

# Download Ebook Machine Design 4th Robert Norton Solutions Pdf For Free

Solutions Manual for Design of Machinery Design of Machinery Machine Design: An Integrated Approach, 2/E Kinematics and Dynamics of Machinery New Solutions for Cybersecurity Machine Design Digital Design with RTL Design, VHDL, and Verilog Recreating Partnership Machine Design Reprint MP Design of Machinery Index of Patents Issued from the United States Patent Office Combustion Processes Design of Machinery EMDR Solutions: Pathways to Healing Cam Design and Manufacturing Handbook Journal of the Chemical Society Journal of the Chemical Society Strategy Maps Content Critical Public Health Reports The Balanced Scorecard Journal of Cost Management Design of Machinery Machine Design The Shallows: What the Internet Is Doing to Our Brains Communities in Action Solutions Manual for Calculus Essential Cell Biology The Norton Introduction to Philosophy Bewilderment: A Novel Emdr Solutions Introduction To Derivative Securities, Financial Markets, And Risk Management, An (Second Edition) Improving Potassium Recommendations for Agricultural Crops Nuclear Science Abstracts Can Democracy Survive Global Capitalism? The Conversation Scientific and Technical Aerospace Reports Java P2P Unleashed Boot Camp Therapy: Brief, Action-Oriented Clinical Approaches to Anxiety, Anger, & Depression Solution-Focused Case Management

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New York Times bestseller • Finalist for the Pulitzer Prize “This is a book to shake up the world.” —Ann Patchett Nicholas Carr’s bestseller *The Shallows* has become a foundational book in one of the most important debates of our time: As we enjoy the internet’s bounties, are we sacrificing our ability to read and think deeply? This 10th-anniversary edition includes a new afterword that brings the story up to date, with a deep examination of the cognitive and behavioral effects of smartphones and social media. Edited by a team of four leading philosophers, *The Norton Introduction to Philosophy* introduces students to contemporary perspectives on major philosophical issues and questions. This text features an impressive array of readings, including 25 specially-commissioned essays by prominent philosophers. A student-friendly presentation, a handy format, and a low price make *The Norton Introduction to Philosophy* as accessible and affordable as it is up-to-date. Beginning at an introductory level and progressing to more advanced topics, this handbook provides all the information needed to properly design, model, analyze, specify, and manufacture cam-follower systems. It is accompanied by a 90-day trial demonstration copy of the professional version of *Dynacam*. Robert Norton's *Design of Machinery*, 3/e continues the tradition of this bestselling book by emphasizing the design aspects of mechanisms and providing numerous industry examples and illustrations for readers. Norton provides a solid conceptual foundation for the kinematics and dynamics of machinery, presented in the context of what a design engineer needs to work with. The new 3/e has revised and expanded chapter problem set - 231 new problems have been added. 88 Project Assignments are also included to give readers an in-depth look at mechanism design and analysis procedures in a realistic format. Coverage of compliant mechanisms and MEMS has been added in Chapter 2; a section entitled *Some Useful Mechanisms* is now in Chapter 3; treatment of cams in Chapters 8 has been condensed and modernized. Information on transmissions and engine dynamics has been enhanced and expanded as well. Norton's own student-version programs, an extensive group of Working Model simulations (by Sid Wang, North Carolina A&T University), additional Working Model examples, and the MSC Working Model 2-D program itself (demonstration version). A new Book Website includes additional instructor and student resources. Detailed solutions to all chapter problems and project assignments, are available to instructors on the website, under password protection. The authors of "The Balanced Scorecard" and "The Strategy-Focused Organization" present a blueprint any organization can follow to align processes, people, and information technology for superior performance. Written by two of the most distinguished finance scholars in the industry, this introductory textbook on derivatives and risk management is highly accessible in terms of the concepts as well as the mathematics. With its economics perspective, this rewritten and streamlined second edition textbook, is closely connected to real markets, and: Beginning at a level that is comfortable to lower division college students, the book gradually develops the content so that its lessons can be profitably used by business majors, arts, science, and engineering graduates as well as MBAs who would work in the finance industry.

