33 Revolutions Per Minute - Dorian Lynskey 2011-04-05 Dorian Lynskey is one of the most prominent music critics writing today. With 33 Revolutions Per Minute, he offers an engaging, insightful, and wonderfully researched history of protest music in the twentieth century and beyond. From Billie Holiday and Woodie Guthrie to Bob Dylan and the Clash to Green Day and Rage Against the Machine, 33 Revolutions Per Minute is a moving and fascinating portrait of a century of popular music that tried to change the world.

33 Revolutions Per Minute - Dorian Lynskey 2012 33 Revolutions Per Minute tracks the turbulent relationship between popular music and politics, through 33 pivotal songs that span seven decades and four continents, from Billie Holiday singing 'Strange Fruit' to Green Day raging against the Iraq war. Dorian Lynskey explores the individuals, ideas and events behind each song, showing how protest music has soundtrack and informed social change since the 1930s. Through the work of such artists as Woody Guthrie, Bob Dylan, Stevie Wonder, Fela Kuti, The Clash, Public Enemy and Gil Scott-Heron, Lynskey examines how music has engaged with racial unrest, nuclear paranoia, apartheid, war, poverty and oppression, offering hope, stirring anger, inciting action and providing songs which continue to resonate years down the line.

33 Revolutions Per Minute - Dorian Lynskey 2011-03-03 Why 33? Partly because that’s the number of rotations performed by a vinyl album in one minute, and partly because it takes a lot of songs to tell a story which spans seven decades and five continents - to capture the colour and variety of this shape-shifting genre. This is not a list book, rather each of the 33 songs offers a way into a subject, an artist, an era or an idea. The book feels vital, in both senses of the word: necessary and alive. It captures some of the energy that is generated when musicians take risks, and even when they fail, those endeavours leave the popular culture a little richer and more challenging. Contrary to the frequently voiced idea that pop and politics are awkward bedfellows, it argues that protest music is pop, in all its blazing, cussed glory.

The Ministry of Truth - Dorian Lynskey 2019-06-04 "Rich and compelling. Lynskey’s account of the reach of 1984 is revelatory." --George Packer, The Atlantic An authoritative, wide-ranging, and incredibly timely history of 1984’s literary sources, its composition by Orwell, its deep and lasting effect on the Cold War, and its vast influence throughout world culture at every level, from high to pop. 1984 isn’t just a novel; it’s a key to understanding the modern world. George Orwell’s final work is a treasure chest of ideas and memes--Big Brother, the Thought Police, Doublespeak, Newspeak, 2+2=5--that gain potency with every year. Particularly in 2016, when the election of Donald Trump made it a bestseller ("Ministry of Alternative Facts," anyone?). Its influence has morphed endlessly into novels (The Handmaid’s Tale), films (Brazil), television shows (V for Vendetta), rock albums (Diamond Dogs), commercials (Apple), even reality TV (Big Brother). The Ministry of Truth is the first book that fully examines the epochal and cultural event that is 1984 in all its aspects: its roots in the utopian and dystopian literature that preceded it; the personal experiences in wartime Great Britain that Orwell drew on as he struggled to finish his masterpiece in his dying days; and the political and cultural phenomena that the novel ignited at once upon publication and that far from subsiding, have only grown over the decades. It explains how fiction history informs fiction and how fiction explains history.

33 Revolutions - Canek Sánchez Guevara 2016-10-13 A novel of modern Cuba written by Che Guevara’s grandson. The hero of this mordant portrayal of life in contemporary Cuba is a black Cuban whose parents were enthusiastic supporters of the Castro revolution. His father, however, having fallen foul of the regime, is accused of embezzlement, and dies of a stroke. Following her husband’s death, his mother flees the country and settles in Madrid. Our hero separates from his wife and now spends much of his time in the company of his Russian neighbour, from whom he discovers the pleasures of reading. The books he reads gradually open his eyes to the incongruity between party slogans and the grey oppressive reality that surrounds him: the office routine; his colleagues’ daily complaints; his own obsessive thoughts that go round and round like a broken record. Every day he photographs the spontaneous eruptions of dissent on the streets and witnesses the sad spectacle of young people crowding onto makeshift rafts and leaving the island. Every night he suffers from Kafkaesque nightmares in which he is arrested and tried for unknown crimes. His disappointment and delusion grow until a day comes when he declares his unwillingness to become an informer and his real troubles begin. 33 Revolutions is a candid and moving story about the disappointments of a generation that fully believed in the ideals of the Castro Revolution. It is a unique look into lives of ordinary people in Cuba over the past five decades and a stylish work of fiction about a young man’s awakening.

