

Against The Grain: A Deep History Of The Earliest States

Ground breaking research on how gluten is damaging our minds - Sunday Times Style Renowned neurologist Dr David Perlmutter, blows the lid off a topic that's been buried in medical literature for far too long- gluten and carbs are destroying your brain. And not just unhealthy carbs, but even healthy ones like whole grains can cause dementia, ADHD, anxiety, chronic headaches, depression, and much more. Dr Perlmutter explains what happens when the brain encounters common ingredients in your daily bread and fruit bowls, why your brain thrives on fat and cholesterol, and how you can spur the growth of new brain cells at any age. He offers an in-depth look at how we can take control of our 'smart genes' through specific dietary choices and lifestyle habits, demonstrating how to remedy our most feared maladies without drugs. With a revolutionary 30-day plan, **GRAIN BRAIN** teaches us how we can reprogram our genetic destiny for the better.

For eighteen years, Norman Baker was one of the most distinctive, outspoken and campaigning members of the House of Commons, uncovering the biggest parliamentary scandals of recent times. MPs' expenses, the death of David Kelly, and the ill-fated Flight BA 149 were all investigated by the man Nick Clegg referred to as 'a cross between Gandhi and a battering ram'. Against The Grain is Baker's fascinating account of Westminster and constituency life, from the absurd to the deadly serious. His observations and investigations confirm how well-versed his reputation is as one of the most dogged and persistent parliamentary interrogators the modern House of Commons has known. Amongst much else, this compelling tale reveals the truth about Baker's successful campaign to force the resignation of Peter Mandelson, and lifts the lid on the inner workings of the coalition, laying bare the divisions and the surprising alliances at the heart of the Department for Transport and the Home Office. Insightful, honest and very funny, Against the Grain is a must-read for anyone interested in the machinations, the misunderstandings and the frequent mistakes taking place behind the Westminster façade.

James C. Scott has researched and written on subaltern groups, and, in particular, peasants, rebellion, resistance, and agriculture, for over 35 years. Yet much of Scott's most interesting work on the peasantry and the state, both conceptually and empirically, has never been published in book form. For the first time Decoding Subaltern Politics: Ideology, Disguise, and Resistance in Agrarian Politics, brings together some of his most important work in one volume. The book covers three distinct yet interlinked bodies of work. The first lays out a framework for understanding peasant politics and rebellion, much of which is applicable to rural areas of the contemporary global south. Scott then goes on to develop his arguments regarding everyday forms of peasant resistance using the comparative example of the religious title in France and Malaysia, and tracing the forms of resistance that cover their own tracks and avoid direct clashes with authorities. For much of the world's population, and for most of its history, this sort of politics was far more common than the violent clashes that dominate the history books, and in this book one can examine the anatomy of such resistance in rich comparative detail. Finally, Scott explores how the state's increasing grip on its population, its identity, land-holding, income, and movements, is a precondition for political hegemony. Crucially, in examining the invention of state-mandated legal identities, especially the permanent patronym and the vagaries of its imposition on vernacular life, Scott lays bare the micro-processes of state-formation and resistance. Written by one of the leading social theorists of our age, Decoding Subaltern Politics: Ideology, Disguise, and Resistance in Agrarian Politics is an indispensable guide to the study of subaltern culture and politics and is essential reading for political scientists, anthropologists, sociologists and historians alike. For two thousand years the disparate groups that now reside in Zomia (a mountainous region the size of Europe that consists of portions of seven Asian countries) have fled the projects of the organized state societies that surround them—slavery, conscription, taxes, corvee labor, epidemics, and warfare. This book, essentially an anarchist history, is the first-ever examination of the huge literature on state-making whose author evaluates why people would deliberately and reactively remain stateless. Among the strategies employed by the people of Zomia to remain stateless are physical dispersal in rugged terrain; agricultural practices that enhance mobility; pliable ethnic identities; devotion to prophetic, millenarian leaders; and maintenance of a largely oral culture that allows them to reinvent their histories and genealogies as they move between and around states. In accessible language, James Scott, recognized worldwide as an eminent authority on Southeast Asian, peasant, and agrarian studies, tells the story of the peoples of Zomia and their unlikely odyssey in search of self-determination. He redefines our views on Asian politics, history, demographics, and even our fundamental ideas about what constitutes civilization, and challenges us with a radically different approach to history that presents events from the perspective of stateless peoples and redefines state-making as a form of internal colonialism. This new perspective requires a radical reevaluation of the civilizational narratives of the lowland states. Scott's work on Zomia represents a new way to think of area studies that will be applicable to other runaway, fugitive, and marooned communities, be they Gypsies, Cossacks, tribes fleeing slave raiders, Marsh Arabs, or San-Bushmen.

Against the Grain

Dispossessed Lives

How Certain Schemes to Improve the Human Condition Have Failed

Two Cheers for Anarchism

The Great Food Robbery

Strangers on Familiar Soil

The Architecture of Past and Present

By putting profits first, corporations destroy local food systems, exploit labour and damage the environment. Land grabs displace the poor, a billion go hungry though there is enough for all, and the climate worsens. Here the connections are made clear.

