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THE CONCISE BOOK OF DRY NEEDLING

A PRACTITIONER'S GUIDE TO MYOFASCIAL TRIGGER POINT APPLICATIONS

North Atlantic Books A major development in the safe and effective treatment of myofascial trigger points and myofascial pain, this book is a concise, comprehensive, and well-illustrated reference on dry needling. John Sharkey—an international authority on myofascial trigger points, myofascial pain, myofascial trigger point dry needling, and neuromuscular therapy as well as an accredited clinical anatomist—draws on his thirty years of experience in bodywork and movement therapy to provide accurate and essential criteria for the identification and subsequent treatment of myofascial trigger points through the exclusive use of a fine, filiform needle. The ideal accompaniment to course notes and the perfect tableside reference guide, this book describes the origin, etiology, and pathophysiology of the myofascial trigger point as well as indications and contraindications for myofascial trigger point dry needling. Instructive illustrations support the text, along with standards and guidelines that ensure safe, effective, and appropriate application. Physical therapists including osteopaths, chiropractors, neuromuscular therapists, soft tissue therapists, physiotherapists, and sports massage therapists will find this guide indispensable.

Because Sharkey explains why so many people have unresolved chronic pain and provides clear explanations of how pain is propagated, the book is also an invaluable source of information for patients with chronic pain and their care providers.

MYOFASCIAL PAIN AND DYSFUNCTION

THE TRIGGER POINT MANUAL

Lippincott Williams & Wilkins ...gives a thorough understanding of what myofascial pain actually is, and provides a unique and effective approach to the diagnosis and treatment of this syndrome for the lower body muscles.

SNOW, WEATHER, AND AVALANCHES

OVSERVATION GUIDELINES FOR AVALANCHE PROGRAMS IN THE UNITED STATES

TRIGGER POINT DRY NEEDLING

AN EVIDENCE AND CLINICAL-BASED APPROACH

Elsevier Health Sciences This exciting new publication is the first authoritative resource on the market with an exclusive focus on Trigger Point ((TrP) dry needling. It provides a detailed and up-to-date scientific perspective against which TrP dry needling can be best understood. The first section of the book covers important topics such as the current understanding and neurophysiology of the TrP phenomena, safety and hygiene, the effect of needling on fascia and connective tissue, and an account on professional issues surrounding TrP dry needling. The second section includes a detailed and well-illustrated review of deep dry needling techniques of the most common muscles throughout the body. The third section of the book describes several other needling approaches, such as superficial dry needling, dry needling from a Western Acupuncture perspective, intramuscular stimulation, and Fu's subcutaneous needling. Trigger Point Dry Needling brings together authors who are internationally recognized specialists in the field of myofascial pain and dry needling. First book of its kind to include different needling approaches (in the context of evidence) for the management of neuromuscular pain conditions Highlights both current scientific evidence and clinicians' expertise and experience Multi-contributed by a team of top international experts Over 200 illustrations

supporting the detailed description of needling techniques

RESPECT FOR ACTING

John Wiley & Sons Incorporated The performer and teacher guides the actor in overcoming the human and technical problems of his art

THE ACUPUNCTURE EVIDENCE PROJECT

A COMPARATIVE LITERATURE REVIEW

I CHOSE TO DIE (SIREN SUICIDES, BOOK 1)

Ksenia Anske On a rainy September morning that just so happens to be her sixteenth birthday, Ailen Bright, a chicken-legged, straw-haired teenager, decides to commit suicide via drowning in the family bathtub. The ornate marble tub, adhering to her abusive father's love for anything expensive and Italian, is decorated by five sirens - who seemingly help her escape the house when her father breaks down the bathroom door. After an almost-successful suicide attempt number two, which lands her at the bottom of a lake, she learns that sirens are, in fact, real, and they want to turn her into one of them. An amazing, yet dark look into the mind and heart of a suicidal teenager, this urban fantasy follows Ailen's struggle to figure out the meaning of life, the unraveling of her confusing feelings for her theatrically goofy best friend Hunter, and her desperate battle for her father's love.