Supplementary materials are available to instructors who adopt this textbook for their courses. These include: Solutions Manual with detailed solutions to nearly 500 end-of-chapter questions and problems PowerPoint slides and a Test Bank for adopters PRICED! In line with current teaching trends, we have woven spreadsheet applications throughout the text. Our aim is for students to achieve self-sufficiency so that they can generate all the models and graphs in this book via a spreadsheet software, Priced! This open access book highlights concepts discussed at two international conferences that brought together world-renowned scientists to advance the science of potassium (K) recommendations for crops. There was general agreement that the potassium recommendations currently in general use are oversimplified, outdated, and jeopardize soil, plant, and human health. Accordingly, this book puts forward a significantly expanded K cycle that more accurately depicts K inputs, losses and transformations in soils. This new cycle serves as both the conceptual basis for the scientific discussions in this book and a framework upon which to build future improvements. Previously used approaches are critically reviewed and assessed, not only for their relevance to future enhancements, but also for their use as metrics of sustainability. An initial effort is made to link K nutrition in crops and K nutrition in humans. The book offers an invaluable asset for graduate students, educators, industry scientists, data scientists, and advanced agronomists. This book covers the kinematics and dynamics of machinery topics. It emphasizes the synthesis and design aspects and the use of computer-aided engineering. A sincere attempt has been made to convey the art of the design process to students in order to prepare them to cope with real engineering problems in practice. This book provides up-to-date methods and techniques for analysis and synthesis that take full advantage of the graphics microcomputer by emphasizing design as well as analysis. In addition, it details a more complete, modern, and thorough treatment of cam design than existing texts in print on the subject. The author's website at [www.designofmachinery.com](http://www.designofmachinery.com) has updates, the author's computer programs and the author's PowerPoint lectures exclusively for professors who adopt the book. Features Student-friendly computer programs written for the design and analysis of mechanisms and machines. Downloadable computer programs from website Unstructured, realistic design problems and solutions "Java P2P Unleashed" provides a single source for Java developers who want to develop P2P systems. The book explains the benefits of each technology and shows how to fit the P2P "pieces" together - both in building new systems and integrating with existing ones. starts with a discussion of the P2P architecture, referencing similarities with existing, familiar systems while previewing several types of P2P applications. It explains how to plan ahead for security, routing, performance and other issues when developing a P2P application. Each technology included in the book - JXTA, Jini, JavaSpaces, J2EE, Web services - is approached from a P2P perspective, focusing on implementation concerns Java developers will face while using them. The last section includes several large-scale examples of different P2P applications - managing content, building communities, integrating services, routing messages, and using intelligent agents to gather information. The final chapter looks ahead to future developments in Java P2P technologies. CD-ROM contains: TKSolver -- Mathcad Engine -- Software files listed in appendix I. "Titles of chemical papers in British and foreign journals" included in Quarterly journal, v. 1-12. This text provides information on the design of machinery. It presents vector mathematical and matrix solution methods for analysis of both kinetic and dynamic analysis topics, and emphasizes the use of computer-aided engineering as an approach to the design and analysis of engineering problems. The author aims to convey the art of the design process in order to prepare students to successfully tackle genuine engineering problems encountered in practice. The book also emphasizes the synthesis and design aspects of the subject with analytical synthesis of linkages covered and cam design is given a thorough and practical treatment. An eagerly anticipated, up-to-date guide to essential digital design fundamentals Offering a modern, updated approach to digital design, this much-needed book reviews basic design fundamentals before diving into specific details of design optimization. You begin with an examination of the low-levels of design, noting a clear distinction between design and gate-level minimization. The author then progresses to the key uses of digital design today, and how it is used to build high-performance alternatives to software. Offers

a fresh, up-to-date approach to digital design, whereas most literature available is sorely outdated

Progresses though low levels of design, making a clear distinction between design and gate-level minimization

Addresses the various uses of digital design today

Enables you to gain a clearer understanding of applying digital design to your life

With this book by your side, you'll gain a better understanding of how to apply the material in the book to real-world scenarios.

