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CARLO HARRISON

Waking the Tiger: Healing Trauma

Taylor & Francis

In T L Swan's steamy third installment of the Miles High Club, Kate's hot new pen pal is a welcome distraction from her horrible boss. But nobody is as distracting as Elliot Miles...and he knows it. My favorite hobby is infuriating Elliot Miles.

Just the sight of my boss's handsome face triggers my sarcasm. God knows how he earns his Casanova reputation--if a million women want him with his personality, what the heck am I doing wrong? Disgusted with my love life, I join a dating app under a fake name. I start chatting to a man named Edgar. He's not my type and lives on the other side of the world, but we hit off a friendship, laugh and confide in each other. But lately things are getting weird at work. Elliot's being...attentive. His eyes linger a little longer than they should,

and there's a heat behind them that I haven't felt before. And then, in the shock of all shocks, he tells me that my vulnerability is appealing. But when was I vulnerable? Horror dawns...Has my boss been reading my emails to Edgar? Damn it, why did I use my work email? Oh no, does he know what I really think of him? I'd rather die than ever admit it. Or, even worse: is it possible that the man I loathe in real life is the man I'm falling for online? *New Technologies and Opportunities for Intercultural Education East-West*

Publications Fonds

In this book, film scholars, anthropologists, and critics discuss star-making in the contemporary Hindi-language film industry in India, also known as "Bollywood." Drawing on theories of stardom, globalization, transnationalism, gender, and new media studies, the chapters explore contemporary Hindi film celebrity. With the rise of social media and India's increased engagement in the global economy, Hindi film stars are forging their identities not just through their on-screen images and magazine and advertising appearances, but also through an array of media platforms, product endorsements, setting fashion trends, and involvement in social causes. Focusing on some of the best-known Indian stars since the late 1990s, the book discusses the multiplying avenues for forging a star identity, the strategies industry outsiders adopt to become stars, and the contradictions and conflicts that such star-making produces. It addresses questions such as: What traits of contemporary stars have contributed most to longevity and success in the industry? How has filmmaking technology and practice altered the nature of

stardom? How has the manufacture of celebrity altered with the recent appearance of commodity culture in India and the rise of a hyper-connected global economy? By doing so, it describes a distinct moment in India and in the world in which stars and stardom are drawn more closely than ever into the vital events of global culture. Hindi films and their stars are part of the national and global entertainment circuits that are bigger and more competitive than ever. As such, this is a timely book creates opportunities for examining stardom in other industries and provides fruitful cross-cultural perspectives on star identities today. "Grounded in rigorous scholarship as well as a palpable love of Hindi cinema, this collection of 19 essays on a dizzying array of contemporary Hindi film stars makes for an informative, thought-provoking, illuminating, and most of all, a joyful read. Pushing boundaries of not only global Star Studies but also film theory as a whole, this de-colonised and de-colonising volume is a must read for film scholars, students and cinephiles!" Dr. Sunny Singh, Senior Lecturer - Creative Writing and English Literature, Sir John

Cass School of Art, Architecture & Design, London Metropolitan University "A wide-ranging overview of Hindi cinema's filmi firmament today, focussing on its most intriguing and brightest-burning stars. The variety of approaches to stardom and celebrity by both established and upcoming scholars reveals a web of interconnecting stories and concerns that provide fascinating new insights into the workings of today's Hindi film industry, while shining fresh light on contemporary India and the world we live in." Professor Rosie Thomas, Centre for Research and Education in Arts and Media (CREAM), College of Design, Creative and Digital Industries, University of Westminster
Krishnakanta's Will Norfolk, Conn. : New Directions
 DIVExamines the role of media technologies in shaping urban Africa through an ethnographic study of popular culture in northern Nigeria./div
From the Age of Sail to the Present Indiana University Press
 "A sweet story of finding love where you least expected to. A romp through New York City with fresh immigrant eyes. Kiran and Nash's journey to learning to see