NEW DRESS A DAY

THE ULTIMATE DIY GUIDE TO CREATING FASHION DOS FROM THRIFT-STORE DON'TS

Ballantine Books GO FROM THRIFT-SHOP CHEAP TO RUNWAY CHIC EACH AND EVERY DAY! Based on her wildly popular blog of the same name, guerrilla seamstress Marisa Lynch shows you how to easily (and affordably!) transform your wardrobe from frumpy to fabulous! With just a snip here and a stitch there, your basement bargains will rival anything in designer collections. Yes, with a little imagination—and DIY tools like needles, thread, and safety pins—you too can update an outdated castoff. Inside you'll discover how to • ace the sewing basics (remember: safety first!) • create DIY

designer look-alikes • cut Flashdance-inspired sweatshirts • make an old, tired muumuu a smashing must-have • give bridesmaid dresses a second life • dye your way to a vibrant new wardrobe • whip up accessories in seconds • style the same dress seven different ways Complete with colorful before-and-after photos, fun sidebars, and even a groovy sewing song playlist to get you in the zone, *New Dress a Day* proves that you don't need a sewing machine or a big budget to turn unfashionable trash into stylish treasure.

HEROES OF EARLY BLACK AA

THEIR STORIES AND THEIR MESSAGES

The stories of the first heroic black men and women who joined Alcoholics Anonymous, told wherever possible in their own words, recorded freely and frankly. The story begins with St. Louis (January 24, 1945); followed by Chicago (March 20, 1945), along with the factory and foundry towns which spread eastwards as suburbs. Later that same year (April 1945) came the story of Dr. James C. Scott, Jr., M.D., the black physician who founded the first black A.A. group in the nation's capital, and was the first black A.A. member to get his story in the Big Book. The book concludes with the story of Joe McQuany (March 10, 1962) of the Joe and Charlie tapes, the most famous black figure in A.A. History. The lives of thousands and thousands of alcoholics around the world were saved by listening to recordings of his careful page-by-page explanation of the message of the Big Book. The powerful spiritual messages of all these brave men and women struck the hearts of everyone who heard them speak.

REAL GARDENS GROW NATIVES

DESIGN, PLANT, AND ENJOY A HEALTHY NORTHWEST GARDEN

Mountaineers Books [CLICK HERE](#) to download sample native plants from *Real Gardens Grow Natives* For many people, the most tangible and beneficial impact they can have on the environment is right in their own yard. Aimed at beginning and veteran gardeners alike, *Real Gardens Grow Natives* is a stunningly photographed guide that helps readers plan, implement, and sustain a retreat at home that reflects the natural world. Gardening with native plants that naturally belong and thrive in the Pacific Northwest's climate and soil not only nurtures biodiversity, but provides a quintessential Northwest character and beauty to yard and neighborhood! For gardeners and conservationists who lack the time to read through lengthy design books and plant lists or can't afford a landscape designer, *Real Gardens*

Grow Natives is accessible yet comprehensive and provides the inspiration and clear instruction needed to create and sustain beautiful, functional, and undemanding gardens. With expert knowledge from professional landscape designer Eileen M. Stark, Real Gardens Grow Natives includes: * Detailed profiles of 100 select native plants for the Pacific Northwest west of the Cascades, plus related species, helping make plant choice and placement. * Straightforward methods to enhance or restore habitat and increase biodiversity * Landscape design guidance for various-sized yards, including sample plans * Ways to integrate natives, edibles, and nonnative ornamentals within your garden * Specific planting procedures and secrets to healthy soil * Techniques for propagating your own native plants * Advice for easy, maintenance using organic methods

