

Wild Nights How Taming Sleep Created Our Restless

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Heart of the Streets - Chenae Glaze 2013-10-07

Corinne is running from the pain of her past but she can't seem to run fast enough. Jabari thought he had it all but even with everything, something is still missing. Follow Corinne and Jabari through the streets of Atlanta as she offers him a loyalty he's never had and he showers her in a love she never knew existed!

[Taming Idiopathic Toe Walking](#) - Ileana S. McCaigue 2017-03-24

A Non-Invasive, Efficient and Effective Sensory Treatment Strategy for Children and Adolescents that Display Atypical Toe Walking. "Taming Idiopathic Toe Walking: A Treatment Guide for Parents and Therapists" serves as a definitive manual for children and adolescents that display atypical toe walking behaviors. Inspired by the overcoming of toe walking by numerous children during her years of practice, McCaigue's professional expertise and experiences are fused into a vitally powerful resource. TAMING IDIOPATHIC TOE WALKING... is an easy-to-read guide for parents and pediatric, rehabilitation therapists with information on the categories and treatment of atypical toe walking behaviors. This manual explains when toe walking is considered developmentally unusual for a child's age, and idiopathic or done for no known reason. Idiopathic toe walking is often associated with Autism Spectrum Disorders, ADHD, Specific Learning Disabilities, Developmental Delays and other disabilities with sensory processing difficulties, but can occur with typical children, as well. This book serves as a thorough resource for use of an alternative treatment strategy to "calm" the toes, and enable a typical walking pattern in those challenged with this problem behavior. The ultimate goal is the prevention of tendon shortening and resultant limited motions of the ankles and feet from prolonged toe walking that can ultimately lead to the need for injections, bracing or at worst, surgery, to repair the muscular imbalance. TAMING IDIOPATHIC TOE WALKING... provides step-by-step instruction of how to make "Toe Tamers", a unique remediation tool that provides the sensory input that a child or adolescent with idiopathic toe walking needs to overcome this potentially serious problem behavior. A protocol and usage guide is available for: 1) How heavy to make the Toe Tamers, 2) How to apply them, 3) How often they should be worn, and 4) How long to use them to calm the toes. This would enable relaxation of the feet to stand with full weight bearing on the floor with or without socks and shoes. In addition... a HOME Program sheet is included in English and Spanish to instruct parents on the rationale for applying the Toe Tamers, as well as when and how to effectively use them. Additionally, forms are available for logging the impact of the Toe Tamers. A record and graphs are included to track progress on the length of time, as well as the reduction of heel height, as the Toe Tamers effectively help the toes to lower the entire foot onto a flat surface. As the author explains, her book introduces a sensory treatment strategy for idiopathic toe walking that all should consider exploring. "Children with idiopathic toe walking whose feet are always bouncing on their toes, seem to calm their bodies down after their feet are relaxed. If you think about it, when your feet hurt or figuratively scream at you internally, you cannot relax your body. So, it would make sense that by calming the toes and relaxing the feet, that these children's bodies would relax overall, as well! It is by providing the sensory input needed by these children's feet, that their toes can lower and enable a typical pattern of walking. Using a holistic, sensory strategy in lieu of more traditional interventions will give their feet the input needed to help them overcome this problem behavior," says McCaigue. The book is unique in the marketplace due to the author's own successful use of

its methods over a lifetime of experience. "I personally implemented the strategies outlined in this book over the past 27 of my 40 years as an Occupational Therapist working with children. I hope this easy-to-make, therapeutic, sensory strategy will help many children with idiopathic toe walking, and prevent the need for surgery or other more invasive treatment techniques. My goal is to help children with the least restrictive, most effective and efficient way to remediate atypical toe walking," McCaigue explains.

The Epic of Gilgamesh - R. Campbell Thompson 2017-08-18

The Showman and the Slave - Benjamin Reiss 2009-06-30

Reiss uses P. T. Barnum's Joice Heth hoax to examine the contours of race relations in the antebellum North. Barnum's first exhibit as a showman, Heth was an elderly enslaved woman said to be the 161-year-old former nurse of the infant George Washington. Seizing upon the novelty, the newly emerging commercial press turned her act--and especially her death--into one of the first media spectacles in American history.

