

Download Ebook Engine Architecture Second Jason Gregory Pdf File Free

Game Engine Architecture, Third Edition Game Engine Architecture Emotional Intuition for Peak Performance Fasting the Mind Game Engine Architecture, Second Edition, 2nd Edition Book II Hunter of the Cats Game Engine Architecture, 2nd Edition Fletch Won Steps to an Ecology of Mind Game Engine Architecture, Third Edition, 3rd Edition The Red Hills of Florida, 1528-1865 The Other Boleyn Girl (Movie Tie-In) Diefenbaker and Latin America Game Engine Gems 2 The Science and Practice of Humility Holloways of the South Reports of Cases Argued and Adjudged Cases Argued and Adjudged in the Supreme Court of Florida Look Both Ways Game Programming Patterns Stick to Your Dreams Game Physics Engine Development Podcasting For Dummies Gregory Halpern Journal of the Senate of the State of New York Game Programming in C++ The Reviewer's Guide to Quantitative Methods in the Social Sciences Fletch The Bomb-itty of Errors History News Votes and Proceedings The Burning Side Journal of the Assembly of the State of New York Votes and Proceedings Real-Time 3D Rendering with DirectX and HLSL Effortless Living The Perils and Dangers of This Night The Book of Pastoral Rule Essential Concepts in Molecular Pathology Misconceiving Mothers