THE ACTIVATOR METHOD - E-BOOK

Elsevier Health Sciences From basic scan protocols to advanced assessment procedures, THE ACTIVATOR METHOD, 2nd Edition discusses the Activator Method Chiropractic Technique (AMCT) in an easy-to-understand, how-to approach. This updated 2nd edition covers all aspects of the controlled low-force analytical and adjusting system, from the history of the technique to in-depth examinations of body structures. It also features expanded content on supportive subjects from seven new contributors, discussing topics such as activator and instrument adjusting history, instrument reliability in the literature, the neurology of pain and inflammation, temporal mandibular disorders, and leg length reactivity. UNIQUE! As the only Activator Method textbook in the field, it is known as the standard reference in Activator. Expert author, Dr. Arlan Fuhr, is a co-founder of the AMCT, bringing his unparalleled expertise to the subject. Brand new full-color photos detail assessment procedures, specific anatomical contact points, and lines of drive to clearly show procedures for easier learning. Clinical Observations boxes share the author's knowledge from years of experience and provide tips on analysis of certain conditions and suggestions for atypical cases. Summary tables in each clinical chapter allow you to quickly access pertinent information. Step-by-step instruction throughout the Instrumentation section helps you understand the principles of the technique. Appendix: Activator Quick Notes for Basic and Advanced Protocol provides at-a-glance reviews of important points and things to remember when performing basic and advanced protocols. A new chapter on leg length analysis procedures offers comprehensive coverage of this critical step in using the Activator Method. Seven new contributors bring fresh insight to AMCT.

THE SPIRAL DANCE

A REBIRTH OF THE ANCIENT RELIGION OF THE GODDESS: 10TH ANNIVERSARY EDITION

Harper Collins The twentieth anniversary edition of *The Spiral Dance* celebrates the pivotal role the book has had in bringing Goddess worship to the religious forefront. This bestselling classic is both an unparalleled reference on the practices and philosophies of Witchcraft and a guide to the life-affirming ways in which readers can turn to the Goddess to deepen their sense of personal pride, develop their inner power, and integrate mind, body, and spirit. Starhawk's brilliant, comprehensive overview of the growth, suppression, and modern-day re-emergence of Wicca as a Goddess-worshipping religion has left an indelible mark on the feminist spiritual consciousness. In a new introduction, Starhawk reveals the ways in which Goddess religion and the practice of ritual have adapted and developed over the last twenty years, and she reflects on the ways in which these changes have influenced and enhanced her original ideas. In the face of an ever-changing world, this invaluable spiritual guidebook is more relevant than ever.

CHARMS OF THE CYNICAL REASON

THE TRICKSTER'S TRANSFORMATIONS IN SOVIET AND POST-SOVIET CULTURE

Cultural Revolutions: Russia i Through an analysis of the representation of tricksters in soviet and post-soviet culture, Lipovetsky attempts to draw a virtual map of cynical reason: to identify its symbols, discourses, contradictions, and by these means, its historical development from the 1920s to the 2000s.

ADVANCED COMBUSTION TECHNIQUES AND ENGINE TECHNOLOGIES FOR THE AUTOMOTIVE SECTOR

Springer Nature This book discusses the recent advances in combustion strategies and engine technologies, with specific reference to the automotive sector. Chapters discuss the advanced combustion technologies, such as gasoline direct ignition (GDI), spark assisted compression ignition (SACI), gasoline compression ignition (GCI), etc., which are the future of the automotive sector. Emphasis is given to technologies which have the potential for utilization of alternative fuels as well as emission reduction. One special section includes a few chapters for methanol utilization in two-wheelers and four wheelers. The book will serve as a valuable resource for academic researchers and professional automotive engineers alike.