The Seeds of New Earth (the Silent Earth, Book 2) - Mark R. Healy 2014-12-17

The Earth is in ruins. Cities and nations destroyed. Mankind is extinct. Brant and Arsha are synthetics, machines made in the image of people. They dream of bringing humans back into the world and have the technology to succeed, but the obstacles in their way are mounting. Not only are their own conflicting ideals creating a rift between them, but now the sinister Marauders are closing in as they seek revenge on Brant. Out in the wasteland, strange lights and mysterious objects in the sky herald the arrival of new factions that seek to control the region. Even in the once quiet streets of their own city, malevolent forces are beginning to unfurl that threaten the sanctity of everything they hold dear, jeopardising the future that is within their grasp. The Silent Earth Series Book 1 - After the Winter: [amazon.com/dp/B00P02FBPM](https://www.amazon.com/dp/B00P02FBPM)

[Evening's Empire](#) - Craig Koslofsky 2011-06-30

This illuminating guide to the night opens up an entirely new vista on early modern Europe. Using diaries, letters, legal records and representations of the night in early modern religion, literature and art, Craig Koslofsky explores the myriad ways in which early modern people understood, experienced and transformed the night.

Theaters of Madness - Benjamin Reiss 2008-09-15

In the mid-1800s, a utopian movement to rehabilitate the insane resulted in a wave of publicly funded asylums—many of which became unexpected centers of cultural activity. Housed in magnificent structures with lush grounds, patients participated in theatrical programs, debating societies, literary journals, schools, and religious services. Theaters of Madness explores both the culture these rich offerings fomented and the asylum's place in the fabric of nineteenth-century life, reanimating a time when the treatment of the insane was a central topic in debates over democracy, freedom, and modernity. Benjamin Reiss explores the creative lives of patients and the cultural demands of their doctors. Their frequently clashing views turned practically all of American culture—from blackface minstrel shows to the works of William Shakespeare—into a battlefield in the war on insanity. Reiss also shows how asylums touched the lives and shaped the writing of key figures, such as Emerson and Poe, who viewed the system alternately as

the fulfillment of a democratic ideal and as a kind of medical enslavement. Without neglecting this troubling contradiction, *Theaters of Madness* prompts us to reflect on what our society can learn from a generation that urgently and creatively tried to solve the problem of mental illness.

Bear Awareness - Brahm 2017-11-14

In *Bear Awareness* English monk Ajahn Brahm answers actual questions from his meditation students-- questions you may have had as well. While most mindfulness meditation teachers praise the benefits of bare awareness, he teaches bear awareness. He helps us make friends with the scary things that come up on the cushion, and he knows how to lift the mood with a well-placed stuffed teddy-- or a well-timed pun.

At Day's Close - A. Roger Ekirch 2022-04-07

Natalie's Hair Was Wild! - Laura Freeman 2018-01-02

Natalie's hair is really wild—and she likes it that way! A host of friendly animals agree, and they move right in. At first it's just butterflies and birds that take up residence atop Natalie's head, but soon there are zebras, elephants, even a tiger! With all the roaring and squawking and snorting and burping, poor Natalie can hardly sleep. She needs to find someone to help coax those critters out . . . but who? Inspired by the author's own childhood adventures with her hair, this playful fantasy will delight all girls and boys who resist having their tresses tamed.

Fahrenheit 451 - Ray Bradbury 2003-09-23

A totalitarian regime has ordered all books to be destroyed, but one of the book burners suddenly realizes their merit.

Wicked Sexy Liar - Christina Lauren 2016-02-02

When three college besties meet three hot guys in Vegas, anything can—and does—happen. Book Four in the *New York Times* Wild Seasons series that began with *Sweet Filthy Boy*, *Dirty Rowdy Thing*, and *Dark Wild Night*. London Hughes is very content to surf daily, tend bar, hang out with her group of friends, and slowly orient herself in the years after college. Everything's going great and according to the non-plan. But when a wave knocks her for a loop one morning, then Luke Sutter's flirtatious smile knocks her for another that evening, she veers slightly off course...and into his path. Sure, he's a total player, but the Why not—it's only one night is a persistent voice in her ear. For his part, Luke's been on hookup autopilot for so long that he rarely ever pauses to consider what he's doing. But after an amazing time with London, he realizes that he hasn't been moving on from a devastating heartbreak so much as he's been drifting to wherever—and whomever—the current takes him. With London he wants more. Every relationship involves two people...plus their pasts. And as much as she enjoys her fling with Luke, when London learns about his past—more specifically, who's in it—everything becomes the brand of complicated she strives to avoid. It's up to Luke then to change some things in order to try and ensure he's not something she'll outright avoid as well.

