
The No Nonsense Guide To Globalization Book

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A scientist's guide to the power of meditation

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The No-Nonsense Guide to Divorce

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The No-nonsense Guide to Animal Rights

The No-Nonsense Guide to Equality

It's Our Ship

The No-nonsense Guide to Conflict and Peace

The No-Nonsense Guide to Degrowth and Sustainability

The No-Nonsense Guide to Living with Social Anxiety

Excellence Wins, Every Time

No-Nonsense Guide to the United Nations

The Book of PF

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Globalization Book*

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JAYVON BECKER

The No-nonsense Guide to Archives and Recordkeeping New
Internationalist

INTERNATIONAL BESTSELLER 'Steven Laureys' book opens up exciting perspectives.' - Matthieu Ricard, Buddhist monk & translator of the Dalai Lama 'Clear, lively, rigorous and authentic... [The] book we have been waiting for.' - Dr Ilios Kotsou, mindfulness and wellbeing expert 'Not reading this book is self-defeating' - Paul Witterman Rigorously researched and deeply illuminating, world-leading neurologist Dr Steven Laureys works with celebrated meditators to scientifically prove the positive impact meditation has on our brains. Dr Steven Laureys

has conducted ground-breaking research into human consciousness for more than 20 years. For this bestselling book, Steven to explores the effect of meditation on the brain. He uses hard science to explain the benefits of a practice that was once thought of as purely spiritual. The result is a highly accessible, scientifically questioning guide to meditation, designed to open the practice to a broader audience. A mix of fascinating science, inspiring anecdote and practical exercises, this accessible book offers scientific evidence that meditation can have a positive impact on all our lives.

[A scientist's guide to the power of meditation](#) Verso

Explores how democracy has been constricted and deformed by economic power-brokers and a self-serving political class from Birmingham to Bangalore. Swift considers the different tools people in power have used to manipulate democratic principles,

such as freedom, to their advantage. Includes chapter-length discussions of topics such as the economic meltdown, Barack Obama, eco-democracy, democratising the economy and democracy in the global south. It is also a guide to the rich diversity of forms of elected government full of practical advice for voters.

[The No-nonsense Guide to Global Media](#) The No-Nonsense Guide to Degrowth and Sustainability

The art projects in the No Nonsense Guide to Teaching Art allow the children to learn through a large variety of materials and to experience the joy of designing, creating and completing pieces of art that belong to them.

[Start!](#) Rowman & Littlefield Publishers

Globalisation has become one of the most used and encompassing words over the past decade, of undeniable influence in economics, politics and activism. Globalisation is literally all around; every aspect of life is affected by a global structure of communication and economy. This fully revised and updated guide condenses this complex subject into clear, concise commentary. It examines the debt trap, the acceleration of neoliberalism, competition for energy resources, the links between the war on terror, the arms trade and the alternatives to corporate control.

The No Nonsense Guide to Teaching Art Verso

At the turn of the new millennium, the United Nations determined that world poverty would be halved by 2015. International agencies are all committed to "poverty abatement." The International Monetary Fund and the World Bank have renamed their structural adjustment policies "poverty reduction

strategies." But can this work? No, argues Jeremy Seabrook, not if we fail to understand the meaning of poverty. Drawing on testimonies from around the world, as well as on the hard facts, he challenges the assumption that wealth overcomes poverty, and demonstrates that the opposite of "poor" is not "rich" but "self-reliant." Appealing passionately for a shared sense of "sufficiency," he gives verbal snapshots of people's lives to show how poverty shifts, changes and endures in response to the growth of wealth.

The No-Nonsense Meditation Book Jessica Kingsley Publishers
Most people's knowledge of world history is hazy and incomplete at best. This updated No-Nonsense Guide gives a full picture, revealing the hidden histories and communities left out of conventional history books—from the civilizations of Africa, Asia, and Latin America to the history of women. The new final chapter includes material on the financial crisis and the world response to climate change. Chris Brazier is co-editor at New Internationalist. His previous books include Vietnam: The Price of Peace. He is principal writer for UNICEF's The State of the World's Children report.

New Internationalist

The most memorable gift you can give to a new graduate is sound advice for a successful life. In his second book, author Clark Gaither gives his best advice in The Graduate's Handbook, highlighting the hardest easy lessons he's ever learned. For a head start on a life of passion and purpose, this gift book imbues graduates with hope, inspiration, motivation, and the truth about living life on life's terms. The Graduate's Handbook is more than a thoughtful gift book--it offers insight on careers, procrastination,

reality-based living, fear, failure, and relationships. Page after page includes profound quotations from the author himself and dozens of successful authors, philosophers, and historical figures.

"We are glorious creatures of the universe destined to accomplish, to build, to produce, to create, to innovate."

Graduates can make this book extra special by writing their future goals in the front, which they can look back on years from now to see how far they've come! Each gift book includes an area for inscription to make it a personal gift from you. Whether you're buying for a high school or college graduate, this keepsake will guide and teach them for many years to come!