BUSINESS STORYTELLING FOR DUMMIES

John Wiley & Sons Use storytelling to influence people and move them to action Need to get your point across? Get staff on board with change? Foster collaboration? Increase sales? Strengthen employee engagement? Build customer loyalty? Drive innovation and creativity? Capture best practices? Align people around a goal? Grow your business? **Business Storytelling For Dummies** can help you do this—and more. Pre-order your copy today through Amazon! Discover: Expert advice with real-world examples Proven case studies, tips, and templates How to get results by capturing, crafting, telling stories, and more

TRACE ELEMENTS IN ANAEROBIC BIOTECHNOLOGIES

IWA Publishing The use of trace elements to promote biogas production features prominently on the agenda for many biogas-producing companies. However, the application of the technique is often characterized by trial-and-error methodology due to the ambiguous and scarce basic knowledge on the impact of trace elements in anaerobic biotechnologies under different process conditions. This book describes and defines the broad landscape in the research area of trace elements in anaerobic biotechnologies, from the level of advanced chemistry and single microbial cells, through to engineering and bioreactor technology and to the fate of trace elements in the environment. The book results from the EU COST Action on ‘The ecological roles of trace metals in anaerobic biotechnologies’. Trace elements in anaerobic biotechnologies is a critical, exceptionally complex and technical challenge. The challenging chemistry underpinning the availability of trace elements for biological uptake is very poorly understood, despite the importance of trace elements for successful anaerobic operations across the bioeconomy. This book discusses and places a common understanding of this challenge, with a strong focus on technological tools and solutions. The group of contributors brings together chemists with engineers, biologists, environmental scientists and mathematical modellers, as well as industry representatives, to show an up-to-date vision of the fate of trace elements on anaerobic biotechnologies.

VIOLENCE, TRAUMA, AND TRAUMA SURGERY

ETHICAL ISSUES, INTERVENTIONS, AND INNOVATIONS

Springer Nature This unique and innovative title offers a comprehensive exploration of the intersection of ethics,

violence, trauma, and trauma surgery. Underscoring that the causes of violence include a wide range of socioeconomic factors, including poverty and the lack of economic opportunity, and that violence often occurs in impoverished and underserved communities, various authors from a wide range of disciplines outline how intentional violence toward another person is multidimensional and complex. Many of the authors use Chicago as a framework for their chapter discussion, but there are similarities in many urban settings throughout the United States and abroad. Part I of the book, *Ethical Issues Related to Violence*, includes seven chapters that examine ethical issues related to violence. Each of these chapters discusses a different but intersecting aspect of how violence challenges ethical standards in medicine and health. Part II, *Ethical Issues Related to Trauma and Trauma Surgery*, offers eight chapters that address various aspects of ethical issues related to trauma and trauma surgery. Part III, *Additional Concerns Relating to Violence and Trauma*, describe a series of issues relating to violence and trauma, including surgical procedures, psychological distress, and geographic disparities in access to trauma care. Developed by nationally renowned thought leaders in the field, *Violence, Trauma, and Trauma Surgery* is a major and novel contribution to the clinical literature and will be of great interest to all physicians, clinicians, researchers, social scientists, students, policymakers, hospital administrators and community leaders concerned with understanding and improving outcomes relating to violence, trauma, and trauma surgery.

THE KEY TO PROSTATE CANCER

30 EXPERTS EXPLAIN 15 STAGES OF PROSTATE CANCER

A Guide to Personalized Care. With a self-administered quiz, Key directs readers to targeted information that is stage-specific. Written by 30 leading experts and edited by a prostate oncologist, Key is a welcome antidote for an industry dominated by surgeons.

MIND OVER BACK PAIN

A RADICALLY NEW APPROACH TO THE DIAGNOSIS AND TREATMENT OF BACK PAIN

Penguin A physician-professor of clinical rehabilitative medicine explains tension myositis syndrome, back pain caused by tension, and outlines ways in which that pain can be reduced or eliminated through control of stress and physical reactions

WHY DID YOU PUT THAT NEEDLE THERE?

