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The bestselling author of Deep Economy shows that we're living on a fundamentally altered planet — and opens our eyes to the kind of change we'll need in order to make our civilization endure. Twenty years ago, with *The End of Nature*, Bill McKibben offered one of the earliest warnings about global warming. Those warnings went mostly unheeded; now, he insists, we need to acknowledge that we've waited too long, and that massive change is not only unavoidable but already under way. Our old familiar globe is suddenly melting, drying, acidifying, flooding, and burning in ways that no human has ever seen. We've created, in very short order, a new planet, still recognizable but fundamentally different. We may as well call it Eearth. That new planet is filled with new binds and traps. A changing world costs large sums to defend — think of the money that went to repair New Orleans, or the trillions of dollars it will take to transform our energy systems. But the endless economic growth that could underwrite such largesse depends on the stable planet we've managed to damage and degrade. We can't rely on old habits any longer. Our hope depends, McKibben argues, on scaling back — on building the kind of societies and economies that can hunker down, concentrate on essentials, and create the type of community (in the neighborhood, but also on the Internet) that will allow us to weather trouble on an unprecedented scale. Change — fundamental change — is our best hope on a planet suddenly and violently out of balance. *International Review of Research in Mental Retardation Equine Sports Medicine and Surgery* provides the most up-to-date, in-depth coverage of the basic and clinical sciences required for management of the equine athlete. The unique treatment of exercise physiology and training within a clinical context, together with detailed review of all diseases affecting athletic horses, makes this the most comprehensive text available. The book will provide a thorough grounding in the basic physiology of each body system, and in particular the responses of each body system to exercise and training, that will be separate, but highly relevant to, the succeeding sections on clinical disorders of each body system. The highly respected editors have brought together an internationally renowned team of 50 contributors, producing the ultimate reference for veterinarians, students, horse-owners, and all those involved in the world of equine athletics. High quality artwork, including relevant radiographic, ultrasonographic, CAT scan, and MRI images, aid understanding and diagnosis Provides a truly international perspective, including guidelines pertinent to different geographic areas, and racing jurisdictions In-depth coverage of the role of the veterinarian in the management of athletic horses Explores the use of complementary therapies ~ Create your own personal fitness and wellness success stories with Hoeger and Hoeger's *FITNESS AND WELLNESS*. This text helps you take control of your personal fitness and wellness by providing current, practical information and tips that you can incorporate to start living a healthier life. This succinct nine-chapter text offers balanced coverage on health-related physical fitness components with valuable information on wellness. The authors emphasize motivation and behavior modification to help you make a constant and deliberate effort to stay fit and realize your highest potential for good health. Use the interactive study tools online to extend your learning beyond the text. *FITNESS AND WELLNESS* offers you the most current coverage and practical guidelines to take charge of your health. Important Notice: Media content referenced within the product description or the product

text may not be available in the ebook version. Treadmill is a truly unique and historically significant novel and the only book written about life in the Japanese-American internment camps during World War II written at the time by an internee. Hiroshi Nakamura, along with his family, spent the war years in Salinas Assembly Center, Salinas, California; Camp II of the Poston Relocation Center, Parker, Arizona; and Tule Lake Segregation Center, Newell, California. It was during this period that he put down on paper what he was observing, experiencing, and hearing and expressed them in this novel. Nakamura captures exquisitely the thinking and mood of the people. It accurately evokes the fears, anxieties, suspicions, cynicisms and passions brought out by camp life. Nakamura & 'almost' succeeded in getting Treadmill published in the late 1940s. While editors and publishers thought well of the novel, they would not publish it as it was & 'too sensitive' an issue. Professor Peter Suzuki discovered Treadmill while he was doing some research on internment camps of Japanese Americans. This revised edition of Treadmill contains a new introductory essay by Professor Tara Fickle discussing the historical importance of Nakamura's work. Also included are a series of photographs of Japanese internment camps in California taken by renowned photographer Ansel Adams taken in 1943. Adams had unprecedented access to life inside the camps and these photographs provide an exceptional visual accompaniment to Nakamura's story. The determination and management of performance-limitation in sport horses is very challenging, especially within a short time period before an important competition. In this book experts disclose their experience on:

- What do we know about the poor performance horse?
- The gastrointestinal tract: medical, nutritional and surgical considerations.
- Could it be the heart?
- Could it be the muscles?
- Monitoring orthopaedic health in competition horses.
- Could it be the foot?
- Could it be neurological?
- Cases where physiotherapy helped to make a difference.
- Could it be respiratory?

CSM's Clinical Certification Review will cover basic information in an outline format for candidates studying for the Clinical Certification exams. Each chapter includes sample questions that are representative of the questions students will find on the certification exam. A complete exam of all the materials (mock exam) is located at the end of the book. Includes Abstracts section, previously issued separately. Billed as the first of its kind, this book shows treadmill users how to employ their equipment properly, whether getting a cardio workout or preparing for wilderness hiking. Salazar, a world-champion marathon runner, offers exercise programs for all fitness levels. 100 photos.

