



We Review the
Best of the Latest
Books

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Rembrandt's Orient: West Meets East in Dutch Art of the 17th Century edited by Bodo Brinkman, Gabriel Dette, Michael Philipp & Ortrud Westheider (Prestel)

Rembrandt's Orient sheds light on the fascinating ways Rembrandt and other Golden Age painters were influenced by Eastern culture.

In the 17th century, Amsterdam was a vibrant hub of the burgeoning European trade with Asia, Africa, and the Levant, importing copious amounts of foreign items that powerfully stimulated the imagination of numerous Dutch artists. This was notably the case with Rembrandt, whose curiosity and voraciousness as a collector were legendary in his time. Throughout his prolific career, he drew on Eastern influences in genres as diverse as history painting and portraiture, including depictions in which he himself adopted Oriental styled attire. **Rembrandt's Orient** is a lavishly illustrated book based on a catalog of an exhibition in Museum Barberini, Potsdam, Germany.

The exhibition is a collaboration between the Kunstmuseum Basel and the Museum Barberini. The book has four editors. Ortrud Westheider is Director of the Museum Barberini in Potsdam; Josef Helfenstein is Director of the Kunstmuseum Basel; Bodo Brinkmann is Curator of Old Master Paintings of the Kunstmuseum Basel; and Michael Philipp is Chief Curator of the Museum Barberini in Potsdam.

Rembrandt's Orient explores the inventive ways in which Rembrandt and his contemporaries accommodated Eastern imagery into their own repertoire, set within the wider context of Holland's rapidly expanding commercial and cultural exchange with its non-European trading partners.

Rembrandt's Orient examines how the painters of the Dutch Golden Age reacted to the regions of the Middle and Far East, of which they had become increasingly aware through trade, travel, and publications. Foreignness represented an appealing contrast to the familiar, but it hardly aroused a more profound level of sympathy. Such was the case in the seventeenth century, and this attitude – which this catalog invites readers to reflect upon – has not changed in large parts of the Western world.

Turbans and carpets, sabers and silk robes – Rembrandt and his contemporaries repeatedly painted objects from distant lands. The resulting works of art provide evidence of the first wave of globalization and reflect the influence of foreign cultures on the Netherlands of the seventeenth century. This significant art-historical period was shaped by a thirst for knowledge, a passion for collecting, and a pride in possession; it also inspired painters to create novel history scenes, portraits, and still lifes. However,

what is especially striking today in this kind of cultural appropriation is the failure to represent its negative side: the power gap between cultures that was also evident in slavery, violence, exploitation, and trade wars.

[Rembrandt's Orient](#) addresses images of foreign subjects from this period with full awareness of these issues. In antiquity, the terms Orient and Occident were used to describe regions of the world. In Rembrandt's time, the East was known as 'the Orient'. In the nineteenth and twentieth centuries, a Eurocentric attitude emerged with the notion of 'Orientalism,' which asserted a claim to authority over the countries of the Middle East and the Arab world. Although the term Orient remains burdened by this history today, in the exhibition's title, [Rembrandt's Orient: West Meets East in Dutch Art of the 17th Century](#), the possessive case indicates that it is concerned with the ideas then associated with the term.

[Rembrandt's Orient](#) also explores the global trade in exotic objects, such as porcelain and nautilus cups, presented in still lifes as evidence of a passion for collecting and cultural appropriation. Only a few works of art, however, document concrete encounters between West and East, and the problematic aspects of international trade were seldom given artistic expression: the wealth of the Dutch upper class was the result, moreover, of violence and oppression in the Far East and came at high human cost, even among the country's own sailors.

The 'Orient' was present in seventeenth-century Dutch townhouses in the form of exotic objects and clothing, and numerous accounts of journeys to the East were published, but hardly any artists of this period actually explored these distant countries themselves. Thus, the 'Orient' and the 'Oriental' remained constructs of set pieces, stereotypes, and imagination in the Netherlandish visual culture of the time. Foreign things were appreciated and incorporated into Dutch lifestyle.

But this was for the most part no more than a pose, since there was less real interest in other cultures than in their material manifestations and products, coveted for their preciousness and the associated prestige. The encounter of West and East was not a meeting on the same level; there was no sense of an equal exchange. Foreignness represented an appealing contrast to the familiar, but it hardly aroused a more profound level of sympathy. This was no different in Rembrandt's case than for his contemporaries, and this attitude – which [Rembrandt's Orient](#) invites readers to reflect upon – has not changed in large parts of the Western world. The show thus offers readers the opportunity to more closely question this persistent Eurocentrism. <>

**[The Harvard Business Review Family Business Handbook:](#)
How to Build and Sustain a Successful, Enduring Enterprise
by Josh Baron & Rob Lachenauer (**HBR Handbooks Series:**
Harvard Business Review Press)**

Readers of [The Harvard Business Review Family Business Handbook](#) learn to navigate the complex decisions and critical relationships necessary to create and sustain a healthy family business – and business family.

Though 'family business' may sound like it refers only to mom-and-pop shops, businesses owned by families are among the most significant and numerous in the world. But surprisingly few resources exist to help navigate the unique challenges readers face when they share the executive suite, financial statements, and holidays. How does one make the right decisions, critical to the long-term survival of any business, with the added challenge of having to do so within the context of a family?

[The Harvard Business Review Family Business Handbook](#) brings readers sophisticated guidance and practical advice from family business experts Josh Baron and Rob Lachenauer. Baron, a cofounder and Partner at BanyanGlobal Family Business Advisors, is a sought-after speaker who also teaches at Columbia Business School. Lachenauer is a cofounder, Partner, and CEO of BanyanGlobal Family Business Advisors.

Drawing on their decades-long experience working closely with a wide range of family businesses of all sizes around the world, Baron and Lachenauer present proven methods and approaches for communicating effectively, managing conflict, building the right governance structures, and more.

In [The Harvard Business Review Family Business Handbook](#) readers find:

- A new perspective on what makes family businesses succeed and fail.
- A framework to help them make good decisions together.
- Step-by-step guidance on managing change within their business family.
- Key questions about wealth, unique to family businesses, that they can't afford to ignore.
- Assessments to help them determine where they are – and where they want to go.
- Stories of real companies, from Marchesi Antinori to Radio Flyer.
- Chapter summaries they can use to reinforce what they have learned.
... helps business families learn to live and work together while creating both family harmony and a thriving business. – Forbes.com

Family businesses are not for the faint of heart. Even in the best of situations, the complex relationships between family and business are hard to navigate. The authors of [The Harvard Business Review Family Business Handbook](#) bring the experience, insight, and wisdom to help families wrestle through hard decisions and land in better places. I highly recommend this book. – Bill Haslam, Haslam Family Capital, formerly Governor of Tennessee and President of Pilot Flying J

Want your family business to endure, not just for years, but for generations? This is the book for you! Baron and Lachenauer fully understand the challenges and opportunities of family businesses and provide excellent and actionable guidance and advice. As a mother and daughter in a 5th generation family business, we know such guidance is invaluable. This Handbook is approachable and a great resource for every generation. – Pamela Mars Wright and Charlotte Rossetter, 4th and 5th generation Mars family

[The Harvard Business Review Family Business Handbook](#) is a must-read for family business owners, family members, advisors, and employees. Easy (and dare I say fun!) to read, the authors mix great storytelling with actionable guidance and advice. Highly recommend! – Robert Pasin, CEO of 3rd generation family business Radio Flyer

Family Owned Businesses – the pride of generations of families and, for that matter, all Americans – are the backbone of so many communities. They create vast economic opportunity and value for their owners and employees. [The Harvard Business Review Family Business Handbook](#) lays out in proven fashion the frameworks, tools, and advice that should be instrumental to families to propel their businesses over many multiples of generations. A must read and invaluable resource. – Douglas R. Oberhelman, Retired Chairman and CEO of Caterpillar Inc

WOW!!! This is a must read. Running a 4th generation family business, I have read A LOT of books on the subject. Hands down [The Harvard Business Review Family Business Handbook](#) is the most succinct, applicable and useful of them all. I read it cover to cover. This will be a dog-eared book on my bookshelf and referenced often. Easy to read, but full of substance, the handbook covers everything you need to help guide your family business across generations! – Dr. Jodi Berg, 4th generation President & CEO, Vitamix

Purpose-driven, values-based, people-focused generational family businesses can and do change the world. They create and retain jobs,

they enhance communities, and they provide all of their stakeholders with opportunities to pursue work that really matters. But all of this can only happen if they first run a great business. [The Harvard Business Review Family Business Handbook](#) shows you how! – Steve Shifman, President & CEO of multi-generational family business Michelman

Readers will want to keep [The Harvard Business Review Family Business Handbook](#), a comprehensive guide, with them to help them build, grow, and position their family business to thrive across generations.

