

Sleep: A Very Short Introduction (Very Short Introductions)

*Viruses are big news. From pandemics such as HIV, swine flu, and SARS, we are constantly being bombarded with information about new lethal infections. In this Very Short Introduction Dorothy Crawford demonstrates how clever these entities really are. From their discovery and the unravelling of their intricate structures, Crawford demonstrates how these tiny parasites are by far the most abundant life forms on the planet. With up to two billion of them in each litre of sea water, viruses play a vital role in controlling the marine environment and are essential to the ocean's delicate ecosystem. Analyzing the threat of emerging virus infections, Crawford recounts stories of renowned killer viruses such as Ebola and rabies as well as the less known bat-borne Nipah and Hendra viruses. Pinpointing wild animals as the source of the most recent pandemics, she discusses the reasons behind the present increase in potentially fatal infections, as well as evidence suggesting that long term viruses can eventually lead to cancer. By examining our lifestyle in the 21st century, Crawford looks to the future to ask whether we can ever live in harmony with viruses, and considers the ways in which we may need to adapt to prevent emerging viruses with devastating consequences. 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.*

*Offers a wealth of insight into the paradoxical nature of film, considering its role and impact on society in the 20th century as well as its future in the digital age. Original.*

*Every day we seem to make and act upon all kinds of free choices - but are these choices really free? Or are we compelled to act the way we do by factors beyond our control? This book looks at free will.*

*Who were the Druids? What do we know about them? Do they still exist today? The Druids first came into focus in Western Europe - Gaul, Britain, and Ireland - in the second century BC. They are a popular subject; they have been known and discussed for over 2,000 years and few figures flit so elusively through history. They are enigmatic and puzzling, partly because of the lack of knowledge about them has resulted in a wide spectrum of interpretations. Barry Cunliffe takes the reader through the evidence relating to the Druids, trying to decide what can be said and what can't be said about them. He examines why the nature of the druid caste changed quite dramatically over time, and how successive generations have interpreted the phenomenon in very different ways. 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.*

Marketing: A Very Short Introduction

Monasticism: A Very Short Introduction

Linguistics: A Very Short Introduction

A Short Introduction to Ethics

Consciousness: a Very Short Introduction

*The Gothic is wildly diverse. It can refer to ecclesiastical architecture, supernatural fiction, cult horror films, and a distinctive style of rock music. It has influenced political theorists and social reformers, as well as Victorian home décor and contemporary fashion. Nick Groom shows how the Gothic has come to encompass so many meanings by telling the story of the Gothic from the ancient tribe who sacked Rome to the alternative subculture of the present day. This unique Very Short Introduction reveals that the Gothic has predominantly been a way of understanding and responding to the past. Time after time, the Gothic has been invoked in order to reveal what lies behind conventional history. It is a way of disclosing secrets, whether in the constitutional politics of seventeenth-century England or the racial politics of the United States. While contexts change, the Gothic perennially regards the past with fascination, both yearning and horrified. It reminds us that neither societies nor individuals can escape the consequences of their actions. The anatomy of the Gothic is richly complex and perversely contradictory, and so the thirteen chapters here range deliberately widely. This is the first time that the entire story of the Gothic has been written as a continuous history: from the historians of late antiquity to the gardens of Georgian England, from the mediaeval cult of the macabre to German Expressionist cinema, from Elizabethan Revenge Tragedy to American consumer society, from folk ballads to vampires, from the past to the present. 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.*

*What do anaesthetists do? How does anaesthesia work? What are the risks? And how does the anaesthetist know if you are really asleep? Anaesthesia is a mysterious and sometimes frightening process. In this Very Short Introduction, Aidan O'Donnell takes the reader on a tour through the whole of the modern anaesthetic practice. He begins by explaining general anaesthesia: what it is, how it is produced, and how it differs from natural sleep and other forms of unconsciousness. He goes on to consider the main categories of anaesthetic drugs, including anaesthetic vapours, intravenous agents, muscle relaxants, and anaesthetics, together with explanations of how they work and what their purpose is. Set against the historical background of anaesthetic and surgical practice, O'Donnell examines the large role anaesthetists play in specialised areas such as intensive care medicine, pain medicine, and childbirth; and finally, he considers the risks of anaesthesia, putting in to context that anaesthesia is a very safe process. 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.*