Advances in Equine Upper Respiratory Surgery is a comprehensive, up-to-date reference on surgical techniques in the upper respiratory tract in the horse, presenting theory and background as well as detailed procedures information. Part of the Advances in Veterinary Surgery series copublished with the ACVS Foundation, the book covers the most common upper respiratory diseases, with in-depth information on laryngeal hemiplegia and dorsal displacement of the soft palate. Providing a complete resource, the book reflects the current state of the art, offering a significant update on disorders of the nasal septum, nasal passage, paranasal sinuses, hard and soft palate, epiglottis, arytenoids, guttural pouch, and trachea in the horse. The book includes 200 images illustrating key points of each surgical procedure. Potential complications and expectation management are discussed alongside the technique information. Advances in Equine Upper Respiratory Surgery is a useful reference for those in clinical practice and surgical residents.

This book presents a comprehensive review of nuclear cardiology principles and concepts necessary to pass the Nuclear Cardiology Technology Specialty Examination. The practice questions are similar in format and content to those found on the Nuclear Medicine Technology Certification Board (NMTCB) and American Registry of Radiological Technologists (ARRT) examinations, allowing test takers to maximize their chances of success. The book is organized by test sections of increasing difficulty, with over 600 multiple-choice questions covering all areas of nuclear cardiology, including radionuclides, instrumentation, radiation safety, patient care, and diagnostic and therapeutic procedures. Detailed answers and explanations to the practice questions follow. It also includes helpful test-taking tips. Supplementary appendices include commonly used abbreviations and symbols in nuclear medicine, glossary of cardiology terms, and useful websites. Nuclear Cardiology Study Guide is a valuable reference for nuclear medicine technologists, nuclear medicine physicians, and all other imaging professionals in need of a concise review of nuclear cardiology. Every

year, countless runners, endurance athletes, and outdoor enthusiasts discover the sport of trail running. Whether they run for peace of mind, appreciation of nature, or competition, they find a sport unlike any other. Where the Road Ends: A Guide to Trail Running captures the excitement, intensity, and appeal of the outdoors. From training and preparation to overcoming nature's obstacles, it's all here, accompanied by detailed instruction, expert insights, and stunning color photography. Inside you'll find these features:

- Techniques for running over dirt, sand, roots, and rock
- Equipment recommendations based on terrain, distance, and conditions
- Safety guidelines for navigation, injury, and water crossings
- Conditioning programs for all levels of runners
- Strategies for improving race-day performance

Whether you are an experienced road runner looking for new challenges or an extreme athlete pushing your physical limits, look no further than Where the Road Ends, the authoritative guide for conquering the trails, terrain, and conditions of the great outdoors. Includes Abstracts section. Globalization, technological change, and deregulation have made the American marketplace increasingly competitive in recent decades, but for many workers this "new economy" has entailed heightened job insecurity, lower wages, and scarcer benefits. As the job market has grown more volatile, a variety of labor market intermediaries—organizations that help job seekers find employment—have sprung up, from private temporary agencies to government "One-Stop Career Centers." In Staircases or Treadmills? Chris Benner, Laura Leete, and Manuel Pastor investigate what approaches are most effective in helping workers to secure jobs with decent wages and benefits, and they provide specific policy recommendations for how job-matching organizations can better serve disadvantaged workers. Staircases or Treadmills? is the first comprehensive study documenting the prevalence of all types of labor market intermediaries and investigating how these intermediaries affect workers' employment opportunities. Benner, Leete, and Pastor draw on years of research in two distinct regional labor markets—"old economy" Milwaukee and "new economy" Silicon Valley—including a first-of-its-kind random survey of the prevalence and impacts of intermediaries, and a wide range of interviews with intermediary agencies' staff and clients. One of the main obstacles that disadvantaged workers face is that social networks of families and friends are less effective in connecting job-seekers to stable, quality employment. Intermediaries often serve as a substitute method for finding a job. Which substitute is chosen, however, matters: The authors find that the most effective organizations—including many unions, community colleges, and local non-profits—actively foster contacts between workers and employers, tend to make long-term investments in training for career development, and seek to transform as well as satisfy market demands. But without effective social networks to help workers locate the best intermediaries, most rely on private temporary agencies and other organizations that offer fewer services and, statistical analysis shows, often channel their participants into jobs with low wages and few benefits. Staircases or Treadmills? suggests that, to become more effective, intermediary organizations of all types need to focus more on training workers, teaching networking skills, and fostering contact between workers and employers in the same industries. A generation ago, rising living standards were broadly distributed and coupled with relatively secure employment. Today, many Americans fear that heightened job insecurity is overshadowing the benefits of dynamic economic growth. Staircases or Treadmills? is a stimulating guide to how private and public job-matching institutions can empower disadvantaged workers to share in economic progress. A deeply resonant memoir for anyone who has loved and lost, from acclaimed poet and Pulitzer Prize finalist Elizabeth Alexander. In The Light of the World, Elizabeth Alexander finds herself at an existential crossroads after the sudden death of her husband. Channeling her poetic sensibilities into a rich, lucid prose, Alexander tells a love story that is, itself, a story of loss. As she reflects on the beauty of her married life, the trauma resulting from her husband's death, and the solace found in caring for her two teenage sons, Alexander universalizes a very personal quest for meaning and acceptance in the wake of loss. The Light of the World is at once an endlessly compelling memoir and a deeply felt meditation on the blessings of love, family, art, and community. It is also a lyrical celebration of a life well-lived and a paean to the priceless gift of human companionship. For those who have loved and lost, or for anyone who cares what matters most, The Light of the World is required reading.