The No-nonsense Guide to Globalization New Internationalist
 "The No Nonsense Guide to Climate Change" charts up-to-the-minute developments on climate change, explores the extent that the human race is responsible for the catastrophes and suggests what can be done to prevent them.

The No-nonsense Guide to Sexual Diversity New Internationalist
 Building dams in India, planting trees in Burkina Faso, rescuing street children in Brazil - these are images of aid and international development with which we can all identify.

However, what passes for development all too often improves life for the better off while actively hurting the very people the venture was meant to support. Maggie Black exposes the hypocrisy and reveals a more accurate picture of what is happening in development's name, arguing for a process to be put in place that truly defends the interests of poor people.

The No-Nonsense Guide to Divorce No Starch Press
 The No-Nonsense Guide to Divorce is the straight-talking book divorcing people need now. Written by an experienced family

lawyer, it's a blunt, funny, empathetic look at one of the most challenging times in life. Filled with concrete advice and hilarious and sometimes cringe-worthy examples, it's the perfect blend of how-to and what-not-to-do.

The No-Nonsense Guide to College Planning New Internationalist
 The world is wealthier than ever, yet the gap between rich and poor is getting bigger. Jeremy Seabrook summarises his celebrated work on the meaning of poverty, drawing on the experience of poor people in both rich and poor societies. He concludes that the opposite of poverty is not wealth but sufficiency. The relatively poor majority of the world's people do not aim to be rich but to be safe. Economic growth will never overcome the problems that it is largely responsible for creating. This is a call for radical thinking about the way we live.

The No-nonsense Guide to Animal Rights Simon and Schuster

A wide-ranging exploration of why inequality persists and what can be done about it.

The No-Nonsense Guide to Equality Heinemann Educational Books

Captain D. Michael Abrashoff, legendary commander of the USS Benfold, continues in the same vein of his bestselling book IT'S YOUR SHIP with the knowledge he's gained from his speaking to and advising some of the top business minds in the world. The story of Captain Abrashoff and his command of USS Benfold has become legendary inside and outside the Navy. By governing his ship with his unique management techniques, Abrashoff turned the Benfold into a model of naval efficiency, with amazing cost savings, the highest gunnery score in the Pacific Fleet, and a

highly motivated and top performing crew. In IT'S YOUR SHIP, he first demonstrated how to bring his successful management techniques from the ship to the boardroom. Now, in his newest book IT'S OUR SHIP, in the same rugged, can-do voice, Abrashoff will focus on the leadership, motivational, and management insights and tips that he has learned from his last six years of addressing business and corporate audiences. Abrashoff's timely advice will be eminently prescriptive, and will feature anecdotes and insights from leaders of businesses large and small and from public and non-profit sectors.

It's Our Ship T S Denison & Company

This invaluable guide is excellent for students, peace groups and activists. With tables, maps, case studies and quotes it looks at how conflict escalates and ways it can be prevented. It examines the changing types of war, including the War on Terror and ethnic conflict such as in Rwanda; the role of diplomacy and the UN and what steps ordinary people are taking to re-build communities. It also offers ideas and inspiration for creating lasting peace.

The No-nonsense Guide to Conflict and Peace McGraw-Hill
Osborne Media

Incorporating the most recent studies on hormone therapy, Seaman--a legendary figure in the women's health movement--and co-author Eldridge present an invaluable guide for women in need of information on menopause.

The No-Nonsense Guide to Degrowth and Sustainability

Grand Central Publishing

Provides a basic introduction to English language grammar, including parts of speech, grammar rules, and the literary devices that writers use to create specific effects.

The No-Nonsense Guide to Living with Social Anxiety New Internationalist

A history of modern healthcare shows that public health is largely determined by socio-economic factors.

Excellence Wins, Every Time New Internationalist

Provides information on building networks with PF, covering such topics as creating a wireless access point, using tables and proactive defense against spammers, and setting up queries and traffic shaping with ALTQ.

No-Nonsense Guide to the United Nations New

Internationalist

The power and influence of the mass media grows daily, crucially affecting the way all of us see and understand each other. The No-Nonsense Guide to Global Media introduces readers to the political economy of the major mediafilm, television, radio, recording, publishing and the Internet. Peter Steven looks at the ever greater concentration of ownership and at the convergence of technologies and media functions. At the same time, he emphasizes the diversity of local media production and media around the world. The media is more than the economics of ownership and the technology of production, he stresses; it is also audiences, in all their annoying and wonderful diversity.

The Book of PF New Internationalist

The No-Nonsense Guide to the United Nations is virtually unique in UN literature in covering the whole of the UN system, not just the political bodies in New York. Maggie Black explains the structure and assesses the UN's record on humanitarian relief, protection of the global commons, development, health, education, international law and human rights.

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