The Little Prince - Antoine de Saint-Exupéry 2017-11-04

The Science of Sleep - Wallace B. Mendelson 2018-02-14

We often hear that humans spend one third of their lives sleeping—and most of us would up that fraction if we could. Whether we're curling up for a brief lunchtime catnap, catching a doze on a sunny afternoon, or clocking our solid eight hours at night, sleeping is normally a reliable way to rest our heads and recharge our minds. And our bodies demand it: without sufficient sleep, we experience changes in mood, memory loss, and difficulty concentrating. Symptoms of sleep deprivation can be severe, and we know that sleep is essential for restoring and rejuvenating muscles, tissue, and energy. And yet, although science is making remarkable inroads into the workings and functions of sleep, many aspects still remain a mystery. In *The Science of Sleep*, sleep expert Wallace B. Mendelson explains the elements of human sleep states and explores the variety of sleep disorders afflicting thousands of people worldwide. Mendelson lays out the various treatments that are available today and provides a helpful guide for one of life's most important activities. By offering the first scientific yet accessible account of sleep science, Mendelson allows readers to assess their personal relationships with sleep and craft their own individual approaches to a comfortable and effective night's rest. Addressing one of the major public health issues of the day with cutting-edge

research and empathetic understanding, *The Science of Sleep* is the definitive illustrated reference guide to sleep science.

The Taming of the Shrew - William Shakespeare 1921

Rewire Your Brain - John B. Arden 2010-03-22

How to rewire your brain to improve virtually every aspect of your life-based on the latest research in neuroscience and psychology on neuroplasticity and evidence-based practices Not long ago, it was thought that the brain you were born with was the brain you would die with, and that the brain cells you had at birth were the most you would ever possess. Your brain was thought to be "hardwired" to function in predetermined ways. It turns out that's not true. Your brain is not hardwired, it's "softwired" by experience. This book shows you how you can rewire parts of the brain to feel more positive about your life, remain calm during stressful times, and improve your social relationships. Written by a leader in the field of Brain-Based Therapy, it teaches you how to activate the parts of your brain that have been underactivated and calm down those areas that have been hyperactivated so that you feel positive about your life and remain calm during stressful times. You will also learn to improve your memory, boost your mood, have better relationships, and get a good night sleep. Reveals how cutting-edge developments in neuroscience, and evidence-based practices can be used to improve your everyday life Other titles by Dr. Arden include: *Brain-Based Therapy-Adult*, *Brain-Based Therapy-Child*, *Improving Your Memory For Dummies* and *Heal Your Anxiety Workbook* Dr. Arden is a leader in integrating the new developments in neuroscience with psychotherapy and Director of Training in Mental Health for Kaiser Permanente for the Northern California Region Explaining exciting new developments in neuroscience and their applications to daily living, *Rewire Your Brain* will guide you through the process of changing your brain so you can change your life and be free of self-imposed limitations.

Wild (Movie Tie-in Edition) - Cheryl Strayed 2014-11-18

#1 NEW YORK TIMES BESTSELLER • A powerful, blazingly honest memoir: the story of an eleven-hundred-mile solo hike that broke down a young woman reeling from catastrophe—and built her back up again. At twenty-two, Cheryl Strayed thought she had lost everything. In the wake of her mother's death, her family scattered and her own marriage was soon destroyed. Four years later, with nothing more to lose, she made the most impulsive decision of her life. With no experience or training, driven only by blind will, she would hike more than a thousand miles of the Pacific Crest Trail from the Mojave Desert through California and Oregon to Washington State—and she would do it alone. Told with suspense and style, sparkling with warmth and humor, *Wild* powerfully captures the terrors and pleasures of one young woman forging ahead against all odds on a journey that maddened, strengthened, and ultimately healed her.