Program 3D Games in C++: The #1 Language at Top Game Studios Worldwide C++ remains the key language at many leading game development studios. Since it's used throughout their enormous code bases, studios use it to maintain and improve their games, and look for it constantly when hiring new developers. Game Programming in C++ is a practical, hands-on approach to programming 3D video games in C++. Modeled on Sanjay Madhav's game programming courses at USC, it's fun, easy, practical, hands-on, and complete. Step by step, you'll learn to use C++ in all facets of real-world game programming, including 2D and 3D graphics, physics, AI, audio, user interfaces, and much more. You'll hone real-world skills through practical exercises, and deepen your expertise through start-to-finish projects that grow in complexity as you build your skills. Throughout, Madhav pays special attention to demystifying the math that all professional game developers need to know. Set up your C++ development tools quickly, and get started Implement basic 2D graphics, game updates, vectors, and game physics Build more intelligent games with widely used AI algorithms Implement 3D graphics with OpenGL, shaders, matrices, and transformations Integrate and mix audio, including 3D positional audio Detect collisions of objects in a 3D environment Efficiently respond to player input Build user interfaces, including Head-Up Displays (HUDs) Improve graphics quality with anisotropic filtering and deferred shading Load and save levels and binary game data Whether you're a working developer or a student with prior knowledge of C++ and data structures, Game Programming in C++ will prepare you to solve real problems with C++ in roles throughout the game development lifecycle. You'll master the language that top studios are hiring for—and that's a proven route to success. Get Started Quickly with DirectX 3D Programming: No 3D Experience Needed This step-by-step text demystifies modern graphics programming so you can quickly start writing professional code with DirectX and HLSL. Expert graphics instructor Paul Varcholik starts with the basics: a tour of the Direct3D graphics pipeline, a 3D math primer, and an introduction to the best tools and support libraries. Next, you'll discover shader authoring with HLSL. You'll implement basic lighting models, including ambient lighting, diffuse lighting, and specular highlighting. You'll write shaders to support point lights, spotlights, environment mapping, fog, color blending, normal mapping, and more. Then you'll employ C++ and the Direct3D API to develop a robust, extensible rendering engine. You'll learn about virtual cameras, loading and rendering 3D models, mouse and keyboard input, and you'll create a flexible effect and material system to integrate your shaders. Finally, you'll extend your graphics knowledge with more advanced material, including post-processing techniques for color filtering, Gaussian blurring, bloom, and distortion mapping. You'll develop shaders for casting shadows, work with geometry and tessellation shaders, and implement a complete skeletal animation system for importing and rendering animated models. You don't need any experience with 3D graphics or the associated math: Everything's taught hands-on, and all graphics-specific code is fully explained. Coverage includes • The Direct3D API and graphics pipeline • A 3D math primer: vectors, matrices, coordinate systems, transformations, and the DirectX Math library • Free and low-cost tools for authoring, debugging, and profiling shaders • Extensive treatment of HLSL shader authoring • Development of a C++ rendering engine • Cameras, 3D models, materials, and lighting • Post-processing effects • Device input, component-based architecture, and software services • Shadow mapping, depth maps, and projective texture mapping • Skeletal animation • Geometry and tessellation shaders • Survey of rendering optimization, global illumination, compute shaders, deferred shading, and data-driven engine architecture A compelling story of unfolding horror as a small boy undergoes a rite of passage, seeking redemption from his haunted past. Physics is really important to game programmers who need to know how to add physical realism to their games. They need to take into account the laws of physics when creating a simulation or game engine, particularly in 3D computer graphics, for the purpose of making the effects appear more real to the observer or player. The game engine needs to recognize the physical properties of objects that artists create, and combine them with realistic motion. The physics ENGINE is a computer program that you work into your game that simulates Newtonian physics and predict effects under different conditions. In video games, the physics engine uses real-time physics to improve realism. This is the only book in its category to take readers through the process of building a complete game-ready physics engine from scratch. The Cyclone game engine featured in the book was written specifically for this book and has been utilized in iPhone application development and Adobe Flash projects. There is a good deal of master-class level information available, but almost nothing in any format that teaches the basics in a practical way. The second edition includes NEW and/or revised material on collision detection, 2D physics, casual game physics for Flash games, more references, a glossary, and end-of-chapter exercises. The companion website will include the full source code of the Cyclone physics engine, along with example applications that show the physics system in operation. The Holloway family moved from Goochland County, Virginia to Wake County, North Carolina during or before 1788. Descendants and relatives lived in Virginia, North Carolina and elsewhere. Reveals a structured mind-body system for cultivating effortless action and intelligent spontaneity for peak performance • Details 4 fundamental habits and routines that are essential for developing peak performance and explains how to incorporate them into daily life • Explains the cognitive science behind the development of expert skills and how the teachings of ancient Eastern sages align with these scientific findings • Offers practices for cultivating physical and mental intelligence, fasting the mind, and harnessing creativity to achieve your desires Integrating the wisdom of the ancient sages with modern science, Jason Gregory explains how world-class artists and athletes reach peak performance--and how you, too, can harness this "lifestyle technology" to make your actions effortless, enjoy intelligent spontaneity, and reach optimal performance at a peak level. Drawing on modern cognitive science, Gregory explains dual process theory, which divides mental activity into two spheres: cold cognition, analogous with rational thought, and hot cognition, based on emotional intuition--a theory anticipated by ancient Eastern thought, especially the teachings of the Chinese sages. The author explains that peak performance is impossible to achieve by relying solely on cold cognition as it cuts you off from the energy reserves necessary to excel. He shows how the athletic concept of being "in the zone" is based on practices that have become energized by hot cognition and thus instinctive. Outlining a structured training system that blends hot and cold cognition, the author identifies four fundamental habits and routines that lay the foundation for a healthy embodied mind and mindful body and thus are essential for developing peak performance and success. He explains how these training methods are practical applications of ancient wisdom from Zen and Taoist traditions, such as wu-wei, as well as how they are supported by recent medical research. Building on the four fundamentals, he offers practices for cultivating physical and mental intelligence, fasting the mind, and harnessing creativity to achieve your desires. Gregory explains how, with regular practice, we can use the four fundamentals to create masterpiece days. And, as the masterpiece days compound, you build an unstoppable momentum where success is inevitable. When Bree Wilson and her husband, Jason, purchase their first home in a small Michigan town, they are