Robert Norton's DESIGN OF MACHINERY 3/e continues the tradition of this bestselling book by emphasizing the design aspects of mechanisms and providing numerous industry examples and illustrations for readers. Norton provides a solid conceptual foundation for the kinematics and dynamics of machinery, presented in the context of what a design engineer needs to work with. The new 3/e has revised and expanded chapter problem set--231 new problems have been added. 88 Project Assignments are also included to give readers an in-depth look at mechanism design and analysis procedures in a realistic format. Coverage of compliant mechanisms and MEMS has been added in Chapter 2; a section entitled "Some Useful Mechanisms" is now in Chapter 3; treatment of cams in Chapters 8 has been condensed and modernized. Information on transmissions and engine dynamics has been enhanced and expanded as well. The third edition comes with a bound-in Student Resources CD-ROM, with Norton's own student-version programs, an extensive group of Working Model simulations (by Sid Wang, North Carolina A&T University), additional Working Model examples, and the MSC Working Model 2-D program itself (demonstration version). A new Book Website includes additional instructor and student resources. Detailed solutions to all chapter problems and project assignments, are available to instructors on the website, under password protection.

Volume II of the High Speed Aerodynamics and Jet Propulsion series. This volume includes treatments of all aspects of combustion necessary to the development of jet and rocket engines. Originally published in 1956. The Princeton Legacy Library uses the latest print-on-demand technology to again make available previously out-of-print books from the distinguished backlist of Princeton University Press. These editions preserve the original texts of these important books while presenting them in durable paperback and hardcover editions. The goal of the Princeton Legacy Library is to vastly increase access to the rich scholarly heritage found in the thousands of books published by Princeton University Press since its founding in 1905.

Practical therapeutic strategies and clinical insights from EMDR practitioners who serve diverse clinical populations. In EMDR Solutions you will find fifteen exemplary EMDR solutions, each of which develops the Standard Protocol in creative and highly effective ways. These solutions move EMDR forward and expand the application of this powerful therapeutic approach. In this source book of therapeutic strategy and clinical insight, each chapter presents step-by-step instructions for implementing a particular EMDR solution with clients. Each intervention is enriched with relevant case histories that bring to life new targets for and variations on the standard EMDR protocol. Concrete and specific, the clinical work illustrated here will add to you fund of knowledge and broaden your practice. Robin Shapiro has gathered a stellar group of EMDR practitioners. Each of the contributors offers key therapeutic insights in an easy-to-digest form:

- Maureen Kitchur presents her Strategic Developmental Model, a meta-model for EMDR practice that encompasses all phases of the Standard Protocol, Ericksonian utilization language, and attachment-enhancing practices. Kitchur's model gives a clear order for EMDR processing and a way to process wordless or implicit experience.
- Roy Kiessling offers his Resource Development strategies. Easy to learn and very helpful for clients who are disorganized or in crisis, Kiessling's methods turn resources into cognitive interweaves and ego states into resources.
- Sandra Wilson and Robert Tinker demonstrate an effective treatment for phantom limb pain that encompasses treatment from history taking through processing to "It's gone!"
- A. J. Popky turns the Subjective Units of Distress scale (SUDS) on its head by targeting inappropriate positive affect. Popky also shares his DeTUR protocol with its Level of Urge to Use (LOUU) for the treatment of addictions and compulsive behavior.
- Jim Knipe builds on Popky's work with the SUDS and presents techniques for clearing love-sickness, procrastination, avoidance and codependence using the Level of Urge to Avoid (LOUA).
- Joanne Twombly and Ulrich Lanius teach two very different preparations for doing EMDR with people with dissociative disorders. Twombly's applies techniques

