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KEY=TIME - LONDON KAYLYN

Internal Time Chronotypes, Social Jet Lag, and Why You're So Tired *Harvard University Press* Early birds and night owls are born, not made. Sleep patterns are the most obvious manifestation of the highly individualized biological clocks we inherit, but these clocks also regulate bodily functions from digestion to hormone levels to cognition. By understanding and respecting our internal time, we can live better. **Internal Time Chronotypes, Social Jet Lag, and Why You're So Tired** *Harvard University Press* Early birds and night owls are born, not made. Sleep patterns are the most obvious manifestation of the highly individualized biological clocks we inherit, but these clocks also regulate bodily functions from digestion to hormone levels to cognition. By understanding and respecting our internal time, we can live better. **Internal Time Chronotypes, Social Jet Lag, and Why You're So Tired The Rhythms Of Life The Biological Clocks That Control the Daily Lives of Every Living Thing** *Profile Books* Popular science at its most exciting: the breaking new world of chronobiology - understanding the rhythm of life in humans and all plants and animals. The entire natural world is full of rhythms. The early bird catches the worm -and migrates to an internal calendar. Dormice hibernate away the winter. Plants open and close their flowers at the same hour each day. Bees search out nectar-rich flowers day after day. There are cicadas that can breed for only two weeks every 17 years. And in humans: why are people who work anti-social shifts more illness prone and die younger? What is jet-lag and can anything help? Why do teenagers refuse to get up in the morning, and are the rest of us really 'larks' or 'owls'? Why are most people born (and die) between 3am-5am? And should patients be given medicines (and operations) at set times of day, because the body reacts so differently in the morning, evening and at night? The answers lie in our biological clocks the mechanisms which give order to all living things. They impose a structure that enables us to change our behaviour in relation to the time of day, month or year. They are reset at sunrise and sunset each day to link astronomical time with an organism's internal time. **Reset Your Inner Clock The Drug-free Way to Your Best-ever Sleep, Mood, and Energy** *Avery* An alternative approach to insomnia, depression, chronic fatigue and other sleep-related challenges draws on the expertise of a leading authority on the circadian clock while explaining how readers can decipher their inherent sleep rhythms and use natural light to overcome the sleep-compromising demands of today's lifestyles. Original. 35,000 first printing. **The Circadian Clock** *Springer Science & Business Media* With the invitation to edit this volume, I wanted to take the opportunity to assemble reviews on different aspects of circadian clocks and rhythms. Although most c- tributions in this volume focus on mammalian circadian clocks, the historical int- duction and comparative clocks section illustrate the importance of various other organisms in deciphering the mechanisms and principles of circadian biology. Circadian rhythms have been studied for centuries, but only recently, a mole- lar understanding of this process has emerged. This has taken research on circadian clocks from mystic phenomenology to a mechanistic level; chains of molecular events can describe phenomena with remarkable accuracy. Nevertheless, current models of the functioning of circadian clocks are still rudimentary. This is not due to the faultiness of discovered mechanisms, but due to the lack of undiscovered processes involved in contributing to circadian rhythmicity. We know for example, that the general circadian mechanism is not regulated equally in all tissues of m- mals. Hence, a lot still needs to be discovered to get a full understanding of cir- dian rhythms at the systems level. In this respect, technology has advanced at high speed in the last years and provided us with data illustrating the sheer complexity of regulation of physiological processes in organisms. To handle this information, computer aided integration of the results is of utmost importance in order to d- cover novel concepts that ultimately need to be tested experimentally. **Why Time Flies A Mostly Scientific Investigation** *Simon and Schuster* “[Why Time Flies] captures us. Because it opens up a well of fascinating queries and gives us a glimpse of what has become an ever more deepening mystery for humans: the nature of time.” —The New York Times Book Review “Erudite and informative, a joy with many small treasures.” —Science “Time” is the most commonly used noun in the English language; it’s always on our minds and it advances through every living moment. But what is time, exactly? Do children experience it the same way adults do? Why does it seem to slow down when we’re bored and speed by as we get older? How and why does time fly? In this witty and meditative exploration, award-winning author and New Yorker staff writer Alan Burdick takes readers on a personal quest to understand how time gets in us and why we perceive it the way we do. In the company of scientists, he visits the most accurate clock in the world (which exists only on paper); discovers that “now” actually happened a split-second ago; finds a twenty-fifth hour in the day; lives in the Arctic to lose all sense of time; and, for one fleeting moment in a neuroscientist’s lab, even makes time go backward. Why Time Flies is an instant classic, a vivid and intimate examination of