FEMALE PELVIC SURGERY

Springer Nature The fully updated edition of this text provides a state-of-the-art surgical review of female pelvic surgery, and will serve as a valuable resource for clinicians and surgeons dealing with, and interested in the treatment of pelvic floor disorders. The book reviews the basic indications for treatment and details the many surgical approaches to the management of all pelvic floor disorders, including stress urinary incontinence, transvaginal prolapse, transabdominal sacrocolpopexy, robotic/laparoscopic sacrocolpopexy, vaginal and vulvar cysts, and interstitial cystitis/bladder pain syndrome. In addition to step-by-step descriptions, the text is augmented with illustrations and photographs of surgical techniques demonstrating the major repairs described in each section. Written by experts in their fields, the second edition of Female Pelvic Surgery provides a concise and comprehensive review of all surgical approaches to female pelvic surgery.

CONTEMPORARY MEDICAL ACUPUNCTURE

A SYSTEMS APPROACH

Springer This book aims to connect and integrate classical acupuncture therapy and contemporary medicine. Based on updated reviews and systematic analyses, the meridians are actually systems of physiological and pathological reflexes in the body, and acupuncture therapy is a type of reflexotherapy. The systems methodology, together with the authors' clinical expertise of 40 years, is applied to raise the reproducibility of effectiveness in treating various indications of acupuncture, especially intractable cases. Incisive and concrete theory and technique descriptions, a novel systems approach, and many case studies are included.

SCHWANN CELLS

METHODS AND PROTOCOLS

Humana Press This volume presents an assortment of traditional and emerging experimental procedures relevant to Schwann cell research. The chapters are divided into four parts. Part I contains protocols for in vitro culture,

purification, and characterization of primary Schwann cells from diverse species and stages of nerve development. It also contains protocols to create cancer cell lines and engineered Schwann cells from unconventional sources via chemical conversion, induced differentiation or genetic intervention. Parts II and III outline a wide range of methodologies used to study Schwann cells within in vitro and in vivo systems relevant to the analysis of peripheral nerve development, cancer, axon degeneration/regeneration, and myelination. Last but not least, part IV outlines protocols for Schwann cell production, collection, labeling and transplantation in the injured peripheral nerve and spinal cord of experimental animals and human subjects. Authoritative and practical, Schwann Cells: Methods and Protocols aims to aid both experienced and new investigators to make progress in their research endeavors involving Schwann cells.

SIREN SUICIDES

SECOND EDITION

Ksenia Anske

SKIN REMODELING DIY

AN INTRODUCTION TO THE UNDERGROUND WORLD OF DO-IT-YOURSELF SKIN CARE

Skin Remodeling DIY provides an introduction to basic skin structure, product penetration, facial exercise and massage, and home use of cosmetic dermatology tools and cosmeceuticals. Skin care forum topics including active ingredients and DIY tools are summarized and results of scientific investigations supporting these practices are provided. A list of Internet website addresses makes it easy to access sources for a new skin care routine. Our lives, interests, funds, and available time are infinitely variable. With that in mind, Skin Remodeling DIY summarizes a variety of skin care methods, allowing the reader to select the practices, tools, and sequences that best fit their lifestyle and preferences. A new 5-minute skin care routine will, over time, make positive changes. Committing to using additional skin care treatments will result in even more noticeable results. Its one thing to apply an expensive serum or cream and wait to see results; its another thing to prepare the skin to accept high quality nutritive ingredients and stimulate collagen and elastin production using premium products and effective tools on a household budget. Women, men, any age... if you do not have a special way to care for your skin or if your current special way is

not giving results, it may be time to try the methods described in Skin Remodeling DIY to effectively improve skin quality.