*What is dreaming, and what causes it? Why are dreams so strange and why are they so hard to remember? Replacing dream mystique with modern dream science, J. Allan Hobson provides a new and increasingly complete picture of how dreaming is created by the brain. Focusing on dreaming to explain the mechanisms of sleep, this book explores how the new science of dreaming is affecting theories in psychoanalysis, and how it is helping our understanding of the causes of mental illness. J. Allan Hobson investigates his own dreams to illustrate and explain some of the fascinating discoveries of modern sleep science, while challenging some of the traditionally accepted theories about the meaning of dreams. He reveals how dreaming maintains and develops the mind, why we go crazy in our dreams in order to avoid doing so when we are awake, and why sleep is not just good for health but essential for life. 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.*

*Sleep is not only a biological necessity but also a physiological drive. In today's fast-paced world, though, a good night's sleep is often the first thing to go. The effects of inadequate sleep are more than mere annoyances: they affect our mood and how we perform at school, work, and home and behind the wheel. Lost sleep also accumulates over time; the more "sleep debt" an individual incurs, the greater the negative consequences, according to researchers in the field. Research on adolescents and sleep has been under way for more than two decades, and there is growing evidence that adolescents are developmentally vulnerable to sleep difficulties. To discuss current research in this area and its implications in the policy, public, health, and educational arenas, the Forum on Adolescence of the Board on Children, Youth, and Families held a workshop, entitled Sleep Needs, Patterns, and Difficulties of Adolescents, on September 22, 1999.*

The Biological Clocks That Control the Daily Lives of Every Living Thing

Clinical Psychology

Sleep Needs, Patterns and Difficulties of Adolescents

Epidemiology: A Very Short Introduction

Sleep

Monasticism is a social and religious phenomenon which originated in antiquity and which still remains relevant in the twenty-first century. But what, exactly, is it, and how is it distinguished from other kinds of religious and non-religious practice? In this Very Short Introduction Stephen J. Davis discusses the history of monasticism, from our earliest evidence for it, and the different types which have developed from antiquity to the present day. He considers where monasteries are located, from East Asia to North America, and everywhere in between, and how their settings impact the everyday life and worldview of the monks and nuns who dwell there. Exploring how monastic communities are organized, he also looks at how aspects of life like food, sleep, sex, work, and prayer are regimented. Finally, Davis discusses what the stories about saints communicate about monastic identity and ethics, and considers what place there is for monasticism in the modern world. 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.

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.

This Very Short Introduction presents a succinct and accessible guide to the key episodes in the story of life on earth - from the very origins of life four million years ago to the extraordinary diversity of species around the globe today.

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 illnness 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.

Memory: A Very Short Introduction

Schizophrenia: A Very Short Introduction

Sleep: A Very Short Introduction

Forensic Science: a Very Short Introduction

The Rhythms Of Life

Consciousness, "the last great mystery for science," remains a hot topic. How can a physical brain create our experience of the world? What creates our identity? Do we really have free will? Could consciousness itself be an illusion? Exciting new developments in brain science are continuing the debates on these issues, and the field has now expanded to include biologists, neuroscientists, psychologists, and philosophers. This controversial book clarifies the potentially confusing arguments, and the major theories, whilst also outlining the amazing pace of discoveries in neuroscience. Covering areas such as the construction of self in the brain, mechanisms of attention, the neural correlates of consciousness, and the physiology of altered states of consciousness, Susan Blackmore highlights our latest findings. 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.

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.

This book outlines the nature of contemporary marketing, considering how marketers function as an interface between customers and organisations. As globalisation creates increasing challenges to established marketing practices it shows how marketing efforts need to adapt continuously to allow an organisation to reach its intended market.

Linguistics falls in the gap between arts and science, on the edges of which the most fascinating discoveries and the most important problems are found. Rather than following the conventional organization of many contemporary introductions to the subject, the author of this stimulating guide begins his discussion with the oldest, 'arts' end of the subject and moves chronologically through to the newest research - the 'science' aspects. A series of short thematic chapters look in turn at such areas as the prehistory of languages and their common origins, language and evolution, language in time and space (the nature of change inherent in language), grammars and dictionaries (how systematic is language?), and phonetics. Explication of the newest discoveries pertaining to language in the brain completes the coverage of all major aspects of linguistics from a refreshing and insightful angle. 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.

