

braid therapy hidden cause stiff neck headache low back pain one shot of eliminating chronic condition was

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The Clinical Companion of the Donkey

International animal welfare charity The Donkey Sanctuary is launching The Clinical Companion of the Donkey, the revised version of The Professional Handbook of the Donkey, which has been the definitive text for clinicians and professionals working in donkey medicine or surgery for over twenty years. Now in an easy-to-read and easy-to-navigate format over its 360 pages, this updated paperback includes current and extra information in a bid to improve the health and welfare of donkeys worldwide by sharing knowledge and providing further education. Without covering the same ground as other excellent textbooks, The Clinical Companion of the Donkey concentrates on those differences in the equine species that are specific to the donkey. A new chapter on donkey behaviour has been included, as this is fundamental to understanding this unique animal and the presentation of clinical signs and requirements for handling, nursing and treatment. Technical colour illustrations have been included using images from the extensive libraries at The Donkey Sanctuary, as well as those private collections that belong to contributors. This book will also be available as translated versions over the following months. Created with heart and keen intelligence, The Clinical Companion of the Donkey has all the attributes of the animal it aims to aid, and will surely be the textbook of professionals involved with donkeys for years to come.

The Pandemic Century

Like sharks, epidemic diseases always lurk just beneath the surface. This fast-paced history of their effect on mankind prompts questions about the limits of scientific knowledge, the dangers of medical hubris, and how we should prepare as epidemics become ever more frequent. Ever since the 1918 Spanish influenza pandemic, scientists have dreamed of preventing catastrophic outbreaks of infectious disease. Yet, despite a century of medical progress, viral and bacterial disasters continue to take us by surprise, inciting panic and dominating news cycles. From the Spanish flu and the 1924 outbreak of pneumonic plague in Los Angeles to the 1930 'parrot fever' pandemic and the more recent SARS,

Ebola, and Zika epidemics, the last 100 years have been marked by a succession of unanticipated pandemic alarms. Like man-eating sharks, predatory pathogens are always present in nature, waiting to strike; when one is seemingly vanquished, others appear in its place. These pandemics remind us of the limits of scientific knowledge, as well as the role that human behaviour and technologies play in the emergence and spread of microbial diseases.

Navajo-English Dictionary

In response to a recent surge of interest in Native American history, culture, and lore, Hippocrene brings you a concise and straightforward dictionary of the Navajo tongue. The dictionary is designed to aid Navajos learning English as well as English speakers interested in acquiring knowledge of Navajo. The largest of all the Native American tribes, the Navajo number about 125,000 and live mostly on reservations in Arizona, New Mexico, and Utah. Over 9,000 entries; A detailed section on Navajo pronunciation; A comprehensive, modern vocabulary; Useful, everyday expressions.

Alternative Medicine for the Elderly

The explosion of information about complementary and alternative medicine (CAM) has demanded the attention of health professionals and responsible consumers, including the elderly. Increasingly, medical schools are providing education about CAM. This book brings together for academicians and interested mainstream practitioners much of the current information on CAM and its role in the health of the elderly. The individual chapters are thoroughly researched and quite readable, even for patients and the lay public concerned with the state of the evidence and art supporting CAM's role in prevention and management of illness and well-being. This book provides educators with much necessary information needed to prepare coursework and learning activities. Although definitive data are lacking regarding efficacy and even safety of CAM methodologies, many chapters in this book summarize the existing evidence in a usable way. The topics analyzed range from well-accepted therapies, such as vitamin E for dementia and zinc tablets for the common cold, to far less conventional therapies such as transcendental meditation. The conclusions are often surprising, but well-presented and defended. Even the most highly controversial areas, such as the use of acupuncture to treat low back pain and osteoarthritis of the knee, are thoroughly and fairly reviewed. Finally, the chapters address some of the political issues that challenge CAM. These issues include who should be allowed to practice a CAM discipline whose efficacy is not based on the scientific method, and some of the state-to-state variations in practice standards and licensure.