enchanted by its 19th century charm and character. Soon after moving in, however, Bree begins to have strange and terrifying encounters with an unknown entity. As supernatural activity in the home begins to spiral out of control, Bree discovers that she is pregnant, and her unborn child becomes the target of paranormal attacks. With the help of an old diary and a quirky medium named Cora, Bree and Jason race to uncover the truth behind the haunting, and in the process, they unearth a long-buried family secret that threatens their very existence. "A collection of ten short stories that all take place in the same day about kids walking home from school"-- In A, American photographer Gregory Halpern (born 1977) leads us on a ramble through the beautiful and ruined streets of the American Rust Belt. The cast of characters, both human and animal, are portrayed with compassion and respect by this native son of Buffalo (now professor at the Rochester Institute of Technology). The cities he is drawn to--Baltimore, Cincinnati, Omaha, Detroit--share similar histories with his hometown, and in this post-apocalyptic springtime all forms of life emerge and run riot. On the heels of Halpern's two previous books, *Harvard Works Because We Do* (a portrait of Harvard University through the eyes of the school's service employees) and *Omaha Sketchbook* (a lyrical artist's book portrait of the titular city), A continues the photographer's investigations of locations and persons that fly under the radar. Hailed as a "must-have textbook" (CHOICE, January 2010), the first edition of *Game Engine Architecture* provided readers with a complete guide to the theory and practice of game engine software development. Updating the content to match today's landscape of game engine architecture, this second edition continues to thoroughly cover the major components that make up a typical commercial game engine. New to the Second Edition Information on new topics, including the latest variant of the C++ programming language, C++11, and the architecture of the eighth generation of gaming consoles, the Xbox One and PlayStation 4 New chapter on audio technology covering the fundamentals of the physics, mathematics, and technology that go into creating an AAA game audio engine Updated sections on multicore programming, pipelined CPU architecture and optimization, localization, pseudovectors and Grassman algebra, dual quaternions, SIMD vector math, memory alignment, and anti-aliasing Insight into the making of Naughty Dog's latest hit, *The Last of Us* The book presents the theory underlying various subsystems that comprise a commercial game engine as well as the data structures, algorithms, and software interfaces that are typically used to implement them. It primarily focuses on the engine itself, including a host of low-level foundation systems, the rendering engine, the collision system, the physics simulation, character animation, and audio. An in-depth discussion on the "gameplay foundation layer" delves into the game's object model, world editor, event system, and scripting system. The text also touches on some aspects of gameplay programming, including player mechanics, cameras, and AI. An awareness-building tool and a jumping-off point for further learning, *Game Engine Architecture, Second Edition* gives readers a solid understanding of both the theory and common practices employed within each of the engineering disciplines covered. The book will help readers on their journey through this fascinating and multifaceted field. Fletch, investigative reporter extraordinaire, can't be bothered with deadlines or expense-account budgets when it comes to getting his story. Working undercover at the beach to dig up a drug-trafficking scheme for his next blockbuster piece, Fletch is invited into a much deeper narrative. Alan Stanwyk, CEO of Collins Aviation and all-around family man, mistakes the reporter for a strung-out vagabond and asks him for a favor: kill him and escape to Brazil with \$50,000. Intrigued, Fletch can't help but dig into this suspicious deal he's being offered. Dodging the shady beach police as his case begins to break open, and with his temperamental editor Clara pushing for his article, he soon discovers that Stanwyk has a lot to hide and this plan is anything but what it seems. Hailed as a "must-have textbook" (CHOICE, January 2010), the first edition of *Game Engine Architecture* provided readers with a complete guide to the theory and practice of game engine software development. 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Designed for reviewers of research manuscripts and proposals in the social and behavioral sciences, and beyond, this title includes chapters that address traditional and emerging quantitative methods of data analysis. The biggest challenge facing many game programmers is completing their game. Most game projects fizzle out, overwhelmed by the complexity of their own code. *Game Programming Patterns* tackles that exact problem. Based on years of experience in shipped AAA titles, this book collects proven patterns to untangle and optimize your game, organized as independent recipes so you can pick just the patterns you need. You will learn how to write a robust game loop, how to organize your entities using components, and take advantage of the CPUs cache to improve your performance. You'll dive deep into how scripting engines encode behavior, how quadrees and other spatial partitions optimize your engine, and how other classic design patterns can be used in games. This book, the second volume in the popular *Game Engine Gems* series, contains short articles that focus on a particular technique, describe a clever trick, or offer practical advice within the subject of game engine development. The 31 chapters cover three broad categories--graphics and rendering, game engine design, and systems programming. *Profess A guide for achieving an enlightened mind through the art of non-doing* • Details meditation practices, focused on stillness of the mind, along with Patanjali's yoga methods to maintain a consciousness referred to as "being in the zone" • Builds on Taoist, Confucian, and Hindu principles along with scientific findings to support wu-wei--the art of non-doing, non-forcing--as a way of life • Explains how wu-wei practitioners cultivate intelligent spontaneity and effortless action to allow the natural harmony of the cosmos to prevail The practice of non-doing, non-forcing is an essential aspect of Taoism known as wu-wei. Attributed to the great sage Lao-tzu, the philosophy of wu-wei teaches you how to develop a natural state of consciousness not bound by thought or preconceived limitations. Experienced by the greatest artists, athletes, musicians, and writers, this heightened state of consciousness, referred to as "being in the zone," is where intelligent spontaneity and effortless action flourish via a practice rooted in permitting the natural harmony of the cosmos to prevail. Merging Taoist philosophy, Hindu principles, and Confucianism along with scientific findings, Jason Gregory outlines the practice of wu-wei as a vehicle to realize our innate freedom, revealing that when we release our ego and allow life to unfold as it will, we align ourselves more closely with our goals and cultivate skill and mastery along the way. Equating "being in the zone" with a stillness of the mind, Gregory shares meditation practices coupled with yoga exercises from Patanjali that allow you to approach life with a mastery of acceptance, releasing deluded beliefs of how to achieve success that make your mind "sticky" and poised for conflict. The author shows how practicing wu-wei paradoxically empowers you to accomplish all that you desire by having no intention to do so, as well as allowing you to become receptive to nature's blueprint for expressing beauty. Revealing wisdom utilized by renowned sages, artists, and athletes who have adapted "being in the zone" as a way of life, the author shows that wu-wei can yield a renewed sense of trust in many aspects of your daily life, making each day more effortless. As an avid wu-wei practitioner, he provides keen insight on how you, too, can experience the beauty of achieving an enlightened, effortless mind while reveling in the process of life's unfolding. *Essential Concepts in Molecular Pathology, Second Edition*, offers an introduction to molecular genetics and the "molecular" aspects of human disease. The book illustrates how pathologists harness their understanding of these entities to develop new diagnostics and treatments for various human diseases. This new edition offers pathology, genetics residents, and molecular pathology fellows an advanced understanding of the molecular mechanisms of disease that goes beyond what they learned in medical and graduate school. By bridging molecular concepts of pathogenesis to the clinical expression of disease in cell, tissue and organ, this fully updated, introductory reference provides the background necessary for an understanding of today's advances in pathology