Music and Social Movements - Ron Eyerman 1998-02-28 Building on their studies of sixties culture and theory of cognitive praxis, Ron Eyerman and Andrew Jamison examine the mobilization of cultural traditions and formulation of new collective identities through the music of activism. They combine a sophisticated theoretical argument with historical-empirical studies of nineteenth-century populists and twentieth-century labour and ethnic movements, focusing on the interrelations between music and social movements in the United States and the transfer of those experiences to Europe. Specific chapters examine folk and country music, black music, music of the 1960s movements, and music of the Swedish progressive movement. This highly readable book is among the first to link the political sociology of social movements to cultural theory.

Music is Power - Brad Schreiber 2019-11-21 Popular music has long been a powerful force for social change. Protest songs have served as anthems regarding war, racism, sexism, ecological destruction and so many other crucial issues. Music Is Power takes us on a guided tour through the past 100 years ofpolitically-conscious music, from Pete Seeger and Woody Guthrie to Green Day and NWA. Covering a wide variety of genres, including reggae, country, metal, psychedelia, rap, punk, folk and soul, Brad Schreiber demonstrates how musicians can take a variety of approaches—angry rallying cries, mournful elegies to the victims of injustice, or even humorous mockery of authority—to fight for a fairer world. While shining a spotlight on Phil Ochs, Gil Scott-Heron, The Dead Kennedys and other seminal, politicalized artists, he also gives readers a new appreciation of
classic acts such as Lesley Gore, James Brown, and Black Sabbath, who overcame limitations in their industry to create politically potent music. Music Is Power tells fascinating stories about the origins and the impact of dozens of world-changing songs, while revealing political context and the personal challenges of legendary artists from Bob Dylan to Bob Marley.

Put The Needle on The Record-Matthew Chojnacki 2011 In the 1980s, music defined the moment: “Video Killed The Radio Star” ushered in MTV, “Don’t You (Forget About Me)” ruled “The Breakfast Club,” and “I Still Haven’t Found What I’m Looking For” became the anthem of a generation. The 1980s were also the most visually provocative era of the last millennium. Every new vinyl single hit the stands wrapped in eye-catching sleeves that reflected the latest trends. Put The Needle On The Record is pop culture historian Matthew Chojnacki’s definitive guide to 7- and 12-inch vinyl single artwork from the ‘80s. He presents and compares more than 250 vinyl single covers representing nearly every prominent musician of the decade. Read the previously untold stories behind the most iconic images from the designers and visual talent behind Madonna, Prince, Pink Floyd, Queen, Adam Ant, Iron Maiden, The Clash, Pet Shop Boys, Van Halen, and more. Coupled with exclusive commentary from more than 100 of the ‘80s biggest musicians, including Annie Lennox, Duran Duran, Run-DMC, Devo, The B-52’s, Erasure, The Human League, Scorpions, The Knack, and Yoko Ono, this is an authoritative journey back to the songs and images that continue to influence our culture.

Which Side are You On?-James Sullivan 2019 An anecdotal history of the progressive movements that have shaped the growth of the United States, and the songs that have accompanied and defined them.