themselves and others across boundaries and preconceived notions will warm your heart."—Sonali Dev, author of *Recipe for Persuasion* She's determined to be the perfect daughter, until she meets the perfect guy... Kiran Mathur knows firsthand how dangerous love can be. After all, her sister's marriage in India nearly destroyed Kiran's family. So she's decided to redeem romance herself—by not falling for anyone who might disappoint her parents. That is, until she meets her new neighbor Nash Hawthorne. Nash is a dedicated doctor and committed to being alone. His family life has taught him the inevitability of abandonment, and he isn't ready to question his beliefs. But in spending time with Kiran, he starts to experience emotion he's never felt before. For both, love feels like a risk. But when the future only starts to make sense with each other, it might be time to follow their hearts... *Praise for Love, Chai, and Other Four-Letter Words: "LOVE, CHAI, AND OTHER FOUR LETTER WORDS* is a delight... As warm and comforting as perfect masala chai."—Farah Heron, author of *Accidentally Engaged* "Captivating."—Library Journal, STARRED Review "Not-to-be-

missed."—Booklist, STARRED Review Sristhi Publishers & Distributors For parents who have a lot on their plate. Children are question marks. Bawling, cooing, spit-blowing question marks. How long should you breastfeed your baby? Will he sleep through the night? How should you start your child off on solid foods? Will she grow up into a responsible adult? While many of life's riddles are difficult to solve, celebrity nutritionist Pooja Makhija addresses one vital question with an insight, and humour, few others have: the question of child nutrition. What you feed your children is only one aspect of nourishment; how they eat is another. Focused on the psychology of eating and keeping a child's unique bio-individuality in mind, this sequel to Pooja's best-selling *Eat Delete* sheds light on how a child's palate develops, methods to keep junk food at bay, and the habits needed to prevent ill-health and obesity. It also teaches you that while correct eating is paramount, it's okay to bend the rules occasionally if you keep in mind the big picture: that if you teach kids good nutritional habits when they are young, they will take nutritionally responsible

decisions as adults. Woven through with fables and fairy tales, and separating the facts from family myth, *Eat Delete Junior* will help parents emerge victorious over the ultimate child-rearing battleground: the dinner table.

Bollywood Through Ages Ebury Press

James M. Cain, virtuoso of the roman noir, gives us a tautly narrated and excruciatingly suspenseful story in *Double Indemnity*, an X-ray view of guilt, of duplicity, and of the kind of obsessive, loveless love that devastates everything it touches. Walter Huff was an insurance salesman with an unfailing instinct for clients who might be in trouble, and his instinct led him to Phyllis Nirdlinger. Phyllis wanted to buy an accident policy on her husband. Then she wanted her husband to have an accident. Walter wanted Phyllis. To get her, he would arrange the perfect murder and betray everything he had ever lived for.

Absolute Essentials of Business Ethics Routledge

Whether it is a distant lover or someone you see every day but can't confess to; whether it is a love that grows silently or a love that's not acceptable by society;

whether it is a love that will never be yours or a love that is pure and untainted by jealousy-love will always find a way to survive, to make life more beautiful, more liveable. That's why we say, 'Love makes the world go round!' *You Are All I Need* is a collection of touching stories selected by Ravinder Singh to bring to the readers the myriad facets of love. This book will make you laugh, cry, think and feel, all at the same time. It is an eclectic collection of love stories that will warm the cockles of your heart.

Journey of two hearts Westland

This shortform textbook explores practical applications of how business ethics impacts working lives, allowing readers to reflect on their own moral compass through the use of ethical dilemmas. Highlighting the extensive breadth of issues related to business ethics, the authors introduce and analyze ethical and unethical behaviors of firms through numerous real-life examples including Patagonia, Costco, LVMH, Bill Gates, Muhammad Yunus, Enron, WorldCom, Samsung, Purdue Pharma, Vale Mining and the COVID-19 crisis. Regardless of career path or occupation, *Absolute Essentials* of

Business Ethics is a valuable resource to understand why people make decisions based on their own ethical values and beliefs. Useful at both undergraduate and graduate levels, this unique textbook will serve students of business ethics around the world.