the clocks that tick inside us all. **The Circadian System of Man Results of Experiments Under Temporal Isolation** *Springer Science & Business Media* Biological rhythmicity has been a subject of scientific research for a relatively short time. In the special case of daily, or circadian rhythms, it is only during the past twenty years that rapidly increasing efforts have been undertaken in evaluat ing properties and mechanisms. As a consequence of these efforts, the study of biological and, in particular, circadian rhythmicity is no longer a somewhat dubious occupation but rather a serious branch of science which combines the interdisciplinary efforts of numerous researchers around the world. The general result of these efforts is that many features of circadian rhythms of many different species of living beings are well known today. In addition to studies with lower organisms, the evaluation of human circadian rhythms was originally more or less a compulsory exercise done in order to extend the "catalogue of species"; of course, the work was of unusual impor tance due to the special position of man in biology. In the course of the very first experimental series, it became clear that humans possess an "internal clock" as had been established in various organisms, protists, plants, and animals, and that human circadian rhythms fit the general regularities of biological rhythms known at that time. However, it soon became apparent that circadian rhythmicity of man shows, additionally, particularities of great general interest, for practical and theoretical reasons. **Nutrition and Cardiometabolic Health** *CRC Press* Nutrition plays a key role in prevention of cardiovascular disease, the leading cause of death worldwide. Diet influences a broad spectrum of cardiometabolic risk factors, notably a cluster including excess adiposity, dyslipidemia, impaired glucose metabolism and high blood pressure. In the face of the rapidly increasing incidence of obesity and diabetes, maintaining cardiometabolic health through adoption of a healthy lifestyle is a top public health priority. In this book, Nutrition and Cardiometabolic Health, international experts present state-of-the-art scholarly reviews of dietary and lifestyle effects on metabolic systems associated with cardiovascular health and disease. It covers a broad range of topics including biological and behavioral processes regulating food intake; lifestyle and surgical approaches to weight loss; nutritional considerations for optimal cardiometabolic health across the lifespan; the relationship of macronutrients, whole foods and dietary patterns to diabetes and cardiovascular disease; and diet as a modulator of gene expression, epigenetics and the gut microbiome and the relationship of these traits to disorders of metabolism. This book provides its readers with an authoritative view of the present state of knowledge of dietary effects on cardiometabolic health and will be of interest to nutrition and healthcare professionals alike. **Modulation of Sleep by Obesity, Diabetes, Age, and Diet** *Academic Press* Sleep disorder is a rampant problem in the US, with over 40 million Americans currently diagnosed according to the NIH. There is a clear association between sleep disorder and a wide range of other human disorders –performance deficiencies, psychiatric illnesses, heart disease, obesity and more – but in spite of this there is not yet a convenient overview on the market detailing the impact of obesity, age, diabetes and diet on sleep duration and attendant health outcomes. This volume focuses on the interaction between sleep and these factors, with special attention being paid to the potential for neurological modulation of sleep via diet. The volume aid readers in understanding the role each of these factors plays in sleep architecture and its regulation by circadian biology and neurology. Aids in understanding the impact of age, diet, obesity and disease on sleep Offers focus on neurological changes that affect metabolism Explores diabetes induced sleep problems Aid to understanding the multifactorial causes of age-related sleep dysfunction Addresses selected studies of nutraceuticals affecting sleep for potential application clinically Discusses major impact on sleep disorders by caffeine and alcohol **Circadian Physiology** *CRC Press* While the first edition of the critically