Politics in Music-Courtney Brown 2007-09 This book discusses the political content of music over the past 200 years, from the classcial to the hip-hop genres and everything in between. Beginning with Beethoven, Courtney Brown describes how Beethoven’s music has been used to support a wide variety of political views across the entire ideological spectrum, both during Beethoven’s life and long after. Then a provocative comparison of Bob Marley’s music and Richard Wagner’s “Ring” opera identifies striking similarities between the political ideas of these two composers relating to the idea of revolution. Nationalist music is then described and elaborated through examples, drawing from a wide range of national identities. Brown then turns to labor music by focusing on the legend of Joe Hill. Movement and non-movement related political music is then explored and compared, including the music associated with the Vietnam War. Finally, the political content of hip-hop is examined. Never before has a book covered such a broad spectrum of political music. This is a timely publication given the exponential growth of contemporary political music.

The Routledge History of Social Protest in Popular Music-Jonathan C. Friedman 2013-07-04 The major objective of this collection of 28 essays is to analyze the trends, musical formats, and rhetorical devices used in popular music to illuminate the human condition. By comparing and contrasting the political content of music over the past 200 years, from the classcial to the hip-hop genres and everything in between. Beginning with Beethoven, Courtney Brown describes how Beethoven’s music has been used to support a wide variety of political views across the entire ideological spectrum, both during Beethoven’s life and long after. Then a provocative comparison of Bob Marley’s music and Richard Wagner’s “Ring” opera identifies striking similarities between the political ideas of these two composers relating to the idea of revolution. Nationalist music is then described and elaborated through examples, drawing from a wide range of national identities. Brown then turns to labor music by focusing on the legend of Joe Hill. Movement and non-movement related political music is then explored and compared, including the music associated with the Vietnam War. Finally, the political content of hip-hop is examined. Never before has a book covered such a broad spectrum of political music. This is a timely publication given the exponential growth of contemporary political music.

Dwight Yoakam-Don McLee 2012-03-15 Chronicles the musical life of the country star who has made a career of blending disparate influences, drawing on interviews to explore his authenticity and success as an artist.

Commando-Johnny Ramone 2012-04-01 Raised in Queens, New York, Johnny Ramone founded one of the most influential rock bands of all time, but he never strayed from his blue-collar roots and attitude. He was truly imbued with the angry-young-man spirit that would characterize his persona both on and off stage. Through it all, Johnny kept the band focused and moving forward, ultimately securing their place in music history by imbuing punk rock with the angry-young-man spirit. The Ramones were inducted into the Rock and Roll Hall of Fame in 2002—two years later, Johnny died of cancer, having outlived two other founding members. Revealing, inspiring, and told on his Hall of Fame in 2002—two years later, Johnny died of cancer, having outlived two other founding members. Revealing, inspiring, and told on his own terms, this highly designed memoir also features Johnny’s assessment of the Ramones’ albums; a number of eccentric Top Ten lists; rare historical artifacts; and scores of personal and professional photos, many of which have never been before published. Praise for Commando: “Amazing book . . . dense and throbbing with character—enough to bring this departed New York icon baring back to life.” —New York Daily News “Johnny’s delightful, sadly posthumous autobiography, Commando, is just like its author—as punk as it gets.” —Wall Street Journal “Ramone memoir reveals charming, grumpy punk icon.” —Reuters “There’s no grand confessional to end Commando, just a nod of gratitude toward family, friends, and fans. Its characteristic succinctness rings genuine.” —Austin Chronicle

Woody Guthrie and the Dust Bowl Ballads-Nick Hayes 2016-03-15 Using theSepia tones of the Dust Bowl as his palettes, author and artist Nick Hayes tells the story of one of America’s folk heroes, Woody Guthrie (1912-1967), starting in the 1920s when Guthrie was a teenager supporting himself in a dried-up, post-boomtown Oklahoma. Picking up a harmonica and eventually a battered guitar, Guthrie finds solace in the ancient lineage of folksongs. Hayes charts the musician’s course from Oklahoma and Texas towns ravaged by dust and Depression to boxcars, factory farms, and the migrant camps of California, highlighting Guthrie’s dedication to singing American folk tunes and creating his own modern classics along the way. Hayes ends his portrait in 1940, at the pivotal time when Guthrie makes his way to New York and writes “This Land Is Your Land,” his iconic anthem tinged with both clear-eyed reality and optimism.