PET-SPECIFIC CARE FOR THE VETERINARY TEAM

John Wiley & Sons A practical guide to identifying risks in veterinary patients and tailoring their care accordingly Pet-specific care refers to a practice philosophy that seeks to proactively provide veterinary care to animals throughout their lives, aiming to keep pets healthy and treat them effectively when disease occurs. **Pet-Specific Care for the Veterinary Team** offers a practical guide for putting the principles of pet-specific care into action. Using this approach, the veterinary team will identify risks to an individual animal, based on their particular circumstances, and respond to these risks with a program of prevention, early detection, and treatment to improve health outcomes in pets and the satisfaction of their owners. The book combines information on medicine and management, presenting specific guidelines for appropriate medical interventions and material on how to improve the financial health of a veterinary practice in the process. Comprehensive in scope, and with expert contributors from around the world, the book covers pet-specific care prospects, hereditary and non-hereditary considerations, customer service implications, hospital and hospital team roles, and practice management aspects of pet-specific care. It also reviews specific risk factors and explains how to use these factors to determine an action plan for veterinary care. **This important book: Offers clinical guidance for accurately assessing risks for each patient Shows how to tailor veterinary care to address a patient's specific risk factors Emphasizes prevention, early detection, and treatment Improves treatment outcomes and provides solutions to keep pets healthy and well Written for veterinarians, technicians and nurses, managers, and customer service representatives, Pet-Specific Care for the Veterinary Team offers a hands-on guide to taking a veterinary practice to the next level of care.**

PAIN FREE LIVING

THE EGOSCUE METHOD FOR STRENGTH, HARMONY, AND HAPPINESS

Sterling Ethos Drawn from the author's program of postural therapy--which treats chronic pain without drugs, surgery, or manipulation--this guide, using Eastern religions, explores the mental, emotional, and physiological processes of his Method.

THE OPPOSITE OF HATE

A FIELD GUIDE TO REPAIRING OUR HUMANITY

Algonquin Books “A stunning debut by a truly gifted writer—an eye-opening read for both liberals and conservatives—and it could not come at a better time.”—Adam Grant, New York Times bestselling author of *Option B*, with Sheryl Sandberg What is the opposite of hate? As a progressive commentator on Fox News and now CNN, Sally Kohn has made a career out of bridging intractable political differences and learning how to talk respectfully with people whose views she disagrees with passionately. Her viral TED Talk on the need to practice emotional—rather than political—correctness sparked a new way of considering how often we amplify our differences and diminish our connections. But these days even famously “nice” Kohn finds herself wanting to breathe fire at her enemies. It was time, she decided, to look into the epidemic of hate all around us and learn how we can stop it. In *The Opposite of Hate*, Kohn talks to leading scientists and researchers and investigates the evolutionary and cultural roots of hate and how incivility can be a gateway to much worse. She travels to Rwanda, the Middle East, and across the United States, introducing us to former terrorists and white supremacists, and even some of her own Twitter trolls, drawing surprising lessons from dramatic and inspiring stories of those who left hate behind. As Kohn confronts her own shameful moments, whether it was back when she bullied a classmate or today when she harbors deep partisan resentment, she discovers, “The opposite of hate is the beautiful and powerful reality of how we are all fundamentally linked and equal as human beings. The opposite of hate is connection.” Sally Kohn’s engaging, fascinating, and often funny book will open your eyes and your heart.

TEXTBOOK OF FEMALE SEXUAL FUNCTION AND DYSFUNCTION

DIAGNOSIS AND TREATMENT

John Wiley & Sons A comprehensive text on female sexual function and dysfunction that offers a multi-disciplinary, biopsychosocial approach to diagnosis and treatment *Textbook of Female Sexual Function and Dysfunction* offers a multi-disciplinary, biopsychosocial approach and provides guidance for the safe and effective diagnosis and treatment of various sexual health issues. With contributions from an international panel of experts, the text provides the scientific basis of the clinical recommendations for dealing with problems of sexual, desire, arousal, orgasm and pain.

The text is clearly organised around the four major disease states in female sexual dysfunction (FSD) and is officially endorsed by the International Society for the Study of Women's Sexual Health (ISSWSH). The authors cover a wealth of topics such as hypoactive sexual desire disorder, psychological management of sexual disorders, anatomy and physiology of sexual dysfunction and pain and information on future developments and research. In addition, the text reviews all FDA approved medications for sexual dysfunction and contains consideration of off-label treatments for FSDs. This important text: • Offers the only textbook to highlight female sexual dysfunction in light of recently approved FDA medications • Contains a unique biopsychosocial approach from a collaborative team of physicians, psychologists, physical therapists as well as other sexual health professionals • Presents a comprehensive text led by one of the foremost global experts in Women's Sexual Health, Irwin Goldstein, founder of ISSWSH, with three other past presidents and one president-elect

Written for any professional dealing with women's sexual health, *Textbook of Female Sexual Function and Dysfunction* offers an invaluable guide to the most safe and effective diagnosis and treatment.

