Eventually, you will very discover a further experience and attainment by spending more cash. yet when? get you tolerate that you require to acquire those all needs subsequent to having significantly cash? Why dont you try to acquire something basic in the beginning? Thats something that will lead you to comprehend even more all but the globe, experience, some places, afterward history, amusement, and a lot more?

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The Gentleman Jack Effect Janet Lea 2021-09-22 This riveting illustrated collection of 60+ stories gleaned from interviews with fans in 16 countries details how a prime time LGBT television period drama about 19th century English lesbian Anne Lister transformed women around the world.

Digital Media and Society Adrian Athique 2013-07-31 The rise of digital media has been widely regarded as transforming the nature of our social experience in the twenty-first century. The speed with which new forms of connectivity and communication are being incorporated into our everyday lives often gives us little time to stop and consider the social implications of those practices. Nonetheless, it is critically important that we do so, and this sociological introduction to the field of digital technologies is intended to enable a deeper understanding of their prominent role in everyday life. The fundamental theoretical and ethical debates on the sociology of the digital media are presented in accessible summaries, ranging from economy and technology to criminology and sexuality. Key theoretical paradigms are explored through a broad range of contemporary social phenomena – from social networking and virtual lives to the rise of cybercrime and identity theft, from the utopian ideals of virtual democracy to the Orwellian nightmare of the surveillance society, from the free software movement to the implications of online shopping. As an entry-level pathway for students in sociology, media, communications and cultural studies, the aim of this work is to situate the rise of digital media within the context of a complex and rapidly changing world.

Critical Path R. Buckminster Fuller 1982-02-15 The masterwork of a brilliant career, and an important document of the crisis now facing mankind. Today we find ourselves in the midst of the greatest crisis in the history of the human race. Technology has placed in our hands almost unlimited power at the very moment when we have run up against the limits of our resources aboard Spacehip Earth, as the crises of the late twentieth-century–political, economic, environmental, and ethical–determine whether or not humanity survives. In this masterful summing up of an entire lifetime’s thought and concern, R. Buckminster Fuller addresses these crucial issues in his most significant, accessible, and urgent work. Critical Path traces the origins and evolution of humanity’s social, political, and economic systems from the obscure mists of prehistory, through the development of the great political empires, to the vast international corporate and political systems that control our destiny today to show how we got to our present situation and what options are available to man. With his customary brilliance, extraordinary energy, and unlimited devotion, Bucky Fuller shows how mankind can survive, and how each individual can respond to the unprecedented threat we face today. The crowning achievement of an extraordinary career, Critical Path offers the reader the excitement of understanding the essential dilemmas of our time and how responsible citizens can rise to meet this ultimate challenge to our future.

City of Bits William J. Mitchell 1996-07-25 Entertaining, concise, and relentlessly probing, City of Bits is a comprehensive introduction to a new type of city, an increasingly important system of virtual spaces interconnected by the information superhighway. William Mitchell makes extensive use of practical examples and illustrations in a technically well-grounded yet accessible examination of architecture and urbanism in the context of the digital telecommunications revolution, the ongoing miniaturization of electronics, the commodification of bits, and the growing domination of software over materialized form.

Female Fortune Anne Lister 1998 Anne Lister, heiress, scholar, traveler, and estate owner, is known to us through her diaries -- an unusually vivid record of an extraordinary life. She inherited Shibden Hall, Yorkshire, seduced a neighbouring heiress, consolidated their estates (effectively a dynastic lesbian marriage), and developed the coal deposits there, managing them with flair and energy. The extensive appraisal of Anne Lister’s life and the themes drawn from the diaries make Female Fortune required reading for anyone engaged in current feminist analysis.