Spaceflight Revolution

This book examines the current state of knowledge on why implant failures occur, makes specific recommendations for prevention of failure, and emphasizes the role that maintenance plays in increasing the probability of success. Current recommendations for the treatment of ailing implants are also reviewed. Prevention begins with appropriate patient selection and treatment planning, correct implant placement, and effective prosthetic rehabilitation. All of these aspects are thoroughly discussed. The specifics of maintenance therapy for patients with dental implants are then addressed, bearing in mind that patients on a regular maintenance schedule following completion of active therapy have fewer implant complications. Readers will find information on the frequency of visits as well as step-by-step guidance for a routine visit. In addition, current concepts regarding the etiology of implant failure are covered, with explanation of their potential implications for maintenance care. The book will be an ideal aid and reference source for all clinicians wishing to stay abreast of the latest knowledge and developments in the field of dental implant diagnosis, maintenance, and therapeutic intervention.

Dental Implant Failure

An introduction to the science of neuroplasticity recounts the case stories of patients with mental limitations or brain damage whose seemingly unalterable conditions were improved through treatments that involved the thought re-alteration of brain structure.

The Brain That Changes Itself

Air Force Handbook 10-644 Survival Evasion Resistance Escape (SERE) Operations 27 March 2017 This handbook describes the various environmental conditions affecting human survival, and describes isolated personnel (IP) activities necessary to survive during successful evasion or isolating

events leading to successful recovery. It is the fundamental reference document providing guidance for any USAF service member who has the potential to become isolated; deviations require sound judgment and careful consideration. This publication provides considerations to be used in planning and execution for effective mission accomplishment of formal USAF Survival, Evasion, Resistance, and Escape (SERE) training, environmentally specific SERE training, and combat survival continuation training programs. The tactics, techniques, and procedures in this publication are recognized best practices presenting a solid foundation to assist USAF service members to maintain life and return with honor from isolating events.

Air Force Handbook 10-644 Survival Evasion Resistance Escape Operations, 27 March 2017

From the Orange Prize-winning author of 'Half of a Yellow Sun' come twelve dazzling stories that turn a penetrating eye on the ties that bind men and women, parents and children, Nigeria and the West.

The Thing Around Your Neck

Do unto others as you would others should do to you. You can never be rude if you bear the rule always in mind, for what lady likes to be treated rudely? True Christian politeness will always be the result of an unselfish regard for the feelings of others, and though you may err in the ceremonious points of etiquette, you will never be im polite. Politeness, founded upon such a rule, becomes the expression, in graceful manner, of social virtues. The spirit of politeness consists in a certain attention to forms and ceremonies, which are meant both to please others and ourselves, and to make others pleased with us ;a still clearer definition may be given by saying that politeness is goodness of heart put into daily practice; the.re can be no true, politeness without kindness, purity, singleness of heart, and sensibility. Many believe that politeness is but a mask worn in the world to conceal bad passions and impulses, and to make a show of possessing virtues not really existing in the heart; thus, that politeness is merely hypocrisy and dissimulation. Do not believe this; be certain that those who profess such a doctrine are practising themselves the deceit they condemn so much.

Ladies' Book of Etiquette, and Manual of Politéness

The second volume covers the first two and a half thousand years of recorded history, from the start of the Bronze Age 5,000 years ago to the beginnings of the Iron Age. Written by a team of over sixty specialists, this volume includes a comprehensive bibliography and a detailed index.

History of Humanity

Written by experts from London's renowned Royal Free Hospital, Textbook of Plastic and Reconstructive Surgery offers a comprehensive overview of the vast topic of reconstructive plastic surgery and its various subspecialties for introductory plastic surgery and surgical science courses. The book comprises five sections covering the fundamental principles of plastic surgery, cancer, burns and trauma, paediatric plastic surgery and aesthetic surgery, and covers the breadth of knowledge that students need to further their career in this exciting field. Additional coverage of areas in which reconstructive surgery techniques are called upon includes abdominal wall reconstruction, ear reconstruction and genital reconstruction. A chapter on aesthetic surgery includes facial aesthetic surgery and blepharoplasty, aesthetic breast surgery, body contouring and the evolution of hair transplantation. The broad scope of this volume and attention to often neglected specialisms such as military plastic surgery make this a unique contribution to the field. Heavily illustrated throughout, Textbook of Plastic and Reconstructive Surgery is essential reading for anyone interested in furthering their knowledge of this exciting field. This book was produced as part of JISC's Institution as e-Textbook Publisher project. Find out more at <https://www.jisc.ac.uk/rd/projects/institution-as-e-textbook-publisher>

Textbook of Plastic and Reconstructive Surgery

A unique and comprehensive text on the philosophy of model-based data analysis and strategy for the analysis of empirical data. The book introduces information theoretic approaches and focuses critical attention on a priori modeling and the selection of a good approximating model that best represents the inference supported by the data. It contains several new approaches to estimating model selection uncertainty and incorporating selection uncertainty into estimates of precision. An array of examples is given to illustrate various technical issues. The text has been written for biologists and statisticians using models for making inferences from empirical data.