Navies in Multipolar Worlds MIT Press

The book that inspired the major new motion picture *Mandela: Long Walk to Freedom*. Nelson Mandela is one of the great moral and political leaders of our time: an international hero whose lifelong dedication to the fight against racial oppression in South Africa won him the Nobel Peace Prize and the presidency of his country. Since his triumphant release in 1990 from more than a quarter-century of imprisonment, Mandela has been at the center of the most compelling and inspiring political drama in the world. As president of the African National Congress and head of South Africa's anti-apartheid movement, he was instrumental in moving the nation toward multiracial government and majority rule. He is revered everywhere as a vital force in the fight for human rights and racial equality. *LONG WALK TO FREEDOM* is his moving and

exhilarating autobiography, destined to take its place among the finest memoirs of history's greatest figures. Here for the first time, Nelson Rolihlahla Mandela tells the extraordinary story of his life--an epic of struggle, setback, renewed hope, and ultimate triumph.

Stardom in Contemporary Hindi Cinema

Facet Publishing

Renowned journalist Jyotirmoy Dey--fondly known as J, Dey--was murdered by members of the Chhota Rajan gang in 2011. A few months later, a fellow journalist and crime reporter Jigna Vora was arrested in connection with the murder. Seven years later, some of which were spent in prison, Jigna was acquitted of all charges. This is her story in her own words, of the time in prison, the court hearings and her years as a crime reporter of breaking many front-page stories. Jigna's work brought her in contact with people like Himanshu Roy, the former additional director general of police of Maharashtra, while her time in jail put her in the company of inmates such as Pragya Thakur. *Behind Bars in Byculla* traces the intricate web of power dynamics that govern the inmates of a prison and what it

takes to survive behind bars.

The Ringtone Dialectic Penguin

A decade ago, the customizable ringtone was ubiquitous. Almost any crowd of cell phone owners could produce a carillon of tinkly, beeping, synthy, musicalized ringer signals. Ringtones quickly became a multi-billion-dollar global industry and almost as quickly faded away. In *The Ringtone Dialectic*, Sumanth Gopinath charts the rise and fall of the ringtone economy and assesses its effect on cultural production. Gopinath describes the technical and economic structure of the ringtone industry, considering the transformation of ringtones from monophonic, single-line synthesizer files to polyphonic MIDI files to digital sound files and the concomitant change in the nature of capital and rent accumulation within the industry. He discusses sociocultural practices that seemed to wane as a result of these shifts, including ringtone labor, certain forms of musical notation and representation, and the creation of musical and artistic works quoting ringtones. Gopinath examines "declines," "reversals," and "revivals" of cultural forms associated with the ringtone and its changes, including the Crazy Frog

fad, the use of ringtones in political movements (as in the Philippine "Glorigate" scandal), the ringtone's narrative function in film and television (including its striking use in the films of the Chinese director Jia Zhangke), and the ringtone's relation to pop music (including possible race and class aspects of ringtone consumption). Finally, Gopinath considers the attempt to rebrand ringtones as "mobile music" and the emergence of cloud computing.

Custody Lyrical Press

Lights! Camera! Trivia! What was the name of the film they were shooting in Rangeela? What was the Amul hoarding when Shahenshah released? Who has the longest-winning streak in Filmfare awards? Did Johnny Walker get his name from the whiskey or was it the other way round? Who will star in Bajirao Mastani when it finally gets made? If Bollywood questions keep you awake at nights, this is the book you want to read. Packed with 50 lists and 500 entries, it is a multiplex of pointless Bollywood gyaan. Separated in eight logic-less sections and without a contents page (or index), it is a book for dipping into and zipping through. Remember your favourite

Bollywood film—fast, action-packed, mad, packed with colourful characters and a little bit of everything? Well, they made this book out of it.