The Secret Diaries Of Miss Anne Lister: Vol. 1 Anne Lister 2010-11-04 'Engaging, revealing, at times simply astonishing: Anne Lister's diaries are an indispensable read for anyone interested in the history of gender, sexuality, and the intimate lives of women' SARAH WATERS 'The Lister diaries are the Dead Sea Scrolls of lesbian history; they changed everything. By resurrecting them and editing them with such loving attention and intelligence, Helena Whitbread has earned the gratitude of a whole generation' EMMA DONOGHUE When this volume of Anne Lister's diaries was first published in 1988, it was hailed as a vital piece of lost lesbian history. The editor, Helena Whitbread, had spent years painstakingly researching and transcribing Lister's extensive journals, much of which were written in an elaborate code - what Lister called her 'crypthand', which allowed her to record her life in intimate, and at times, explicit, detail. Until then, Anne Lister's lesbianism had been suppressed or hinted at; this was the first time her story had been told. Anne Lister defied the role of nineteenth-century womanhood: she was bold, fiercely independent, a landowner, industrialist, traveller and lesbian - a woman who lived her life on her own terms. '[Anne Lister's] sense of self, and self-awareness, is what makes her modern to us. She was a woman exercising conscious choice. She controlled her cash and her body. At a time when women had to marry, or be looked after by a male relative, and when all their property on marriage passed to their husband, Anne Lister not only dodged the traps of being female, she set up a liaison with another woman that enhanced her own wealth and left both of them free to live as they wished . . . The diaries gave me courage' JEANETTE WINTERSON These diaries include the years 1816-1824. The second volume, continuing Anne’s story, THE SECRET DIARIES OF MISS ANNE LISTER: NO PRIEST BUT LOVE, is now available.

Gentleman Jack Angela Steidele 2018-11-01 Longlisted for the 2019 Portico Prize The extraordinary life of history's first modern lesbian who inspired the popular
television series Gentleman Jack. Anne Lister’s journals were so shocking that the first person to crack their secret code hid them behind a fake panel in his ancestral home. Anne Lister was a Regency landowner, an intrepid world traveller ... and an unabashed lover of other women. In this bold new biography, prizewinning author Angela Steidele uses the diaries to create a portrait of Anne Lister as we've never seen her before: a woman in some ways very much of her time and in others far ahead of it. Anne Lister recorded everything from the most intimate details of her numerous liaisons through to her plans to make her fortune by exploiting the coal seams under her family estate in Halifax and her reaction to the Peterloo massacre. She conducted a love life of labyrinthine complexity, all while supporting her family, who could provide her with both financial security and true love. Anne Lister’s rich and unconventional life is now the subject of the major BBC TV drama series Gentleman Jack. **Software Studies** Roger F. Malina 2008 This collection of short expository, critical and speculative texts offers a field guide to the cultural, political, social and aesthetic impact of software. Experts from a range of disciplines each take a key topic in software and the understanding of software, such as algorithms and logical structures. **Reality Bites Back** Jennifer L. Pozner 2010-10-19 Nearly every night on every major network, “unscripted” (but carefully crafted) “reality” TV shows routinely glorify retrograde stereotypes that most people would assume got left behind 35 years ago. In Reality Bites Back, media critic Jennifer L. Pozner aims a critical, analytical lens at a trend most people dismiss as harmless fluff. She deconstructs reality TV’s twisted fairytales to demonstrate that far from being simple “guilty pleasures,” these programs are actually guilty of fomenting gender-war ideology and significantly affecting the intellectual and political development of this generation’s young viewers. She lays out the cultural biases promoted by reality TV about gender, race, class, sexuality, and consumerism, and explores how those biases shape and reflect our cultural perceptions of who we are, what we’re valued for, and what we should view as “our place” in society. Smart and informative, Reality Bites Back arms readers with the tools they need to understand and challenge the stereotypes reality TV reinforces and, ultimately, to demand accountability from the corporations responsible for this contemporary cultural attack on three decades of feminist progress. **History, Memory and Public Life** Anna Maerker 2018-07-06 History, Memory and Public Life introduces readers to key themes in the study of historical memory and its significance by considering the role of historical expertise and understanding in contemporary public reflection on the past. Divided into two parts, the book addresses both the theoretical and applied aspects of historical memory studies. ‘Approaches to history and memory’ introduces central theoretical issues within the field, such as postcolonialism, sites of memory, myths of national origins, and questions raised by memorialisation and museum presentation. ‘Difficult pasts’ looks at history and memory in practice through a range of case studies on contested, complex or traumatic memories, including the Northern Ireland Troubles, post-apartheid South Africa and the Holocaust. Examining the intersection between history and memory from a wide range of perspectives, and supported by guidance on further reading and online resources, this book is ideal for students of history as well as those working within the broad interdisciplinary field of memory studies. **Gentleman Jack. Una biografía de Anne Lister** Angela Steidele 2021-04-07 Anne Lister, curiosa y culta, aventurera y emprendedora, cautivadora e inquietante, divertida y seductora... La biografía de uno de los personajes más excéntricos, rebeldes y fascinantes del siglo XIX. «Un libro fascinante sobre una mujer extraordinaria». The Times «Combattiva y valiente. Con este libro Angela Steidele retrata a una noble aristócrata inglesa amante de las mujeres y ávida de educación. La autora combina hábilmente diarios y cartas con sus propias investigaciones para crear una biografía erótica;». Deutschlandfunk Kultur Anne Lister (1791-1840) fue una ilustre aristócrata de Yorkshire, intrépida viajera, audaz empresaria y, en una época en la que ser mujer ya era una tarea difícil, vivió abiertamente su homosexualidad. Decidió vestir siempre de negro y hablar con naturalidad de su desinterés hacia los hombres. Fue la primera mujer que escaló el Vignemale en los Alpes. Viajó hasta el Cáucaso y dormía con una pistola bajo la almohada. Tan osada como Don Juan y tan apasionada como Heathcliff, Anne no permitió que las costumbres de la sociedad de la Regencia la limitaran: aunque a los ojos de todos permaneció soltera, unió su vida en matrimonio con su acuñada vecina, Ann Walker, en 1834. Sus numerosos diarios permanecieron ocultos durante décadas antes de que se descifrara el código que inventó para dejar constancia de los detalles eróticos de sus proliferas conquistas. Esta biografía, resultado de sus propias investigaciones para crear una biografía erótica;».
Kings In Grass Castles Mary Durack 2014-11-01 '... far better than any novel; an incomparable record of great family and of a series of great actions.' The Bulletin When Patrick Durack left Western Ireland for Australia in 1853, he was to found a pioneering dynasty and build a cattle empire across the great stretches of Australia. With a profound sense of family history, his grand-daughter, Mary Durack, reconstructed the Durack saga - a story of intrepid men and ground-breaking adventure. This sweeping tale of Australia and Australians remains a classic nearly fifty years on.