acclaimed and highly popular Circadian Physiologyoffered a concise but rigorous review of basic and applied research on circadian rhythms, this newest edition provides educators with the primary textbook they need to support a course on this cutting-edge topic. Maintaining the same accessible multidi **The Sherwood Ring** *Houghton Mifflin Harcourt* When Peggy goes to live with her uncle in the old family house she does not expect to meet ancestral ghosts. **The Circadian Code Lose Weight, Supercharge Your Energy, and Transform Your Health from Morning to Midnight** *Rodale Books* When we eat may be as important as what we eat. Like most people, you probably wake up, get hungry for meals and doze off in bed around the same time every day. If you've ever experienced jet lag or pulled an all-nighter, you know that this schedule can easily be thrown off kilter. But for some people, that imbalance--difficulty sleeping at night, hunger at odd times, or sudden fatigue at noon--is a constant. If you're one of those people, Dr. Satchin Panda, one of the leading researchers on circadian rhythms, has a plan to reset your body clock. Beginning with an in-depth explanation of the circadian clock--why it's important, how it works, and how to know it isn't working--The Circadian Code outlines lifestyle changes to make to get back on track. It's a concrete plan to enhance weight loss, improve sleep, optimize exercise, and manage technology so that it doesn't interfere with your body's natural rhythm. Dr. Panda's life changing methods show you how to prevent and reverse ailments like diabetes, cancer, and dementia, as well as microbiome conditions like acid reflux, heartburn, and irritable bowel disease. **The Power of When Discover Your Chronotype--and the Best Time to Eat Lunch, Ask for a Raise, Have Sex, Write a Novel, Take Your Meds, and More** *Little, Brown* Learn the best time to do everything--from drink your coffee to have sex or go for a run--according to your body's chronotype. Most advice centers on what to do, or how to do it, and ignores the when of success. But exciting new research proves there is a right time to do just about everything, based on our biology and hormones. As Dr. Michael Breus proves in The Power Of When, working with your body's inner clock for maximum health, happiness, and productivity is easy, exciting, and fun. The Power Of When presents a groundbreaking new program for getting back in sync with your natural rhythm by making minor changes to your daily routine. After you've taken Dr. Breus's comprehensive Bio-Time Quiz to figure out your chronotype (are you a Bear, Lion, Dolphin or Wolf?), you'll find out the best time to do over 50 different activities. Featuring a foreword by Mehmet C. Oz, MD, and packed with fascinating facts, fun personality quizzes, and easy-to-follow guidelines, The Power Of When is the ultimate "lifehack" to help you achieve your goals. **Chasing the Sun The New Science of Sunlight and How it Shapes Our Bodies and Minds** *Profile Books* The full story of how our relationship with light shapes our health, productivity and mood. 'A sparkling and illuminating study, one of those rare books that could genuinely improve your life' Sunday Times Since the dawn of time, humans have worshipped the sun. And with good reason. Our biology is set up to work in partnership with it. From our sleep cycles to our immune systems and our mental health, access to sunlight is crucial for living a happy and fulfilling life. New research suggests that our sun exposure over a lifetime - even before we were born - may shape our risk of developing a range of different illnesses, from depression to diabetes. Bursting with cutting-edge science and eye-opening advice, Chasing the Sun explores the extraordinary significance of sunlight, from ancient solstice celebrations to

modern sleep labs, and from the unexpected health benefits of sun exposure to what the Amish know about sleep that the rest of us don't. As more of us move into light-polluted cities, spending our days in dim offices and our evenings watching brightly lit screens, we are in danger of losing something vital: our connection to the star that gave us life. It's a loss that could have far-reaching consequences that we're only just beginning to grasp. **Circadian Rhythms A Very Short Introduction** *Oxford University Press* The earth's daily rotation affects just about every living creature. From dawn through to dusk, there are changes in light, temperature, humidity, and rainfall. However, these changes are regular, rhythmic and, therefore, predictable. Thus, the near 24 hour circadian rhythm is innate: a genetically programmed clock that essentially ticks of its own accord. This Very Short Introduction explains how organisms can -know- the time and reveals what we now understand of the nature and operation of chronobiological processes. Covering variables such as light, the metabolism, human health, and the seasons, Foster and Kreitzman illustrate how jet lag and