The handbook is part of the **HBR Handbooks Series**, which provide ambitious professionals with the frameworks, advice, and tools they need to excel in their careers. With step-by-step guidance, time-honed best practices, and real-life stories, each comprehensive volume helps readers to stand out from the pack – whatever their role.

<>

Business & Investing / Management

[Human Hacking](#): Win Friends, Influence People, and Leave Them Better Off for Having Met You by Christopher Hadnagy with Seth Schulman (HarperBusiness)

A pioneer in the field of social engineering and a master hacker, Christopher Hadnagy specializes in understanding how malicious attackers exploit principles of human communication to access information and resources through manipulation and deceit.

In [Human Hacking](#) he shows readers how to use social engineering as a force for good – to help them regain their confidence and control.

Hadnagy, a global security expert, is the first (adjunct) professor of social engineering for the University of Arizona, one of the NSA-designated Centers of Academic Excellence in Cyber Operations. Seth Schulman, master storyteller and intellectual collaborator, has contributed to dozens of books over the past two decades.

[Human Hacking](#) provides tools that help readers establish rapport with strangers, use body language and verbal cues to their advantage, steer conversations and influence other's decisions, and protect themselves from manipulators. Ultimately, readers become far more self-aware about how they are presenting themselves – and able to use it to improve their lives.

Hadnagy includes lessons and interactive 'missions' – exercises spread throughout the book to help readers learn the skills, practice them, and master them.

Hadnagy in [Human Hacking](#) says that these are difficult times in which to live as a human being. Technology has rendered people more isolated from one another and more socially awkward than ever before (and pandemics like COVID-19 don't help, either). People live in social bubbles, reluctant to connect with people in their immediate vicinity. Tribalism compounds the problem: entire categories of people seem so different that communication seems impossible. Meanwhile, as longstanding rules for social conduct are demolished before their eyes, it's no longer clear how one should communicate with work colleagues, people they meet at social events, members of the opposite sex, or even their kids.

All of these developments may leave them feeling powerless, insecure, and anxious when communicating with others. But if they learn how to 'hack' humans, they can regain some of this power. Readers can learn to protect themselves against malicious hackers and scam artists, allowing themselves to feel calmer and more confident in any situation. When they do commit social miscues – even the most masterful hackers do – they can learn from them and get better going forward.

The chapters in [Human Hacking](#) take readers through the topics that every expert hacker of humans knows and masters. The book starts with a powerful tool readers can use to help them understand communications patterns better – their own, and others. Subsequent chapters teach them how to:

- Establish rapport with people.
- Develop effective pretexts for conversations.
- Influence people to do their bidding.
- Get people to divulge information they might not otherwise feel comfortable sharing.
- Protect themselves against would-be manipulators.
- Frame conversations so that they are more likely to succeed.
- Use body language to their advantage.
- Plan out important interactions in advance, integrating the many tools covered in [Human Hacking](#).

Readers work through these chapters individually, taking time to practice the skills using the 'missions' or exercises Hadnagy provides. With diligence on their part, readers should see improvement in their abilities as communicators and influencers within a few weeks. Hopefully, they will continue practicing and improving much as they would with a martial art or a musical instrument, recognizing that as good as they might get, they can also use this book to prepare for specific, 'big' conversations in their lives, like a job interview, a negotiation, or a difficult conversation with a colleague or loved one. Instead of going into such conversations cold, they will have a set of tools to fall back on, as well as a plan and the confidence that comes with knowledge and mastery. They can read each chapter with their upcoming interaction in mind, thinking how they might apply the skills in question to this particular 'hacking humans' challenge. Then

they can use [Human Hacking](#)'s final chapter to map out a detailed plan for how they will handle it.

[Human Hacking](#) reveals what most of the security community has missed: protection against security breaches is most likely to come from an understanding of human psychology rather than technological systems. – Robert Cialdini, author of *Influence* and *Pre-Suasion*
This is, hands down, the must-read book of the year! – Joe Nvarro, author of the international bestseller *What Every BODY Is Saying*

An indispensable book from a master practitioner of understanding human behavior. [Human Hacking](#) is a super practical resource that sets the gold standard for Chris's lifelong passion of positively influencing others. – Robin Dreeke, founder and CEO of People Formula and bestselling author of *Sizing People Up*

A global security expert draws on psychological insights to help readers master the art of social engineering. Using [Human Hacking](#), readers make friends, influence people, and leave them feeling better for having met them by being more empathetic, generous, and kind. <>

Children's Books / Reading Level: 6-9 years / Picture Books / Series

[Summer of the Tree Army](#): A Civilian Conservation Corps Story by Gloria Whelan, illustrated by Kirbi Fagan (**Tales of Young Americans Series**: Sleeping Bear Press)

Told from an outsider's perspective, this latest installment in the **Tales of Young Americans** series, [Summer of the Tree Army](#), educates readers on timely issues such as economic depression, ecological conservation, and collective action.

The author is National Book Award-winner Gloria Whelan, the author of many children's books. Illustrator Kirbi Fagan, who is recognized for her cover art for adult, YA, and middle-grade fiction, teaches at the College for Creative Studies in Detroit.

In [Summer of the Tree Army](#) it is 1933, the start of the Great Depression, when President Franklin D. Roosevelt formed the Civilian Conservation Corps (CCC). This relief program was meant to employ millions of young men who had lost their jobs. Meanwhile, in northern Michigan, young Charlie Brightelot sees mysterious barracks being built in the woods surrounding his home.

When Charlie first spies the barracks in the woods, he's not sure what to think. His father explains that the barracks will soon house young men serving in the CCC.

Not everyone is happy to see these young men and Charlie's father questions the value of the CCC program.

In spite of his father's doubts about the CCC, Charlie befriends a few of its younger members. But when a fire threatens the forest and their home is in danger, Roosevelt's 'Tree Army' springs into action.

Now it's up to Charlie and the CCC to stop the fire.

[Summer of the Tree Army](#) is a story of collective action; it's perfect for social studies lessons and makes a great addition to school/library collections. Back matter includes historical information about the CCC. <>

Cooking, Food & Wine / Travel / Guides

[The Wine Lover's Bucket List: 1,000 Amazing Adventures in Pursuit of Wine](#) by Simon J. Woolf (Universe Publishing)

[The Wine Lover's Bucket List](#) is an inspirational guide designed with the globe-trotting wine lover in mind – vineyards to visit, seasons to go, vintages and organics to drink, and how to get the most out of each wine region.

Author Simon J. Woolf is an award-winning wine and drinks writer and well-known commentator on natural, organic, and biodynamic wines. He is editor of *The Morning Claret* and recently won a Louis Roederer International Wine Writer Award.

Designed to highlight the world's most rewarding wine destinations, [The Wine Lover's Bucket List](#) spans the spectrum from traditional (a wine luncheon in Bordeaux or touring Portugal's port lodges) to fun and quirky. Some ideas are active – a cycling tour of the Champagne region or grape stomping in the Italian countryside – while others are more urban, such as a tour of Vienna's summer wine gardens or Rome's iconic *enotecas*. Sidebar panels throughout detail what makes each region special and include lists of the top five local wines to seek out.