Alternative Histories of the Self Anna Clark 2017-12-14 Alternative Histories of the Self investigates ways of producing and reflecting upon gender and sexual identity in the period from 1762 to 1917. Some used the notion of the unique self to justify their gender and sexual transgression, but others rejected the notion of the unique self and instead demanded the sacrifice of the self for the good of society. The substantial introductory chapter places these themes in the cultural context of the long nineteenth century, but the book as a whole represents an alternative method for studying the self. Instead of focusing on the thoughts of great thinkers and activists, this book shows how the notion of the unique individual was used to make individuals twisted conventional ideas of the self as they interpreted their own lives. These subjects include: * The Chevalièr/e d’Eon, a renegade diplomat who was outed as a woman * Anne Lister, who wrote coded diaries about her attraction to women * Richard Johnson, who secretly criticized the empire that he served * James Hinton, a Victorian doctor who publicly advocated philanthropy and privately supported polygamy * Edith Ellis, a socialist lesbian who celebrated the 'abnormal' These five case studies are skilfully used to explore how the notion of the unique individual was used to make sense of sexual or gender non-conformity. Yet this queer reading will go beyond same-sex desire to analyse the issue of secrets and privacy; for instance, what stigma did men who practiced or advocated unconventional relationships with women incur? Finally, Clark ties these unusual lives to the wider questions of ethics and social justice: did those who questioned sexual conventions challenge political traditions as well? This is a highly innovative study that will be of interest to intellectual historians of modern Britain and Europe, as well as historians of gender and sexuality.