shift work can impact on human well-being, and consider circadian rhythms alongside a wide range of disorders, from schizophrenia to obesity. ABOUT THE SERIES: The Very Short Introductions series from Oxford University Press contains hundreds of titles in almost every subject area. These pocket-sized books are the perfect way to get ahead in a new subject quickly. Our expert authors combine facts, analysis, perspective, new ideas, and enthusiasm to make interesting and challenging topics highly readable. **Chronobiology The Science of Biological Time Structure** *BoD – Books on Demand* The regular alternation of light and dark affects not only human biological systems, but also the social organization of behavior. The effect of such light modes is manifested in periodic changes in physiological functions and biological rhythms exhibited at every level of life. The book discusses some of the specificities of the circadian rhythms in living organisms and mentions aspects of the control of circadian rhythms as well as experimental and clinical cases that are closely related to circadian disruption. This book can evoke interest in many researchers who want to use this information for the advancement of their research towards a better understanding of the biological time structure. **Recovery and Stress in Sport A Manual for Testing and Assessment** *Routledge* Balancing training, stress, and recovery is essential for achieving optimal performance. The performance of professional athletes can be severely compromised by overtraining, injuries, prolonged periods of competition, or even life events outside their sporting lives. The current recovery-stress state depends on preceding stress and recovery activities, but through simultaneous assessment of stress and recovery, a differentiated picture can be provided. This manual includes two measurement instruments to gauge individual recovery, enabling both athletes and coaches to better understand the often-unconscious processes that impinge upon peak performance, and to monitor the physical, mental, emotional, mental, and overall recovery-stress state before and after training. The Acute Recovery and Stress Scale (ARSS) and the Short Recovery and Stress Scale (SRSS) are instruments that systematically enlighten the recovery-stress states of athletes. Through utilization of the ARSS and the SRSS, athletes and coaches can better understand the importance of daily activities, including how they can relate to stress/recovery and the direct impact on athletic performance. In addition to the instruments themselves, both of which are simple and easy to use, the manual also discusses their development, their basis in theory, and case studies showcasing their usage. The ARSS and the SRSS provide important information regarding the current recovery-stress state during the process of training, and are essential tools for coaches, sport scientists, sport psychologists, and athletes alike. **Sleep: A Very Short Introduction** *Oxford University Press* Explores sleep disorders, describes breakthroughs in the study of sleep, and considers the impact of modern society on it. **Vertebrate Circadian Systems Structure and Physiology** *Springer Science & Business Media* **The Wolves of Willoughby Chase** *Doubleday Books for Young Readers* Wicked wolves and a grim governess threaten Bonnie and her cousin Sylvia when Bonnie's parents leave Willoughby Chase for a sea voyage. Left in the care of the cruel Miss Slighcarp, the girls can hardly believe what is happening to their once happy home. The servants are dismissed, the furniture is sold, and Bonnie and Sylvia are sent to a prison-like orphan school. It seems as if the endless hours of drudgery will never cease. With the help of Simon the gooseboy and his flock, they escape. But how will they ever get Willoughby Chase free from the clutches of the evil Miss Slighcarp? **The Genetics of Circadian Rhythms** *Academic Press* This latest volume in Advances in Genetics covers the genetics of Circadian rhythms. With an international group of authors this volume is the latest offering in this widely praised series. **168 Hours You Have More Time Than You Think** *Penguin* There are 168 hours in a week. This book is about where the time really goes, and how we can all use it better. It's an unquestioned truth of modern life: we are starved for time. With the rise of two-income families, extreme jobs, and 24/7 connectivity, life is so frenzied we can barely find time to breathe. We tell ourselves we'd like to read more, get to the gym regularly, try new hobbies, and accomplish all kinds of goals. But then we give up because there just aren't enough hours to do it all. Or else, if we don't make excuses, we make sacrifices. To get ahead at work we spend less time with our spouses. To carve out more family time, we put off getting in shape. To train for a marathon, we cut back on sleep. There has to be a better way-and Laura Vanderkam has found one. After interviewing dozens of successful, happy