With must-see events and festivals, as well as the world's best vineyard tours and tasting events, these 1,000 adventures will see readers experiencing the finest wines the world has to offer. From taking a tour around the Champagne region of France to laid-back wine festivals in the beautiful Californian countryside, there is something here for all palates and all levels of expertise in fine wine.

Color-coded adventures, full-color photography, and top list features help readers get the most out of every region's best wines, including gastronomic delights to die for and the world's most iconic bars and oldest wine caves.

Grapes only prosper in certain climatic conditions, and harvest comes just once a year. To make exceptional wine, vineyard and winery need to be as close to each other as possible.

There's a fringe benefit to wine's finicky location requirements – the places where wine is made are usually outstandingly beautiful. Long-established regions of production and wine is inextricably tied to culture: tapas in Logrono is nothing without a glass of joven, 'un verre du vin' is practically a basic human right in France. Viticulture can permanently shape the landscape too, as with Portugal's dramatically terraced Douro Valley.

Woolf says [The Wine Lover's Bucket List](#) has two main aims: first, to share some of his favorite wine experiences, and second, to stimulate readers to look off the beaten track. Anyone can find their way to a top winery with a global brand, and anyone with a fat enough wallet can walk into a restaurant and point at the most expensive wine on the list. These are not true bucket list items, and people don't need this or any other book to find them.

The most precious wine experiences are those readers have to dig a little deeper to find – or to understand. That's where [The Wine Lover's Bucket List](#) comes in. Readers discover a vibrant wine scene that they never knew existed in Slovakia. They are amazed that the cult wine selection on offer in a Tokyo wine bar far exceeds anything they can find in Europe. And they can visit lesser-known corners of Italy where time holds its breath so they can better enjoy the wine – and the view.

Holiday gift guide: Umm, hello! Yes, I know the dreaded 'Rona put the kibosh on my and many folks travel plans. I canceled a surprise fall Paris trip for my mom's birthday and put the brakes on a planned Oregon wine trip. But we can still dream – and start planning! This book covers an amazing 1,000 wine adventures from regions around the world. It covers everything from winery and vineyard tours to where to stay and eat to where to shop. It also gives you some cultural and historical context as well which is a nice touch. – The Corkscrew Concierge

Still upset that your wine tasting tour through Tuscany was cancelled? This book gives you the chance to add a few new places to that trip (and many more ideas) for when the time is right. – The Wine Chef

Whatever their level of interest in fine wines, [The Wine Lover's Bucket List](#) is the worldwide viniculture tour readers have been waiting for. The adventures featured in this atmospherically illustrated book will fuel their imaginations with an almost endless array

of vineyard visits, must-see sights, and must-do events – harvest festivals, vineyard picnics, wine-region weekends, tasting tours, and wine-focused restaurants. <>

Education & Teaching / Special / Law / Reference

Special Education and the Law: A Guide for Practitioners, 4th edition by Allan G. Osborne & Charles Russo (Corwin Press)

*I look forward to using this text in my courses. If I were still a K-12 teacher or a practicing attorney, I would find the book equally relevant. As with past editions, I will likely find myself reaching for the fourth edition of **Special Education and the Law** to provide me with an accessible and comprehensive reference to special education law.* – Suzanne E. Eckes, JD, PhD, Professor at Indiana University – from the foreword

Educators face major challenges when addressing the needs of students with disabilities. This includes understanding a complex legal field: special education law.

Special Education and the Law, 4th edition is the ultimate resource for busy educators. Allen G. Osborne, Jr. and Charles J. Russo, past presidents of the Education Law Association, are experts in translating legalese into language that educators can understand. Osborne is the retired principal of the Snug Harbor Community School in Quincy, Massachusetts, a nationally recognized Blue Ribbon School of Excellence. He has also served as an adjunct professor of special education and education law at several colleges, including Bridgewater State University and American International University. Russo is the Joseph Panzer Chair in Education in the School of Education and Allied Professions and adjunct professor in the School of Law at the University of Dayton.

Osborne and Russo have created a guide that examines legislation and interprets the statutes and their regulations in a reader-friendly style. Major topics include rights of access to public education, procedural due process, placement requirements, delivery of related services, discipline of students with disabilities, and remedies for failure to adhere to the law. With a preventative approach to litigation that separates it from other publications, **Special Education and the Law** features:

- Updates on legal developments from the almost 1,000 federal and state cases decided since publication of the **third edition**.
- Coverage of IDEA, ADA, FAPE, 504, discipline, IEPs LRE, parental considerations, public vs. private school considerations, and attorney fees.
- A focus on federal and state interpretations.

This **fourth edition** of [Special Education and the Law](#) examines how federal and state courts continue to interpret the Individuals with Disabilities Education Act (IDEA) and its regulations, addressing the delivery of special education and related services to students with disabilities. The book is organized around the major procedural and substantive issues in special education law. Specifically, the book examines the requirements that the IDEA, its regulations, and litigation have placed on school officials.

Among the major topics that this book addresses are the rights of students with disabilities to FAPEs, procedural due process, proper placement, the receipt of related services, discipline, and remedies if school officials fail to adhere to the IDEA. In so doing, Osborne and Russo trace the legal history of special education while briefly discussing other statutes affecting the delivery of special education services, such as Section 504 of the Rehabilitation Act (Section 504), the Americans with Disabilities Act (ADA), the Every Student Succeeds Act (ESSA), and the Family Educational Rights and Privacy Act (FERPA).

Although the IDEA has not been amended since the last edition of [Special Education and the Law](#) was published in 2014, federal and state courts have issued decisions in more than 700 published cases involving special education, including two that reached the U.S. Supreme Court. Most of these judgments are consistent with prior case law, but many are noteworthy because they dealt with new issues or application of the statute to unique factual situations. Collectively, these court decisions provide school officials guidance on how the IDEA should be implemented on a day-to-day basis in the nation's public schools.

Most important, as a result of the Supreme Court's most recent decision on special education, in *Endrew F. v. Douglas County School District* in 2017, how lower courts now resolve cases under the IDEA's FAPE requirement has been modified. Prior to this decision, courts in some jurisdictions approved individualized education programs (IEPs) that provided some, albeit minimal, educational benefit to students with disabilities. As discussed at length in [Special Education and the Law](#), in *Endrew F.*, the Supreme Court made it clear that this was not sufficient. In the second case, *Fry v. Napoleon Community Schools* in 2017, the Justices established a test for lower courts to use in determining whether parents filing suit under statutes other than the IDEA must first resort to that statute's dispute resolution procedures. *Fry* has had an important influence on how some disputes between school boards and parents are settled.

Against this background, this edition of [Special Education and the Law](#) has been updated to include discussions of the significant judgments that the courts have handed down since 2013 that have impacted how educational officials in school systems throughout the country comply with the IDEA.

This edition has enhanced special features:

- Additional tables and figures to highlight important aspects of the law.
- Revised Frequently Asked Questions and Recommendations at the end of each chapter.
- A new section at the end of each chapter posing Questions for Discussion.
- Subheadings and text boxes that make it easier for practitioners to find information so that the book can better serve as a desk reference.

As in previous editions, the book includes a brief glossary of terms that are neither defined nor explained in the text. Rather, the glossary is designed to define the legal terms with which readers may be unfamiliar.

Past editions have included appendices with Internet resources, such as websites of state departments of education, special education services, and education law. These resources have now been placed online.

[Special Education and the Law](#), 4th edition, is not by any means intended to replace the advice and counsel of school board attorneys. Instead, this book is designed to help school officials, especially at the building level, develop a greater awareness of the requirements of the laws governing special education, in the hope that doing so will put them in better positions to implement the myriad legal obligations they must meet in serving children with disabilities and their parents.