LGBT Victorians Simon Joyce 2022-07-28 It has been decades since Michel Foucault urged us to rethink "the depressive hypothesis" and see new forms of sexual discourse as coming into being in the nineteenth century, yet the term "Victorian" still has largely negative connotations. LGBT Victorians argues for revisiting the period's thinking about gender and sexual identity at a time when our queer alliances are fraying. We think of those whose primary self-definition is in terms of sexuality (lesbians, gay men, bisexuals) and transgender people (transgender people, genderqueers) as simultaneously in coalition and distinct from each other, on the assumption that gender and sexuality are independent aspects of self-identification. Re-examining how the Victorians considered such identity categories to have produced and shaped each other can ground a more durable basis for strengthening our present LGBTQ+ coalition.

LGBT Victorians draws on scholarship reconsidering the significance of sexology and efforts to retrospectively discover transgender people in historical archives, particularly in the gap between what the nineteenth century termed the sodomite and the hermaphrodite. It highlights a broad range of individuals (including Anne Lister, and the defendants in the "Fanny and Stella" trial of the 1870s), key thinkers and activists (including Karl-Heinrich Ulrichs and Edward Carpenter), and writers such as Walt Whitman and John Addington Symonds to map the complicated landscape of gender and sexuality in the Victorian period. In the process, it decenters Oscar Wilde and his imprisonment from our historical understanding of sexual and gender nonconformity.

Great Diaries 2020-09-03 Travel back in time and share the experience of everyday thoughts and great moments in history in this fascinating compilation of diaries through the ages. Great Diaries traces the history of the diary from ancient times to the present day, bringing together more than 80 historical and literary diaries, artists’ sketchbooks, explorers’ journals, and scientists’ notebooks. Discover what it was like to build a pyramid, sail the seas with Magellan, travel into the heart of the Boer War, and serve on the Front. Find out how writers and artists planned their masterpieces, and how scientists developed their groundbreaking theories. Great Diaries takes you into the pages of the world’s greatest diaries and notebooks, including those of Samuel Pepys, Charles Darwin, Henry-David Thoreau, the Goncourt brothers, Virginia Woolf, and Anne Frank, and shows you what they looked like. Stunning images of the original notebooks and manuscripts are complemented by key extracts and close-ups of important details. Feature boxes provide additional biographical information and set the works in their cultural and historical context. Essential reading for everyone who is passionate about history and literature, Great Diaries provides an intimate insight into the lives and thoughts of some of the most interesting people of the last 2,000 years.

Room Emma Donoghue 2017-05-07 Kidnapped as a teenage girl, Ma has been locked inside a purpose built room in her captor’s garden for seven years. Her five year old son, Jack, has no concept of the world outside and happily exists inside Room with the help of Ma’s games. To lose some excess fat, she starves herself of food whilst working in a chip shop. And just to make sure she’s gay, Natasha drags five boys into bed in the space of a week, a sin for which the sexuality police threaten to kick her out of the university Lesbian and Gay Society. In this coming out story and love story, Natasha struggles with clumsy attempts at heterosexuality, the sickening effects of weight loss techniques, disapproving shaven-headed lesbians, and sexual harassment in the chip shop.

I Know My Own Heart Anne Lister 1992-06 Does it really help women to think of sexual harassment primarily as a legal issue? High-profile sexual harassment suits, such as that of Paula Jones against President Clinton, are often life-changing events, with all parties coming away with careers, reputations, and lives profoundly affected. Women have long suffered on the job from sexual extortion, now called quid pro quo harassment, but today the controversy centers on "hostile environment" harassment. Every one has an opinion about it: management spends more and more money training people not to do it; and still the suits strike like lightning-devastating and seemingly random. Women and men often feel polarized in the workplace by what they perceive to be general hostility couched in sexual terms. What to Do When You Don’t Want to Call the Cops questions establishment assumptions that women are, by
definition, passive victims who require government help. It sees instead a period of transition toward a more balanced population of women in the workplace, with accommodating disruptions that can be minimized by understanding. Joan Kennedy Taylor presents what we know about the workplace and interview managers, labor experts, and workers in such male-dominated fields as construction, engineering, business, and medicine to shed light on the male group culture that exists without women. She illustrates expressive behaviors that may be objectionable but are not sexual harassment and proposes specific strategies by which these objectionable behaviors can be countered, including a new feminist approach in company training programs. Taylor examines traditional and nontraditional workplaces, and female on male harassment already capable of making male workers understand that they too can apply these strategies to the entire picture. Lively and anecdotal, Taylor's balanced, non-adversarial study fills an important gap by providing strategies for businesses and employees, as well as for those who find themselves the target of sexual harassment.