Politics: A Very Short Introduction

Circadian Rhythms

Dreaming

Anaesthesia: A Very Short Introduction

Druids: A Very Short Introduction

*What is epidemiology? What are the causes of a new disease? How can pandemics be prevented? Epidemiology is the study of the changing patterns of disease and its main aim is to improve the health of populations. It's a vital field, central to the health of society, to the identification of causes of disease, and to their management and prevention. Epidemiology has had an impact on many areas of medicine; from discovering the relationship between tobacco smoking and lung cancer, to the origin and spread of new epidemics. However, it is often poorly understood, largely due to misrepresentations in the media. In this Very Short Introduction Rodolfo Saracci dispels some of the myths surrounding the study of epidemiology. He provides a general explanation of the principles behind clinical trials, and explains the nature of basic statistics concerning disease. He also looks at the ethical and political issues related to obtaining and using information concerning patients, and trials involving placebos. 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.*

*Sleep disturbances and sleep deprivation are increasingly common in modern society. Epidemiological methods of investigation have shown that sleep deprivation is associated with a variety of chronic conditions and health outcomes. Sleep medicine is a rapidly growing field of clinical research, affecting people across their lifespan. Relevant to a wide range of specialties including respiratory medicine, neurology, cardiology, and psychiatry, sleep also has a significant impact on the study of epidemiology, public health, and preventive medicine. Sleep, Health, and Society presents epidemiological evidence linking sleep deprivation and disruption to several chronic conditions, and explores the public health implications with the view to developing preventive strategies. The new edition of Sleep, Health, and Society provides up-to-date information on recently discovered areas of sleep medicine. Fully updated to reflect new research and data, as well as additional new chapters exploring eating patterns, nutrition, pregnancy, cancer, pain, and CBT in relation to sleep. Written by leading experts in the field of sleep medicine, Sleep, Health, and Society is ideal for students and professionals in epidemiology and public health. The research presented would also be valuable to respiratory physicians, neurologists, cardiologists, and psychiatrists who are interested in the impact of sleep disturbances and disorders.*

*It is not only in our dark hours that scepticism, relativism, hypocrisy, and nihilism dog ethics. Whether it is a matter of giving to charity, or sticking to duty, or insisting on our rights, we can be confused, or be paralysed by the fear that our principles are groundless. Many are afraid that in a Godless world science has unmasked us as creatures fated by our genes to be selfish and tribalistic, or competitive and aggressive. Simon Blackburn, author of the best-selling Think, structures this short introduction around these and other threats to ethics. Confronting seven different objections to our self-image as moral, well-behaved creatures, he charts a course through the philosophical quicksands that often engulf us. Then, turning to problems of life and death, he shows how we should think about the meaning of life, and how we should mistrust the sound-bite sized absolutes that often dominate moral debates. Finally he offers a critical tour of the ways the philosophical tradition has tried to provide foundations for ethics, from Plato and Aristotle through to contemporary debates.*

*Preface -- Introduction: what is critical theory? -- The frankfurt school -- A matter of method -- Critical theory and modernism -- Alienation and reification -- Enlightened illusions -- The utopian laboratory -- The happy consciousness -- The great refusal -- From resignation to renewal -- Unfinished tasks -- Further reading -- Index*

Dreaming: A Very Short Introduction

Unlocking the Power of Sleep and Dreams

A Very Short Introduction

Logic: A Very Short Introduction

This Very Short Introduction brings together the latest research in neuroscience and psychology - weaving in case-studies, anecdotes, literature, and philosophy - to explore and explain the science of memory - how it works, and why we can't live without it.

A brief examination of the history and science of food chronicles four great transitions including those of cooking, agriculture, processing and preservation to consider the sources of culinary preferences, the disparity between malnutrition and overconsumption and the issues associated with obesity, sustainable agriculture and genetic modification. Original.

"Julia Annas provides an incisive exploration of the many-sided and elusive genius whose wide-ranging, bold, and influential ideas continue to challenge, provoke, and inspire us today"--Page 4 of cover.

Why do we need sleep? What happens when we don't get enough? From the biology and psychology of sleep and the history of sleep in science, art, and literature; to the impact of a 24/7 society and the role of society in causing sleep disruption this introduction answers everything you've ever wanted to know about sleep.

