

The Information Diet A Case For Conscious Consumption Clay Johnson

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Eat Like a Human - Dr. Bill Schindler

2021-11-16

An archaeologist and chef explains how to follow our ancestors' lead when it comes to dietary

choices and cooking techniques for optimum health and vitality. "Read this book!" (Mark Hyman, MD, author of Food) Our relationship with food is filled with confusion and insecurity.

Vegan or carnivore? Vegetarian or gluten-free? Keto or Mediterranean? Fasting or Paleo? Every day we hear about a new ingredient that is good or bad, a new diet that promises everything. But the secret to becoming healthier, losing weight, living an energetic life, and healing the planet has nothing to do with counting calories or feeling deprived—the key is re-learning how to eat like a human. This means finding food that is as nutrient-dense as possible, and preparing that food using methods that release those nutrients and make them bioavailable to our bodies, which is exactly what allowed our ancestors to not only live but thrive. In *Eat Like a Human*, archaeologist and chef Dr. Bill Schindler draws on cutting-edge science and a lifetime of research to explain how nutrient density and bioavailability are the cornerstones of a healthy diet. He shows readers how to live like modern “hunter-gatherers” by using the same strategies our ancestors used—as well as techniques still practiced by many cultures around the world—to

make food as safe, nutritious, bioavailable, and delicious as possible. With each chapter dedicated to a specific food group, in-depth explanations of different foods and cooking techniques, and concrete takeaways, as well as 75+ recipes, *Eat Like a Human* will permanently change the way you think about food, and help you live a happier, healthier, and more connected life.

The Great Controversy - Ellen G. White
2019-10-09

Beginning with the destruction of Jerusalem and continuing through the persecutions of Christians in the Roman Empire, the apostasy of the Dark Ages, the shining light of the Reformation, and the worldwide religious awakening of the nineteenth century, this volume traces the conflict into the future, to the Second Coming of Jesus and the glories of the earth made new. In this concluding volume, the author powerfully points out the principles involved in the impending conflict and how each

person can stand firmly for God and His truth.

THE NO NEWS DIET - Shannon MacDonald

2021-02-21

The No News Diet is a revolutionary book to help detox from fear and control-based informational overeating. It reminds you of your energetic roots as a conscious creator within the energy of a love-based lifestyle.

Project Management for Humans - Brett

Harned 2017-07-01

Project management—it's not just about following a template or using a tool, but rather developing personal skills and intuition to find a method that works for everyone. Whether you're a designer or a manager, Project Management for Humans will help you estimate and plan tasks, scout and address issues before they become problems, and communicate with and hold people accountable.

Anti-Diet - Christy Harrison 2019-12-24

Reclaim your time, money, health, and happiness from our toxic diet culture with groundbreaking

strategies from a registered dietitian, journalist, and host of the Food Psych podcast. 68 percent of Americans have dieted at some point in their lives. But upwards of 90% of people who intentionally lose weight gain it back within five years. And as many as 66% of people who embark on weight-loss efforts end up gaining more weight than they lost. If dieting is so clearly ineffective, why are we so obsessed with it? The culprit is diet culture, a system of beliefs that equates thinness to health and moral virtue, promotes weight loss as a means of attaining higher status, and demonizes certain ways of eating while elevating others. It's sexist, racist, and classist, yet this way of thinking about food and bodies is so embedded in the fabric of our society that it can be hard to recognize. It masquerades as health, wellness, and fitness, and for some, it is all-consuming. In Anti-Diet, Christy Harrison takes on diet culture and the multi-billion-dollar industries that profit from it, exposing all the ways it robs people of their

time, money, health, and happiness. It will turn what you think you know about health and wellness upside down, as Harrison explores the history of diet culture, how it's infiltrated the health and wellness world, how to recognize it in all its sneaky forms, and how letting go of efforts to lose weight or eat "perfectly" actually helps to improve people's health—no matter their size.

Drawing on scientific research, personal experience, and stories from patients and colleagues, *Anti-Diet* provides a radical alternative to diet culture, and helps readers reclaim their bodies, minds, and lives so they can focus on the things that truly matter.

The Conscious Anatomy - Casey Adams 2009
"The Conscious Anatomy" reveals the scientific evidence that illuminates the connection between consciousness and the body's metabolic processes. This evidence substantiates many key doctrines from ancient traditional medicines.