Osborne and Russo provide a relevant, useful guide for practitioners working with students with disabilities and their families. The book is 'busy-teacher' friendly, providing comprehensive information in an easy-to-read format. – Debi Gartland, Professor of Special Education, Towson University Department of Special Education, Towson, MD

A well written resource for anyone involved in the Special Education process. This resource is one that should be referred to often when working with parents, schools, advocates, and courts. – Erin Schons, Assistant Education Director, Children's Home Society of South Dakota, Sioux Falls, SD

The perfect resource for special education staff to refer to case law in a succinct presentation. – Rebecca Brooks, Assistant Professor, Cal State University, San Marcos, CA

*It is vitally important that teachers and building level administrators be versed in education law since it is often their actions that create litigation and consequent case law. This is particularly true in special education where statutory and procedural mandates are changing and complex. Drs. Osborne and Russo's 4th edition of **[Special Education and the Law](#)** presents a straight forward and easy to understand reference as*

well as an enjoyable read of essential knowledge and legal background for practitioners that should be required reading in all schools of education and administration. – Lois F. Berlin, Retired Superintendent, Falls Church city and Alexandria City, VA

Special education law is among the most complex legal fields because it requires precise educational plans for each individual child, collaborative interaction between school officials and parents, and involves extensive statutory, regulatory, and judicial mandates. Nonetheless, Allan Osborne and Charlie Russo make the complex simple while ensuring that the reader understands the subtleties of the law. The fourth edition, which includes updates on two landmark Supreme Court cases, should be an essential part of any school official's library. – William E. Thro, General Counsel of the University of Kentucky

[Special Education and the Law](#) is an essential resource for success in special education. With its user-friendly format, the book will help educators focus on their core competency: providing exemplary education to students with special needs. While merging their areas of expertise, Osborne and Russo have once again created a book that is accessible to several different constituency groups, including school personnel, lawyers, policymakers, and parents. <>

Literature & Fiction / Historical / Seafaring / Series

[Balkan Glory](#) by Julian Stockwin (**Thomas Kydd Series:** Hodder & Stoughton)

Author Julian Stockwin writes historical action adventure novels. He is the author of the *Kydd series*, the story of one man's journey from pressed man to admiral in the age of fighting sail of which **[Balkan Glory](#)** is one.

Stockwin was sent at the age of fourteen to Indefatigable, a tough sea-training school. He joined the Royal Navy at fifteen before transferring to the Royal Australian Navy, where he served for eight years in the Far East, Antarctic waters and the South Seas. In Vietnam he saw active service in a carrier task force. After leaving the Navy (rated Petty Officer), Stockwin practiced as an educational psychologist. He lived for some time in Hong Kong, where he was commissioned into the Royal Naval Reserve. He was awarded the MBE and retired with the rank of Lieutenant Commander.

In **[Balkan Glory](#)** it is 1811. The Adriatic, the 'French Lake', is now the most valuable territory Napoleon Bonaparte possesses. Captain Sir Thomas Kydd finds his glorious return to England cut short when the Admiralty summons him to lead a squadron of frigates into these waters to cause havoc and distress to the enemy.

Kydd is dubbed 'The Sea Devil' by Bonaparte who personally appoints one of his favorites, Dubourdieu, along with a fleet that greatly outweighs the British, to rid him of this menace.

At the same time, Nicholas Renzi is sent to Austria on a secret mission to sound out the devious arch-statesman, Count Metternich. His meeting reveals a deadly plan by Bonaparte that threatens the balance of power in Europe. The only thing that can stop it is a decisive move at sea and for this he must cross the Alps to the Adriatic to contact Kydd directly. He must somehow send a message to Kydd telling him to engage the French Adriatic fleet. But how, when his every move is watched by hostile spies?

Enter his wife and Kydd's sister, Cecilia. Renzi and she hatch a daring plan that will take her across the winter Alps to Kydd with the message 'Destroy Dubourdieu'. Inevitably [Balkan Glory](#) contains a climactic sea battle where the stakes could not be higher. Kydd faces Dubourdieu with impossible odds stacked against him. Can he shatter Bonaparte's dreams of breaking out of Europe and marching to the gates of India and Asia?

[Balkan Glory](#) is an epic chapter in the splendid Kydd canon, weaving knotty political gambits with stirring naval actions, expressively recreating the often harsh reality Jack Tars witnessed within their wooden walls during the Napoleonic Wars. – Quarterdeck

In Stockwin's hands the sea story will continue to entrance readers across the world – Guardian

There is so much here for those who are fans of seafaring adventures, but also an excellently sustained sense of the history, politically and socially, of the period. A highly recommended swashbuckler of a novel – Literature Works

[Balkan Glory](#) is a lucky find for those readers who love seafaring novels with lots of action. <>

Policy / World / Food

[Ending Hunger: The Quest to Feed the World Without Destroying It](#) by Anthony Warner (Oneworld Publications)

Nutritionists tell people to eat more fish. Environmentalists tell them to eat less fish. Apparently they are both right. It's the same thing with almonds, or quinoa, or a hundred other foods. But is it really incumbent on people as individuals to resolve the looming global catastrophe?

From plastic packaging to soil depletion to flatulent cows, everyone is bombarded with

information about the perils of the food system. Drawing on years of experience in the food industry, Anthony Warner in [Ending Hunger](#) invites readers to reconsider what they think they know.

Warner graduated in Biochemistry from Manchester University before embarking on a career in professional kitchens. He spent many years working in hotels, restaurants and event catering in the North West and London before taking a job as a development chef in the food manufacturing industry.

In [Ending Hunger](#), Warner uncovers the parallels between eating locally and 1930s fascism, promotes the potential for good in genetic modification and dispels the assumption that population growth is at the heart of planetary woes. Frustrated by pseudoscience and misinformation in the food industry, in 2016 Warner started a blog, which led to the bestselling book, ***The Angry Chef*** and a career in journalism.

According to Warner in [Ending Hunger](#), over the next thirty years, the population of the world will reach approximately 9.8 billion souls. The world's food system must produce enough to feed all those people, and somehow make sure that food is distributed efficiently in order to keep everyone from going hungry. This challenge – feeding a growing and increasingly affluent population – is beyond huge. Between now and 2050 we will need to grow more food than has been produced in the history of humanity. If the food system remains as it is, this will be impossible to achieve.

At the same time, there is an ever-increasing need to limit the environmental impact of the food we produce, and more broadly, the way we live. Modern agricultural systems are having a devastating effect on the natural world, making an ever-larger contribution to ecosystem destruction and climate change. To make matters worse, climate change is impacting the ability to produce and distribute food efficiently, leading to an increasing number of people going without. In a nightmarish feedback loop, agriculture is driving climate change, which is in turn lowering the efficiency of food systems, requiring us to increase production, so leading to even more climate change.

This is not a vague and intangible question about the future. Although it is often out of sight in the Global North, climate change is happening right now, with droughts, rising temperatures and extreme weather killing thousands of people every year. Dramatic events, such as typhoons and hurricanes devastating vulnerable island states, floods washing away towns, polar vortexes freezing cities, and droughts causing crops to fail, are newsworthy, yet such incidents are frequently dismissed as random chance, engendering sympathy but not blame. Among other things, [Ending Hunger](#) brings these threats into sharp focus, calling not for planning and strategy, but immediate action. And the book also examines why change is so hard, and why people dismiss such a clear and present threat.

Although many people attempt to keep it separate and minimize its importance, the food system is a hugely significant frontier in the fight against climate change. This is not to diminish the importance of energy, transport, construction and the many other contributing industries, some of which are even more culpable. But on a worldwide scale, food is a significant part of climate change. [Ending Hunger](#) presents the evidence, and much of it is not pretty.

As for solutions, readers will be glad to hear that Warner does not prescribe a correct way to eat 'guilt-free', and he believes that any 'sustainability diet plan' is likely to be as damaging, misguided and insidious as any of the diets he has debunked in the past. In fact, he looks in detail at how the environment and climate change is being used as a dietary battleground, a shiny new way to make people feel guilty and inadequate about the way they eat. When it comes to sustainability, the rampant greenwashing of food choices is unhelpful and increasingly common, with offenders that include some of the biggest companies and brands in the world.