people, she realized that they allocate their time differently than most of us. Instead of letting the daily grind crowd out the important stuff, they start by making sure there's time for the important stuff. They focus on what they do best and what only they can do. When plans go wrong and they run out of time, only their lesser priorities suffer. It's not always easy, but the payoff is enormous. Vanderkam shows that it really is possible to sleep eight hours a night, exercise five days a week, take piano lessons, and write a novel without giving up quality time for work, family, and other things that really matter. The key is to start with a blank slate and to fill up your 168 hours only with things that deserve your time. Of course, you probably won't read to your children at 2:00 am, or skip a Wednesday morning meeting to go hiking, but you can cut back on how much you watch TV, do laundry, or spend time on other less fulfilling activities. Vanderkam shares creative ways to rearrange your schedule to make room for the things that matter most. 168 Hours is a fun, inspiring, practical guide that will help men and women of any age, lifestyle, or career get the most out of their time and their lives. **Human Circadian Physiology Internal Organization of Temperature Sleep-wake and Neuroendocrine Rhythms Monitored in an Environment Free of Time Cues Tracking Wonder The Surprising Path to Purpose, Connection, and Fulfillment** *Sounds True* An eye-opening and mind-expanding exploration of wonder—and how to nurture its capacity to spark your full creative potential Do you yearn for more meaning, connection, and the ability to respond to life’s curveballs more creatively than reactively? If so, you’ve likely found that hard work, material success, and even years of expertise often aren’t enough. What stands in the gap between your busyness and a life filled with cherished moments? For years, Jeffrey Davis has researched, interviewed, and worked with luminaries across

cultures and professions to answer that question. What he’s identified is a single universal experience that opens us to creative awakening across all walks of life: wonder. Here, this acclaimed teacher, consultant, and speaker invites us to discover how wonder dissolves our rigid ways of seeing and thinking, allowing us to glimpse anew what is true, beautiful, and possible—and how to then bring our insights to fruition. Rich with wisdom, real-life stories, and practical guidance, Tracking Wonder shows you how to • Bring forward your childlike wonder • Disrupt default mental habits to stay open to possibility • Fertilize confusion into curiosity • Navigate uncertainty and crises with creative resilience • “Unbox” other people to deepen your connections, and gift them with wonder • Fine-tune your daily process and flow, and much more **American Madness The Rise and Fall of Dementia Praecox** *Harvard University Press* In 1895 there was not a single case of dementia praecox reported in the United States. By 1912 there were tens of thousands of people with this diagnosis locked up in asylums, hospitals, and jails. By 1927 it was fading away . How could such a terrible disease be discovered, affect so many lives, and then turn out to be something else? In vivid detail, Richard Noll describes how the discovery of this mysterious disorder gave hope to the overworked asylum doctors that they could at last explain—though they could not cure—the miserable patients surrounding them. The story of dementia praecox, and its eventual replacement by the new concept of schizophrenia, also reveals how asylum physicians fought for their own respectability. If what they were observing was a disease, then this biological reality was amenable to scientific research. In the early twentieth century, dementia praecox was psychiatry’s key into an increasingly science-focused medical profession. But for the moment, nothing could be done to help the sufferers. When the concept of schizophrenia offered a fresh understanding of this disorder, and hope for a cure, psychiatry abandoned the old disease for the new. In this dramatic story of a vanished diagnosis, Noll shows the co-dependency between a disease and the scientific status of the profession that treats it. The ghost of dementia praecox haunts today’s debates about the latest generation of psychiatric disorders. **When: The Scientific Secrets of Perfect Timing** *Penguin* The instant New York Times Bestseller #1 Wall Street Journal Business Bestseller Instant Washington Post Bestseller "Brims with a surprising amount of insight and practical advice." --The Wall Street Journal Daniel H. Pink, the #1 bestselling author of Drive and To Sell Is Human, unlocks the scientific secrets to good timing to help you flourish at work, at school, and at home. Everyone knows that timing is everything. But we don't know much about timing itself. Our lives are a never-ending stream of "when" decisions: when to start a business, schedule a class, get serious about a person. Yet