In Defence of Food - Michael Pollan
2008-01-31

'A must-read ... satisfying, rich ... loaded with flavour' Sunday Telegraph This book is a celebration of food. By food, Michael Pollan means real, proper, simple food - not the kind that comes in a packet, or has lists of unpronounceable ingredients, or that makes nutritional claims about how healthy it is. More like the kind of food your great-grandmother would recognize. In *Defence of Food* is a simple invitation to junk the science, ditch the diet and instead rediscover the joys of eating well. By following a few pieces of advice (Eat at a table - a desk doesn't count. Don't buy food where you'd buy your petrol!), you will enrich your life and your palate, and enlarge your sense of what it means to be healthy and happy. It's time to fall in love with food again. For the past twenty years, Michael Pollan has been writing about the places where the human and natural worlds intersect: food, agriculture, gardens, drugs, and architecture. His most recent book, about the ethics and ecology of eating, is *The Omnivore's*

Dilemma, named one of the ten best books of 2006 by the New York Times and the Washington Post. He is also the author of The Botany of Desire, A Place of My Own and Second Nature.

The Origin of Consciousness in the Breakdown of the Bicameral Mind - Julian Jaynes 2000-08-15 National Book Award Finalist: "This man's ideas may be the most influential, not to say controversial, of the second half of the twentieth century."—Columbus Dispatch At the heart of this classic, seminal book is Julian Jaynes's still-controversial thesis that human consciousness did not begin far back in animal evolution but instead is a learned process that came about only three thousand years ago and is still developing. The implications of this revolutionary scientific paradigm extend into virtually every aspect of our psychology, our history and culture, our religion—and indeed our future. "Don't be put off by the academic title of Julian Jaynes's The Origin of Consciousness in

the Breakdown of the Bicameral Mind. Its prose is always lucid and often lyrical...he unfolds his case with the utmost intellectual rigor."—The New York Times "When Julian Jaynes . . . speculates that until late in the twentieth millennium BC men had no consciousness but were automatically obeying the voices of the gods, we are astounded but compelled to follow this remarkable thesis."—John Updike, The New Yorker "He is as startling as Freud was in The Interpretation of Dreams, and Jaynes is equally as adept at forcing a new view of known human behavior."—American Journal of Psychiatry The Allergy Solution - Leo Galland, M.D.

2017-08-22

"The Allergy Solution is a game changer." — David Perlmutter, M.D., #1 New York Times best-selling author of Grain Brain An epidemic of allergies is spreading around the world. One billion people suffer from allergic diseases such as asthma, hay fever, eczema, and food allergies. But this is just the tip of the iceberg. In this eye-

opening book, award-winning integrated-medicine expert Leo Galland, M.D., reveals the shocking rise of hidden allergies that lead to weight gain, fatigue, brain fog, depression, joint pain, headaches, ADHD, digestive problems, and much more. Astonishing new research shows how each of these is linked to the immune imbalance that is at the root of allergy. A brilliant clinician, Dr. Galland has unlocked the power of this breakthrough science to help thousands of patients who have struggled with mysterious symptoms answer the question: "Doctor, what's wrong with me?" In *The Allergy Solution*, he is joined by his son, Jonathan Galland, J.D., a passionate health writer and environmental advocate, in exposing the truth that just as the earth's environment is out of balance, our bodies are out of balance. The modern world, with pollution, unhealthy eating habits, lack of exercise, and excessive exposure to antibiotics, is fueling the rise in allergies. *The Allergy Solution* takes an in-depth look at how

we can balance immunity through nutrition and lifestyle to reverse allergies without drugs. It offers an easy nutritional program, starting with a Three-Day Power Wash designed to "clear the tracks," to help us take back control. Do you suffer from asthma, eczema, or sinusitis? Are you sick of pain, fatigue, brain fog, weight gain, depression, anxiety, or wondering what is behind your mysterious symptoms? Let Dr. Galland's clinical experience and unique insights into cutting-edge science guide you back to health.

Food Matters - Mark Bittman 2008-12-30

From the award-winning champion of culinary simplicity who gave us the bestselling *How to Cook Everything* and *How to Cook Everything Vegetarian* comes *Food Matters*, a plan for responsible eating that's as good for the planet as it is for your weight and your health. We are finally starting to acknowledge the threat carbon emissions pose to our ozone layer, but few people have focused on the extent to which our

consumption of meat contributes to global warming. Think about it this way: In terms of energy consumption, serving a typical family-of-four steak dinner is the rough equivalent of driving around in an SUV for three hours while leaving all the lights on at home. Bittman offers a no-nonsense rundown on how government policy, big business marketing, and global economics influence what we choose to put on the table each evening. He demystifies buzzwords like "organic," "sustainable," and "local" and offers straightforward, budget-conscious advice that will help you make small changes that will shrink your carbon footprint -- and your waistline. Flexible, simple, and non-doctrinaire, the plan is based on hard science but gives you plenty of leeway to tailor your food choices to your lifestyle, schedule, and level of commitment. Bittman, a food writer who loves to eat and eats out frequently, lost thirty-five pounds and saw marked improvement in his blood levels by simply cutting meat and