Anxiety: A Very Short Introduction

Chronotypes, Social Jet Lag, and Why You're So Tired

Food: A Very Short Introduction

Film: A Very Short Introduction

Happiness: A Very Short Introduction

Sleep: A Very Short IntroductionOxford University Press

*Very Short Introductions: Brilliant, Sharp, Inspiring Four o'clock in the morning, and the lights are on and still there's no way we're going to sleep, not after the film we just saw. The book we just read. Fear is one of the most primal human emotions, and one of the hardest to reason with and dispel. So why do we scare ourselves? It seems almost mad that we would frighten ourselves for fun, and yet there are thousands of books, films, games, and other forms of entertainment designed to do exactly that. As Darryl Jones shows, the horror genre is huge. Ranging from vampires, ghosts, and werewolves to mad scientists, Satanists, and deranged serial killers, the cathartic release of scaring ourselves has made its appearance in everything from Shakespearean tragedies to internet memes. Exploring the key tropes of the genre, including its monsters, its psychological chills, and its love affair with the macabre, this Very Short Introduction discusses why horror stories disturb us, and how society responds to literary and film representations of the gruesome and taboo. Should the enjoyment of horror be regarded with suspicion? Are there different levels of the horrific, and should we distinguish between the commonly reviled carnage of contemporary torture porn and the culturally acceptable bloodbaths of ancient Greek tragedies? Analysing the way in which horror manifests multiple personalities, and has been used throughout history to articulate the fears and taboos of the current generation, Darryl Jones considers the continuing evolution of the genre today. As horror is mass marketed to mainstream society in the form of romantic vampires and blockbuster hits, it also continues to maintain its former shadowy presence on the edges of respectability, as banned films and violent internet phenomena push us to question both our own preconceptions and the terrifying capacity of human nature. 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. First published in hardback as Sleeping with the Lights on.*

*There is no denying that thinking comes naturally to human beings. But what are thoughts? How is thought realized in the brain? Does thinking occur in public or is it a purely private affair? Do young children and non-human animals think? Is human thought the same everywhere, or are there culturally specific modes of thought? What is the relationship between thought and language? What kind of responsibility do we have for our thoughts? In this compelling Very Short Introduction, Tim Bayne looks at the nature of thought. Beginning with questions about what thought is and what distinguishes it from other kinds of mental states, he goes on to examine various interpretations of thought from philosophy, psychology, neuroscience, and anthropology. By exploring the logical structures of thought and the relationship between thought and other mental phenomena, as well as the mechanisms that make thought possible and the cultural variations that may exist in our thought processes, Bayne looks at what we know – and don't know – about our great capacity for thought. 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.*

*In this provocative but balanced essay, Kenneth Minogue discusses the development of politics from the ancient world to the twentieth century. He prompts us to consider why political systems evolve, how politics offers both power and order in our society, whether democracy is always a good thing, and what future politics may have in the twenty-first century. 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.*

The Gothic: A Very Short Introduction

Why We Sleep

Internal Time

Horror: A Very Short Introduction

The History of Life: A Very Short Introduction

*Schizophrenia is the archetypal form of madness. Schizophrenia is a common disorder and has a devastating effect on sufferers and their families-patients typically hear voices in their heads and hold bizarre beliefs. The schizophrenic patient presented to the public in sensational press reports and lurid films bears little resemblance to reality of the illness. This book describes what schizophrenia is really like, how the illness progresses, and the treatments that have been applied. It also summarizes the most up-to-date knowledge available about the biological bases of this disorder. Finally it attempts to give some idea of what it is like to have schizophrenia and what this disorder tells us about the relationship between mind and brain. 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.*

*Are we born with our fears or do we learn them? Why do our fears persist? What purpose does anxiety serve? In this Very Short Introduction we discover what anxiety is, what causes it, and how it can be treated. Looking at six major anxiety disorders, the authors introduce us to this most ubiquitous and essential of emotions.*

*Explores sleep disorders, describes breakthroughs in the study of sleep, and considers the impact of modern society on it.*

*Ludwig Wittgenstein (1889-1951) was an extraordinarily original philosopher, whose influence on twentieth-century thinking goes well beyond philosophy itself. In this book, which aims to make Wittgenstein's thought accessible to the general non-specialist reader, A. C. Grayling explains the nature and impact of Wittgenstein's views. He describes both his early and later philosophy, the differences and connections between them, and gives a fresh assessment of Wittgenstein's continuing influence on contemporary thought. 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.*

Myth

Free Will: A Very Short Introduction

Being Good

Circadian Rhythms: a Very Short Introduction

Wittgenstein: A Very Short Introduction

Most of us spend our lives striving for happiness. But what is it? How important is it? How can we (and should we) pursue it? In this Very Short Introduction Dan Haybron provides a comprehensive look at the nature of happiness. By using examples, Haybron considers how we measure happiness, what makes us happy, and considers its subjective nature.