Model Selection and Multimodel Inference

This is the story of LSD told by a concerned yet hopeful father, organic chemist Albert Hofmann, Ph.D. He traces LSD's path from a promising psychiatric research medicine to a recreational drug sparking hysteria and prohibition. In *LSD: My Problem Child*, we follow Dr. Hofmann's trek across Mexico to discover sacred plants related to LSD, and listen in as he corresponds with other notable figures about his remarkable discovery. Underlying it all is Dr. Hofmann's powerful conclusion that mystical experiences may be our planet's best hope for survival. Whether induced by LSD, meditation, or arising spontaneously, such experiences help us to comprehend "the wonder, the mystery of the divine, in the microcosm of the atom, in the macrocosm of the spiral nebula, in the seeds of plants, in the body and soul of people." More than sixty years after the birth of Albert Hofmann's problem child, his vision of its true potential is more relevant, and more needed, than ever.

The Conduct of Life

V. Children in bondage

LSD, My Problem Child

Palaeopathology is an evidence-based guide to the principal types of pathological lesions often found in human remains and how to diagnose them. Tony Waldron presents an innovative method of arriving at a diagnosis in the skeleton by applying what he refers to as 'operational definitions'. The method ensures that those who study bones will use the same criteria for diagnosing disease, thereby enabling valid comparisons to be made between studies. Waldron's book is based on modern clinical knowledge and provides background information on the natural history of bone disease. In addition, the volume demonstrates how results from studies should be analysed, methods of determining the frequency of disease, and other types of epidemiological analysis. This edition includes new chapters on the development of palaeopathology, basic concepts, health and disease, diagnosis, and spinal pathology. Chapters on analysis and interpretation have been thoroughly revised and enlarged.

Dementia Praecox, Or, The Group of Schizophrenias

Ambedkar was a prolific student, earning doctorates in economics from both Columbia University and the London School of Economics, and gained a reputation as a scholar for his research in law, economics and political science. In his early career he was an economist, professor, and lawyer. His later life was marked by his political activities; he became involved in campaigning and negotiations for India's independence, publishing journals, advocating political rights and social freedom for Dalits, and contributing significantly to the establishment of the state of India. In 1956 he converted to Buddhism, initiating mass conversions of Dalits.

The Small Hands of Slavery

Pediatric Primary Care: Practice Guidelines for Nurses, Second Edition is a convenient reference that presents the latest information on nutrition, growth and development, common childhood disorders, and well child care. Divided into three sections, the first includes history taking with a family seen for the first time, interval history, newborn rounding, and breastfeeding. Organized by body system and written in outline format, the second section helps readers locate information quickly. The third section explores medications used in pediatrics with common uses, availability, adverse effects, and nursing implications. In addition, the appendices offer useful growth charts, BMI, asthma guidelines, and fluoride dosing. Providing comprehensive coverage of diagnostic methods, management, and treatment modalities, *Pediatric Primary Care: Practice Guidelines for Nurses, Second Edition* is the ideal resource for nurse practitioners (NP), students, and nurses starting out in practice.

Palaeopathology

This unique text utilizes a bulleted, case-based approach to present a variety of surgical strategies and techniques for tackling the many challenges posed by revision foot and ankle surgery. The book is organized thematically into sections on the forefoot, trauma, sports injuries, and arthritis and reconstruction, with each chapter including key takeaway points, discussions of evaluation, surgical planning, and the cases themselves. Specific revision topics presented include first MTP joint fusion, failed bunion and hammertoe, failed Lisfranc and fifth metatarsal fracture, failed flatfoot and subtalar fusion, and nonunion of ankle fusion and failed total ankle replacement, among others. The challenge of revision foot and ankle surgery is that there are countless ways for a surgery to fail. Therefore,

presenting as many different scenarios as possible and techniques to address them is the main advantage of the book. Practical and user-friendly, *Revision Surgery of the Foot and Ankle* will prove indispensable to both the young and veteran orthopedic surgeon preparing for these challenging surgical interventions.