Only one thing is certain, and that is the need for change. It is inconceivable that in thirty years' time people will be eating the same way as they do now, and [Ending Hunger](#) gives readers some insight into what that future might look like. People all have a vital part to play in the shift, from the executives of giant corporations through to product developers, politicians, farmers, researchers, journalists, campaigners and consumers. As a chef, it is Warner's job to make sure that even as diets change dramatically, they continue to be a source of joy and togetherness.

[Ending Hunger](#) covers greenhouse gases, extreme weather events, land use change, the destruction of rainforests, biodiversity, water stress, nitrogen fixation, gene editing, Nazis, food waste, lab-grown meat, more Nazis, communists, cannibalism, plastic straws, green revolutions, robot bees and lasers that vaporize weeds. But this is not really a book about any of those things. [Ending Hunger](#) is about hunger, and the unceasing fight to keep it from the door.

A provocative vision – Sunday Times

Terrifying. Readers can forget everything they thought they knew – [Ending Hunger](#) will set them straight. <>

Jonang: The One Hundred and Eight Teaching Manuals
compiled by Jamgön Kongtrul, translated by Gyurme Dorje
(Part of the Tsadra Foundation Series. The Treasury of
Precious Instructions, Volume 18: Snow Lion)

The teachings of the Buddha have now spread throughout the Western world, and there is a growing need for major texts to be translated into English so that Western dharma students and scholars have access to these essential teachings.

Jamgön Kongtrul Lodrö Taye presents practical teachings from a variety of Tibetan Buddhist traditions in [Jonang: The One Hundred and Eight Teaching Manuals](#), a volume of *The Treasury of Precious Instructions*.

The Treasury of Precious Instructions by Jamgön Kongtrul, one of Tibet's greatest Buddhist masters, is a shining jewel of Tibetan literature, presenting essential teachings from the entire spectrum of practice lineages that existed in Tibet. In its eighteen volumes, Kongtrul brings together some of the most important texts on key topics of Buddhist thought and practice as well as authoring significant new sections of his own. In [Jonang](#), the *eighteenth volume*, Kongtrul expands on The One Hundred and Eight Guidebooks, a collection of teaching manuals compiled by the sixteenth-century Tibetan master Kunga Drolchok, adding Indic source texts, Tibetan antecedents, and later interpretations. Though compiled by a Jonangpa abbot and transmitted by the Jonang tradition, these teaching manuals are actually drawn from the Kadam, Sakya, Kagyu, and, to a lesser extent, Nyingma traditions. They are succinct and impart practical wisdom, as transmitted by key figures like Kunga Chogdrub and Lowo Khenchen Sonam Lhundrub.

Jamgön Kongtrul Lodrö Taye (1813-1899), a pivotal figure in eastern Tibet's nonsectarian movement, was one of the most outstanding writers and teachers of his time. Translator Gyurme Dorje (1950-2020) held a master's degree in Sanskrit (University of Edinburgh) and a PhD in Tibetan literature (SOAS, University of London). He wrote, edited, translated, and contributed to numerous books on Tibetan culture.

In his vast work *The Treasury of Precious Instructions*, Kongtrul collected together all the empowerments, instructions, and practices of the eight great chariots of the practice lineages. Not only that, but he himself received the complete transmissions for all the practices, accomplished them including the retreats, and preserved them in his own mindstream. He then passed on the transmissions to his own students and all who requested them.

The Treasury of Precious Instructions exemplifies how Kongtrul's whole life was dedicated to teaching and spreading the dharma, whether it be sutra or mantra, kama or serum, Old or New Translation school, free of sectarian bias. Without his efforts, many traditions of Tibetan Buddhism would have been lost.

The first part of volume 18, translated in [Jonang](#), comprises the one hundred and eight guidebooks of Jonang, which were compiled by the Venerable Kunga Drolchok (1507-1566). This anthology includes terse instructions representing all the eight lineages of spiritual attainment and was clearly regarded by Kongtrul as an inspirational precursor for his own larger compilation, which additionally includes Indic source texts, Tibetan antecedents, and later interpretations. It is clear from the anthology itself that Kunga Drolchok identifies these one hundred and eight guidebooks within the Kadam, Sakya, and Kagyu lineages, and to a lesser extent with the Nyingma tradition. Although a few of the transmissions do have connections with earlier masters of Jonang, the author does not distinguish these from the majority that are of Sakya and Kagyu provenance. The appellation 'Jonang' points more toward the setting in which the anthology was eventually composed and its later transmission through Kunga Drolchok's illustrious reincarnation Taranatha and the later Shangpa Kagyu succession.

[Jonang](#) divides neatly into three components: History (chaps. 1-6), Practice (chaps. 7-9), and Supports (chaps. 10-12).

The historical section includes prayers dedicated to the lineage of the One Hundred and Eight Guidebooks with a supplement composed by Losal Tenkyong (chaps. 1-2). The versified life-sustaining prayer (chap. 3) is followed by an autobiographical record of teachings received (chap. 4), and historical anecdotes written by Kunga Drolchok himself up to the end of the seventy-fourth guidebook, and thereafter by Taranatha (chaps. 5-6).

The practice section includes two chapters concerning the discursive preliminaries and the extraordinary accumulations of the refuge, the enlightened mind, the purification of negativity, and the offering of the mandala (chaps. 7-8). Following these prerequisites, it then proceeds to the main content of the collection, the actual one hundred and eight guidebooks (chap. 9).

The final supporting section includes Kunga Drolchok's important analysis of the structure and content of the guidebooks (chap. 12), along with lists of their corresponding protector deities and empowerments (chap. 11) and a method for the conferral of blessing through the empowerment rite of the sacred book containing the One Hundred and Eight Guidebooks, the last of which was composed by Losal Tenkyong.

[Jonang](#) preserves and integrates the diverse lineages of Tibetan Buddhism while providing useful advice to practitioners. The teachings are succinct and impart

practical wisdom. Gyurme Dorje, the translator, provides extensive notes and helpful context throughout. <>

Religion & Spirituality / Buddhism / Tibetan

Minding Closely: The Four Applications of Mindfulness by B. Alan Wallace (Shambhala Publications)

Bringing his experience as a monk, scientist, and contemplative, Alan Wallace in **Minding Closely** offers a rich synthesis of Eastern and Western traditions along with a comprehensive range of mindfulness meditation practices interwoven throughout the text.

With fourteen years as a Buddhist monk, Wallace, after teaching in the Department of Religious Studies at the University of California, Santa Barbara, founded the Santa Barbara Institute for Consciousness Studies to explore the integration of scientific approaches and contemplative methods.

A reference for both students and teachers, the book presents the guided meditations systematically, beginning with very basic instructions, which are then gradually built upon as one gains increasing familiarity with the practice.

This edition of **Minding Closely** includes a new preface and three never-before-published translations by Wallace from three renowned traditional Buddhist works on mindfulness.

According to Wallace, the scientific study of the mind and its relation to the body began roughly around the year 1880, and for the first thirty years, a number of pioneers of psychology stressed the importance of introspection – observing mental states and processes from a first-person perspective. In principle, this emphasis on rigorous observation of the phenomena under examination has been the hallmark of science since the time of Galileo. But while all other branches of the natural sciences were directed outward to understanding objective, physical, quantifiable phenomena, this early movement of psychology was focused inward on the subjective, immaterial, qualitative phenomena of the mind.