Female Masculinity Judith Halberstam 1998 Masculinity without men. In Female Masculinity Judith Halberstam takes aim at the protected status of male masculinity and shows that female masculinity has offered a distinct and liberation--as well as restraint--to those who inhabit it. Providing the first full-length study on this subject, Halberstam catalogs the diversity of gender expressions among masculine women from nineteenth-century pre-lesbian practices to contemporary drag king performances. Through detailed textual readings as well as empirical research, Halberstam uncovers a hidden history of female masculinities while arguing for a more nuanced understanding of gender categories that would incorporate rather than pathologize them. She rereads Anne Lister's diaries and Radcliffe Hall's _The Well of Loneliness_ as foundational assertions of female masculine identity. She considers the enigma of the stone butch and the politics surrounding butch/femme roles within lesbian communities. She also explores issues of transsexuality among "transgender dykes"--lesbians who pass as men--and female-to-male transsexuals who may find the label of "lesbian" a temporary refuge. Halberstam also tackles such topics as women and boxing, butches in Hollywood and independent cinema, and the phenomenon of male impersonators. Female Masculinity signals a new understanding of masculine behaviors and identities, and a new direction in interdisciplinary queer scholarship. Illustrated with nearly forty photographs, including portraits, film stills, and drag king performance shots, this book provides an extensive record of the wide range of female masculinities. And as Halberstam clearly demonstrates, female masculinity is not some bad imitation of virility, but a lively and dramatic staging of hybrid and minority genders.

Gentleman Jack Angela Steidele 2018-11 'A fascinating book about a remarkable woman' The TimesAnne Lister was a Yorkshire heiress, an intrepid world traveler and a fierce, passionate woman. The editor of these diaries, here allows us an inside look at much of her illustrious life in her famous diaries. Much of her writing was done in the code that she devised herself. Her diaries have huge historical and cultural importance as they give a window into the life of the "first modern lesbian"—and the various roles female lovers may play in the life of a gentrywoman.

No Priest But Love Anne Lister 1992 No Priest But Love Anne Lister 1992 Whitbread, the editor of these diaries, here allows us an inside look at the long-running love affair between Anne Lister and Marianna Lawton, an affair complicated by Anne's infatuation with Maria Barlow. Anne travels to Paris where she discovers a new love interest that conflicts with her developing social aspirations. For the first time, she begins to question the nature of her identity and the various roles female lovers may play in the life of a gentrywoman.

Diary Anne Lister 2019-04-06 Learn to write in Anne Lister's Code! Anne Lister is renowned for recording so much of her illustrious life in her famous diaries. Much of her writing was done in the code that she devised herself. Her diaries have huge historical and cultural importance as they give a window into the life of the "first modern lesbian"—and the various roles female lovers may play in the life of a gentrywoman.

Gentleman Jack (Movie Tie-In) Anne Choma 2019-04-30 The official companion book to the HBO series Gentleman Jack created by Sally Wainwright and starring Suranne Jones In 1834, Anne Lister made history by celebrating and the various roles female lovers may play in the life of a gentrywoman.