Our attachment to ancient Mesopotamia (Iraq) and Egypt as the "birthplace of civilization", where the foundations of our own societies were laid, is as strong today as it has ever been. When the Iraq Museum in Baghdad was looted in 2003, our newspapers proclaimed "the death of history". Yetthe ancient Near East also remains a source of mystery: a space of the imagination where we explore the discontents of modern civilization. In What Makes Civilization? archaeologist David Wengrow investigates the origins of farming, writing, and cities in Egypt and Mesopotamia, and the connections

between them. This is the story of how people first created kingdoms and monuments to the gods - and, just as importantly, how they adopteveryday practices that we might now take for granted, such as familiar ways of cooking food and keeping the house and body clean. Why, he asks, have these ancient cultures, where so many features of modern life originated, come to symbolize the remote and the exotic? What challenge do they pose to our assumptions about power, progress, and civilization in human history? And are the sacrifices we now make in the name of "our"civilization really so different from those once made by the peoples of Mesopotamia and Egypt on the altars of the gods?

Joris-Karl Huysmans was a famous French writer known for his large vocabulary and wit. Huysmans' most famous novel was "Against Nature."

This volume offers a critical analysis of one the most ambitious editorial projects of late Victorian Britain: the edition of the fifty substantial volumes of the Sacred Books of the East (1879-1910). The series was edited and conceptualized by Friedrich Max Muller (1823-1900), a world-famous German-born philologist, orientalist, and religious scholar. Muller and his influential Oxford colleagues secured financial support from the India Office of the British Empire and from Oxford University Press. As a result, Max Muller's edition has become a landmark in the development of the humanities-especially the study of religion and language-in the second half of the nineteenth century. The edition also contributed significantly to the Western perception of the "religious" or even "mystic" East, which was textually represented in English translations. The series was a token of the rise of big science' and textualized the East, by selecting their 'sacred books' and bringing them under the power of western scholarship.

Working with the Grain

Seeing Like a State

A Deep History of the Earliest States

"The Kingdom of God is Within You"

Against The Grain

A New History of Humanity

Plagues Upon the Earth

Kentucky was only ever going to be a summer job. Come fall, Blue Riley would be back in North Carolina, in college. But one job led to another, one town led to another, and one woman led to another. Now, after twenty years Blue faces the hardest question of all—Is it time to go home?

Diets high in grains can lead to a host of health problems such as obesity, diabetes, heart disease, fatigue, and more. Going Against the Grain outlines the disadvantages and potential dangers of eating various types of grains and provides practical, realistic advice on implementing a plan to cut back or eliminate grains on a daily basis. This book also includes easy-to-out

why We Drive is a rebellious and daring celebration of the human spirit and the competence of ordinary people by the bestselling author of The Case for Working with Your Hands. Once we were drivers on the open road. Today we are more often in the back seat of an Uber. As we hurtle toward a 'self-driving' future, are we destined to become passengers in our own cars? Matthew Crawford debates the risk, skill and freedom of driving. He reveals what we are losing to technology and government control in the modern world, and speaks up for play, dissent and occasionally being scared witless. 'Fascinating... A pleasure to read' Sunday Times 'Persuasive and thought-provoking... A vivid and heartfelt manifesto' Observer This book builds on cutting-edge scholarship and the author's quarter century of hands-on experience at the World Bank to lay out an innovative with-the-grain approach to integrating governance and growth - as a constructive, hopeful way of engaging the challenging governance ambiguities of our early 21st century world. A with the grain' perspective directs at off-the-shelf blueprints and optimal policies, and towards the challenges of initiating and sustaining forward development momentum. This altered angle of vision has powerful implications for how we understand and address the challenges of governance reform and development policymaking - both across countries and over time. The book distinguishes among four policies are dominant or competitive, and whether their institutions are personalized or impersonal. It also distinguishes among alternative options for governance reform - "top down" options which aim to strengthen formal institutions, and options which aim to support the emergence of 'islands of effectiveness'. And it explores the "goodness of fit" between alternative policies, including how narrowly-focused initiatives can achieve results even in a broader sea of institutional dysfunction. The book examines how, over time, virtuous circles can link inclusive growth, positive expectations and ongoing institutional improvement. Taking the decade-or-so time horizon of practitioners, the aim is to nudge things along -seeking gains that initially cascade into a cascading sequence of change for the better. Sometimes the binding constraint to forward movement can be institutional, making governance reform the priority; at other times, the priority can better be on inclusive growth. Over the longer-run, stability depends also on a broad-based commitment among citizens to the institutional order, as one which offers the best path to development.

Integrating Governance and Growth in Development Strategies

Rediscovering the Chile-California Connection

Against Nature

Domination and the Arts of Resistance

Hidden Transcripts

How Corporations Control Food, Grab Land and Destroy the Climate

A bestselling title in Heinemann's long-established 'African Writers Series', this novel is now being published with a new introduction as part of the new series 'African Writers Series Classics'.

For generations, our remote ancestors have been cast as primitive and childlike - neither free and equal, or thuggish and warlike. Civilization, we are told, could be achieved only by sacrificing those original freedoms or, alternatively, by taming our baser instincts. David Graeber and David Wengrow show how such theories first emerged in the eighteenth century as a reaction to indigenous critiques of European society, and why they are wrong. In doing so, they overturn our view of human history, including the origins of farming, property, cities, democracy, slavery and civilization itself. Drawing on path-breaking research in archaeology and anthropology, the authors show how history becomes a far more interesting place once we begin to see what's really there. If humans did not spend 95 per cent of their evolutionary past in tiny bands of hunter-gatherers, what were they doing all that time? If agriculture, and cities, did not mean a plunge into hierarchy and domination, then what kinds of social and economic organization did they lead to? The answers are often unexpected, and suggest that the course of history may be less set in stone, and more full of playful possibilities than we tend to assume. The Dawn of Everything fundamentally transforms our understanding of the human past and offers a path toward imagining new forms of freedom, new ways of organizing society. This is a monumental book of formidable

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