Wild Nights - Benjamin Reiss 2017-03-07

Why the modern world forgot how to sleep Why is sleep frustrating for so many people? Why do we spend so much time and money managing and medicating it, and training ourselves and our children to do it correctly? In *Wild Nights*, Benjamin Reiss finds answers in sleep's hidden history--one that leads to our present, sleep-obsessed society, its tacitly accepted rules, and their troubling consequences. Today we define a good night's sleep very narrowly: eight hours in one shot, sealed off in private bedrooms, children apart from parents. But for most of human history, practically no one slept this way. Tracing sleep's transformation since the dawn of the industrial age, Reiss weaves together insights from literature, social and medical history, and cutting-edge science to show how and why we have tried and failed to tame sleep. In lyrical prose, he leads readers from bedrooms and laboratories to factories and battlefields to Henry David Thoreau's famous cabin at Walden Pond, telling the stories of troubled sleepers, hibernating peasants, sleepwalking preachers, cave-dwelling sleep researchers, slaves who led nighttime uprisings, rebellious workers, spectacularly frazzled parents, and utopian dreamers. We are hardly the first people, Reiss makes clear, to chafe against our modern rules for sleeping. A stirring testament to sleep's diversity, *Wild Nights* offers a profound reminder that in the vulnerability of slumber we can find our shared humanity. By peeling back the covers of history, Reiss recaptures sleep's mystery and grandeur and offers hope to weary readers: as sleep was transformed once before, so too can it change today.

Sleep in Early Modern England - Sasha Handley 2016-09-27

SELECT BIBLIOGRAPHY -- INDEX

The Cambridge History of the American Novel - Leonard Cassuto 2011-03-24

An authoritative and lively account of the development of the genre, by leading experts in the field.

Island of the Blue Dolphins - Scott O'Dell 1960

Records the courage and self-reliance of an Indian girl who lived alone for eighteen years on an isolated island off the California coast when her tribe emigrated and she was left behind.

Keywords for Disability Studies - Rachel Adams 2015-08-14

Introduces key terms, concepts, debates, and histories for Disability Studies. *Keywords for Disability Studies* aims to broaden and define the conceptual framework of disability studies for readers and practitioners in the field and beyond. The volume engages some of the most pressing debates of our time, such as prenatal testing, euthanasia, accessibility in public transportation and the workplace, post-traumatic stress, and questions about the beginning and end of life. Each of the 60 essays in *Keywords for Disability Studies* focuses on a distinct critical concept, including "ethics," "medicalization," "performance," "reproduction," "identity," and "stigma," among others. Although the essays recognize that "disability" is often used as an umbrella term, the contributors to the volume avoid treating individual disabilities as keywords, and instead interrogate concepts that encompass different components of the social and bodily experience of disability. The essays approach disability as an embodied condition, a mutable historical phenomenon, and a social, political, and cultural identity. An invaluable resource for students and scholars alike, *Keywords for Disability Studies* brings the debates that have often remained internal to disability studies into a wider field of critical discourse, providing opportunities for fresh theoretical considerations of the field's core presuppositions through a variety of disciplinary perspectives. Visit keywords.nyupress.org for online essays, teaching resources, and more.

Wild (Oprah's Book Club 2.0 Digital Edition) - Cheryl Strayed 2012-06-01

#1 NATIONAL BESTSELLER At twenty-two, Cheryl Strayed thought she had lost everything. In the wake of her mother's death, her family scattered and her own marriage was soon destroyed. Four years later, with nothing more to lose, she made the most impulsive decision of her life. With no experience or training, driven only by blind will, she would hike more than a thousand miles of the Pacific Crest Trail from the Mojave Desert through California and Oregon to Washington State—and she would do it alone. Told with suspense and style, sparkling with warmth and humor, *Wild* powerfully captures the terrors and pleasures of one young woman forging ahead against all odds on a journey that maddened, strengthened, and ultimately healed her. Oprah's Book Club 2.0 selection: This special eBook edition of Cheryl Strayed's national best seller, *Wild*, features exclusive content, including Oprah's personal notes highlighted within the text, and a reading group guide. One of the Best Books of the Year: NPR, The Boston Globe, Entertainment Weekly, Vogue, St. Louis Dispatch