Chuck D Presents This Day in Rap and Hip-Hop History-Chuck D 2017-10-10 A one-of-a-kind survey of rap and hip hop history from 1973 to today by Chuck D, arguably the most influential rapper in the world. In the more than 40 years since the days of DJ Kool Herc and “Rapper’s Delight,” hip hop and rap have become a billion-dollar worldwide phenomenon. Yet, there is no definitive history of the genre—until now. Based on Chuck’s long-running show on Rapstation.com, this massive compendium details the most iconic moments and influential songs in the genre's recorded history, from Kurtis Blow’s “Christmas Rappin’” to The Miseducation of Lauryn Hill to Kendrick Lamar’s ground-breaking verse on “Control.” Also included are key events in hip hop history such as the Grandmaster Flash / Sugar Hill scratch jam at the 1979 Uptown’s holgographic appearance at Coachella. Throughout, Chuck offers his insider’s perspective on the chart toppers and show stoppers as he lived it. Illustrating the pages are more than 100 portraits from the talented artists specializing in hip hop.

Mud, Sweat, and Tears-Bear Grylls 2012-05-01 “Bear Grylls is a veritable superhero. . . . The former UK Special Forces paratrooper has braved the world’s harshest environments.” —Hampton Sides, Outside Magazine “Bear Grylls is one tough, crazy dude.” —Washington Post THE THRILLING #1 BESTSELLING MEMOIR BY THE ADVENTURE LEGEND AND STAR OF NBC’S RUNNING WILD WITH BEAR GRYLLS Bear Grylls has always sought the ultimate in adventure. Growing up on a remote island off of Britain’s windswept coast, he was taught by his father to sail and climb at an early age. Inevitably, it wasn’t long before the young explorer was sneaking out to lead all-night climbing expeditions. As a teenager at Eton College, Bear found his identity and purpose through both mountaineering and martial arts. These passions led him into the foothills of the mighty Himalayas and to a karate grandmaster’s remote training camp in Japan, an experience that soon helped him earn a second-degree black belt. Returning home, he embarked upon the notoriously grueling selection course for the British Special Forces to join the elite Special Air Service SAS—a tough training that would push him to the very limits of physical and mental endurance. Then, disaster. Bear broke his back in three places in a horrific free-fall parachuting accident in Africa. It was touch and go whether he would walk again, according to doctors. However, only eighteen months later, a twenty-three-year-old Bear became one of the youngest climbers to scale Mount Everest, the world’s highest summit. But this was just the beginning of his many extraordinary adventures. . . . Known and admired by millions as the man of Star Man vs. Wild, Bear Grylls has survived where few would dare to go. Now, for the first time, Bear tells the story of his action-packed life. Gripping, moving, and wildly exhilarating, Mud, Sweat, and Tears is a must-read for adrenaline junkies and armchair explorers alike.

The Sleep Revolution-Arianna Huffington 2017 Arianna Huffington, the co-founder and editor-in-chief of The Huffington Post, and the author of the #1 New York Times bestseller Thrive delves into the sleep revolution that is happening all across the world—a revolution that can transform our lives.

University Physics-Samuel J. Ling 2017-12-19 University Physics is designed for the two- or three-semester calculus-based physics course. The text has been developed to meet the scope and sequence of most university physics courses and provides a foundation for a career in mathematics, science, or engineering. The book provides an important opportunity for students to learn the core concepts of physics and understand how those concepts apply to their lives and to the world around them. Due to the comprehensive nature of the material, we are offering the book in three volumes for flexibility and efficiency. Coverage and Scope Our University Physics
Chronicles the civil rights movement from the '30s on, it examines the lives of the beleaguered Billie Holiday and Abel Meeropol, the white Jewish schoolteacher and communist sympathizer who wrote the song that would have an impact on generations of fans, black and white, unknown and famous, including performers Lena Horne, Eartha Kitt, and Sting.