Memory, Voice, Identity Ebury Press

"[This book] is a contribution of considerable substance because it takes a holistic view of the field of folk music and the scholarship that has dealt with it." -- Bruno Nettl "... a praiseworthy combination of solid scholarship, penetrating discussion, and global relevance." -- *Asian Folklore Studies* "... successfully ties the history and development of folk music scholarship with contemporary concepts, issues, and shifts, and which treats varied folk musics of the world cultures within the rubric of folklore and ethnomusicology with subtle generalizations making sense to serious minds..." -- *Folklore Forum* "... [this book] challenges many carefully-nurtured sacred cows. Bohlman has executed an intellectual challenge of major significance by successfully organizing a welter of unruly data and ideas into a single, appropriately complex but coherent, system." -- *Folk Music Journal* Bohlman examines folk music as a genre of folklore

from a broadly cross-cultural perspective and espouses a more expansive view of folk music, stressing its vitality in non-Western cultures as well as Western, in the present as well as the past.

The Autobiography of Nelson Mandela

Oxford University Press

Recent challenges to US maritime predominance suggests a return to great power competition at sea, and this new volume looks at how navies in previous eras of multipolarity grappled with similar challenges. The book follows the theme of multipolarity by analysing a wide range of historical and geographical case studies, thereby maintaining the focus of both its historical analysis and its policy implications. It begins by looking at the evolution of French naval policy from Louis XIV through to the end of the nineteenth century. It then examines how the British responded to multipolar threat environments, convoys, the challenges of demobilization, and the persistence of British naval power in the interwar period. There are also contributions regarding Japan's turn away from the sea, the Italian navy, and multipolarity in the Arctic. This volume also addresses the regional and

global distribution of forces; trade and communication protection; arms races; the emergence of naval challengers; fleet design; logistics; technology; civil-naval relations; and grand strategy, past, present, and future. This book will be of much interest to students of naval history, strategic studies and international relations history, as well as senior naval officers.

Eat Delete Junior Routledge

Now in 24 languages. Nature's Lessons in Healing Trauma... Waking the Tiger offers a new and hopeful vision of trauma. It views the human animal as a unique being, endowed with an instinctual capacity. It asks and answers an intriguing question: why are animals in the wild, though threatened routinely, rarely traumatized? By understanding the dynamics that make wild animals virtually immune to traumatic symptoms, the mystery of human trauma is revealed. Waking the Tiger normalizes the symptoms of trauma and the steps needed to heal them. People are often traumatized by seemingly ordinary experiences. The reader is taken on a guided tour of the subtle, yet powerful

impulses that govern our responses to overwhelming life events. To do this, it employs a series of exercises that help us focus on bodily sensations. Through heightened awareness of these sensations trauma can be healed.

Pregnancy Tales and Advice from One Hot Mama to Another Publications Division Ministry of Information & Broadcasting

Can you sail through life despite its terms and conditions? Anuj had never imagined that his feelings for the vivacious Pakhi, who didn't even believe in love, would bloom beyond his imagination one day. Just when things get going, as always, life's plans go against theirs. This story, in its simplicity and reality, shows us the importance of love, life, friendship and dedication to change the definition of these. Journey of Two Hearts is a true story about a young couple who believes life does not have any "replay" or "rewind" button.

Sourcebooks, Inc.