and medicine. Explains the practice of "molecular medicine" and the translational aspects of molecular pathology, including molecular diagnostics, molecular assessment and personalized medicine

Orients non-pathologists on what pathologists look for and how they interpret their observational findings based on histopathology

Provides the reader with what is missing from most targeted introductions to pathology—the cell biology behind pathophysiology

Includes special sessions. White people don't have a monopoly on prejudice. Consumed by prejudicial hatred, Jason plots revenge for past wrongs, only to discover that in doing so, he is bringing about his own self-destruction.

Book II Hunter of the Cats: The Last Cat follows Jason from the first book in the series, after prejudice almost destroyed this man nicknamed the panther. Real-life historical black figures assist Jason along the road to his possible redemption. In the end, he must decide to continue down the chosen path of his namesake, the panther, or accept assistance to travel a new path, by attempting to right past wrongs. Hailed as a "must-have textbook" (CHOICE, January 2010), the first edition of Game Engine Architecture provided readers with a complete guide to the theory and practice of game engine software development. Updating the content to match today's landscape of game engine architecture, this second edition continues to thoroughly cover the major components that make up a typical commercial game engine. New to the Second Edition Information on new topics, including the latest variant of the C++ programming language, C++11, and the architecture of the eighth generation of gaming consoles, the Xbox One and PlayStation 4