we make those decisions based on intuition and guesswork. Timing, it's often assumed, is an art. In When: The Scientific Secrets of Perfect Timing, Pink shows that timing is really a science. Drawing on a rich trove of research from psychology, biology, and economics, Pink reveals how best to live, work, and succeed. How can we use the hidden patterns of the day to build the ideal schedule? Why do certain breaks dramatically improve student test scores? How can we turn a stumbling beginning into a fresh start? Why should we avoid going to the hospital in the afternoon? Why is singing in time with other people as good for you as exercise? And what is the ideal time to quit a job, switch careers, or get married? In When, Pink distills cutting-edge research and data on timing and synthesizes them into a fascinating, readable narrative packed with irresistible stories and practical takeaways that give readers compelling insights into how we can live richer, more engaged lives. **Up a Road Slowly** *Penguin* The beloved author of Across Five Aprils and No Promises in the Wind presents one of her most cherished novels, the Newbery Award-winning story of a young girl’s coming of age... Julie would remember her happy days at Aunt Cordelia’s forever. Running through the spacious rooms, singing on rainy nights in front of the fireplace. There were the rides in the woods on Peter the Great, and the races with Danny Trevort. There were the precious moments alone in her room at night, gazing at the sea of stars. But there were sad times too—the painful jealousy Julie felt after her sister married, the tragic death of a schoolmate and the bitter disappointment of her first love. Julie was having a hard time believing life was fair. But Julie would have to be fair to herself before she could even think about new beginnings... “Hunt demonstrates that she is a writer of the first rank...Those who follow Julie's growth—from a tantrum-throwing seven-year-old to a gracious young woman of seventeen—will find this book has added a new dimension to their lives.”—The New York Times Book Review **Seasonal Affective Disorder A Description of the Syndrome and Preliminary Findings with Light Therapy Circadian Medicine** *John Wiley & Sons* Circadian rhythms, the biological oscillations based around our 24-hour clock, have a profound effect on human physiology and healthy cellular function. Circadian Rhythms: Health and Disease is a wide-ranging foundational text that provides students and researchers with valuable information on the molecular and genetic underpinnings of circadian rhythms and looks at the impacts of disruption in our biological clocks in health and disease. Circadian Rhythms opens with chapters that lay the fundamental groundwork on circadian rhythm biology. Section II looks at the impact of circadian rhythms on major organ systems. Section III then turns its focus to the central nervous system. The book then closes with a look at the role of biological rhythms in aging and neurodegeneration. Written in an accessible and informative style, Circadian Rhythms: Health and Disease,will be an invaluable resource and entry point into this fascinating interdisciplinary field that brings together aspects of neuroscience, cell and molecular biology, and physiology. **Night School** *Macmillan* We think of sleep as a waste of time. A time when we are literally doing nothing. Yet every human on the planet spends several hours each day asleep. We are not alone. Almost every animal enjoys some form of sleep. The idea that millions of years of evolution resulted in this ability for no reason at all is ludicrous. When we are asleep we are not dormant. In fact, it is the busiest time of the day. For the past sixty years, a small number of scientists have dedicated their lives to studying the sleeping mind. This work has resulted in a series of remarkable techniques that can help people to recognize dangerous levels of sleep deprivation, get a great night's sleep, avoid nightmares, learn in their sleep, take productive power naps, decode dreams, and create a perfect nocturnal fantasy. Until now, these discoveries have been restricted to academic journals and University conferences. Professor Richard Wiseman journeys deep into this dark world and meets the vampire-like scientists who go to work when everyone else is heading for bed. Carrying out his own nocturnal mass participation studies along the way, Wiseman presents the definitive guide to the surprising new science of sleep and dreaming. For years the self-development movement has focused on improving people's waking lives. It is now time for us all to unlock that missing third of our days. **A Geography Of Time On Tempo, Culture, And The Pace Of Life** *Basic Books* In this engaging and spirited book, eminent social psychologist Robert Levine asks us to explore a dimension of our experience that we take for granted—our perception of time. When we travel to a different country, or even a different city in the United States, we assume that a certain amount of cultural adjustment will be required, whether it's getting used to new food or negotiating a foreign language, adapting to a different standard of