processed foods out of two of his three daily meals. But the simple truth, as he points out, is that as long as you eat more vegetables and whole grains, the result will be better health for you and for the world in which we live. Unlike most things that are virtuous and healthful, Bittman's plan doesn't involve sacrifice. From Spinach and Sweet Potato Salad with Warm Bacon Dressing to Breakfast Bread Pudding, the recipes in Food Matters are flavorful and sophisticated. A month's worth of meal plans shows you how Bittman chooses to eat and offers proof of how satisfying a mindful and responsible diet can be. Cheaper, healthier, and socially sound, Food Matters represents the future of American eating.

The Omnivore's Dilemma - Michael Pollan
2007-08-28

"Outstanding . . . a wide-ranging invitation to think through the moral ramifications of our eating habits." —The New Yorker One of the New York Times Book Review's Ten Best Books

of the Year and Winner of the James Beard Award Author of *This is Your Mind on Plants*, *How to Change Your Mind* and the #1 New York Times Bestseller *In Defense of Food* and *Food Rules* What should we have for dinner? Ten years ago, Michael Pollan confronted us with this seemingly simple question and, with *The Omnivore's Dilemma*, his brilliant and eye-opening exploration of our food choices, demonstrated that how we answer it today may determine not only our health but our survival as a species. In the years since, Pollan's revolutionary examination has changed the way Americans think about food. Bringing wide attention to the little-known but vitally important dimensions of food and agriculture in America, Pollan launched a national conversation about what we eat and the profound consequences that even the simplest everyday food choices have on both ourselves and the natural world. Ten years later, *The Omnivore's Dilemma* continues to transform the way Americans think about the

politics, perils, and pleasures of eating.

[Conscious Uncoupling](#) - Katherine Woodward Thomas 2015

"With the first book on conscious uncoupling, bestselling author and licensed psychotherapist Katherine Woodward Thomas forges a new path for those in the midst of a breakup or divorce. Thomas's groundbreaking work and five-step plan promises a new way to end a failing relationship that isn't bitter and needlessly painful, but is instead characterized by goodwill, generosity, and respect. With its precepts, couples learn how to do minimal damage to themselves, each other, and their children"--

Bright Line Eating - Susan Peirce Thompson, PHD 2021-01-05

A NEW YORK TIMES BESTSELLER Foreword by John Robbins, author of the international bestseller *Diet for A New America* In this book, Susan Peirce Thompson, Ph.D. shares the groundbreaking weight-loss solution based on her highly acclaimed *Bright Line Eating* Boot

Camps. Rooted in cutting-edge neuroscience, psychology, and biology, Bright Line Eating explains why people who are desperate to lose weight fail again and again: it's because the brain blocks weight loss. Bright Line Eating (BLE) is a simple approach designed to reverse that process. By working with four "Bright Lines"—clear, unambiguous, boundaries—Susan Peirce Thompson shows us how to heal our brain and shift it into a mode where it is ready to shed pounds, release cravings, and stop sabotaging our weight loss goals. Best of all, it is a program that understands that willpower cannot be relied on, and sets us up to be successful anyway. Through the lens of Susan's own moving story, and those of her Bright Lifers, you'll discover firsthand why traditional diet and exercise plans have failed in the past. You'll also learn about the role addictive susceptibility plays in your personal weight-loss journey, where cravings come from, how to rewire your brain so they disappear, and more. Susan guides you through

the phases of Bright Line Eating—from weight loss to maintenance and beyond—and offers a dynamic food plan that will work for anyone, whether you're vegan, gluten-free, paleo, or none of the above. Bright Line Eating frees us from the obesity cycle and introduces a radical plan for sustainable weight loss. It's a game changer in a game that desperately needs changing.

[The Whole Foods Diet](#) - John Mackey 2017-04-11
The definitive guide to the optimum diet for health and wellness, from the founder of Whole Foods Market and the doctors of Forks Over Knives THE WHOLE FOODS DIET simplifies the huge body of science, research, and advice that is available today and reveals the undeniable consensus: a whole foods, plant-based diet is the optimum diet for health and longevity. Standing on the shoulders of the Whole Foods Market brand and featuring an accessible 28-day program, delicious recipes, inspirational success stories, and a guilt-free approach to plant-based

eating, THE WHOLE FOODS DIET is a life-affirming invitation to become a Whole Foodie: someone who loves to eat, loves to live, and loves to nourish themselves with nature's bounty. If Whole Foods Market is "shorthand for a food revolution" (The New Yorker), then THE WHOLE FOODS DIET will give that revolution its bible - the unequivocal truth about what to eat for a long, healthy, disease-free life.