Story Behind the Protest Song: Hardeep Phull 2008 Looks at fifty of the most influential musical protests of the twentieth-century, including songs about the Vietnam War, the civil rights movement, animal rights, and teenage rebellion.

Airplane Flying Handbook (FAA-H-8083-3A): Federal Aviation Administration

College Physics for AP® Courses-Irina Lyublinskaya 2017-08-14 The College Physics for AP(R) Courses text is designed to engage students in their exploration of physics and help them apply these concepts to the Advanced Placement(R) test. This book is Learning List-approved for AP(R) Physics courses. The text and images in this book are grayscale.

Helicopter Flying Handbook Federal Aviation Administration 2013-01-08 Complied by the Federal Aviation Administration, this handbook is the ultimate technical manual for anyone who flies or wants to learn to fly a helicopter. If you’re preparing for private, commercial, or flight instruction pilot certificates, it’s more than essential reading—it’s the best possible study guide available, and its information can be life-saving. In authoritative and easy-to-understand language, here are explanations of general aerodynamics and the aerodynamics of flight, navigation, communication, flight controls, flight maneuvers, emergencies, and more. Also included is an extensive glossary of terms ensuring that even the most technical language can be easily understood. The Helicopter Flying Handbook is an indispensable text for any pilot who wants to operate a helicopter safely in a range of conditions. Chapters cover a variety of subjects including helicopter components, weight and balance, basic flight maneuvers, advanced flight maneuvers, emergencies and hazards, aeronautical decision making, night operations, and many more. With full-color illustrations detailing every chapter, this is a one-of-a-kind resource for pilots and would-be pilots.

Troubadours and Troublemakers-Kevin Comtois 2013-08-01 Troubadours & Troublemakers is an examination of American protest music from the beginning of our republic to the birth of hip hop. It begins with the protest music of the early American settlers and ends with the radical songs of Hippies and Yuppies of the early seventies. In between we survey the music of the Wyatt, Abolitionist, Soldier, Wobbly, Okies, Folkies and Rockers. Troubadours & Troublemakers reviews American topical songs from the first revolutionaries to the radical rockers of the late Twentieth Century.

Diagnosis and Improvement of Saline and Alkali Soils-L. E. Allison 1941

Prince-Ronin Ro 2012-02-02 In over thirty years as one of the most original and charismatic figures in modern music, Prince Rogers Nelson has enjoyed huge success - and courted considerable controversy. Now, acclaimed rock journalist Ronin Ro chronicles both the man and his music. During the course of his journey from teenage obscurity to the Rock and Roll Hall of Fame, Prince has provoked moral outrage, starred in a hit movie, adopted an unpronounceable symbol for a stage name, confronted record labels and fostered young talent, making a profound mark on the entertainment industry and pop culture at large. Moreover, his restless creativity has produced a string of international hits including ‘Little Red Corvette’, ‘Let’s Go Crazy’, ‘Kiss’ and ‘Cream’, and at the height of his fame the album Purple Rain was selling at a rate of a million copies a week in the US alone. Through access to an unrivalled array of witnesses to Prince’s remarkable rise, including former producers, bandmates and managers, Ronin Ro gets closer to him than any previous biographer, peeling away the masks to bare the story of a true modern icon.

Do Not Sell At Any Price-Amanda Petrusich 2015-06-09 A celebration of the Vinyl revival, this book is a journey into the world of the beleaguered 78 rpm record subculture reveals the growing value of rare records and the determined efforts of their collectors and archivists, exploring the music of blues artists who have been lost to the modern world.

Dermatologic Surgery and Procedures-Pierre Vereecken 2018-02-28

Playing for Change-Rob Rosenthal 2015-11-17 Although music is known to be part of the great social movements that have rocked the world, its specific contribution to political struggle has rarely been closely analyzed. Is it truly the ‘lifeblood’ of movements, as some have declared, or merely the entertainment between the speeches? Drawing on interviews, case studies and musical and lyrical analysis, Rosenthal and Flacks offer a brilliant analysis and a wide-ranging look at the use of music in movements, in the US and overseas, for past hundred years. From their interviews, the voices of Pete Seeger, Ani DiFranco, Tom Morello, Holy Holy, and many others enliven this highly readable book.