derived from hypnosis and ego-state work while Lanius shows how to use opiate-inhibiting medication to allow EMDR to work with dissociated clients. - Robin Shapiro addresses the Two-Hand Interweave, a simple but widely applicable exercise of discernment. Shapiro also contributes chapters on using EMDR with anxiety disorders, in differentiation-based couple's therapy and with generational and cultural introjects. - Elizabeth Turner engages children with art therapy, play therapy, and story telling in all phases of EMDR. Her chapter is the delightful cherry on top of this informative, easy-to-use book. Additional chapters by Carole Lovell, Andrew Seubert, Jim Cole, and Susan Schulherr address EMDR with dialectical behavior therapy (DBT) with borderline clients, working with mentally retarded clients, a reenactment tool from guided imagery, and the binge/starve cycle of eating disorders. Whether you read EMDR Solutions cover-to-cover or peruse one chapter that speaks to a particular technique or client population, you will be adding crucial skills and knowledge to your EMDR toolbox. Incorporating brief therapy with an innovative "boot camp" approach to help clients overcome three of the most prevalent issues in therapy. In some cases long-term therapy that seeks to assess a client's history and gain insight over the course of many sessions isn't always possible. Immediate behavior change and concrete steps to fix the problem at hand are sometimes more practical and desirable. Grounded in a results-oriented brief therapy model, this user-friendly guide presents the author's "boot camp" approach—focusing on a client's immediate behavior, helping them to do things differently, take action, concentrate on process, and use targeted goals and homework to jump-start and motivate them into taking risks and breaking patterns. Following this approach, Taibbi walks readers through session-by-session treatment "maps" for achieving solutions to three of the most common issues in therapy. The Balanced Scorecard translates a company's vision and strategy into a coherent set of performance measures. The four perspectives of the scorecard--financial measures, customer knowledge, internal business processes, and learning and growth--offer a balance between short-term and long-term objectives, between outcomes desired and performance drivers of those outcomes, and between hard objective measures and softer, more subjective measures. In the first part, Kaplan and Norton provide the theoretical foundations for the Balanced Scorecard; in the second part, they describe the steps organizations must take to build their own Scorecards; and, finally, they discuss how the Balanced Scorecard can be used as a driver of change. Experts from MIT explore recent advances in cybersecurity, bringing together management, technical, and sociological perspectives. Ongoing cyberattacks, hacks, data breaches, and privacy concerns demonstrate vividly the inadequacy of existing methods of cybersecurity and the need to develop new and better ones. This book brings together experts from across MIT to explore recent advances in cybersecurity from management, technical, and sociological perspectives. Leading researchers from MIT's Computer Science & Artificial Intelligence Lab, the MIT Media Lab, MIT Sloan School of Management, and MIT Lincoln Lab, along with their counterparts at Draper Lab, the University of Cambridge, and SRI, discuss such varied topics as a systems perspective on managing risk, the development of inherently secure hardware, and the Dark Web. The contributors suggest approaches that range from the market-driven to the theoretical, describe problems that arise in a decentralized, IoT world, and reimagine what optimal systems architecture and effective management might look like. Contributors YNadav Aharon, Yaniv Altshuler, Manuel Cebrian, Nazli Choucri, André DeHon, Ryan Ellis, Yuval Elovici, Harry Halpin, Thomas Hardjono, James Houghton, Keman Huang, Mohammad S. Jalali, Priscilla Koepke, Yang Lee, Stuart Madnick, Simon W. Moore, Katie Moussouris, Peter G. Neumann, Hamed Okhravi, Jothy Rosenberg, Hamid Salim, Michael Siegel, Diane Strong, Gregory T. Sullivan, Richard Wang, Robert N. M. Watson, Guy Zyskind An MIT Connection Science and Engineering Book AN OPRAH'S BOOK CLUB SELECTION An Instant New York Times Bestseller Shortlisted for the 2021 Booker Prize Longlisted for the 2021 National Book Award for Fiction Longlisted for the 2022 Andrew Carnegie Medal for Excellence in Fiction A heartrending new novel from the Pulitzer Prize-winning and #1 New York Times best-selling author of The Overstory. The astrobiologist Theo Byrne searches for life throughout the cosmos while single-handedly raising his unusual nine-year-old, Robin, following the death of his wife. Robin is a warm, kind boy who spends hours painting