The Conscious Cleanse, 2E - Jo Schaalman
2020-12-01

Cleanse your body in 14 days and live the vibrant life you were always meant to! How well do you really feel? If stopped on the street, most people would say "fine"--but is that the truth? Do you suffer from fatigue? Low energy? Insomnia? You might not realize how much how and what you eat impacts your everyday health and energy levels. It just might be time for you to discover the healing power of food and add some vitality back to your life! The Conscious Cleanse gives you a simple, no-nonsense program that

eliminates harmful foods, flushes toxins from your body, and kick-starts weight loss. The result is lifelong freedom from aches and illness, a renewed vibrancy, and more energy than you've ever known. Take it from the experts! Jo Schaalman and Jules Pelaez have been helping thousands of people achieve real results over the last decade with this life-changing program.

Change your life in just 14 days and chart a path just for you with recipes for any appetite. This invigorating plan includes recipes for beverages, breakfasts, salads, soups, grain dishes, meat dishes, and even snacks and appetizers! In this revised edition, you'll find: A practical approach to a 14-day diet reset The tools to practice mindful eating and eliminate problem foods A guide to a new and improved 80:20 plan Over 100 delicious, clean recipes for any eater

The Information Diet - Clay A. Johnson
2012-01-11

The modern human animal spends upwards of 11 hours out of every 24 in a state of constant

consumption. Not eating, but gorging on information ceaselessly spewed from the screens and speakers we hold dear. Just as we have grown morbidly obese on sugar, fat, and flour—so, too, have we become gluttons for texts, instant messages, emails, RSS feeds, downloads, videos, status updates, and tweets. We're all battling a storm of distractions, buffeted with notifications and tempted by tasty tidbits of information. And just as too much junk food can lead to obesity, too much junk information can lead to cluelessness. The Information Diet shows you how to thrive in this information glut—what to look for, what to avoid, and how to be selective. In the process, author Clay Johnson explains the role information has played throughout history, and why following his prescribed diet is essential for everyone who strives to be smart, productive, and sane. In *The Information Diet*, you will: Discover why eminent scholars are worried about our state of attention and general

intelligence Examine how today's media—Big Info—give us exactly what we want: content that confirms our beliefs Learn to take steps to develop data literacy, attention fitness, and a healthy sense of humor Become engaged in the economics of information by learning how to reward good information providers Just like a normal, healthy food diet, *The Information Diet* is not about consuming less—it's about finding a healthy balance that works for you

The Cucumber Diet - Jay Arnold 2019-12-08
Weight loss companies don't want you to read this book. As an "adman," I spent over 20 years working in the weight loss industry. It was exciting, and I always embraced the idea of eating healthy. So, after two decades, I was left with a lot of scattered knowledge about weight loss. Then, for the first time in my life, I started to gain some weight. What I do know - diets aren't generally sustainable long-term. Because even if I am successful losing the weight, what's changed that prevents me from putting it back

on again? Not one thing. I was eating unconsciously, efficiently shoveling food until the container was empty. And so, it was no surprise that "how I got here" was the result of some sketchy eating habits I had zero awareness about. Conscious eating changed that. In "The Cucumber Diet" you'll learn about conscious eating, how small, simple changes can make a huge difference - and put you in control.

Discover low-calorie density foods you can eat in abundance, so you feel satisfied. And how managing calories can be easy and empowering. I know that weight loss companies don't want you to believe you can do it yourself. But you can. And "The Cucumber Diet" can help. With fantastic recipes, grab and go options, and a simple plan, this book just might change the way you think about food - for good.

What to Eat When - Michael Roizen 2018-12-31
NY Times best-selling author Dr. Michael Roizen reveals how the food choices you make each day--and when you make them--can affect your

health, your energy, your sex life, your waistline, your attitude, and the way you age. What if eating two cups of blueberries a day could prevent cancer? If drinking a kale-infused smoothie could counteract missing an hour's worth of sleep? When is the right time of day to eat that chocolate chip cookie? And would you actually drink that glass of water if it meant skipping the gym? This revolutionary guide reveals how to use food to enhance our personal and professional lives--and increase longevity to boot. What to Eat When is not a diet book. Instead, acclaimed internist Michael Roizen and preventive medicine specialist Michael Crupain offer readers choices that benefit them the most--whether it's meals to help them look and feel younger or snacks that prevent diseases--based on the science that governs them.

Media Maze - Eric Rasmussen 2017-10
As a father of four, Dr. Eric Rasmussen knows firsthand how easily and often children are exposed to harmful media. His professional

research has been quoted in Parents Magazine, The Huffington Post, and Psychology Today, among many other outlets. Learn to set healthy boundaries, create media strategies that will work for your family, and arm your children with successful strategies for when--not if--they see bad things on the Internet.