Riddles in Hinduism

Occasionally a man emerges from history without us knowing him. Duke Vespasiano Gonzaga (1531–91) of Sabbioneta escaped the net of sixteenth century Italy, its history of wars and conflicts, to fashion a life that was uniquely different. He set out to change the way urban man lived. Importantly, he was the first man to build a *Città ideale*. Sabbioneta is the prototype of all planned cities of the modern era. As a confidant of King Philip II of Spain and a traveller, he quickly acquired a cosmopolitan worldview, which led him to become a *uomo universale*. It was in this capacity that he designed Sabbioneta as a genuine “little Athens.” His life was fraught with tragedy, however. Not only did he suffer from syphilis, but his personal troubles left him emotionally damaged. The mysterious death of two wives, including the beautiful Diana of Cardona, forced him to find solace in the construction of his ideal city. As nephew to the legendary Giulia Gonzaga – and with her encouragement – the Duke managed to forge a career as a poet, bibliophile, antiquarian, condottiero, urban planner and diplomat, all against the backdrop of New World discovery, the Protestant Reformation, and the Inquisition. This book reveals another fascinating story: Vespasiano Gonzaga’s link to Shakespeare’s *Hamlet*. Like the Prince of Denmark, he reflects the emergence of our modern consciousness. He was a true Renaissance man whose legacy remains with us to this day. As a self-fashioned personality, the Duke made every attempt to place himself at the forefront of events of his time. His life tells us a great deal about how late-Renaissance men exteriorised their inner world in a bid to achieve immortality.

Airframe and Powerplant Mechanics Powerplant Handbook

Learn why the concept of “weird” is being reclaimed and turned into a badge of honor, used to show how being different—culturally, socially, physically, or mentally—can be a person’s greatest strength. Most of us have at some point in our lives felt like an outsider, sometimes considering ourselves “too weird” to fit in. Growing up as a Russian immigrant in West Texas, Olga Khazan always felt there was something different about her. This feeling has permeated her life, and as she embarked on a science writing career, she realized there were psychological connections between this feeling of being an outsider and both her struggles and successes later in life. She decided to reach out to other people who were unique in their environments to see if they had experienced similar feelings of alienation, and if so, to learn how they overcame them. *Weird* is based on in-person interviews with many of these individuals, such as a woman who is professionally surrounded by men, a liberal in a conservative area, and a Muslim in a predominantly Christian town. In addition, it provides actionable insights based on interviews with dozens of experts and a review of hundreds of scientific studies. *Weird* explores why it is that we crave conformity, how that affects people who are different, and what they can do about it. First, the book dives into the history of social norms and why some people hew to them more strictly than others. Next, Khazan explores the causes behind—and the consequences of—social rejection. She then reveals the hidden upsides to being “weird,” as well as the strategies that people who are different might use in order to achieve success in a society that values normalcy. Finally, the book follows the trajectories of unique individuals who either decided to be among others just like them; to stay weird; or to dwell somewhere in between. Combining Khazan’s own story with those of others and with fascinating takeaways from cutting-edge psychology research, *Weird* reveals how successful individuals learned to embrace their weirdness, using it to their advantage.

Pediatric Primary Care

Hair disorders have become a central social and psychological issue and patients now have increasing demands and expectations. Written by world-renowned experts, this lavishly illustrated book provides the latest scientific aspects of hair biology, up to date knowledge on hair diagnosis and treatment options as well as hair removal and restoration techniques. The content is divided into three sections: basic aspects of hair growth; hair and scalp disorders; and fotoepilation, surgery and hair cosmetics. In addition, coverage is enhanced with unique sections on hair in different ages and in art, on ethnic hair and in forensic investigations.

Revision Surgery of the Foot and Ankle

This textbook provides the most up-to-date information on shoulder surgery along with practical approaches for patient evaluation and treatments options. The book is divided into key sections, providing coverage on Soft Tissue Disorders of the Shoulder, Arthritis of the Shoulder, The Paediatric Shoulder and other miscellaneous topics relevant to treating this area. Its strong clinical focus will help residents and medical students to manage patients in a practical way, based on the most recent scientific evidence and the most effective surgical and non-surgical techniques. Thus, it will become a valuable reference and resource for young doctors and students looking to increase their professional skills and knowledge when treating shoulder injuries and disorders in clinical practice.