Wallace in **Minding Closely** says that unfortunately, Western ethnocentricity, cultural prejudice, and arrogance with respect to Asian civilizations has changed only slowly since the Victorian era. Over several decades, many scientific studies of meditation have been conducted, first on Transcendental Meditation and then on what has come to be popularly known as 'mindfulness meditation.' As this has often erroneously been equated with the Buddhist discipline of *vipashyana*, or 'insight meditation,' it is all the more disappointing that the vast majority of such scientific studies neglect even to

consider whether such meditation actually yields first-person insights into the nature of the mind that cannot be made by studying the brain and behavior alone. Meditators are routinely regarded simply as subjects in these studies, with no perspective or insights of their own. Thus, cultural chauvinism dominates most studies of meditation, which are focused on revealing its physiological and psychological benefits, without any regard for the rich ethical, psychological, philosophical, and spiritual context in which such practices have been developed and practiced throughout the history of Buddhism in Asia.

[Minding Closely](#) was written to reveal the extraordinary sophistication and rigor of traditional practices of *shamatha* and *vipashyana* as presented in the Theravada, Mahayana, and Dzogchen traditions of Buddhism, particularly as they are presented within the foundational context of the four close applications of mindfulness. While there have been many religious and philosophical aspects of all schools of Buddhism since the time of the Buddha himself, the theories and methods presented in [Minding Closely](#) represent Buddhist contemplative science in its most radically empirical form. No assertion in this discipline of inquiry needs to be taken solely on faith. Every hypothesis can be, and has been, tested through first-person experience. The 'contemplative technology' of *shamatha* – as a means for developing one's faculties of attention, concentration, mindfulness, and introspection – is complemented with the 'contemplative science' of *vipashyana*, which is characterized by rigorous experiential and analytical inquiry, resulting in discoveries that can be replicated by any sufficiently trained, open-minded seeker of truth.

Wallace in [Minding Closely](#) says that in today's world, when the destructive impact of the dysfunctional triad of materialism-hedonism-consumerism has revealed itself through the massive degradation of the natural environment and degeneration of human civilization, the need to integrate the strengths of scientific and contemplative inquiry has never been greater. It is time for a revolution in our way of viewing human nature and the universe at large if humans are not only to survive as a species but also to flourish in ways they have never experienced before.

Its ingenious structure combines theoretical and philosophical discussions with guided meditations, leading readers simultaneously into deeper understandings and experiences of mindfulness. Wallace's writing is clear and often informal, providing readers with personal insights and reflections from an experienced meditator who is also a scholar. An impressive feature of this volume is that it allows those with little prior exposure to Buddhism to gain a solid introduction to numerous core Buddhist concepts and terms without the process seeming arduous. As a popular introduction to Buddhist traditions of mindfulness, this volume is superb and useful as background reading for any student of Buddhism. The exercises

are especially valuable. – Choice

A comprehensive and rich teaching that combines skillful instruction and scholarly knowledge. [Minding Closely](#) draws on wisdom from both Theravada and Vajrayana traditions to offer a systematic and practical approach to liberation through mindfulness. – Jack Kornfield, author of *The Wise Heart*

[Minding Closely](#) is an ideal reference for both students and teachers of guided mindfulness meditation. <>

Religion & Spirituality / Christianity / Early

[The Church in the Roman Empire: Before A.D. 170](#) by William M. Ramsay (Wipf & Stock)

Sir William M. Ramsay (1851-1949) is acknowledged as the outstanding authority on the life of Paul and the history of the early church. Wilbur M. Smith spoke of him as the greatest living authority on the historical, geographical and archaeological aspects of the life of the Apostle Paul. Ramsay for the greater part of his life was professor of humanity at the University of Aberdeen, Scotland. He carried on extensive research in Asiatic Turkey and the ancient Bible lands. Among the many books presenting the results of his study are *St. Paul the Traveller and the Roman Citizen* and *The Cities of St. Paul*.

In his preface to the **fourth edition** of [The Church in the Roman Empire](#) Ramsay says that the first part of the book of Acts was intended originally to be a single chapter, giving some slight account of the questions that were agitating the eastern Roman provinces when St. Paul brought the new religion before the populations of Antioch, Iconium, Derbe, and Lystra. The writer had the belief that the action of the earliest missionaries stood in the most intimate relation to the life and the tendencies of that society; that the outward character of early Christianity, as shown in the first converts, was determined to a considerable extent by the facts of their situation; and that a true conception of 'the Church in the Empire about 50-70 A.D.' could not be attained unless this relation were constantly borne in mind, and the student kept his eye continually on the state of society and politics in the eastern provinces.

The writer had no theory as to the composition or the date of Acts. He sought only for external and objective grounds on which to rest a rational criticism of the trustworthiness of the historical statements in the book. He had, indeed, acquired a general idea that these statements had been to some degree affected and colored by the prejudices of a later generation; and perhaps this idea may have occasionally

shown itself in the form of words employed in the early chapters. In working out the proposed introductory chapter, he found that, out of the facts which led him to set a low value on the evidence of the book of Acts, several were founded on erroneous views. Especially the fundamental error with regard to the 'Galatian Churches,' an error which was almost universally accepted, was found to be responsible for many apparent discrepancies between Acts and facts. In the attempt to attain and to justify an answer to the fundamental questions determining the historical authenticity of Acts as a picture of Roman society in the eastern provinces, the proposed single chapter grew into eight.

Any value that this part of [The Church in the Roman Empire](#) has is involved in its character as an unprejudiced attempt to find out what the facts are, and what verdict the dispassionate historical critic must pass in this case; and in the changes that have been introduced in this edition that character is left undisturbed. It is hoped that the language used throughout remains such as to involve no theory as to the composition of Acts. Any reader who has arrived, or may hereafter arrive, at a definite view on that subject will find it necessary to make certain modifications in the language, even where he may accept, in a general way, the reasoning.

In the first edition of [The Church in the Roman Empire](#) a note was appended, in view of Spitta's recently published theory, pointing out that, if that at first view striking and alluring theory were proved, certain details would have to be modified. Since that note was written, the writer has acquired a definite opinion, which excludes Spitta's theory; but he has not introduced into the text any change suggested by his opinion, except in the paragraphs where Spitta is mentioned. Various changes have been made in Part I, but the point of view is unaltered, and the solution of every difficulty in Acts remains essentially as before.

Chapter VI is far from adequate to its subject; but the general arguments in favor of the South-Galatian theory would easily fill a volume, and Ramsey says he could not touch the chapter without lengthening it, which is not permitted.

The full title of [The Church in the Roman Empire](#) might be "an attempt to establish some facts in regard to the position of the Church in the Roman Empire during the first two centuries." Chapters XVIII and XIX lie outside the limits of the title. The latter was one of the series of lectures at Mansfield College out of which the book grew; but the theory, more favorable to Herodotus and to the legend, was relinquished as too daring, and hence that chapter appears rather disappointing.

[The Church in the Roman Empire](#) is the work of a student of Roman history and of Roman society who finds in the Church the cause and the explanation of many problems in his subject and writes from the point of view of general Roman imperial history rather than of ecclesiastical history. <>

Porphyrin Science by Women, reprint edition edited by Fabienne Dumoulin, Tebello Nyokong, & Penelope Brothers
(3 Volume Set: World Scientific Pub. Co. Inc.)

Porphyrin Science by Women is a reprint of a three volume set with a thematic organization of the articles of the four *Women in Porphyrin Science* special issues published in the *Journal of Porphyrins and Phthalocyanines* in 2019. All the articles are carefully arranged by the volume editors and Karl Kadish, the *Journal of Porphyrins and Phthalocyanines* Editor-in-Chief, in order to provide a comprehensive coverage of each topic. Volume 1 covers the biomedical aspects, applications and uses of BODIPY's, porphyrins, phthalocyanines and related derivatives, mainly for photodynamic therapy. Volume 2 covers the synthesis, characteristics and properties of these compounds, while Volume 3 is on topics related to materials, sensors, energy and catalysis.

The editors of **Porphyrin Science by Women** are Fabienne Dumoulin, Acibadem Mehmet Ali Aydinlar University, Turkey; Tebello Nyokong, Rhodes University, South Africa and Penelope J. Brothers, Australian National University, Australia.