MASTERING PRODUCT EXPERIENCE IN SAAS

HOW TO DELIVER PERSONALIZED PRODUCT EXPERIENCES WITH A PRODUCT-LED STRATEGY

Your success as a Software-as-a-Service (SaaS) company is completely dependent on acquiring and keeping users in your product. But if you're using traditional marketing tactics, you're likely struggling to scale your business quickly. That's because conventional marketing techniques focus on engaging prospects and users outside of the product.

THE CONCISE BOOK OF TRIGGER POINTS

North Atlantic Books "A manual for understanding and treating chronic pain associated with trigger points, the tender, painful nodules that form in muscles and connective tissues"--Provided by publisher.

SCIENCE BREAKTHROUGHS TO ADVANCE FOOD AND AGRICULTURAL RESEARCH BY 2030

National Academies Press For nearly a century, scientific advances have fueled progress in U.S. agriculture to enable American producers to deliver safe and abundant food domestically and provide a trade surplus in bulk and high-value agricultural commodities and foods. Today, the U.S. food and agricultural enterprise faces formidable challenges that

will test its long-term sustainability, competitiveness, and resilience. On its current path, future productivity in the U.S. agricultural system is likely to come with trade-offs. The success of agriculture is tied to natural systems, and these systems are showing signs of stress, even more so with the change in climate. More than a third of the food produced is unconsumed, an unacceptable loss of food and nutrients at a time of heightened global food demand. Increased food animal production to meet greater demand will generate more greenhouse gas emissions and excess animal waste. The U.S. food supply is generally secure, but is not immune to the costly and deadly shocks of continuing outbreaks of food-borne illness or to the constant threat of pests and pathogens to crops, livestock, and poultry. U.S. farmers and producers are at the front lines and will need more tools to manage the pressures they face. Science Breakthroughs to Advance Food and Agricultural Research by 2030 identifies innovative, emerging scientific advances for making the U.S. food and agricultural system more efficient, resilient, and sustainable. This report explores the availability of relatively new scientific developments across all disciplines that could accelerate progress toward these goals. It identifies the most promising scientific breakthroughs that could have the greatest positive impact on food and agriculture, and that are possible to achieve in the next decade (by 2030).

THE TAO OF TRAUMA

A PRACTITIONER'S GUIDE FOR INTEGRATING FIVE ELEMENT THEORY AND TRAUMA TREATMENT

North Atlantic Books Explains trauma using a combination of the Five Elements (from Traditional Chinese Medicine) and a touch perspective; for practitioners of a variety of modalities, including acupuncturists, somatic therapists, massage therapists, and mental health providers. Combining Eastern and Western trauma physiology, clinician-educators Alaine Duncan and Kathy Kain introduce a new map for acupuncturists, medical practitioners, mental health providers, and body-oriented clinicians to help restore balance in their patients. Using concepts from Acupuncture and Asian Medicine (AAM), alongside descriptions of the threat response from Western bio-behavioral science, they describe common physical symptoms, emotional presentations, and paths for healing for five survivor "types" detailed by the authors and correlated to the Five Elements of AAM. This ancient/modern integrative lens illuminates the diverse manifestations of traumatic stress in its survivors--chronic pain, autoimmune illness, insomnia, metabolic problems, and mental health disorders--and brings new hope to survivors of trauma and those who treat them.