Science and Free Will - Sam Shipley 2018-10-12
Christ, not free will, will break the chains of bondage. "So if the Son makes you free, you will be free indeed" John 8:36 Do you want to know the real reason you chose your wife or husband, university, job, etc? Neuroscience is proving that 95 percent of the decisions concerning all that we think, do, or speak are decisions made by our subconscious minds. A part of this proof is the scientific declaration that unless a decision is consciously made, it can't be a free will decision. This is a modern update of Sigmund Freud's discoveries that the subconscious mind is the "kitchen" where everything is cooked up and stored and waiting for an opportunity to tell our

conscious minds what to do. Our conscious behavior and mind is dictated by our unconscious kitchen. This book offers a unique approach in combining science with sola scriptural discipline of Bible interpretation. Its primary theme is to dispute the veracity of free will and its centuries old use and provide a reason for why it refuses to die. "Much of what we do every minute of every day is unconscious. Life would be chaos if everything were on the forefront of our consciousness." —Paul Whelan, neuroscientist. "There is nothing that you do, there is no thought that you have, there is no awareness, there is no lack of awareness, there is nothing that marks your daily existence that doesn't have a neuro code... ." —Clinton Kilts, professor in the Department of Psychiatry and Behavioral Sciences, Emory University. "But if I do the very thing I do not wish to do... ." In Romans 7:16, Paul establishes the biblical proof of the existence of our subconscious minds telling us what to do.

Intuitive Eating, 2nd Edition - Evelyn Tribole, M.S., R.D. 2007-04-01

We've all been there-angry with ourselves for overeating, for our lack of willpower, for failing at yet another diet that was supposed to be the last one. But the problem is not you, it's that dieting, with its emphasis on rules and regulations, has stopped you from listening to your body. Written by two prominent nutritionists, Intuitive Eating focuses on nurturing your body rather than starving it, encourages natural weight loss, and helps you find the weight you were meant to be. Learn:

- *How to reject diet mentality forever
- *How our three Eating Personalities define our eating difficulties
- *How to feel your feelings without using food
- *How to honor hunger and feel fullness
- *How to follow the ten principles of Intuitive Eating, step-by-step
- *How to achieve a new and safe relationship with food and, ultimately, your body

With much more compassionate, thoughtful advice on satisfying,

healthy living, this newly revised edition also includes a chapter on how the Intuitive Eating philosophy can be a safe and effective model on the path to recovery from an eating disorder.

Conscious - Annaka Harris 2019-06-04

NEW YORK TIMES BESTSELLER "If you've ever wondered how you have the capacity to wonder, some fascinating insights await you in these pages." --Adam Grant, New York Times bestselling author of *Originals* As concise and enlightening as *Seven Brief Lessons on Physics* and *Astrophysics for People in a Hurry*, this mind-expanding dive into the mystery of consciousness is an illuminating meditation on the self, free will, and felt experience. What is consciousness? How does it arise? And why does it exist? We take our experience of being in the world for granted. But the very existence of consciousness raises profound questions: Why would any collection of matter in the universe be conscious? How are we able to think about this? And why should we? In this wonderfully

accessible book, Annaka Harris guides us through the evolving definitions, philosophies, and scientific findings that probe our limited understanding of consciousness. Where does it reside, and what gives rise to it? Could it be an illusion, or a universal property of all matter? As we try to understand consciousness, we must grapple with how to define it and, in the age of artificial intelligence, who or what might possess it. Conscious offers lively and challenging arguments that alter our ideas about consciousness—allowing us to think freely about it for ourselves, if indeed we can.

How to Be a Conscious Eater - Sophie Egan
2020-03-17

A radically practical guide to making food choices that are good for you, others, and the planet. Is organic really worth it? Are eggs ok to eat? If so, which ones are best for you, and for the chicken—Cage-Free, Free-Range, Pasture-Raised? What about farmed salmon, soy milk, sugar, gluten, fermented foods, coconut oil,

almonds? Thumbs-up, thumbs-down, or somewhere in between? Using three criteria—Is it good for me? Is it good for others? Is it good for the planet?—Sophie Egan helps us navigate the bewildering world of food so that we can all become conscious eaters. To eat consciously is not about diets, fads, or hard-and-fast rules. It's about having straightforward, accurate information to make smart, thoughtful choices amid the chaos of conflicting news and marketing hype. An expert on food's impact on human and environmental health, Egan organizes the book into four categories—stuff that comes from the ground, stuff that comes from animals, stuff that comes from factories, and stuff that's made in restaurant kitchens. This practical guide offers bottom-line answers to your most top-of-mind questions about what to eat. "The clearest, most useful food book I own."—A. J. Jacobs, New York Times bestselling author

The Help - Kathryn Stockett 2011

Limited and persecuted by racial divides in 1962 Jackson, Mississippi, three women, including an African-American maid, her sassy and chronically unemployed friend and a recently graduated white woman, team up for a clandestine project against a backdrop of the budding civil rights era. Includes reading-group guide. Reissue. A #1 best-selling novel.