The porphyrin and phthalocyanine research community is a vibrant association of people from all over the world. The Society of Porphyrins and Phthalocyanines (SPP) keeps it well connected, mainly with the biannual organization of the International Conference on Porphyrins and Phthalocyanines. *The Journal of Porphyrins and Phthalocyanines* is another important unifying component.

Empowerment of women in science, technology, engineering and mathematics (STEM) is rising, as evidenced – among other ways – by the spreading of the hashtag #WomenInSTEM in social networks. Fewer than 30% of researchers worldwide are women, but the role of women in all fields of STEM is now promoted through many different events and actions throughout the world. Still, a recent study showed that women are less likely to get papers accepted in chemistry journals than their male colleagues, showing that there is still a long way to go. The SPP has also been only recently made aware of the low rate of early-career and lifetime female awardees, but the 2020 Congress shows the beginning of progress in this area. There is still a long way to go to catch up, however.

In recent years many journals have dedicated issues to contributions from female authors, and the editors says they are proud to have co-edited four special issues of the *Journal of Porphyrins and Phthalocyanines* in 2019: the *Women in Porphyrin Science*

issues. Initially a single issue was planned, but the success encountered from the beginning prompted them to plan three issues, and even then it appeared that a fourth would be a nice way to have a full 2019 year promoting the women in their community.

In order to increase the visibility and impact of these contributions, the editors decided to organize this reprint issue of [Porphyrin Science by Women](#), 3 volume set. Having received so many contributions, they are now organized by theme.

These state-of-the-art articles are contributed by women. [Porphyrin Science by Women](#) strongly contributes to the visibility of women in the field of porphyrin science. Readers can enjoy reading these books, and keep on working together towards improving gender balance and addressing all the other diversity and equity issues that are experienced by members of this community. <>

Sociology / Medical / Health

[The Social Causes of Health and Disease](#), 3rd edition by William C. Cockerham (Polity Press)

This extensively revised and updated *third edition* of [The Social Causes of Health and Disease](#) offers the most compelling case yet that social issues such as stress and poverty and lifestyles can all be directly associated with illness.

[The Social Causes of Health and Disease](#), 3rd edition continues to build on the paradigm shift that has been emerging in twenty-first-century medical sociology, which looks beyond individual explanations for health and disease. As the field has headed toward a fundamentally different orientation, William Cockerham's work has been at the forefront of these changes, and in this book he marshals evidence and theory for those seeking a clear and authoritative guide to the realities of the social determinants of health.

Cockerham is Distinguished Professor of Sociology and Chair Emeritus at the University of Alabama at Birmingham and Research Scholar of Sociology at the College of William & Mary in Virginia.

Of particular note in this latest edition of [The Social Causes of Health and Disease](#) is new material on the relationship between gender and health, implications of the life course for health behavior, the health effects of social capital, and the emergence of COVID-19.

For more than three-quarters of a century, medical sociology has evolved as a sub-discipline of mainstream sociology. In the beginning, it was more indebted to medicine than sociology for its support, even though the field evolved into one of the most popular sociological specialties. Time invariably brings change, and medical sociology has indeed changed since its inception. Sociological theory has become one of the most essential and distinctive research tools in the field.

Moreover, medical sociology has positioned itself to provide even more precise and extensive analyses of the social aspects of health and disease. The **first edition** of [The Social Causes of Health and Disease](#) represented one of the first treatises of the twenty-first century describing a new direction for research – namely, the investigation of the social determinants of health – that as predicted has become commonplace. This *third edition* follows up on that argument. The book begins with the notion that society can make people sick and then explains how this happens.

The capability of social factors to make people ill seems to be widely recognized by the general public. Ask people if they think society can make them sick, and the probabilities are high they will answer in the affirmative. Stress, poverty, low socioeconomic status, unhealthy lifestyles, and unpleasant living and work conditions are among the many inherently social variables typically regarded by lay persons as causes of ill health. However, with the exception of stress, this view is not expressed in much of the research literature. Being poor, for example, is held to produce greater exposure to something that will make a person sick, rather than bring on sickness itself. However, social variables have been found to be more powerful in inducing adversity or enrichment in health outcomes than formerly assumed. Society may indeed make a person sick or, conversely, promote their health.

[The Social Causes of Health and Disease](#) assesses the evidence indicating that this is so. It is clear that most diseases have social connections. This includes major afflictions like heart disease, Type 2 diabetes, stroke, cancers like lung and cervical neoplasms, HIV/AIDS and other sexually-transmitted infections, pulmonary diseases, kidney disease, and many other ailments. Consequently, the basic thesis of [The Social Causes of Health and Disease](#) is that social factors do more than influence health for large populations and the lived experience of illness for individuals; rather, such factors have a direct causal effect on physical health and illness.

In fact, it can be argued that a major paradigm shift toward a neo-structural perspective is now appearing in twenty-first-century medical sociology. Considerable work in medical sociology is evidence of this paradigm shift. As the old gives way to the new in medical sociology, the field is headed toward a fundamentally different orientation than the one prevailing in the late twentieth century, requiring new theoretical orientations and the adoption of older ones to account for change.

We now know that the biomedical model is limited in its application to problems in living and behavioral models emphasizing the individual's failure to connect with structural effects on health. Society does act back on individuals and, in doing so, affects their health, diseases, and mortality. This outcome needs to be more fully explained by medical sociologists in their future work.

This does not mean that micro-level methods and theories like symbolic interaction are obsolete. Quite the contrary, qualitative research provides some of the most insightful data available on social relationships and situations. The ultimate goal of medical sociology, and, for that matter, all of sociology, is an accurate assessment of social life at all levels, which is only possible by accounting for the interplay of the individual and society in empirical settings. By incorporating methods which span levels of social reality, the new medical sociology should be able to take the field to an even higher level of development.

After the introduction, the first chapter of [**The Social Causes of Health and Disease**](#) examines the current state of sociological theory in relation to the social causation thesis and the remainder of the book explores the coming neo-structural component of the field by further examining the causal qualities of structure in relation to health and disease.

The third edition of Cockerham's classic text on the social causes of health and illness is most welcome. Notable features of this masterful and comprehensive contribution are the coverage of theory as well as research, its international reach, and its erudition. This will be an indispensable volume for teachers, students, and practitioners alike. –

Graham Scambler, University College London and Fellow of the Academy of Social Sciences

As in the previous editions, Cockerham presents us with a powerful understanding of the social determinants of health. This time, he updates his perspective, weaving in novel dynamic dimensions from life course research and important structural elements from social capital. – Bernice

A. Pescosolido, Indiana University

Clear and authoritative, [**The Social Causes of Health and Disease**](#) has become a go-to text for understanding the role that social factors play in the experience of health and many diseases. This introduction to social epidemiology in its **3rd edition** is indispensable reading for all students and scholars of medical sociology, especially those with the courage to confront the possibility that society really does make people sick. <>

Sports & Entertainment / Music

[Pop, R&B and Gospel Drumming](#) – Book with 3+ Hours of Video Content by Chris Johnson, with a foreword by Ricky Minor (Hal Leonard LLC)

Welcome to [Pop, R&B and Gospel Drumming](#)! I've been blessed to have a career that has taken me all over the world, playing music in stadiums and arenas, on albums, films, and awards ceremonies, and working with wonderful artists along the way, some of whom have been my musical heroes. In this book, I go into great detail about my experiences playing with pop artists and superstars along with my background as a church musician growing up in Los Angeles. I've also included some transcriptions of my playing on music by pop and R&B artists I've worked with over the last 20+ years in addition to some of the original music with my group Legally Blynd. – from the book

[Pop, R&B and Gospel Drumming](#) is a one-stop-shop for musicians learning how to tune their chops to pop, R&B, and gospel drumming. This book/video combo is the ultimate guide to developing grooves, improvisation, and technical mastery within modern music styles and settings.

Author Chris Johnson has been one of the top in-demand drummers in the music industry for the last 20 years. His recording and touring credits range from pop icons such as Stevie Wonder, Madonna, Jennifer Lopez, Lady Gaga, and Rihanna to R&B singers Patti LaBelle, Mya, Lalah Hathaway, and Fantasia along with gospel artists Donnie McClurkin, Norman Hutchins, and Beverly Crawford.