DISEASE CONTROL PRIORITIES, THIRD EDITION (VOLUME 2)

REPRODUCTIVE, MATERNAL, NEWBORN, AND CHILD HEALTH

World Bank Publications The evaluation of reproductive, maternal, newborn, and child health (RMNCH) by the Disease Control Priorities, Third Edition (DCP3) focuses on maternal conditions, childhood illness, and malnutrition. Specifically, the chapters address acute illness and undernutrition in children, principally under age 5. It also covers maternal mortality, morbidity, stillbirth, and influences to pregnancy and pre-pregnancy. Volume 3 focuses on developments since the publication of DCP2 and will also include the transition to older childhood, in particular, the overlap and commonality with the child development volume. The DCP3 evaluation of these conditions produced three key findings: 1. There is significant difficulty in measuring the burden of key conditions such as unintended pregnancy, unsafe abortion, nonsexually transmitted infections, infertility, and violence against women. 2. Investments in the continuum of care can have significant returns for improved and equitable access, health, poverty, and health systems. 3. There is a large difference in how RMNCH conditions affect different income groups; investments in RMNCH can lessen the disparity in terms of both health and financial risk.

ANATOMY TRAINS

MYOFASCIAL MERIDIANS FOR MANUAL AND MOVEMENT THERAPISTS

Elsevier Health Sciences An accessible comprehensive approach to the anatomy and function of the fascial system in the body combined with a holistic.

UNBOUND

A WOMAN'S GUIDE TO POWER

Penguin The ultimate guide to owning your power--and mastering how to use it. How can so many women feel "good and mad" yet still reluctant to speak up in a meeting or difficult conversation? Why do women often feel like they're too much--and, at the same time, not enough? What causes us, at the most critical moments in our lives, to freeze? Kasia Urbaniak teaches power to women--and her answers to these questions may surprise you. Based on insights

from her experiences as a dominatrix, her training to become a Taoist nun, and the countless women she has taught to expand their influence, this book offers precise, practical instruction in how to stand in your power, find your voice, and use it well. Learn how to: • Embrace your desires as the pathway to your destiny. • Ask for--and get--what you need in your life, work, and in the bedroom. • Skillfully navigate hearing "no" and any resistance, even your own. • Flip power dynamics when someone crosses your boundaries and puts you on the spot. • Create new and expanded roles for the people in your life with precise, targeted asks. Whether you're getting crystal clear on exactly what you want, or turning the tables on a man who has shut you up and shut you down, Urbaniak's methods teach women to stand for themselves in every interaction. Part manual, part manifesto, part behind the scenes look, Unbound is a how-to guide to the impossible, the outrageous, the unimaginable--a field guide to living your wildest, best, and most satisfying life.

COMPLETE CONDITIONING FOR GOLF

Human Kinetics "Pete Draovitch, personal trainer and physical therapist to PGA star Greg Norman, and Ralph Simpson, former physical therapist and trainer on the PGA Tour fitness van, have teamed up to create a comprehensive program to help you in these areas: Generate explosive power for increased driving distances; improve flexibility for a more fluid and precise swing; build muscular endurance for greater shot control through the final hole; maintain strength and flexibility 'from round to round and throughout the year; prevent common injuries; and return to the course quickly with modified rehab exercises."--Jacket.

PHYLUM BRYOZOA

Walter de Gruyter GmbH & Co KG With an account of over 6.000 recent and 15.000 fossil species, phylum Bryozoa represents a quite large and important phylum of colonial filter feeders. This volume of the series Handbook of Zoology contains new findings on phylogeny, morphology and evolution that have significantly improved our knowledge and understanding of this phylum. It is a comprehensive book that will be a standard for many specialists but also newcomers to the field of bryozoology.

TIME OF THE WOLVES

Speaking Volumes

A BRIEF HISTORY OF CURATING

Jrp Ringier Kunstverlag Ag Author Hans Ulrich Obrist presents a collection of interviews which gives an overview of the development of the curatorial field, from early independent curators in the 1960s and 1970s to the institutional programs developed in Europe and the United States.