Hamlet's Ghost

This is the Final Report of Canada's Truth and Reconciliation Commission and its six-year investigation of the residential school system for Aboriginal youth and the legacy of these schools. This report, the summary volume, includes the history of residential schools, the legacy of that school system, and the full text of the Commission's 94 recommendations for action to address that legacy. This report lays bare a part of Canada's history that until recently was little-known to most non-Aboriginal Canadians. The Commission discusses the logic of the colonization of Canada's territories, and why and how policy and practice developed to end the existence of distinct societies of Aboriginal peoples. Using brief excerpts from the powerful testimony heard from Survivors, this report documents the residential school system which forced children into institutions where they were forbidden to speak their language, required to discard their clothing in favour of institutional wear, given inadequate food, housed in inferior and fire-prone buildings, required to work when they should have been studying, and subjected to emotional, psychological and often physical abuse. In this setting, cruel punishments were all too common, as was sexual abuse. More than 30,000 Survivors have been compensated financially by the Government of Canada for their experiences in residential schools, but the legacy of this experience is ongoing today. This report explains the links to high rates of Aboriginal children being taken from their families, abuse of drugs and alcohol, and high rates of suicide. The report documents the drastic decline in the presence of Aboriginal languages, even as Survivors and others work to maintain their distinctive cultures, traditions, and governance. The report offers 94 calls to action on the part of governments, churches, public institutions and non-Aboriginal Canadians as a path to meaningful reconciliation of Canada today with Aboriginal citizens. Even though the historical experience of residential schools constituted an act of cultural genocide by Canadian government authorities, the United Nation's declaration of the rights of aboriginal peoples and the specific recommendations of the Commission offer a path to move from apology for these events to true reconciliation that can be embraced by all Canadians.

Weird

In World War II, the 81st Troop Carrier Squadron dropped paratroopers onto the battlefield, often in the face of heavy fire. This book relates the exploits of the 81st, which mirrored the combat experience of World War II troop carrier units.

Hair Growth and Disorders

The ASCRS Textbook of Surgery of the Colon and Rectum offers a comprehensive textbook designed to provide state of the art information to residents in training and fully trained surgeons seeking recertification. The textbook also supports the mission of the ASCRS to be the world's authority on colon and rectal disease. The combination of junior and senior authors selected from the membership of the ASCRS for each chapter will provide a comprehensive summary of each topic and allow the touch of experience to focus and temper the material. This approach should provide the reader with a very open minded, evidence based approach to all aspects of colorectal disease. Derived from the textbook, The ASCRS Manual of Surgery of the Colon and Rectum offers a "hands on" version of the textbook, written with the same comprehensive, evidence-based approach but distilled to the clinical essentials. In a handy pocket format, readers will find the bread and butter information for the broad spectrum of practice. In a consistent style, each chapter outlines the condition or procedure being discussed in a concise outline format – easy to read, appropriately illustrated and referenced.

Textbook of Shoulder Surgery

The calculated use of media by those in power is a phenomenon dating back at least to the seventeenth century, as Harold Weber demonstrates in this illuminating study of the relation of print culture to

kingship under England's Charles II. Seventeenth-century London witnessed an enormous expansion of the print trade, and with this expansion came a revolutionary change in the relation between political authority -- especially the monarchy -- and the printed word. Weber argues that Charles' reign was characterized by a particularly fluid relationship between print and power. The press helped bring about both the deconsecration of divine monarchy and the formation of a new public sphere, but these processes did not result in the progressive decay of royal authority. Charles fashioned his own semiotics of power out of the political transformations that had turned his world upside down. By linking diverse and unusual topics -- the escape of Charles from Worcester, the royal ability to heal scrofula, the sexual escapades of the "merry monarch," and the trial and execution of Stephen College -- Weber reveals the means by which Charles took advantage of a print industry instrumental to the creation of a new dispensation of power, one in which the state dominates the individual through the supplementary relationship between signs and violence. Weber's study brings into sharp relief the conflicts involving public authority and printed discourse, social hierarchy and print culture, and authorial identity and responsibility -- conflicts that helped shape the modern state.

Final Report of the Truth and Reconciliation Commission of Canada, Volume One: Summary

This textbook is the new edition of Purnell's famous Transcultural Health Care, based on the Purnell twelve-step model and theory of cultural competence. This textbook, an extended version of the recently published Handbook, focuses on specific populations and provides the most recent research and evidence in the field. This new updated edition discusses individual competences and evidence-based practices as well as international standards, organizational cultural competence, and perspectives on health care in a global context. The individual chapters present selected populations, offering a balance of collectivistic and individualistic cultures. Featuring a uniquely comprehensive assessment guide, it is the only book that provides a complete profile of a population group across clinical practice settings. Further, it includes a personal understanding of the traditions and customs of society, offering all health professionals a unique perspective on the implications for patient care.