Clinical psychology makes a significant contribution to mental health care across the world. The essence of the discipline is the creative application of the knowledge base of psychology to the unique, personal experiences of individuals who are facing difficulties or changes in their lives. Rather than addressing such experiences as primarily a medical, political or legal problem, clinical psychologists approach personal distress as an unhappy outcome of certain ways of thinking, behaving and relating, often occurring within difficult social, cultural or economic circumstances. Clinical psychologists work with people to try and help them change what is distressing or concerning them, based on a belief in the value of the individual to determine what happens to them and on the importance of using approaches which have been demonstrated through research to be effective. In this Very Short Introduction Susan Lewellyn and Katie Aafjes-van Doorn provide insights into the world of clinical psychologists and their clients or patients, and cover the range of domains of practice, the difficulties tackled, and the approaches and models used. They consider the challenges and controversies facing the profession today, and also how it varies across the globe. Finally, they discuss the key questions surrounding clinical psychology, such as whether it should compete or collaborate with psychiatry, how far it is yet another instrument of social control, what new technology can offer in the future, and whether clinical psychology can ever really be considered a science. 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.

This title introduces a wide array of approaches to understanding myth from varied disciplines. It uses the famous ancient myth of Adonis to analyse the ideas and individual approaches and theories of theorists such as Sigmund Freud, Claude Lévi-Strauss, Albert Camus, and Roland Barthes. This new edition considers the interactions of myth theory with cognitive science, the implications of the myth of Gaia, and the differences between story-telling and myth, as well as the future study of myth.

Logic is often perceived as having little to do with the rest of philosophy, and even less to do with real life. Graham Priest explores the philosophical roots of the subject, explaining how modern formal logic addresses many issues.

Sleep, Health, and Society

Critical Theory: a Very Short Introduction

Plato

Thought: A Very Short Introduction

Viruses: A Very Short Introduction

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.

In this fascinating book, Harvard researcher Hobson offers an intriguing look at the nightly odyssey through the illusory world of dreams. Hobson describes how the theory of dreaming has advanced dramatically over the past 50 years, sparked by the use of EEGs in the 1950s and by recent innovations in brain imaging. 20 illustrations.

"Sleep is one of the most important but least understood aspects of our life, wellness, and longevity ... An explosion of scientific discoveries in the last twenty years has shed new light on this fundamental aspect of our lives. Now ... neuroscientist and sleep expert Matthew Walker gives us a new understanding of the vital importance of sleep and dreaming"--Amazon.com.

Forensic science is a subject of wide fascination. What happens at a crime scene? How does DNA profiling work? How can it help solve crimes that happened 20 years ago? In forensic science, a criminal case can often hinge on a piece of evidence such as a hair, a blood trace, half a footprint, or a tyre mark. Complex scientific findings must be considered carefully and dispassionately, and communicated with clarity, simplicity, and precision. High profile cases such as the Stephen Lawrence enquiry and the Madeleine McCann case have attracted enormous media attention and enhanced general interest in this area in recent years. In this Very Short Introduction, Jim Fraser introduces the concept of forensic science and explains how it is used in the investigation of crime. He begins at the crime scene itself, explaining the principles and processes of crime scene management, and drawing on his own personal experience of high profile cases including, the murder of Rachel Nickell and the unsolved murder of Jill Dando. Fraser explores how forensic scientists work; from the reconstruction of events to laboratory examinations. He considers the techniques they use, such as fingerprinting, and goes on to highlight the immense impact DNA profiling has had. Providing examples from forensic science cases in the UK, US, and other countries, he considers the techniques and challenges faced around the world. This new edition has been fully updated to take into account developments in areas such as DNA analysis and drug analysis, and the growing field of digital forensics. Topical areas explored include the growing significance of cognitive bias in forensic science, and recent research that raises doubts about the validity of some forensic techniques. 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.

Summary of a Workshop