The book is co-written by Nik Preston with a foreword by Ricky Minor.

In [Pop, R&B and Gospel Drumming](#), Johnson gives advice for playing techniques and approaches, and sharing the experiences of playing in both live performances and studio sessions. In addition to his insights and instruction, the accompanying videos showcase Johnson playing to pop hits along with original music and arrangements played by his band. The set includes bonus material featuring interviews with iconic drummers and other industry professionals. The three-plus hours of video content is accessed online using the code in the book.

Contents of [Pop, R&B and Gospel Drumming](#) include:

Part 1: Technique, Style, and the Music Industry

- Technical Development
- Groove Development
- Stylistic/Genre Awareness
- Playing Latin-Influenced Pop and R&B
- Tune Memorization
- Vocabulary Assimilation
- Improvisation and Soloing
- Working with Backing Tracks, Sequencers, Electronics, and Programmed Parts
- Working with Musical Directors, Choir Masters, Dancers, Producers, and Artists

Part 2: Solo Pop Drum Examples

- Havana
- I Wish
- You Are the Sunshine of My Life
- Superstition
- Just Dance
- Applause
- Umbrella

Part 3: Full Band Examples

- Party
- Forget About You
- Why Break Mine
- Get Away
- Holy, Holy, Holy
- Bump
- Chocolate
- Group Song
- Epilogue: Life Tips for Musicians
This book is a must-read for all aspiring musicians. – Bassist, producer and musical director Rickey Minor

[**Pop, R&B and Gospel Drumming**](#) is a unique and ultimate guide to drumming by one of the most in-demand drummers. Most of the book is actual scores with audio and video accessible online. <>

Sports & Entertainment / Weight Lifting

[**Powerlifting: The Complete Guide to Technique, Training, and Competition, 2nd edition**](#) by Dan Austin & Bryan Mann (Human Kinetics)

The mental and physical demands of powerlifting are unlike any other sport. Athletes must be committed and focused on success. In [Powerlifting, 2nd edition](#), powerlifting hall of famer Dan Austin, winner of 10 world powerlifting championships and 18 national championships, teams with strength and conditioning expert Dr. Bryan Mann to offer the most comprehensive powerlifting resource available.

Austin, MSCC, is the assistant director of sport performance at the University of South Carolina. Before that he was the head strength coach at Oklahoma State University, Mississippi State University, University of Nevada-Las Vegas, Tennessee State University, and Austin Peay State University. Mann, PhD, CSCS, is an assistant clinical professor of kinesiology and sport science at the University of Miami. He was previously a strength and conditioning coach at the University of Missouri, Missouri State University, University of Tulsa, and Arizona State University.

[Powerlifting](#) is a no-nonsense approach to training and competing in the sport that offers over 100 exercises that promote the development of the three primary movements – the squat, bench press, and deadlift – and their related supplemental exercises. Dynamic warm-up routines and recovery techniques get readers primed for training. **The second edition** has been updated to address female powerlifters and includes a 14-week competition program, six gender- and exercise-specific training programs, as well as three 8-week, off-season training programs. Precompetition checklists give readers at-a-glance guides for tasks to complete and items to bring to the meet.

[Powerlifting](#) also equips lifters to fuel for maximum production, providing examples of the best sources of protein and carbohydrates and information on preworkout drinks and common supplements. The psychological side of the sport is addressed with mental health advice and visualization tools and recommendations to use both during training and competition as well as during personal time.

For certified professionals, a companion continuing education exam can be completed after reading this book.

Reading [Powerlifting](#) is like having Bryan Mann right there training with you. The book gives you everything you need to know. It's the best book on training I've read in a long time! – C.J. Murphy, Owner of Total Performance Sports (TPSMethod.com) and Coach at Team EliteFTS

In powerlifting, you can choose to learn from academic advice or practical advice from a champion. Which one is better? Well, now you don't have to choose, because with [Powerlifting](#) by Dr. Bryan Mann and Coach Dan Austin you get the best of both worlds in one book. I wish I had this source when I was competing. – Coach Travis Mash, World-Record-Setting Powerlifter and Head Coach of the Lenoir-Rhyne University Weightlifting Team

Based on the latest in exercise research and science, [Powerlifting](#) is an indispensable resource for competitive lifters or recreational gym enthusiasts looking to take their lifting to another level, making [Powerlifting](#) the ticket to a new max. <>

Young Adult / Women

[Trailblazing Women!](#): Amazing Americans Who Made History by Deborah G. Felder (Visible Ink Press)

Women have accomplished incredible things throughout American history. Often overlooked, they've made and changed history. Overcoming adversity, they've contributed revolutionary new ideas and moved science forward. Their inventions, businesses, literature, art, and activism helped build the nation. They've succeeded in media, medicine, politics, government, law, education, sports, business, the military, and a host of other professions and endeavors.

[Trailblazing Women!](#): Amazing Americans Who Made History shines a bright light on some of America's most remarkable women and their enduring stories and amazing accomplishments. This fascinating read covers the long history of America's heroic women. It brings readers the biographies of some of America's boldest and bravest. They read about obstacles women overcame and how they flourished.

Author Deborah G. Felder is a graduate of Bard College, where she studied drama and literature. She worked as an editor at Scholastic, Inc., and has been a freelance writer and editor for over 30 years.

The influence, inspiration, and impact of women on U.S. society and culture cannot be ignored. Readers explore the vital roles and vibrant experiences of some of the most impressive women in American history with [Trailblazing Women!](#)

Readers meet the women who have made and changed history, contributed revolutionary new ideas and moved science forward, and whose inventions, businesses, literature, art, and activism helped build the nation. [Trailblazing Women!](#) tells their important stories, the obstacles they overcame, and how they flourished. It covers the lasting legacies of well-known and lesser-known stars, including:

Jane Addams, Louisa May Alcott, Marian Anderson, Susan B. Anthony, Lucille Ball, Florence Bascom, Margaret Bourke-White, Gwendolyn Brooks, Pearl S. Buck, Mary Cassatt, Julia Child, Shirley Chisholm, Joan Ganz Cooney, Anna Julia Cooper, Barbara Corcoran, Katherine Dunham, Amelia Earhart, Gertrude Elion, Peggy Fleming, Ruth Bader Ginsburg, Maria Goeppert-Mayer, Martha Graham, Temple Grandin, Carol W Greider, Fannie Lou Hamer, Mia Hamm, Kamala Harris, Katharine Hepburn, Billie Holiday,

bell hooks, Shirley Ann Jackson, Mae Jemison, Lois Mailou Jones, Mary Harris 'Mother' Jones, Barbara Jordan, Helen Keller, Loretta Scott King, Juanita Kreps, Emma Lazarus, Maya Lin, Eleanor Josephine MacDonald, Dolley Madison, Margaret Mead, Toni Morrison, Carry Nation, Michelle Obama, Sandra Day O'Connor, Georgia O'Keeffe, Jacqueline Kennedy Onassis, Rosa Parks, Nancy Pelosi, Mary Lou Retton, Condoleezza Rice, Sally Ride, Eleanor Roosevelt, Ileana Ros-Lehtinen, Sacagawea, Deborah Sampson, Margaret Sanger, Gloria Steinem, Harriet Beecher Stowe, Maria Tallchief Amy Tan, Harriet Tubman, Karen Uhlenbeck, Madame C. J Walker, Barbara Walters, Ida B. Wells-Barnett; Phillis Wheatley, Laura Ingalls Wilder, Oprah Winfrey, Sarah Winnemucca, Chien-Shiung Wu, Rosalyn Yalow, Kristi Yamaguchi, Babe Didrikson Zaharias, and many more.

With [Trailblazing Women!](#) readers revel in the amazing stories and achievements of 120 of America's most inspiring women. <>

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