Worldwide Perspectives on Lesbians, Gays, and Bisexuals [3 volumes] Paula Gerber Ph.D. 2021-01-31 This three-volume set is a rich resource for readers in any discipline interested in understanding the global, regional, and domestic experiences of LGB people. This interdisciplinary set makes a vital contribution to understanding how LGBT rights are progressing—and in some cases, regressing—around the globe. The three volumes look at the lived experiences of LGB people from varied perspectives and provide comprehensive coverage on a wide variety of topics ranging from LGB youth and LGB aging to the approaches to LGB people of different religions, including Islam, Judaism, and Christianity. Chapters focus on topics including the ongoing criminalization of same-sex sexual conduct and how international human rights law can be used to improve the lives of LGB people. Particular attention is paid to the rights of bisexuals, a group often ignored in works focusing on sexual orientation. Volume 1 focuses on history, politics, and culture relating to LGB people; Volume 2 focuses on the laws—domestic and international—governing LGB people; and Volume 3 provides snapshots of the current state of LGB experience in countries worldwide, presented by geographical region: Europe, the Americas, Africa, the Middle East and the Asia Pacific region. Includes contributions on the experience of LGB people in countries and regions throughout the world, including some of the most hostile to LGBT rights, such as Russia, Iran, the Caribbean, Zimbabwe, and Uganda. Considers a multitude of factors that influence LGB people's quality of life, including, health, education, the economy, technology, religion, and the law. Offers comprehensive domestic, regional, and international accounts, serving as a one-stop source for in-depth, quality global research on LGB people. Addresses the intersectionality of discrimination based on sexuality and race, religion, and age.
the most fascinating figures of the 19th century. Gentleman Jack: The Real Anne Lister follows Anne from her crumbling ancestral home in Yorkshire to the glittering courts of Denmark as she resolves to put past heartbreak behind her and find herself a wife. This biographical portrait introduces the real Gentleman Jack, featuring unpublished journal extracts decrypted for the first time by series creator Sally Wainwright and historian Anne Choma. “Anne Choma’s Gentleman Jack is not just a tie-in to the TV series, but a probing and page-turning study of legendary diarist Anne Lister, full of original insights and freshly decoded material from the 1830s period of Lister’s hunt for a wife.” - Emma Donoghue, New York Times bestselling author of Room

You Are Not Your Pain

Penman who themselves have struggled with severe pain Developed by two authors, Vidyamala Burch and Danny A. D’Amico. You Are Not Your Pain

of Women’s Fight for Their Rights by Mikki Kendall and Amazons, Abolitionists, and Activists: A Graphic History including Women in Science: 50 Fearless Pioneers Who

shelf alongside other collections of women’s history, deep dive. • OVERVIEW OF WOMEN’S HISTORY: Add it to the sure where to start? The stories and bibliographies of

read more books by historical women writers, but aren’t graphic novel! • CELEBRATION OF WOMEN WRITERS: Want to

Immerse nonfiction titles like Marjane Satrapi’s Persepolis and • The lawsuit to protect Little Lord Fauntleroy • The

many—and asks a simple question: in a time when being a woman writer often meant being undervalued, overlooked, or pigeonholed, why did she write? Why did Jane Austen struggle to write for five years before her first novel was ever published? How did Edith Maude Eaton’s writing change the narrative around Chinese immigrant workers in North America? Why did the Brontë sisters choose to write under male pennames, and Anne Lister write her personal diaries in code? Learn about women writers from the 18th, 19th, and early 20th centuries, from familiar favorites to those who have undeservedly fallen into obscurity, and their often untold histories, including: • The forgotten mother of the gothic genre • The unexpected success of Little Women • The diaries of the “first modern lesbian” • The lawsuit to protect Little Lord Fauntleroy • The personal account of a mastectomy in 1811 • Austen’s struggles with writer’s block • And much, much more! Why She Wrote Lauren Burke 2021-06-25 In Why She Wrote, dive into the fascinating, unexpected, and inspiring stories behind the greatest women writers in the English language. This compelling graphic collection features 18 women—including Jane Austen, Louisa May Alcott, Alice DeWitt, Nelson, Anne Lister, and more—and asks a simple question: in a time when being a woman writer often meant being undervalued, overlooked, or pigeonholed, why did she write? Why did Jane Austen struggle to write for five years before her first novel was ever published?