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Insight into the making of Naughty Dog's latest hit, The Last of Us

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The daughters of a ruthlessly ambitious family, Mary and Anne Boleyn are sent to the court of Henry VIII to attract the attention of the king, who first takes Mary as his mistress, in which role she bears him an illegitimate son, and then Anne as his wife. Reprint. 250,000 first printing. (A Columbia Pictures film, written by Peter Morgan, directed by Justin Chadwick, releasing Fall 2007, starring Natalie Portman, Scarlett Johansson, Eric Bana, and others) (Historical Fiction)

With kind and humble intent thou reprovest me, dearest brother, for having wished by hiding myself to fly from the burdens of pastoral care; as to which, lest to some they should appear light, I express with my pen in the book before you all my own estimate of their heaviness, in order both that he who is free from them may not unwarily seek them, and that he who has so sought them may tremble for having got them. This book is divided into four separate heads of argument, that it may approach the reader's mind by allegations arranged in order—by certain steps, as it were. For, as the necessity of things requires, we must especially consider after what manner every one should come to supreme rule; and, duly arriving at it, after what manner he should live; and, living well, after what manner he should teach; and, teaching aright, with how great consideration every day he should become aware of his own infirmity; lest either humility fly from the approach, or life be at variance with the arrival, or teaching be wanting to the life, or presumption unduly exalt the teaching. In this new and improved third edition of the highly popular Game Engine Architecture, Jason Gregory draws on his nearly two decades of experience at Midway, Electronic Arts and Naughty Dog to present both the theory and practice of game engine software development. In this book, the broad range of technologies and techniques used by AAA game studios are each explained in detail, and their roles within a real industrial-strength game engine are illustrated. New to the Third Edition This third edition offers the same comprehensive coverage of game engine architecture provided by previous editions, along with updated coverage of: computer and CPU hardware and memory caches, compiler optimizations, C++ language standardization, the IEEE-754 floating-point representation, 2D user interfaces, plus an entirely new chapter on hardware parallelism and concurrent programming. This book is intended to serve as an introductory text, but it also offers the experienced game programmer a useful perspective on aspects of game development technology with which they may not have deep experience. As always, copious references and citations are provided in this edition, making it an excellent jumping off point for those who wish to dig deeper into any particular aspect of the game development process.

Key Features Covers both the theory and practice of game engine software development

Examples are grounded in specific technologies, but discussion extends beyond any particular engine or API. Includes all mathematical background needed. Comprehensive text for beginners and also has content for senior engineers.

Red hills are located in counties of Leon, Gadsden, Jackson, Jefferson and Madison. John Diefenbaker's Latin American policy was based on his vision of Canada's national interest, which placed a strong emphasis on the achievement of greater autonomy in foreign policy for Canada vis-à-vis the US and the expansion of Canadian exports to the region. Though Diefenbaker was often accused of being driven by anti-Americanism, instead his Latin American policy was based on his vision of Canada's national interest. For Diefenbaker, an enhanced relationship with Latin America had the potential to lessen Canada's dependency on the US, while giving Latin American countries an outlet for their trade, commercial and financial relations other than the US. This new approach implied that Canada would formulate and implement policy that focused more on Canadian political interests and goals. It was not a matter of charting a totally independent policy from the US in Latin America - true policy independence was impossible to achieve. Nor was it the case that Canada would necessarily set itself in opposition to the US when it disagreed with its policies. For Diefenbaker the goal was to pursue a foreign policy that was aligned with, but not subservient to, the US. ". . . an ad-rap-tation, hip-hop theatre retelling of Shakespeare's The comedy of errors"--P. [4] of cover.

Fletch Won As a fledgling reporter, Fletch is doing more flailing than anything else. That and floating around from department to department trying to figure where he fits in. His managing editor's got him pegged for the society pages, but the kind of society Fletch gets involved with is anything but polite. Fletch Won His first big interview, a millionaire lawyer with a crooked streak and an itch to give away some of his ill-gotten gains, ends up dead in the News-Tribune's parking lot before Fletch can ask question number one. So Fletch ends up going after the murderer instead, and ends up learning a thing or two about crime and punishment. Fletch Won At the same time, he's supposed to be covering (or maybe uncovering) a health spa that caters to all its clients needs, and gets hired as a very personal trainer. Never mind that he's supposed to be getting married at the end of the week; Fletch has a few other engagements to take care of first.