Oh, Baby! Pregnancy Tales and Advice from One Hot Mama to Another Penguin My Days in Prison Routledge

This title defines what is required to

achieve a culture of effective data management offering advice on the skills required, legal and contractual obligations, strategies and management plans and the data management infrastructure of specialists and services. Data management has become an essential requirement for information professionals over the last decade, particularly for those supporting the higher education research community, as more and more digital information is created and stored. As budgets shrink and funders of research demand evidence of value for money and demonstrable benefits for society, there is increasing pressure to provide plans for the sustainable management of data. Ensuring that important data remains discoverable, accessible and intelligible and is shared as part of a larger web of knowledge will mean that research has a life beyond its initial purpose and can offer real utility to the wider community. This edited collection, bringing together leading figures in the field from the UK and around the world, provides an introduction to all the key data issues facing the HE and information management communities. Each chapter covers a

critical element of data management: • Why manage research data? • The lifecycle of data management • Research data policies: principles, requirements and trends • Sustainable research data • Data management plans and planning • Roles and responsibilities – libraries, librarians and data • Research data management: opportunities and challenges for HEIs • The national data centres • Contrasting national research data strategies: Australia and the USA • Emerging infrastructure and services for research data management and curation in the UK and Europe Readership: This is essential reading for librarians and information professionals working in the higher education sector, the research community, policy makers and university managers. It will also be a useful introduction for students taking courses in information management, archivists and national library services.

Signal and Noise Little, Brown
Music in Contemporary Indian Film: Memory, Voice, Identity provides a rich and detailed look into the unique dimensions of music in Indian film. Music is at the center of Indian cinema, and

India's film music industry has a far-reaching impact on popular, folk, and classical music across the subcontinent and the South Asian diaspora. In twelve essays written by an international array of scholars, this book explores the social, cultural, and musical aspects of the industry, including both the traditional center of "Bollywood" and regional film-making. Concentrating on films and songs created in contemporary, post-liberalization India, this book will appeal to classes in film studies, media studies, and world music, as well as all fans of Indian films.

World Filmography: 1967 Fairleigh Dickinson Univ Press

From the bloating to the belching to the Baby Story marathons that might just drive you crazy, prime-time star and new mom Tia Mowry delivers the lowdown in a frank, hilarious guide to modern pregnancy. Tia Mowry's 800,000+ Twitter followers know that she tells it like it is. Now, in a pregnancy guide like no other, Tia leaves no topic off-limits while helping expectant moms stay empowered, pampered, and laughing out loud. From sex during the third trimester to pimped-

out strollers, Oh, Baby! reveals what to really expect on that nine-month road to the delivery room. Sharing her personal experience with cravings (she couldn't have done it without sourdough bread and Funyuns); maternity clothes (Tia prefers black, with sequins); panty liners (memorize that aisle at the drugstore); vagina exercises (just say No!); and hiding

your bump from your coworkers (tricky for Tia, since her character on The Game was in lingerie half the time), the maternity maven also discusses Ask the OB Q&A's she posed to her own ob-gyn, along with dozens of tried-and-true tips for combating morning sickness, fear, and everything else that might overshadow a radiant glow. From the time she started showing

to the moment she welcomed her new baby boy, Cree Taylor, into the world, Tia was in the spotlight, from Access Hollywood to every glossy magazine and countless online sites. Yet she stayed down-to-earth throughout it all. Keeping it real, Oh, Baby! helps every mommy-to-be stay stylish, maintain her dignity, and trust her gut (no matter how big it gets).

Best Sellers - Books :

- [Little Blue Truck's Springtime: An Easter And Springtime Book For Kids](#)
- [Young Forever: The Secrets To Living Your Longest, Healthiest Life \(the Dr. Hyman Library, 11\)](#)
- [8 Rules Of Love: How To Find It, Keep It, And Let It Go](#)
- [A Court Of Thorns And Roses Paperback Box Set \(5 Books\) By Sarah J. Maas](#)
- [Twisted Love \(twisted, 1\) By Ana Huang](#)
- [America's Cultural Revolution: How The Radical Left Conquered Everything By Christopher F. Rufo](#)
- [The Wonderful Things You Will Be](#)
- [Twisted Lies \(twisted, 4\)](#)
- [November 9: A Novel By Colleen Hoover](#)
- [It's Not Summer Without You](#)