living or another currency. In fact, what contributes most to our sense of disorientation is having to adapt to another culture's sense of time.Levine, who has devoted his career to studying time and the pace of life, takes us on an enchanting tour of time through the ages and around the world. As he recounts his unique experiences with humor and deep insight, we travel with him to Brazil, where to be three hours late is perfectly acceptable, and to Japan, where he finds a sense of the long-term that is unheard of in the West. We visit communities in the United States and find that population size affects the pace of life—and even the pace of walking. We travel back in time to ancient Greece to examine early clocks and sundials, then move forward through the centuries to the beginnings of ”clock time” during the Industrial Revolution. We learn that there are places in the world today where people still live according to ”nature time,” the rhythm of the sun and the seasons, and ”event time,” the structuring of time around happenings(when you want to make a late appointment in Burundi, you say, ”I'll see you when the cows come in”).Levine raises some fascinating questions. How do we use our time? Are we being ruled by the clock? What is this doing to our cities? To our relationships? To our own bodies and psyches? Are there decisions we have made without conscious choice? Alternative tempos we might prefer? Perhaps, Levine argues, our goal should be to try to live in a ”multitemporal” society, one in which we learn to move back and forth among nature time, event time, and clock time. In other words, each of us must chart our own geography of time. If we can do that, we will have achieved temporal prosperity. **Indentured Students How Government-Guaranteed Loans Left Generations Drowning in College Debt** *Harvard University Press* The untold history of how America’s student-loan program turned the pursuit of higher education into a pathway to poverty. It didn’t always take thirty years to pay off the cost of a bachelor’s degree. Elizabeth Tandy Shermer untangles the history that brought us here and discovers that the story of skyrocketing college debt is not merely one of good intentions gone wrong. In fact, the federal student loan program was never supposed to make college affordable. The earliest federal proposals for college affordability sought to replace tuition with taxpayer funding of institutions. But Southern whites feared that lower costs would undermine segregation, Catholic colleges objected to state support of secular institutions, professors worried that federal dollars would come with regulations hindering academic freedom, and elite-university presidents recoiled at the idea of mass higher education. Cold War congressional fights eventually made access more important than affordability. Rather than freeing colleges from their dependence on tuition, the government created a loan instrument that made college accessible in the short term but even costlier in the long term by charging an interest penalty only to needy students. In the mid-1960s, as bankers wavered over the prospect of uncollected debt, Congress backstopped the loans, provoking runaway inflation in college tuition and resulting in immense lender profits. Today 45 million Americans owe more than $1.5 trillion in college debt, with the burdens falling disproportionately on borrowers of color, particularly women. Reformers, meanwhile, have been frustrated by colleges and lenders too rich and powerful to contain. Indentured Students makes clear that these are not unforeseen consequences. The federal student loan system is working as designed. **The Routledge International Handbook of Human Aggression Current Issues and Perspectives** *Routledge* Drawing upon international expertise, and including some of the most well-known academics and practitioners in the field, The Routledge International Handbook of Human Aggression is the first reference work to fully capture how our understanding of aggression has been refined and reconceptualised in recent years. Divided into five sections, the handbook covers some of the most interesting and timely topics within human aggression research, with analysis of both indirect and direct forms of aggression, and including chapters on sexual aggression, workplace bullying, animal abuse, gang violence and female aggression. It recognises that, in many cases, aggression is an adaptive choice rather than a moral choice. Providing practitioners and academics with an up-to-date resource that covers broad areas of interest and application, the book will be essential reading for students, researchers and practitioners associated with a range of social science disciplines, including psychology, criminology, social work and sociology, particularly those with an interest