Conscious Capitalism, With a New Preface by the Authors - John Mackey 2014-01-07

The bestselling book, now with a new preface by the authors At once a bold defense and reimagining of capitalism and a blueprint for a new system for doing business, Conscious Capitalism is for anyone hoping to build a more cooperative, humane, and positive future. Whole Foods Market cofounder John Mackey and professor and Conscious Capitalism, Inc. cofounder Raj Sisodia argue that both business and capitalism are inherently good, and they use some of today's best-known and most successful companies to illustrate their point. From

Southwest Airlines, UPS, and Tata to Costco, Panera, Google, the Container Store, and Amazon, today's organizations are creating value for all stakeholders—including customers, employees, suppliers, investors, society, and the environment. Read this book and you'll better understand how four specific tenets—higher purpose, stakeholder integration, conscious leadership, and conscious culture and management—can help build strong businesses, move capitalism closer to its highest potential, and foster a more positive environment for all of us.

The Body Keeps the Score - Bessel A. Van der Kolk 2015-09-08

An expert on traumatic stress outlines an approach to healing, explaining how traumatic stress affects brain processes and how to use innovative treatments to reactivate the mind's abilities to trust, engage others, and experience pleasure--

Copyright Clarity - Renee Hobbs 2010-04-07

This jargon-free guide clarifies principles for applying copyright law to 21st-century education, discusses what is permissible in the classroom, and explores the fair use of digital materials.

Beyond Words - Carl Safina 2015-07-14

In a world where we usually measure animals by human standards, prize-winning author and MacArthur Fellow Carl Safina takes us inside their lives and minds, witnessing their profound capacity for perception, thought and emotion, showing why the word "it" is often inappropriate as we discover who they really are. Weaving decades of observations of actual families of free-living creatures with new discoveries about brain functioning, Carl Safina's narrative breaches many commonly held boundaries between humans and other animals. In *Beyond Words*, readers travel the wilds of Africa to visit some of the last great elephant gatherings, then follow wolves of Yellowstone National Park sort out the aftermath of their personal tragedy, then

plunge into the astonishingly peaceful society of killer whales living in waters of the Pacific Northwest. We spend quality time, too, with dogs and falcons and ravens; and consider how the human mind originated. In his wise and passionate new book, Safina delivers a graceful examination of how animals truly think and feel, which calls to question what really does—and what should—make us human.

Soul Food - Adrian Miller 2013-08-15

2014 James Beard Foundation Book Award, Reference and Scholarship Honor Book for Nonfiction, Black Caucus of the American Library Association In this insightful and eclectic history, Adrian Miller delves into the influences, ingredients, and innovations that make up the soul food tradition. Focusing each chapter on the culinary and social history of one dish--such as fried chicken, chitlins, yams, greens, and "red drinks--Miller uncovers how it got on the soul food plate and what it means for African American culture and identity. Miller argues that

the story is more complex and surprising than commonly thought. Four centuries in the making, and fusing European, Native American, and West African cuisines, soul food--in all its fried, pork-infused, and sugary glory--is but one aspect of African American culinary heritage. Miller discusses how soul food has become incorporated into American culture and explores its connections to identity politics, bad health raps, and healthier alternatives. This refreshing look at one of America's most celebrated, mythologized, and maligned cuisines is enriched by spirited sidebars, photographs, and twenty-two recipes.

The Information Diet - Clay Johnson

2011-12-14

According to Google's Chairman Eric Schmidt, we create more information every two days than we did throughout human history up to 2003. How can you cope with information overload? This insightful book makes a compelling case that information overload doesn't actually exist -

the real problem is information overconsumption.

Thrive - Kamea Chayne 2016-05-10

A research-based, comprehensive introductory guide to healthy living, Thrive empowers its readers to cultivate meaning and create sustainable living in all areas of life.