In this new and improved third edition of the highly popular Game Engine Architecture, Jason Gregory draws on his nearly two decades of experience at Midway, Electronic Arts and Naughty Dog to present both the theory and practice of game engine software development. In this book, the broad range of technologies and techniques used by AAA game studios are each explained in detail, and their roles within a real industrial-strength game engine are illustrated. New to the Third Edition This third edition offers the same comprehensive coverage of game engine architecture provided by previous editions, along with updated coverage of: computer and CPU hardware and memory caches, compiler optimizations, C++ language standardization, the IEEE-754 floating-point representation, 2D user interfaces, plus an entirely new chapter on hardware parallelism and concurrent programming. This book is intended to serve as an introductory text, but it also offers the experienced game programmer a useful perspective on aspects of game development technology with which they may not have deep experience. As always, copious references and citations are provided in this edition, making it an excellent jumping off point for those who wish to dig deeper into any particular aspect of the game development process.

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Combines cognitive psychology with Zen, Taoist, and Vedic practices to empty the mind

- Explains how eliminating external stimulation can alleviate stress and anxiety for a calmer state of mind
- Details meditation practices, such as open-awareness meditation, contemplation of Zen koans, and Vipassana meditation, and explores methods of digital detox
- Draws on classical yoga, Hinduism, Buddhism, and Taoism as well as cognitive science to explain how and why to fast the mind

Stop planning, stop comparing, stop competing, stop thinking, and just breathe deeply for a minute . . . Our