Travels with a Donkey in the Cévennes - Robert Louis Stevenson 1879

"We are all travellers in what John Bunyan calls the wilderness of this world—all, too, travellers with a donkey: and the best that we find in our travels is an honest friend. He is a fortunate voyager who finds many." -Robert Louis Stevenson, *Travels with a Donkey in the Cévennes* (1879) *Travels with a Donkey in the Cévennes* (1879) is a classic of travel literature by Robert Louis Stevenson about his 12-day, 120-mile walking tour in the French Cévennes mountain range, accompanied by his donkey, Modestine. This book is one of the first to present hiking and camping as recreational activities, and is as influential as Stevenson's fiction.

My Side of the Mountain - Jean Craighead George 2001-05-21

"Should appeal to all rugged individualists who dream of escape to the forest."—The New York Times Book Review Sam Gribble is terribly unhappy living in New York City with his family, so he runs away to the Catskill Mountains to live in the woods—all by himself. With only a penknife, a ball of cord, forty dollars, and some flint and steel, he intends to survive on his own. Sam learns about courage, danger, and independence during his year in the wilderness, a year that changes his life forever. "An extraordinary book . . . It will be read year after year." —The Horn Book

Taming Hollywood's Baddest Boy - Max Monroe 2020-03-11

Do people say they hate someone's guts so that they can still fall stupidly, head-over-heels in love with the

other parts? Asking for a friend. Okay, fine. I'm not asking for a friend. I'm asking for me—and I'm begging you to tell me that the practice of falling in love with your should-be-enemy is common. Please tell me that I'm not the only person to track down a guy—who used to be Hollywood's baddest bad boy before he left LA for good—at his off-the-grid cabin in Alaska, show up unannounced, and find him gloriously naked. This probably happens all the time...right? Tell me I'm not alone in my stupidity—that I'm not the only woman who would fall for gorgeous blue eyes and a sexy devilish smirk, even if they belong to a broody, mysterious jerk. Please. Please. Please. Tell me I'm not alone in this. For the love of everything, I need all the supportive girl power I can get if I'm going to convince Luca Weaver to come back to Hollywood—otherwise known as the place he hates so much that he ghosted Oscar-level success and escaped to no-man's-land for the last eight years just to avoid it. Yeah, don't worry—that smoke you're smelling isn't your house catching fire as you read this...it's just my career and what was previously known as my heart going up in flames. Gah. Is it just me, or am I totally, completely, and utterly screwed?

At Day's Close: Night in Times Past - A. Roger Ekirch 2006-10-17

"Remarkable...Ekirch has emptied night's pockets, and laid the contents out before us." —Arthur Krystal, *The New Yorker* Bringing light to the shadows of history through a "rich weave of citation and archival evidence" (Publishers Weekly), scholar A. Roger Ekirch illuminates the aspects of life most often overlooked by other historians—those that unfold at night. In this "triumph of social history" (Mail on Sunday), Ekirch's "enthraling anthropology" (Harper's) exposes the nightlife that spawned a distinct culture and a refuge from daily life. Fear of crime, of fire, and of the supernatural; the importance of moonlight; the increased incidence of sickness and death at night; evening gatherings to spin wool and stories; masqued balls; inns, taverns, and brothels; the strategies of thieves, assassins, and conspirators; the protective uses of incantations, meditations, and prayers; the nature of our predecessors' sleep and dreams—Ekirch reveals all these and more in his "monumental study" (The Nation) of sociocultural history, "maintaining throughout an infectious sense of wonder" (Booklist).

Sleep and Health - Michael Grandner 2019-04-17

Sleep and Health provides an accessible yet comprehensive overview of the relationship between sleep and health at the individual, community and population levels, as well as a discussion of the implications for public health, public policy and interventions. Based on a firm foundation in many areas of sleep health research, this text further provides introductions to each sub-area of the field and a summary of the current research for each area. This book serves as a resource for those interested in learning about the growing field of sleep health research, including sections on social determinants, cardiovascular disease, cognitive functioning, health behavior theory, smoking, and more. Highlights the important role of sleep across a wide range of topic areas Addresses important topics such as sleep disparities, sleep and cardiometabolic disease risk, real-world effects of sleep deprivation, and public policy implications of poor sleep Contains accessible reviews that point to relevant literature in often-overlooked areas, serving as a helpful guide to all relevant information on this broad topic area

Taming the Prince - Lindzee Armstrong 2019-01-03

She's a ballet teacher about to lose her studio. He's a prince hated by his subjects. Can they put aside their pasts to create a future together?