The Food Revolution - John Robbins 2010-09-15

The Saving Power of the Plant-Based Diet A revolution in food-politics. When John Robbins released an early version of this book in 1987, he took the first steps in launching the food revolution. His viewpoint and insight on the harms of America's eating habits was a wake-up call for many. By bringing to our attention fundamental issues in our eating habits, such as our dependence on animal products, Robbins provokes our awareness and promotes change. Making conscious food choices. It is obvious to us that what we eat affects our own bodies, but what we may not realize is that what we eat also affects our world. In fact, most of the foods that

are bad for us (think: genetically modified products) also negatively impact our environment. By approaching our eating habits with intentionality, we benefit our own health and that of the world we live in. The value of a plant-based diet. Robbins' arguments for a plant-based diet are compelling and backed by over 20 years of work focused on the subject of conscious eating. Through exposing the dangers in our factory farming system, Robbins makes a definitive case for solely plant-based eating. This timely read on healthy eating will enlighten those curious about plant-based diets and fortify the mindsets of the already converted. Read John Robbins' book, *The Food Revolution: How Your Diet Can Help Save Your Life and Our World*, and discover...

- The negative effects your current eating habits could be having on you
- A powerful case for plant-based eating
- Wisdom from one of the most frequently cited books of the food-politics revolution

If books such as *We are the Weather*, *How Not to Die*,

31-Day Food Revolution, or *Fast Food Genocide* have interested you, then *The Food Revolution* is the next book for you!

The Cornell Bread Book - Clive Maine McCay
1980-01-01

Famed high-protein recipe incorporated into breads, rolls, buns, coffee cakes, pizza, pie crusts, more.

How to Change Your Mind - Michael Pollan
2019-05-14

Now on Netflix as a 4-part documentary series! "Pollan keeps you turning the pages . . . cleareyed and assured." —New York Times A #1 New York Times Bestseller, New York Times Book Review 10 Best Books of 2018, and New York Times Notable Book A brilliant and brave investigation into the medical and scientific revolution taking place around psychedelic drugs--and the spellbinding story of his own life-changing psychedelic experiences When Michael Pollan set out to research how LSD and psilocybin (the active ingredient in magic

mushrooms) are being used to provide relief to people suffering from difficult-to-treat conditions such as depression, addiction and anxiety, he did not intend to write what is undoubtedly his most personal book. But upon discovering how these remarkable substances are improving the lives not only of the mentally ill but also of healthy people coming to grips with the challenges of everyday life, he decided to explore the landscape of the mind in the first person as well as the third. Thus began a singular adventure into various altered states of consciousness, along with a dive deep into both the latest brain science and the thriving underground community of psychedelic therapists. Pollan sifts the historical record to separate the truth about these mysterious drugs from the myths that have surrounded them since the 1960s, when a handful of psychedelic evangelists inadvertently catalyzed a powerful backlash against what was then a promising field of research. A unique and elegant blend of science, memoir, travel writing,

history, and medicine, *How to Change Your Mind* is a triumph of participatory journalism. By turns dazzling and edifying, it is the gripping account of a journey to an exciting and unexpected new frontier in our understanding of the mind, the self, and our place in the world. The true subject of Pollan's "mental travelogue" is not just psychedelic drugs but also the eternal puzzle of human consciousness and how, in a world that offers us both suffering and joy, we can do our best to be fully present and find meaning in our lives.

The Information Diet - Clay A. Johnson

2015-07-13

This is a softcover version of the title released in 2011; there is no new material. The modern human animal spends upwards of 11 hours out of every 24 in a state of constant consumption. Not eating, but gorging on information ceaselessly spewed from the screens and speakers we hold dear. Just as we have grown morbidly obese on sugar, fat, and flour—so, too,

have we become gluttons for texts, instant messages, emails, RSS feeds, downloads, videos, status updates, and tweets. We're all battling a storm of distractions, buffeted with notifications and tempted by tasty tidbits of information. And just as too much junk food can lead to obesity, too much junk information can lead to cluelessness. The Information Diet shows you how to thrive in this information glut—what to look for, what to avoid, and how to be selective. In the process, author Clay Johnson explains the role information has played throughout history, and why following his prescribed diet is essential for everyone who strives to be smart, productive, and sane. In *The Information Diet*, you will: Discover why eminent scholars are worried about our state of attention and general intelligence Examine how today's media—Big Info—give us exactly what we want: content that confirms our beliefs Learn to take steps to develop data literacy, attention fitness, and a healthy sense of humor Become engaged in the

economics of information by learning how to reward good information providers Just like a normal, healthy food diet, *The Information Diet* is not about consuming less—it's about finding a healthy balance that works for you

[The Secret Life of Plants](#) - Peter Tompkins
2018-06-12

Explore the inner world of plants and its fascinating relation to mankind, as uncovered by the latest discoveries of science. A perennial bestseller. In this truly revolutionary and beloved work, drawn from remarkable research, Peter Tompkins and Christopher Bird cast light on the rich psychic universe of plants. Now available in a new edition, *The Secret Life of Plants* explores plants' response to human care and nurturing, their ability to communicate with man, plants' surprising reaction to music, their lie-detection abilities, their creative powers, and much more. Tompkins and Bird's classic book affirms the depth of humanity's relationship with nature and adds special urgency to the cause of

protecting the environment that nourishes us.