She Wrote highlights a significant moment from each writer’s life and retells it through engaging and accessible comics, along with biographical text, bibliographies, and fun facts. For aspiring writers, literary enthusiasts, and the Janeite who has everything, this new collection highlights these incredible women’s hardships, their influence, and the spark that called them to write. • GREAT GRAPHIC NOVEL FOR ALL AGES: Librarians and teachers recommend graphic novels for readers of all ages, especially beloved nonfiction titles like Marjane Satrapi’s Persepolis and Raina Telgemeier’s Smile, Sisters, and Guts. Immerse yourself in the stories of these fascinating women through the fun, approachable, and dynamic medium of the graphic novel! • CELEBRATION OF WOMEN WRITERS: Want to read more books by historical women writers, but aren’t sure where to start? The stories and bibliographies of the women featured in Why She Wrote is an inspirational deep dive. • OVERVIEW OF WOMEN’S HISTORY: Add it to the shelf alongside other collections of women’s history, including Women in Science: 50 Fearless Pioneers Who Changed the World by Rachel Ignotofsky, Brazen: Rebel Ladies Who Rocked the World by Penélope Bagieu, and Amazons, Abolitionists, and Activists: A Graphic History of Women’s Fight for Their Rights by Mikki Kendall and A. D’Amico.

You Are Not Your Pain Vidyaamala Burch 2015-01-06 Developed by two authors, Vidyaamala Burch and Danny Pennan who themselves have struggled with severe pain after sustaining serious injuries, You Are Not Your Pain reveals a simple eight-week program of mindfulness-based practices that will melt away your suffering. Accompanied by audio to guide you, the eight meditations in this book take just ten to twenty minutes per day and have been shown to be as effective as prescription painkillers to soothe some of the most common causes of pain. These mindfulness-based practices soothe the brain’s pain networks, while also significantly reducing the anxiety, stress, exhaustion, irritability, and depression that often accompanies chronic pain and illness. Whether you experience back pain, arthritis, or migraines, are suffering from fibromyalgia, celiac disease, or undergoing chemotherapy, you will quickly learn to manage your pain and live life fully once again. Note: Audio meditations are embedded within the ebook. If your device cannot play the audio, you will be redirected to the manuscript on your device.

Grams & Contemporary Politics

Anne Snow and Sassoon 2002-09-11 Can politics now be both radical and realistic? Gramsci and Contemporary Politics is a collection of Anne Snow and Sassoon’s writing which spans the major transitions from Thatcher and Reagan to Clinton and Blair; the collapse of communism in the regeneration of social democracy. Applying original interpretations of Antonio Gramsci’s ideas on the intellectuals, political language, civil society and political leadership, she argues that drawing from the past can help contemporary politics to be more radical and academic knowledge can contribute to a grounded, radical hegemonic politics which can bring about change.

I Know My Own Heart

Helena Whitbread 1992-06-01 Upon publication, the first volume of Anne Lister’s diaries, I Know My Own Heart, met with celebration, delight, and some skepticism. How could an upper class Englishwoman, in the first half of the nineteenth century, fulfill her emotional and sexual needs when her sexual orientation was toward other women? How did an aristocratic lesbian manage to balance sexual fulfillment with social acceptability? Helena Whitbread, the editor of these diaries, here allows us an inside look at the long-running love affair between Anne Lister and Marianna Lawton, an affair complicated by Ann’s infatuation with Maria Barlow. Anne travels to Paris where she discovers a new love interest that conflicts with her developing social aspirations. For the first time, she begins to question the nature of her identity and the various roles female lovers may play in the life of a gentrywoman. Though unequipped with a lesbian vocabulary with which to describe her erotic life, her emotional conflicts are contemporary enough to speak to us all. This book will satisfy the curiosity of the many who became acquainted with Lister through I Know My Own Heart and are eager to learn more about her revealing life and what it suggests about the history of sexuality.