Max and the Won't Go to Bed Show - Mark Sperring 2013-12-12

A fabulously funny extravaganza conjured up by dynamic duo Mark Sperring and Sarah Warburton. Perfect for bedtime!

Sleep Affirmations - Jennifer Williamson 2018-05-15

The perfect bedside companion, with 200 affirmations that will help you get to sleep—and stay asleep—and wake up refreshed. One out of three American adults have trouble getting to sleep each night—chances are you've spent some nights either tossing and turning, or waking up in the middle of the night and not being able to get back to sleep. This book helps you get into the best mindset for sleep, allowing you to enjoy deeper, more restful sleep through the power of 200 short affirmations, easily accessible in a flip-through format. These soothing messages will encourage you to leave the stressors of the day behind—and get ready to embrace the possibilities of tomorrow.

Darkness - Nina Edwards 2018-12-15

Darkness divides and enlivens opinion. Some are afraid of the dark, or at least prefer to avoid it, and there are many who dislike what it appears to stand for. Others are drawn to this strange domain, delighting in its uncertainties, lured by all the associations of folklore and legend, by the call of the mysterious and of the unknown. The history of our attitudes toward darkness—toward what we cannot quite make out, in all its physical and metaphorical manifestations—challenges the very notion of a world that we can fully comprehend. In this book, Nina Edwards explores darkness as both a physical feature and cultural image, through themes of sight, blindness, consciousness, dreams, fear of the dark, night blindness, and the in-between states of dusk or fog, twilight and dawn, those points or periods of obscurity and clarification. Taking us across the ages, from the dungeons of Gothic novels to the concrete bunkers of Nordic Noir TV shows, Edwards interrogates the full sweep of humanity's attempts to harness and suppress the dark first through our ability to control fire and, later, illuminate the world with electricity. She explores how the idea of darkness pervades art, literature, religion, and our everyday language. Ultimately, Edwards reveals how darkness, whether a shifting concept or palpable physical presence, has fed our imaginations.

Work's a Bitch and Then You Make It Work - Andrea Kay 2012-01-09

Are you frustrated by the indignities of life in today's workplace? More work, longer hours, fewer benefits, incompetent bosses—career consultant and expert Andrea Kay has heard it all. In her new book, Kay connects with the 85 percent of the workforce who feel unsatisfied with their careers. Readers will immediately recognize themselves in the stories she tells, gleaned from the thousands of unhappy workers who have responded to Kay's nationally syndicated column and appearances. But Kay doesn't just explore what's wrong with the workplace today; she empowers workers to think about their careers in a new way, to get past disillusionment and feelings of powerlessness to see the possibilities and control they do have. She counsels readers on how to aim high and be fearless in presenting new ideas; how to cope with the unpredictable; how to determine whether a company is a good match for you; how to define the kind of work arrangement you want, and get up the nerve to ask for it. Throughout the text and the thought-provoking exercises that accompany it, she offers ways to take concrete and positive steps that will improve both your career and your life. Work may indeed be a bitch sometimes, but with Andrea Kay's help, readers will work it out.

Invitation to Ruin - Bronwen Evans 2011-03-01

One Good Lady Is About to Go Bad. . . The only thing Miss Melissa Goodly has ever wanted out of a marriage is love. But any hope of that dissolves one wild night, when she loses herself in the arms of the most irresistible—and unobtainable—man in all of England. For when they are discovered in a position as compromising as it is pleasurable, she has no choice but to accept his proposal. Avowed bachelor Anthony Craven, Earl of Wickham, never meant to seduce an innocent like Melissa. Yet now that the damage is done, it does seem like she'd make a very convenient wife. After all, she is so naive he won't have to worry about ever being tempted. Or so he thinks, until the vows are spoken and they are left alone—and his new bride reveals a streak just as brazen and unrestrained as his own. . .