elaborate pictures of endangered animals. He's also about to be expelled from third grade for smashing his friend in the face. As his son grows more troubled, Theo hopes to keep him off psychoactive drugs. He learns of an experimental neurofeedback treatment to bolster Robin's emotional control, one that involves training the boy on the recorded patterns of his mother's brain... With its soaring descriptions of the natural world, its tantalizing vision of life beyond, and its account of a father and son's ferocious love, *Bewilderment* marks Richard Powers's most intimate and moving novel. At its heart lies the question: How can we tell our children the truth about this beautiful, imperiled planet? CD-ROM contains: Seven author-written programs. -- Examples and figures. -- Problem solutions. -- TKSolver Files. -- Working Model Files. *Machine Design* presents the subject matter in an up-to-date and thorough manner with a strong design emphasis. This textbook emphasizes both failure theory and analysis as well as emphasizing the synthesis and design aspects of machine elements. The book points out the commonality of the analytical approaches needed to design a wide variety of elements and emphasizes the use of computer-aided engineering as an approach to the design and analysis of these classes of problems. About 100 new problems will be added throughout the book, and certain topics are updated and enhanced. In the United States, some populations suffer from far greater disparities in health than others. Those disparities are caused not only by fundamental differences in health status across segments of the population, but also because of inequities in factors that impact health status, so-called determinants of health. Only part of an individual's health status depends on his or her behavior and choice; community-wide problems like poverty, unemployment, poor education, inadequate housing, poor public transportation, interpersonal violence, and decaying neighborhoods also contribute to health inequities, as well as the historic and ongoing interplay of structures, policies, and norms that shape lives. When these factors are not optimal in a community, it does not mean they are intractable: such inequities can be mitigated by social policies that can shape health in powerful ways. *Communities in Action: Pathways to Health Equity* seeks to delineate the causes of and the solutions to health inequities in the United States. This report focuses on what communities can do to promote health equity, what actions are needed by the many and varied stakeholders that are part of communities or support them, as well as the root causes and structural barriers that need to be overcome. For courses in *Machine Design*. An integrated, case-based approach to machine design *Machine Design: An Integrated Approach*, 6th Edition presents machine design in an up-to-date and thorough manner with an emphasis on design. Author Robert Norton draws on his 50-plus years of experience in mechanical engineering design, both in industry and as a consultant, as well as 40 of those years as a university instructor in mechanical engineering design. Written at a level aimed at junior-senior mechanical engineering students, the textbook emphasizes failure theory and analysis as well as the synthesis and design aspects of machine elements. Independent of any particular computer program, the book points out the commonality of the analytical approaches needed to design a wide variety of elements and emphasizes the use of computer-aided engineering as an approach to the design and analysis of these classes of problems. Also available with Mastering Engineering Mastering(tm) is the teaching and learning platform that empowers you to reach every student. By combining trusted author content with digital tools developed to engage students and emulate the office-hour experience, Mastering personalizes learning and often improves results for each student. Tutorial exercises and author-created tutorial videos walk students through how to solve a problem, consistent with the author's voice and approach from the book. Note: You are purchasing a standalone product; Mastering Engineering does not come packaged with this content. Students, if interested in purchasing this title with Mastering Engineering, ask your instructor for the correct package ISBN and Course ID. Instructors, contact your Pearson representative for more information. If you would like to purchase both the physical text and Mastering Engineering, search for: 0136606539/9780136606536 *Machine Design: An Integrated Approach Plus MasteringEngineering with Pearson eText -- Access Card Package* 6/e Package consists of: 0135166802/9780135166802 *MasteringEngineering with Pearson eText -- Access Card -- for Machine Design: An Integrated Approach*, 6/e 0135184231 / 9780135184233 *Machine Design: An Integrated Approach*, 6/e One of

