
concentric circles and arcs and
segments,' explains Sergeant Fottrell

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in Flann O'Brien's The Dalkey Archive.
Philip Ball shows that the world of the molecule is indeed a dynamic place. Using the chemistry of life as a springboard, he provides a new perspective on modern chemical science as a whole. Living cells are full of molecules in motion,

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communication, cooperation, and competition. Molecular scientists are now starting to capture the same dynamism in synthetic molecular systems, promising to reinvent chemistry as the central creative science of the new century.

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Why you are more than just a brain,
more than just a brain-and-body, and
more than all your assumptions about
who you are. Who are you? Are you
just a brain? A brain and a body? All
the things you have done and the
friends you have made? Many of us
assume that who we really are is

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Something deep inside us, an inner sanctuary that contains our true selves. In *Who You Are*, Michael Spivey argues that the opposite is true: that you are more than a brain, more than a brain-and-body, and more than all your assumptions about who you are. Rather than peeling

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layers away to reveal the inner you, Spivey traces who you are outward. You may already feel in your heart that something outside your body is actually part of you—a child, a place, a favorite book. Spivey confirms this intuition with scientific findings. With each chapter, Spivey incrementally

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expands a common definition of the self. After (gently) helping you to discard your assumptions about who you are, he draws on research in cognitive science and neuroscience to explain the back-and-forth among all the regions of the brain and the interaction between the brain and

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body. He then makes the case for understanding objects and locations in your environment as additional parts of who we are. Going even further, he shows that, just as interaction links brain, body, and environment, ever-expanding systems of interaction link humans to

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other humans, to nonhuman animals,
and to nonliving matter. This may
seem an interaction or two too far.
But you don't have to take his word
for it—just consider the evidence he
presents.

Reveals how classic American novels

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embodied the tensions embedded in
American views of the natural world
from the Centennial until the end of
the Second World War. Reconciling
Nature maps the complex views of
the environment that are evident in
celebrated American novels written
between the Centennial Celebration

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of 1876 and the end of the Second World War. During this period, which includes the Progressive era and the New Deal, Americans held three contradictory views of the natural world: a recognition of nature ' s vulnerability to the changes brought by industrialism; a fear of the power

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of nature to destroy human civilization; and a desire to make nature useful. Robert M. Myers argues they reconciled these conflicting views through nature nostalgia, policing of wilderness areas, and through strategies of control borrowed from the social sciences.

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Myers combines environmental
history with original readings of eight
novels, producing fresh perspectives
on Mark Twain ' s Adventures of
Huckleberry Finn, Stephen Crane ' s
Maggie, Kate Chopin ' s The
Awakening, Upton Sinclair ' s The
Jungle, Mary Austin ' s The Ford,

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Theodore Dreiser 's An American
Tragedy, Zora Neale Hurston ' s Their
Eyes Were Watching God, and William
Faulkner ' s Go Down, Moses. While
previous ecocritical works have
focused on proto-environmentalism
in classic works of literature,
Reconciling Nature explores the

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ambivalence within these texts, demonstrating how they reproduce views of nature as threatened, threatening, and useful. The epilogue examines the environmental ideologies associated with the development and deployment of the first atomic bomb. Robert M. Myers is

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Professor of English and Director of
the Environmental Studies program
at Lock Haven University. He is the
author of Reluctant Expatriate: The
Life of Harold Frederic.

Finding God: One Psychologists
Journey is an inspirational

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Autobiography that takes you on a tour that will enrich your life. Starting as a young child growing up in Southern Brooklyn, with major obstacles to face and overcome, Dr. Alne goes on to become a prominent psychologist. Attacked and left disabled in the aftermath of the

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Crown Heights Riots in Brooklyn he
fought to regain his health and
career. In 2007 he suffered a stroke
that left him with annoying cognitive
and physical symptoms. Dr. Alne
attacked one with exercise, and the
other by passionately studying a
subject he had never studied before.

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It was quantum physics and cosmology that changed his life forever. Elementary particles of matter obey none of the laws of physics we long held as truths. For example, particles can be in multiple places at the same time (superposition) and are able to

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communicate even when far apart (nonlocality) etc. Even more shocking is that everything in the universe is made from energy, and no one knows what exactly energy is. We are right now in the midst of a paradigm shift in thinking and everything we thought we knew as reality is being

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questioned. Science led directly to studies of metaphysics and paranormal research. Prominent universities today are engaged in studies of prayer, remote viewing and related subjects. Scientifically designed research offers proof that: random evolution could not have led

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to mankind, prayer does help healing,
and consciousness survives death.
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