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"I recommend that you read and use the information in this book to provide your athletes with the best chances of performing at their best" from the foreword by Sir Clive Woodward, Olympic Performance Director, British Olympic Association This book provides the latest scientific and practical information in the field of strength and conditioning. The text is presented in four sections, the first of which covers the biological aspects of the subject, laying the foundation for a better understanding of the second on the biological responses to strength and conditioning programs. Section three deals with the most effective monitoring strategies for evaluating a training program and establishing guidelines for writing a successful strength and conditioning program. The final section examines the role of strength and conditioning as a rehabilitation tool and as applied to those with disabilities. This book is an

invaluable textbook and reference both for academic programs and for the continuing education of sports professionals. Integrates the latest research on physiological, anatomical and biomechanical aspects of strength and conditioning Offers numerous practical examples of applications Provides guidelines for writing and monitoring effective strength training programs

The concepts of psychological literacy and the psychologically literate citizen promise to invigorate a new global approach to psychology education. The authors of this volume offer a rich variety of international perspectives in discussing psychological literacy, i.e. the attributes students should acquire as undergraduate psychology majors. Through psychology education, students should develop into psychologically literate citizens, who use their knowledge of psychology to problem-solve in ethical and socially responsible ways that directly benefit their communities.

The author of the widely praised *Wordslut* analyzes the social science of cult influence: how cultish groups from Jonestown and Scientology to SoulCycle and social media gurus use language as the ultimate form of power. What makes “cults” so intriguing and frightening? What makes them powerful? The reason why so many of us binge Manson documentaries by the dozen and fall down rabbit holes researching suburban moms gone QAnon is because we’re looking for a satisfying explanation for what causes people to join—and more importantly, stay in—extreme groups. We secretly want to know: could it happen to me? Amanda Montell’s argument is that, on some level, it already has . . . Our culture tends to provide pretty flimsy answers to questions of cult influence, mostly having to do with vague talk of “brainwashing.” But the true answer has nothing to do with freaky mind-control wizardry or Kool-Aid. In *Cultish*, Montell argues that the key to manufacturing intense ideology, community, and us/them attitudes all comes down to language. In both positive ways and shadowy ones, cultish language is something we hear—and are influenced by—every single day. Through juicy storytelling and cutting original research, Montell exposes the verbal elements that make a wide spectrum of communities “cultish,” revealing how they affect followers of groups as notorious as Heaven’s Gate, but also how they pervade our modern start-ups, Peloton leaderboards, and Instagram feeds. Incisive and darkly funny, this enrapturing take on the curious social science of power and belief will make you hear the fanatical language of “cultish” everywhere.

Frostiana: Or a History of the River Thames in a Frozen State was published in 1814 to commemorate the last London frost fair. Frost fairs were great events held on the rare occasions—a handful of times per century—when the River Thames froze over for long enough to justify one. Merchants set up booths on the ice, and people bought their wares, skated, and played games. Among the booths were printers who created souvenirs of the frost fair, such as cards bearing their patrons’ names. One such printer, George Davis, used the opportunity to create a commemorative book. He printed the title page on the frozen Thames as a publicity stunt, which earned *Frostiana* its reputation for having been printed on the Thames. The book contains numerous anecdotes about winter goings-on, including a full description of the 1814 frost fair. It summarizes the scientific understanding of frost of the time, and provides advice on such projects as rescuing drowning people and making ice cream. The final chapter, on skating, provides insight into the state of figure skating in the early nineteenth century. This edition, the first since 1814, includes the full text of the original work, illustrations, a new introduction, and explanatory notes.

Many observers have suggested that capitalism is fast destroying our planet, concentrating power in a few big companies. Excessive short-termism, leveraged debt, digitisation, and disruption are the new normal. We stand at a critical juncture where the two paths ahead could lead to very different futures. One route could take us back to the harshest days of the early Industrial Revolution and the Great Depression. The other could lead to a world of abundance, equality, inclusivity, and prosperity for all. Which future awaits us will largely be determined by business, and HR (Human Resources) in particular. Books on HR tend to focus on HR practices and potential interventions, but they rarely look at the profession, how it evolved, and how and why those people practices were created. The HR (R)Evolution: Change the Workplace, Change the World describes the "Seven Great Waves" of change and explains how each wave impacted business. It explains how some companies are stuck in the past and how HR can break the deadlock if it understands what the future holds. This book is meant for senior business leaders or anyone currently working in HR who are grappling with the paradoxes of business today. It's for leaders who recognise that people issues are the central challenge of our time. Whether we embrace the waves yet to come will determine whether we survive or regress, whether we flourish or flounder. The future is in our hands.

We perceive and understand our environment using many sensory systems-vision, touch, hearing, taste, smell, and proprioception. These multiple sensory modalities give us complementary sources of information about the environment. This book explores how we develop the ability to integrate our senses.

The definitive military chronicle of the Iraq war--and a searing judgment on the strategic blindness with which America has conducted it--draws on the accounts of senior military officers giving voice to their anger for the first time.

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