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Take Three Breaths A Scientific Method Story Volume 4

Jonathan Hilton



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Science and Civilisation in China Joseph Needham, Wang Ling, Gwei-Djen Lu, 1971 *Breaking Bias* Anu Gupta, 2024-09-17 For readers of Caste Sapiens and The Dawn of Everything a page turning deep dive into how bias is learned plus a strikingly original and highly effective set of tools to unlearn it Imagine a world without bias A world where all human beings can truly be just as they are and unleash their full potential Take a moment to imagine how you feel in such a world not what you think about it or whether you believe it s possible but how you feel This is the proposition that opens *Breaking Bias* It s your invitation to embark on a journey that will radically change your experience and show you how you in turn can help reshape our world Drawing on two decades of original research and experience training thousands of students Anu Gupta a lawyer scientist and educator whose work focuses on diversity equity inclusion and belonging has written a comprehensive and compellingly readable guide for anyone who wants to understand and unlearn conscious and unconscious biases Whether you re a teacher or student engineer or creative parent or grandparent this book will train you to become more aware of and transform bias in your daily life and within you especially beliefs and perceptions you may hold about yourself and others Blending ancient Buddhist wisdom with modern scientific evidence Anu takes us on a deep time journey to explore human identities and identity based biases and to recognize that breaking bias is the key to unlocking multiple crises in our world from racism sexism classism and other isms to burnout loneliness and climate change Then he offers his signature PRISM toolkit a science backed somatically informed set of contemplative tools to help us dismantle learned bias within ourselves and in the world around us moment by moment with probing questions and writing prompts throughout the book that invite us to put these tools to use right from the start *Breaking Bias* is one of the few books that go beyond examining the history of bias to offer actual training in how to reduce bias and it s the only one written by an author with Anu s unique intersectional identities a gay brown immigrant with Buddhist Christian and Hindu roots who is also an American lawyer and scholar of bias with lived experiences that span the globe This is a book with the potential to transform the way we think and the way we live **Shift Happens** Richard Sutton, 2025-10-20 Life won t get easier But you can get stronger Stress burnout and self doubt aren t signs of weakness They re signals And if you know how to respond they can become your greatest advantage In *Shift Happens* Richard Sutton distils 25 years of science and practice into 12 tools that work alongside 12 inspiring stories of high achievers who use them Reclaim control clarity and confidence with methods trusted by Olympic athletes business leaders and cultural icons such as Lady Gaga Novak Djokovic and Billie Eilish You ll learn how to Halve your stress with cold exposure Unlock creativity through short bursts of movement Calm your system with proven breathwork and natural resets Perform at your best under real world pressure These aren t hacks or quick fixes They re simple shifts small changes with outsized impact that help you reclaim clarity energy and control Stress isn t the end of performance It s the beginning **Publishers' Circular and Booksellers' Record of British and Foreign Literature**

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endeavors succeed when they engage multiple human senses and incorporate kinesthetic learning thereby tapping into the diverse benefits associated with artistic movement and mindfulness practices Neither theatre nor Shakespeare is universally beneficial but the syncretic practices described in this book offer tools for physical emotional and collaborative undertakings that assist personal growth and development while advancing social justice goals Among the practitioners and companies whose work is examined here are programs from the Shakespeare in Prison Network the International Opera Theater Blue Apple Theatre Flute Theatre DeCruit and Feast of Crispian programs for veterans Extant Theatre and prison programs in Kolkata and Mysore India Black Belt ,1984-01 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known marital arts figure in the world

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