Intimate Friends

Martha Vicinus 2004-06-30 Intimate Friends offers a fascinating look at the erotic friendships of educated English and American women over a 150-year period, culminating in the 1928 publication of The Well of Loneliness, Radclyffe Hall’s scandalous novel of lesbian love. Martha Vicinus explores all-female communities, husband-wife couples, liaisons between younger and older women, female rakes, and mother-daughter affection. Women, she reveals, drew upon a rich religious vocabulary to describe elusive and complex erotic feelings. Vicinus also considers the nineteenth-century roots of such contemporary issues as homosexual self-hatred, female masculinity, and sadomasochistic desire. Drawing upon diaries, letters, and other archival sources, she brings to life a variety of well known and historically less recognized women ranging from the predatory Ann Lister, who documented her sexual activities in code; to Mary Benson, the wife of the Archbishop of Canterbury; to the coteries of wealthy Anglo-American lesbian writers living in Paris. In vivid and colorful prose, Intimate Friends offers a remarkable picture of women navigating the uncharted
territory of same-sex desire.

Daniel Boone 1996-02 First published in the early 1800s, this true-life account set the record straight on the mythic Daniel Boone and established him as an American hero.

Presenting the Past Jill Liddington 1994

Great Loves DK 2022-03-22 Celebrate the greatest love stories that have molded the course of history! Romance in its many shapes and forms is celebrated around the world. It is a constant act of affection shown irrespective of age, race, gender or background, and is one way in which we show our humanity. This beautiful visual guide reveals the most passionate and tragic love tales throughout the centuries from people all over the world and includes: - Profiles stories of love and lovers throughout history, from the best-known - like Mark Antony and Cleopatra, Napoleon and Josephine, and John Lennon and Yoko Ono - to less famous but equally powerful examples, like Hadrian and Antinous, Anne Lister and Ann Walker, and Mildred and Richard Loving - Specially commissioned illustrations that represent the individuals involved, with images of letters, paintings and artifacts that tell the story of each love affair - Quotes from love letters, poems, songs and stories by the featured individuals, or about their relationship - Diverse LGBT+ love stories, such as Emperor Ai of Han and Dong Xian; Virginia Woolf and Vita Sackville-West; Lili Elbe and Gerda Wegener; and Eleanor Roosevelt and Lorena Hickok Mark Antony’s love for Cleopatra led to war between Rome and Egypt, Emperor Xuanzang of Tang relinquished the Mandate of Heaven for Yang Guifei, and the English Reformation was borne out of Henry VIII’s passion for Anne Boleyn. These great loves and many others have been celebrated, recorded and forever memorialized to chronicle the wars, peace treaties and politics of our modern world. This inspirational book about love also delves into the popularity of real love stories. It features columns, podcasts and TV shows like the NYT Modern Love column, the appetite for love letters, and the timeless popularity of love and romance with reality-TV programs Like Love Island, First Dates and The Bachelor/Bachelorette. This is the perfect purchase for a Valentine’s Day gift or any other special occasion for anyone interested in history, culture and literature. Most importantly, readers who want to learn about relationships that have challenged conventions, the history of LGBT+, lovers of romance and trivia, and general knowledge fans.

Nature’s Domain Jill Liddington 2003 Nature’s domain tracks Anne Lister’s intense courtship of Ann Walker, vividly and candidly recorded in Anne’s daily journals--and partly written in her own secret code. This book also documents how Lister began redesigning the Shibden landscape and how she played a powerful new role in the local political tumult after the passing of the great Reform Bill.

New Media Martin Lister 2008-12-08 New Media: A Critical Introduction is a comprehensive introduction to the culture, history, technologies and theories of new media. Written especially for students, the book considers the ways in which ‘new media’ really are new, assesses the claims that a media and technological revolution has taken place and formulates new ways for media studies to respond to new technologies. The authors introduce a wide variety of topics including: how to define the characteristics of new media; social and political uses of new media and new communications; new media technologies, politics and globalization; everyday life and new media; theories of interactivity, simulation, the new media economy; cybernetics, cyberculture, the history of automata and artificial life. Substantially updated from the first edition to cover recent theoretical developments, approaches and significant technological developments, this is the best and by far the most comprehensive textbook available on this exciting and expanding subject. At www.newmediaintro.com you will find: additional international case studies with online references specially created You Tube videos on machines and digital photography a new ‘Virtual Camera’ case study, with links to short film examples useful links to related websites, resources and research sites further online reading links to specific arguments or discussion topics in the book links to key scholars in the field of new media.