our leading social critics recounts capitalism's finest hour, and shows us how we might achieve it once again. In the past few decades, the wages of most workers have stagnated, even as productivity increased. Social supports have been cut, while corporations have achieved record profits. Downward mobility has produced political backlash. What is going on? Can Democracy Survive Global Capitalism? argues that neither trade nor immigration nor technological change is responsible for the harm to workers' prospects. According to Robert Kuttner, global capitalism is to blame. By limiting workers' rights, liberating bankers, allowing corporations to evade taxation, and preventing nations from assuring economic security, raw capitalism strikes at the very foundation of a healthy democracy. The resurgence of predatory capitalism was not inevitable. After the Great Depression, the U.S. government harnessed capitalism to democracy. Under Roosevelt's New Deal, labor unions were legalized, and capital regulated. Well into the 1950s and '60s, the Western world combined a thriving economy with a secure and growing middle class. Beginning in the 1970s, as deregulated capitalism regained the upper hand, elites began to dominate politics once again; policy reversals followed. The inequality and instability that ensued would eventually, in 2016, cause disillusioned voters to support far-right faux populism. Is today's poisonous alliance of reckless finance and ultranationalism inevitable? Or can we find the political will to make capitalism serve democracy, and not the other way around? Charting a plan for bold action based on political precedent, *Can Democracy Survive Global Capitalism?* is essential reading for anyone eager to reverse the decline of democracy in the West. Chapter by chapter, readers are introduced to key techniques based in the powerful standard protocol of eye movement desensitization and reprocessing (EMDR). The inventor of each technique explains and illustrates his or her method using a variety of case examples. Mixing a how-to approach with ample clinical wisdom, this book will help clinicians excel when using EMDR to treat clients.

*Essential Cell Biology* provides a readily accessible introduction to the central concepts of cell biology, and its lively, clear writing and exceptional illustrations make it the ideal textbook for a first course in both cell and molecular biology. The text and figures are easy-to-follow, accurate, clear, and engaging for the introductory student. Molecular detail has been kept to a minimum in order to provide the reader with a cohesive conceptual framework for the basic science that underlies our current understanding of all of biology, including the biomedical sciences. The Fourth Edition has been thoroughly revised, and covers the latest developments in this fast-moving field, yet retains the academic level and length of the previous edition. The book is accompanied by a rich package of online student and instructor resources, including over 130 narrated movies, an expanded and updated Question Bank. *Essential Cell Biology, Fourth Edition* is additionally supported by the Garland Science Learning System. This homework platform is designed to evaluate and improve student performance and allows instructors to select assignments on specific topics and review the performance of the entire class, as well as individual students, via the instructor dashboard. Students receive immediate feedback on their mastery of the topics, and will be better prepared for lectures and classroom discussions. The user-friendly system provides a convenient way to engage students while assessing progress. Performance data can be used to tailor classroom discussion, activities, and lectures to address students' needs precisely and efficiently. For more information and sample material, visit <http://garlandscience.rocketmix.com/>.

"Blundo and Simon have successfully outlined how a solution-focused perspective can be a powerful tool for case managers. Their understanding and presentation is based upon practice scenarios that are real and applied...They clearly demonstrate the impact of 'thinking and language' and the importance of building a collaborative relationship with clients. Their work challenges the traditional theory-driven interventions that focus on problems and arrive at a diagnosis. They encourage a 'shift' to a co-constructive partnership that requires a practitioner to respect that clients are 'experts of their own lives'...They provide a clear step-wise discussion of techniques and strategies that can be employed working with individuals and families in case management settings. This book is a must read." -Lawrence T. Force, PhD, LCSW-R Professor of Psychology, Mount Saint Mary College, Newburgh, NY

From the Foreword Solution-focused practice is a paradigm that stresses client abilities, strengths, and individual goals rather than disability.

Written by a team of educator/practitioners noted for their expertise in solution-focused therapy, this “how-to” text for social work, counseling, and psychology students guides current and future case managers in learning this strengths-based, collaborative approach to case management. It discusses both the philosophical basis for solution-focused casework and demonstrates how it is ideally suited for the case management process. The book is based on teaching materials the authors have developed and used in their classes and workshops with undergraduate and graduate students and professionals. The text incorporates new research and theoretical developments in solution-focused therapy as well as actual practice scenarios demonstrating the process of building a collaborative relationship with individual clients and families. Replete with strategies and tools for practicing solution-focused case management, the text describes such essential skills as identifying goals, monitoring progress, working with other agencies, and transitioning out of treatment. It discusses issues related to ethical practice and presents strategies for self-care. Additionally, the book addresses diversity and social justice and their relationships to solution-focused practice. Student exercises help to reinforce knowledge. The text will assist case managers in a variety of settings—hospitals, nursing homes, rehabilitation facilities, community-based mental health agencies, schools, prisons, court systems, and shelters for the homeless and victims of domestic violence—to partner with their clients towards finding strengths-based and solution-focused approaches to resolving issues in a positive way. Key Features: Authored by noted experts in solution-focused education and practice Facilitates a reframing of casework and case management around client strengths and resources Provides specific case examples that allow readers to troubleshoot and apply solution-focused principles to practice Includes student exercises throughout the book