Are Clothes Modern?

This edition provides an accessible overview of key surgical principles, techniques and procedures. Fully revised to include a wide range of new topics and presentations, it covers core anatomy and physiology and new information on emergencies with an increased focus on evidence-based practice.

Ulysses

Nkem is living a life of wealth and security in America, until she discovers that her husband is keeping a girlfriend back home in Nigeria. In this high-intensity story of passion and the masks we all wear, Chimamanda Ngozi Adichie, author of the acclaimed novels *Half of a Yellow Sun* and *Americanah* and winner of the Orange Prize and the National Book Critics Circle Award, explores the ties that bind men and women, parents and children, Africa and the United States. "Imitation" is a selection from Adichie's collection *The Thing Around Your Neck*. An eBook short.

Green Light!

Here is a book as joyous and painful, as mysterious and memorable, as childhood itself. *I Know Why the Caged Bird Sings* captures the longing of lonely children, the brute insult of bigotry, and the wonder of words that can make the world right. Maya Angelou's debut memoir is a modern American classic beloved worldwide. Sent by their mother to live with their devout, self-sufficient grandmother in a small Southern town, Maya and her brother, Bailey, endure the ache of abandonment and the prejudice of the local "powhitetrash." At eight years old and back at her mother's side in St. Louis, Maya is attacked by a man many times her age—and has to live with the consequences for a lifetime. Years later, in San Francisco, Maya learns that love for herself, the kindness of others, her own strong spirit, and the ideas of great authors ("I met and fell in love with William Shakespeare") will allow her to be free instead of imprisoned. Poetic and powerful, *I Know Why the Caged Bird Sings* will touch hearts and change minds for as long as people read. "I Know Why the Caged Bird Sings liberates the reader into life simply because Maya Angelou confronts her own life with such a moving wonder, such a luminous dignity."—James Baldwin

The ASCRS Manual of Colon and Rectal Surgery

Innovative clinicians share their experiences integrating Polyvagal Theory into their treatment models. Clinicians who have dedicated their work to bringing the benefits of the Polyvagal Theory to a range of clients have come together to present Polyvagal Theory in a creative and personal way. Chapters on a range of topics from compassionate medical care to optimized therapeutic relationships to clinician's experiences as parents extract from the theory the powerful influence and importance of cases and feelings of safety in the clinical setting. Additionally, there are chapters which: elaborate on the principle of safety in clinical practice with children with abuse histories explain the restorative consequences of movement, rhythm, and dance in promoting social connectedness and resilience in trauma survivors explains how Polyvagal Theory can be used to understand the neurophysiological processes in various therapies discuss dissociative processes and treatments designed to experience bodily feelings of safety and trust examine fear of flying and how using positive memories as an active "bottom up" neuroceptive process may effectively down-regulate defense shed light on the poorly understood experience of grief Through the insights of innovative and benevolent clinicians, whose treatment models are Polyvagal informed, this book provides an accessible way for clinicians to embrace this groundbreaking theory in their own work.

Paper Bullets

Examines Virginia Woolf's life and works in order to dispute claims that she was insane and argues that the prejudices of her physicians were responsible for her misdiagnosis.

Textbook for Transcultural Health Care: A Population Approach

A brilliant work from the most influential philosopher since Sartre. In this indispensable work, a brilliant thinker suggests that such vaunted reforms as the abolition of torture and the emergence of the modern penitentiary have merely shifted the focus of punishment from the prisoner's body to his soul.

Oxford Handbook of Clinical Surgery

Foucault's writings on power and control in social institutions have made him one of the modern era's most influential thinkers. Here he argues that punishment has gone from being mere spectacle to becoming an instrument of systematic domination over individuals in society - not just of our bodies, but our souls. Throughout history, some books have changed the world. They have transformed the way we see ourselves - and each other. They have inspired debate, dissent, war and revolution. They have enlightened, outraged, provoked and comforted. They have enriched lives - and destroyed them. Now Penguin brings you the works of the great thinkers, pioneers, radicals and visionaries whose ideas shook civilization and helped make us who we are.

Imitation

I Know Why the Caged Bird Sings