Strange Fruit-David Marples 2001-01-23 Recorded by jazz legend Billie Holiday in 1939, ‘Strange Fruit’ is considered to be the first significant song of the civil rights movement and the first direct musical assault upon racial lynchings in the South. Originally sung in New York’s Cafe Society, these revolutionary lyrics take on a life of their own in this revealing account of the song and the struggle it personified. Strange Fruit not only chronicles the civil rights movement from the ‘30s on, it examines the lives of Pete Seeger, Ani DiFranco, Tom Morello, Holly Holy, and many others enliven this highly readable book.

The Billy Bob Tapes-Billy Bob Thornton 2012-05-15 There is—and could only ever be—one Billy Bob Thornton: actor, musician, Academy Award-winning screenwriter, and accidental Hollywood badass. In The Billy Bob Tapes, he leads us into his Cave Full of Ghosts, spinning colorful tales of his modest (to say the least) Southern upbringing, his bizarre phobias (komoda dragons?), his life, his loves (including his marriage to fellow Oscar winner Angelina Jolie), and, of course, his movie career. Best of all, he’s feeding these truly incredible stories and righteous philosophical rants through his cloud of legend. Kinky Friedman—legendary Texas star, border bashing author, would-be politician, and all-around bon vivant. Put these two iconoclasts together and you get a star’s story that’s actually an insightful pop culture manifesto—a hybrid offspring of Born Standing Up with Sh*t My Dad Says.

Black Lives Matter and Music-Fernando Oreyuela 2018-08-10 Music has always been integral to the Black Lives Matter movement in the United States, with songs such as Kendrick Lamar’s “Alright,” J. Cole’s “Be Free,” D’Angelo and the Vanguard’s “The Charade,” The Game’s “Don’t Shoot,” Janelle Monae’s “Hell You Talmouth,” Usher’s “Chains,” and many others serving as unofficial anthems and soundtracks for members and allies of the movement. In this collection of critical studies, contributors draw from ethnographic research and personal encounters to illustrate how scholarly research of, approaches to, and teaching about the role of music in the Black Lives Matter movement can contribute to public awareness of the social, economic, political, and scientific, and cultural injustices of our society. Each chapter in Black Lives Matter and Music focuses on a particular case study, with the goal to inspire and facilitate productive dialogues among scholars, students, and the communities we study. From nuanced snapshots of how African American musical genres have flourished in different cities and the role of these genres in local activism, to explorations of musical pedagogy on the American college campus, readers will be challenged to think of how activism and social justice work might appear in American higher education and in academic research. Black Lives Matter and Music provokes us to examine how we teach, how we conduct research, and ultimately, how we should think about the ways that black struggle, liberation, and identity have evolved in the United States and around the world.

33-revolutions-per-minute-a-history-of-protest-songs-from
This book is intended for dermatologists, skin surgeons, and general practitioners who are interested in skin surgery and cosmetic procedures. The topics of ped and current interest in the practice nowadays have been selected by the editor, Dr. Pierre Vereeken, MD, PhD, allowing the reader to expand his/her skills and surgical techniques. This book aims to meet the need for a practical guide to help the clinicians to extend their offer in daily practice in dermatology and corrective and skin cancer surgery.

Into the Black—Paul Brannigan 2014-11-04 The second volume of Paul Brannigan and Ian Winwood’s biography of Metallica, describing the latter half of their extraordinary, decades-long career.