Animal (De)liberation - Jan Deckers

2016-07-28

In this book, Jan Deckers addresses the most crucial question that people must deliberate in relation to how we should treat other animals: whether we should eat animal products. Many people object to the consumption of animal products from the conviction that it inflicts pain, suffering, and death upon animals. This book argues that a convincing ethical theory cannot be based on these important concerns: rather, it must focus on our interest in human health. Tending to this interest demands not only that we extend speciesism—the attribution of special significance to members of our own species merely because they belong to the same species as ourselves—towards nonhuman animals, but also that we safeguard the integrity of nature. In this light, projects that aim to engineer the genetic material of animals to reduce their capacities to feel pain and to suffer are morally suspect. The

same applies to projects that aim to develop in-vitro flesh, even if the production of such flesh should be welcomed on other grounds. The theory proposed in this book is accompanied by a political goal, the ‘vegan project’, which strives for a qualified ban on the consumption of animal products. Deckers also provides empirical evidence that some support for this goal exists already, and his analysis of the views of others—including those of slaughterhouse workers—reveals that the vegan project stands firm in spite of public opposition. Many charges have been pressed against vegan diets, including: that they alienate human beings from nature; that they increase human food security concerns; and that they are unsustainable. Deckers argues that these charges are legitimate in some cases, but that, in many situations, vegan diets are actually superior. For those who remain doubtful, the book also contains an appendix that considers whether vegan diets might actually be nutritionally

adequate.

Swell - Liz Clark 2018-04

Sailing Ten Years and 20,000 Miles In Search of Surf and Self

Why We Get Fat - Gary Taubes 2011-12-27

NATIONAL BESTSELLER • “Taubes stands the received wisdom about diet and exercise on its head.” —The New York Times What’s making us fat? And how can we change? Building upon his critical work in *Good Calories, Bad Calories* and presenting fresh evidence for his claim, bestselling author Gary Taubes revisits these urgent questions. Featuring a new afterword with answers to frequently asked questions. Taubes reveals the bad nutritional science of the last century—none more damaging or misguided than the “calories-in, calories-out” model of why we get fat—and the good science that has been ignored. He also answers the most persistent questions: Why are some people thin and others fat? What roles do exercise and genetics play in our weight? What foods should we eat, and what

foods should we avoid? Persuasive, straightforward, and practical, *Why We Get Fat* is an essential guide to nutrition and weight management. Complete with an easy-to-follow diet. Featuring a new afterword with answers to frequently asked questions.

How Not to Die - Michael Greger, M.D., FACLM 2015-12-08

From the physician behind the wildly popular NutritionFacts website, *How Not to Die* reveals the groundbreaking scientific evidence behind the only diet that can prevent and reverse many of the causes of disease-related death. The vast majority of premature deaths can be prevented through simple changes in diet and lifestyle. In *How Not to Die*, Dr. Michael Greger, the internationally-renowned nutrition expert, physician, and founder of NutritionFacts.org, examines the fifteen top causes of premature death in America—heart disease, various cancers, diabetes, Parkinson's, high blood pressure, and more—and explains how nutritional and lifestyle

interventions can sometimes trump prescription pills and other pharmaceutical and surgical approaches, freeing us to live healthier lives. The simple truth is that most doctors are good at treating acute illnesses but bad at preventing chronic disease. The fifteen leading causes of death claim the lives of 1.6 million Americans annually. This doesn't have to be the case. By following Dr. Greger's advice, all of it backed up by strong scientific evidence, you will learn which foods to eat and which lifestyle changes to make to live longer. History of prostate cancer in your family? Put down that glass of milk and add flaxseed to your diet whenever you can. Have high blood pressure? Hibiscus tea can work better than a leading hypertensive drug-and

without the side effects. Fighting off liver disease? Drinking coffee can reduce liver inflammation. Battling breast cancer? Consuming soy is associated with prolonged survival. Worried about heart disease (the number 1 killer in the United States)? Switch to a whole-food, plant-based diet, which has been repeatedly shown not just to prevent the disease but often stop it in its tracks. In addition to showing what to eat to help treat the top fifteen causes of death, How Not to Die includes Dr. Greger's Daily Dozen -a checklist of the twelve foods we should consume every day. Full of practical, actionable advice and surprising, cutting edge nutritional science, these doctor's orders are just what we need to live longer, healthier lives.