All couples go through challenging times: some survive and thrive, others don't. How can we understand and use this distinction in the practical application of therapy? In their solution-oriented, competency-based approach to couples therapy, Phillip Ziegler and Tobey Hiller answer this question. In *Recreating Partnership*, an innovative, theoretically sound, and practical handbook for clinicians, Ziegler and Hiller present a bold and clinically useful concept, the good story/bad story dichotomy. The book shows clinicians how to use this narrative concept in conducting effective and efficient relationship therapy that will help couples build solutions collaboratively, invigorate partnership, and thrive, each in their own unique ways. The book covers issues such as establishing rapport with antagonistic partners; developing therapeutic goals; hosting conversations that reinvigorate the couple's good story; how, when, and whether to offer task assignments; addressing issues such as domestic violence; and how to bring therapy to a close, as well as many cogent and helpful transcripts. Written for psychologists, social workers, marriage and family therapists, and anyone who works with couples, *Recreating Partnership* will be exciting and useful to both the novice and experienced practitioner. The web's made everyone a publisher, so what's going to make people read what YOU write? The answer is high-quality, well-written, reader-focused, compelling content. This is the book that explores what “killer content” actually is, and shows how to create it for yourself. A FINANCIAL TIMES BEST BOOK OF THE YEAR • An essential tool for individuals, organizations, and communities of all sizes to jump-start dialogue on racism and bias and to transform well-intentioned statements on diversity into concrete actions—from a leading Harvard social psychologist. FINALIST FOR THE FINANCIAL TIMES AND MCKINSEY BUSINESS BOOK OF THE YEAR AWARD • LONGLISTED FOR THE PORCHLIGHT BUSINESS BOOK AWARD “Livingston has made the important and challenging task of addressing systemic racism within an organization approachable and achievable.”—Alex Timm, co-founder and CEO, Root Insurance Company

How can I become part of the solution? In the wake of the social unrest of 2020 and growing calls for racial justice, many business leaders and ordinary citizens are asking that very question. This book provides a compass for all those seeking to begin the work of anti-racism. In *The Conversation*, Robert Livingston addresses three simple but profound questions: What is racism? Why should everyone be more concerned about it? What can we do to eradicate it? For some, the existence of systemic racism against Black people is hard to accept because it violates the notion that the world is fair and just. But the rigid racial hierarchy created by slavery did not collapse after it was

abolished, nor did it end with the civil rights era. Whether it's the composition of a company's leadership team or the composition of one's neighborhood, these racial divides and disparities continue to show up in every facet of society. For Livingston, the difference between a solvable problem and a solved problem is knowledge, investment, and determination. And the goal of making organizations more diverse, equitable, and inclusive is within our capability. Livingston's lifework is showing people how to turn difficult conversations about race into productive instances of real change. For decades he has translated science into practice for numerous organizations, including Airbnb, Deloitte, Microsoft, Under Armour, L'Oreal, and JPMorgan Chase. In *The Conversation*, Livingston distills this knowledge and experience into an eye-opening immersion in the science of racism and bias. Drawing on examples from pop culture and his own life experience, Livingston, with clarity and wit, explores the root causes of racism, the factors that explain why some people care about it and others do not, and the most promising paths toward profound and sustainable progress, all while inviting readers to challenge their assumptions. Social change requires social exchange. Founded on principles of psychology, sociology, management, and behavioral economics, *The Conversation* is a road map for uprooting entrenched biases and sharing candid, fact-based perspectives on race that will lead to increased awareness, empathy, and action.

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