A Sound History—Steven P. Garabedian 2020 Lawrence Gellert has long been prominent in a mysterious figure in American folk and blues studies, gaining prominence in the left-wing folk revival of the 1930s for his fieldwork in the U.S. South. A ‘lean, straggly-haired New Yorker,’ as Time magazine called him, Gellert was an independent music collector, without formal training, credentials, or affiliation. At a time of institutionalized suppression, he worked to introduce white audiences to a tradition of black musical protest that had been denied and overlooked by prior white collectors. By the folk and blues revival of the 1960s, however, when his work would again seem apt in the context of the civil rights movement, Gellert and his collection of Negro Songs of Protest were a conspicuous absence. A few leading figures in the revival defamed Gellert as a fraud, dismissing his archive of black vernacular protest as a fabrication—an example of left-wing propaganda and white interference. A Sound History is the story of an individual life, an excavation of African American musical resistance and dominant white historiography, and a cultural history of radical possibility and reversal in the defining middle decades of the U.S. twentieth century.

The Russian Revolution—Sean McMeekin 2017-05-30 From an award-winning scholar comes this definitive, single-volume history that illuminates the tensions and transformations of the Russian Revolution. In The Russian Revolution, acclaimed historian Sean McMeekin traces the events which ended Romanov rule, ushered the Bolsheviks into power, and introduced Communism to the world. Between 1917 and 1922, Russia underwent a complete and irreversible transformation. Taking advantage of the collapse of the Tsarist regime in the middle of World War I, the Bolsheviks staged a hostile takeover of the Russian Imperial Army, promoting mutinies and mass desertions of men in order to fulfill Lenin’s program of turning the “imperialist war” into civil war. By the time the Bolsheviks had snuffed out the last resistance five years later, over 20 million people had died, and the Russian economy had collapsed so completely that Communism had to be temporarily abandoned. Still, Bolshevik rule was secure, owing to the new regime’s monopoly on force, enabled by illicit arms deals signed with capitalist neighbors such as Germany and Sweden who sought to benefit politically and economically from the revolutionary chaos in Russia.

Drawing on scores of previously untapped files from Russian archives and a range of other repositories in Europe, Turkey, and the United States, McMeekin delivers exciting, groundbreaking research about this turbulent era. The first comprehensive history of these momentous events in two decades, The Russian Revolution combines cutting-edge scholarship and a fast-paced narrative to shed new light on one of the most significant turning points of the twentieth century.


Health Revolution—Maria Borelius 2019-06-04 The story of one woman’s unique, four-year-long quest to banish melancholy and depression, find happiness and fulfillment, cultivate wellness, and ultimately create her best self—lessons anyone can use to pursue a healthier and more satisfied life. When Maria Borelius turned fifty-two, she hit menopause and her physical health began to decline. Feeling tired, sad, and depressed, she suffered from physical pain, including a lingering back ache. Fearful that this was a glimpse of what the future would be, she embarked on a personal odyssey, an exploratory journey that introduced her to a whole new style of living that would transform her body, mind, and soul—a new way of life.

She traveled the globe to meet medical and fitness experts in Canada, the United States, Denmark, India, and Sweden. She studied history, exploring the health secrets of ancient civilizations and religious sects with unexpected long life-spans. What she discovered helped her turn back her clock and find renewed energy, enthusiasm, and joy. She changed her eating habits, making plants the center of her diet. She got her body moving to strengthen her muscles and stimulate her mind. She took steps to preserve and protect the wellness of her own mind and body, and the wellness of the world around her. She opened herself to the possibilities of the world to experience a stronger, happier, and more youthful version of themselves.

Discharge Measurements at Gaging Stations—D. Phil Turnipseed 2014-06-16 The techniques and standards for making discharge measurements at streamflow gaging stations are described in this publication. The vertical axis rotating-element current meter, principally the Price current meter, has been traditionally used for most measurements of discharge; however, advancements in acoustic technology have led to important developments in the use of acoustic Doppler current profilers, acoustic Doppler velocimeters, and other emerging technologies for the measurement of discharge. These new instruments, based on acoustic Doppler theory, have the advantage of no moving parts, and in the case of the acoustic Doppler current profiler, quickly and easily provide three-dimensional stream-velocity profile data through much of the vertical water column. For much of the discussion of acoustic Doppler current profiler moving-boat methodology, the reader is referred to U.S. Geological Survey Techniques and Methods 3-A22 (Mueller and Wagner, 2009).

Physics—Tom Hsu 2005