undivided attention is something we are rarely able to give for reasons ranging from digital overload to the cultural conditioning of equating busyness with purpose. Just as you might choose a fast from eating to detoxify the body, the best way to overcome this modern mental overload is to periodically fast the mind. Drawing on the spiritual philosophies and meditative practices of classical yoga, Hinduism, Buddhism, and Taoism, Jason Gregory explains how fasting the mind directly impacts your habits and way of being in the world to create peace and calmness in your life as well as allow you to build a firm psychological defense against the increasing bombardment of distractions in our world. Applying psychology and cognitive science to samsara--the cycle of suffering created by our attachment to the impermanent--he explains how overreliance on the rational mind causes imbalances in the autonomic nervous system and suppresses our natural spontaneity, feelings, and intuition. When we are unable to relax the mind deeply, we enter a destabilizing state of stress and anxiety and are unable to liberate the true Self from the impermanence and limitations of the material world. Sharing Zen, Taoist, and Vedic practices to help you empty your mind and gradually restore your natural rhythms, the author shows how to give the mind time to truly relax from stimulation so it can repair itself and come back into equilibrium. He details simple meditation practices that are easy to implement in daily life, such as open-awareness meditation and contemplation of Zen koans, as well as the advanced techniques of Vipassana, a Theravadic Buddhist discipline centered on seclusion from all worldly stimuli. He also offers methods for digital detox and ensuring a good night's sleep, a major support for healing cognitive impairment and restoring a state of equanimity. By fasting the mind we strip away the distractions and stresses of modern life and return to our original nature as it exists deep within. We become more consciously awake in every moment, allowing us to feel the real beauty of the world and, in turn, to live life more fully, authentically, and peacefully. A tiny African-American baby lies in a hospital incubator, tubes protruding from his nostrils, head, and limbs. "He couldn't take the hit," the caption warns. "If you're pregnant, don't take drugs." Ten years earlier, this billboard would have been largely unintelligible to many of us. But when it appeared in 1991, it immediately conjured up several powerful images: the helpless infant himself; his unseen environment, a newborn intensive care unit filled with babies crying inconsolably; and the mother who did this -- crack-addicted and unrepentant. Misconceiving Mothers is a case study of how public policy about reproduction and crime is made. Laura E. Gomez uses secondary research and first-hand interviews with legislators and prosecutors to examine attitudes toward the criminalization and/or medicalization of drug use during pregnancy by the legislature and criminal justice system in California. She traces how an initial tendency toward criminalization gave way to a trend toward seeing the problem of "crack babies" as an issue of social welfare and public health. It is no surprise that in an atmosphere of mother-blaming, particularly targeted at poor women and women of color, "crack babies" so easily captured the American popular imagination in the late 1980s. What is surprising is the way prenatal drug exposure came to be institutionalized in the state apparatus. Gomez attributes this circumstance to four interrelated causes: the gendered nature of the social problem; the recasting of the problem as fundamentally "medical" rather than "criminal"; the dynamic nature of the process of institutionalization; and the specific features of the legal institutions -- that is, the legislature and prosecutors' offices -- that became prominent in the case. At one level Misconceiving Mothers tells the story of a particular problem at a particular time and place how the California legislature and district attorneys grappled with pregnant women's drug use in the late 1980s and early 1990s. At another level, the book tells a more general story about the political nature of contemporary social problems. The story it tells is political not just because it deals with the character of political institutions but because the process itself and the nature of the claims-making concern the power to control the allocation of state resources. A number of studies have looked at how the initial criminalization of social problems takes place. Misconceiving Mothers looks at the process by which a criminalized social problem is institutionalized through the attitudes and policies of elite decision-makers. Author note: Laura E. Gomez is Acting Professor of Law and Sociology, University of California, Los Angeles. Humility, being open and receptive to all experience, is the key to becoming one with the spontaneous patterns of the universe • Integrates classic teachings of Hinduism and Buddhism with principles of quantum physics to reveal the science of the enlightened masters • Reveals how we are each capable of shifting from the aggressive path of the warrior to the humble path of the sage • Explains how the key to catching the current acceleration of conscious evolution is humility From Krishna and Lao-tzu to Buddha and Jesus, each enlightened master discovered how being receptive to all experience was the key to becoming one with the universe and its spontaneous patterns of order and chaos. Revealing humility as the purest expression of this receptivity, Jason Gregory integrates classic teachings of Hinduism, Buddhism, Taoism, and Hermeticism with principles from quantum physics to explain the science of humility as practiced by the ancient masters. The author shows how, driven by fear, the human mind creates the ego. In its greedy and arrogant quest to protect the self and its desires, the ego forges the illusion of separation, weaving complex patterns of reality that shield us from our unity with all beings and result in attitudes of aggression, selfishness, and competition. He reveals how the iconic clash between this complex, aggressive "path of the warrior" and the simple "path of the sage" is reflected in the polarized state of the modern world. Yet this state also reflects the accelerating wave of conscious evolution we are now experiencing. The key to catching this evolutionary wave is humility: the reversal of complexity into simplicity, the ancient science of mental alchemy that represents the Great Work of Eternity. Produce a podcast like the pros More people than ever are turning to podcasts for on-demand, mobile entertainment and information. Podcasting For Dummies offers a fast and easy way to get the know-how you need to produce and distribute one of your very own. Written by a pair of podcasting pioneers, this book shares insight on the technology behind recording, editing, and sharing podcasts, along with tips and tricks on how to produce a pro-level podcast. Podcasting has enjoyed a recent boom thanks to a new crop of hit podcasts catching the ears of the public and media along with the continued growth of mobile and streaming devices as a source for entertainment. If you want to jump on the podcasting bandwagon, you've come to the right place! In this fully updated edition, would-be and experienced podcasters alike will get all the tech information, production insight, and promotional tips they need to either get a podcast off the ground or improve on an existing one. Get the gear you need Find your podcasting voice Find and build an audience Plan your podcast New tools have made it easier than ever to create a podcast—and this book shows you how. This beautifully-illustrated 50-page children's book encourages adults and children alike to stick to your goals and dreams... no matter how lofty! Gregory Bateson was a philosopher, anthropologist, photographer, naturalist, and poet, as well as the husband and collaborator of Margaret Mead. This classic anthology of his major work includes a new Foreword by his daughter, Mary Katherine Bateson. 5 line drawings.