in developmental, organisational, forensic and criminal justice allied disciplines. **The German Way Aspects of Behavior, Attitudes, and Customs in the German-Speaking World** *McGraw-Hill Education* For All Students Ideal for a variety of courses, this completely up-to-date, alphabetically organized handbook helps students understand how people from German-speaking nations think, do business, and act in their daily lives. **The Slumbering Masses Sleep, Medicine, and Modern American Life** *U of Minnesota Press* Addresses the phenomenon of sleep and sleeplessness in the United States, tracing the influence of medicine and industrial capitalism on the sleeping habits of Americans from the 19th century to the present **Technically Wrong: Sexist Apps, Biased Algorithms, and Other Threats of Toxic Tech** *W. W. Norton & Company* “An entertaining romp that tells us where and why the tech industry, once America’s darling, went wrong, and what it might do to recover its good graces.” —Tim Wu, author of The Master Switch Buying groceries, tracking our health, finding a date: whatever we want to do, odds are that we can now do it online. But few of us realize just how many oversights, biases, and downright ethical nightmares are baked inside the tech products we use every day. It’s time we change that. In Technically Wrong, Sara Wachter-Boettcher demystifies the tech industry, leaving those of us on the other side of the screen better prepared to make informed choices about the services we use—and to demand more from the companies behind them. A Wired Top Tech Book of the Year A Fast Company Best Business and Leadership Book of the Year **On the Organic Law of Change** *Harvard University Press* Marking the centennial of Alfred Russel Wallace's death, James Costa presents an elegant edition of the "Species Notebook" of 1855-1859, which Wallace kept during his Malay Archipelago expedition. Presented in facsimile with text transcription and annotations, this never-before-published document provides a window into the travels, trials, and genius of the co-discoverer of natural selection. In one section, headed "Note for Organic Law of Change"--a critique of geologist Charles Lyell's anti-evolutionary arguments--Wallace sketches a book he would never write, owing to the unexpected events of 1858. In that year he sent a manuscript announcing his discovery of natural selection to Charles Darwin. Lyell and the botanist Joseph Hooker proposed a joint reading at the Linnean Society of his scientific paper with Darwin's earlier private writings on the subject. Darwin would go on to publish On the Origin of Species in 1859, to much acclaim; pre-empted, Wallace's first book on evolution waited two decades, but by then he had abandoned his original concept. On the Organic Law of Change realizes in spirit Wallace's unfinished project, and asserts his stature as not only a founder of biogeography and the preeminent tropical biologist of his day but as Darwin's equal. **Physiological and Psychological Aspects of Night and Shift Work Encyclopedia of Sleep** *Academic Press* In a world of 24-hour media saturation, sleep has become an increasingly fraught enterprise. The award-winning four-volume Encyclopedia of Sleep is the largest reference, either online or in print,

on the subject of sleep. Written to be useful for the novice and the established researcher and clinician, Topic areas will include sleep across the life cycle and in other species, sleep and women, sleep and the elderly, pediatric sleep, sleep deprivation and loss, sleep mechanisms, sleep physiology and pathophysiology, sleep disorders, neurobiology, chronobiology, pharmacology, and impact of other disorders on sleep. Recognizing the many fields that are connected to sleep science, the editorial team has been carefully chosen to do justice to this highly interdisciplinary field of study. The steady growth of researchers and clinicians in the sleep field attests to the continued interest in the scientific study of sleep and the management of patients with sleep disorders, and anyone involved in this exciting field should find this work to be an invaluable reference. 2013 PROSE Award winner for Multivolume Reference in Science from the Association of American Publishers Thoroughly interdisciplinary: looks at sleep throughout the life cycle, with exceptional coverage of basic sleep concepts, the physiology of sleep as well as sleep disorders of all descriptions Excellent coverage of sleep and special populations, covering the lifespan, as well as gender and ethnic differences, among others Chapters focusing on sleep disorders are grouped under the broad categories classified in the ICSD-2 for clear organization so that the reader can effectively access the steps involved in diagnosing and treating these disorders Online version is linked both within the encyclopedia (to related content) and to external sources (such as primary journal content) so that users have easy access to more detailed information if needed