In the Watches of the Night - Peter C. Baldwin 2012-02

Before skyscrapers and streetlights, American cities fell into inky blackness with each setting of the sun. But over the course of the 19th and early 20th centuries, new technologies began to light up the city. This text depicts the changing experiences of the urban night over this period, visiting a host of actors in the nocturnal city.

The End of Night - Paul Bogard 2013-07-09

A deeply panoramic tour of the night, from its brightest spots to the darkest skies we have left. A starry night is one of nature's most magical wonders. Yet in our artificially lit world, three-quarters of Americans' eyes never switch to night vision and most of us no longer experience true darkness. In *The End of Night*,

Paul Bogard restores our awareness of the spectacularly primal, wildly dark night sky and how it has influenced the human experience across everything from science to art. From Las Vegas' Luxor Beam -- the brightest single spot on this planet -- to nights so starlit the sky looks like snow, Bogard blends personal narrative, natural history, science, and history to shed light on the importance of darkness -- what we've lost, what we still have, and what we might regain -- and the simple ways we can reduce the brightness of our nights tonight.

Fighting Sleep - Franny Nudelman 2019-10-08

How the military used sleep as a weapon—and how soldiers fought back On April 21, 1971, hundreds of Vietnam veterans fell asleep on the National Mall, wondering whether they would be arrested by daybreak. Veterans had fought the courts for the right to sleep in public while demonstrating against the war. When the Supreme Court denied their petition, they decided to break the law and turned sleep into a form of direct action. During and after the Second World War, military psychiatrists used sleep therapies to treat an epidemic of "combat fatigue." Inducing deep and twilight sleep in clinical settings, they studied the effects of war violence on the mind and developed the techniques of brainwashing that would weaponize both memory and sleep. In the Vietnam era, radical veterans reclaimed the authority to interpret their own traumatic symptoms—nightmares, flashbacks, insomnia —and pioneered new methods of protest. In *Fighting Sleep*, Franny Nudelman recounts the struggle over sleep in the postwar world, revealing that the subject was instrumental to the development of military science, professional psychiatry, and antiwar activism.

The Happiness Hypothesis - Jonathan Haidt 2006-12-26

The bestselling author of *The Righteous Mind* and *The Coddling of the American Mind* draws on philosophical wisdom and scientific research to show how the meaningful life is closer than you think *The Happiness Hypothesis* is a book about ten Great Ideas. Each chapter is an attempt to savor one idea that has been discovered by several of the world's civilizations -- to question it in light of what we now know from scientific research, and to extract from it the lessons that still apply to our modern lives and illuminate the causes of human flourishing. Award-winning psychologist Jonathan Haidt, the author of *The Righteous Mind* and *The Coddling of the American Mind*, shows how a deeper understanding of the world's philosophical wisdom and its enduring maxims -- like "do unto others as you would have others do unto you," or "what doesn't kill you makes you stronger" -- can enrich and even transform our lives.

Super Tokyoland - Benjamin Reiss 2017-10-25

In August 2002, artist Benjamin Reiss flies to Tokyo to spend a year with Kayoko, the Japanese girl he met in France a year earlier. What he finds upon landing is a vast and complex culture, steeped in tradition but full of surprises. As one year stretches into six, Benjamin becomes immersed in the world of sento baths, taiko drums, and bento boxes, while studying cartooning under several masters of manga

To Tame a Wild Heart - Tracy Fobes 2002-05-17

Applauded for her unique ability to blend romance, history, and the wonders of the paranormal into unforgettable novels, Tracy Fobes has taken her flair for the otherworldly to the Scottish Highlands, where a mysterious beauty discovers her true identity. The villagers think her one of the fairy-folk, for she was found wandering the Highlands at the age of four, able to communicate with the creatures of the moors. Now eighteen, Sarah quietly uses her gift to heal wounded animals. But when word of the lovely changeling spreads, her peaceful existence is shattered. Convinced Sarah is his long-lost daughter, the powerful Duke of Argyll offers to bequeath her his estate if she will but take her place in society. Her first duty is to become a lady -- under the tutelage of the duke's erstwhile heir, the dangerously provocative Earl of Cawdor. Sarah savors the simmering passions the cynical earl arouses in her even as she suspects he is merely using seduction to secure his birthright. In this civilized world where desire and deception are one and the same, how can she ever trust in love?