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COCHRAN ANDREWS

Why Tango Sristhi Publishers & Distributors

Previously published in 2016 under title: Tantra: discover the path from sex to spirit.

PE4life Human Kinetics

The #1 bestselling pioneer of "fratire" and a leading evolutionary psychologist team up to create the dating book for guys. Whether they conducted their research in life or in the lab, experts Tucker Max and Dr. Geoffrey Miller have spent the last 20+ years learning what women really want from their men, why they want it, and how men can deliver those qualities. The short answer:

become the best version of yourself possible, then show it off. It sounds simple, but it's not. If it were, Tinder would just be the stuff you use to start a fire. Becoming your best self requires honesty, self-awareness, hard work and a little help. Through their website and podcasts, Max and Miller have already helped over one million guys take their first steps toward Ms. Right. They have collected all of their findings in *Mate*, an evidence-driven, seriously funny playbook that will teach you to become a more sexually attractive and romantically successful man, the right way: No "seduction techniques," No moralizing, No bullshit. Just honest, straightforward talk about the most ethical, effective way to pursue the win-win relationships you want with the women who are best for you. Much of what they've discovered will surprise you, some of it will not, but all of it is important and

often misunderstood. So listen up, and stop being stupid!

My Secret Garden Read Books Ltd

Dancers who want to get the most out of their experience in dance—whether in college, high school, a dance studio, or a dance company—can now take charge of their wellness. *Dancer Wellness* will help them learn and apply important wellness concepts as presented through the in-depth research conducted by the International Association for Dance Medicine & Science (IADMS) and their experts from around the world. *Four Primary Areas Dancer Wellness* covers four primary topics: Foundations of dancer wellness, which explores the dancer's physical environment, the science behind training, and conditioning; Mental components of dancer wellness, which investigates the psychological aspects that influence a dancer's training—imagery, somatic practices, and the ways that rest, fatigue, and burnout affect learning, technique, and injury risk and recovery; Physical aspects of dancer wellness, which examines dancer nutrition and wellness, including the challenges in maintaining good nutrition, addressing body composition issues, bone health, injury prevention, and first aid; Assessments for dancer wellness, which offers guidance in goal setting, screenings, assessing abilities, and designing a personal wellness plan. Each chapter offers learning objectives at the beginning and review questions at the end to help readers recall what they have learned. Sidebars within each chapter focus on self-awareness, empowerment, goal setting, and diversity in dance. "Dancer Wellness meets the needs of dancers in any setting," says Virginia Wilmerding, one of the book's editors from IADMS. "Our authors are leaders in the field, and they thoroughly investigate

their areas of specialization. Through that investigation we have provided theoretical concepts and practical information and applications that dancers can use to enhance their health and wellness as part of their dance practice." This text offers foundational information to create a comprehensive view of dancer wellness. "Wellness defines the state of being healthy in both mind and body through conscious and intentional choices and efforts," says coeditor Donna Krasnow. "Anyone interested in the health and wellness of dancers can benefit from this book, regardless of previous training or level of expertise. This book covers each aspect of dancer wellness, whether environmental, physical, or psychological." A web resource is included with all new print books and some ebooks. For ebook formats that don't provide access, the web resource is available separately.

128 Beats Per Minute Bloomsbury Academic

Sheds new light on *Native Life* appearing at a critical historical juncture, and reflects on how to read it in South Africa's heightened challenges today. First published in 1916, Sol Plaatje's *Native Life in South Africa* was written by one of the South Africa's most talented early twentieth-century black leaders and journalists. Plaatje's pioneering book arose out of an early African National Congress campaign to protest against the discriminatory 1913 Natives Land Act. *Native Life* vividly narrates Plaatje's investigative journeying into South Africa's rural heartlands to report on the effects of the Act and his involvement in the deputation to the British imperial government. At the same time it tells the bigger story of the assault on black rights and opportunities in the newly consolidated Union of South Africa - and the resistance to it. Originally published in war-time London,

but about South Africa and its place in the world, Native Life travelled far and wide, being distributed in the United States under the auspices of prominent African-American W E B Du Bois. South African editions were to follow only in the late apartheid period and beyond. The aim of this multi-authored volume is to shed new light on how and why Native Life came into being at a critical historical juncture, and to reflect on how it can be read in relation to South Africa's heightened challenges today. Crucial areas that come under the spotlight in this collection include land, race, history, mobility, belonging, war, the press, law, literature, language, gender, politics, and the state.

Yes Yes Y'all Plexus Publishing (UK)

In *Synchronicity: Unlock Your Divine Destiny* you will discover that a cosmic shift has hit the fan and golden crumbs are flying everywhere! Synchronicity is on the rise and its magic is raining down upon us. So what do all these meaningful coincidences mean? And what's possible as we learn to follow their trail? Synchronicity is directing you somewhere...would you like to know where? **FREE GIFT WITH PURCHASE:** Experience Synchronicity with the Interactive Companion Workbook - Twenty-one full color pages of practical exercises to master your energy - An instructional Video to take back your power - An 11 min. MP3 Meditation you can do anywhere for instant alignment - Inspirational music playlists + much, much more! What you can expect by using Amelía's Seven Keys of Synchronicity: - Understand the wisdom in synchronicity - Learn practices to stay in the flow - Find happiness for no reason - Magnetize your soul group & twin flame - Awaken unexplored magical abilities - And unlock your divine destiny...

Sexual Diversity in Africa CreateSpace

'Universal Tongue' celebrates the great diversity of the global dance kaleidoscope in the era of the Internet. It was born from visual artist Anouk Kruithof's fascination with dance videos distributed online as a representation of self-expression, cultural identity, empowerment and fun. In collaboration with a team of 50 researchers from across the globe, she sourced over 8800 dance videos online, which were edited down to a 1000 unique dance styles that she blended into a dynamic 8 channel video installation with a four hour duration, accompanied by a unifying soundtrack. The researchers provided a short text for each dance style presented in their found videos. These 1000 edited texts combined with screenshots taken from the videos introduce the origin, background and meaning of the dance styles. Et voilà! this 'dancyclopedia' through the jungle of the Internet was born! This book shows how dance can be a way of knowing about the world. It is by no means exclusive, final, or academic. It is a statement. Organized in alphabetical order by the first letter of each dance style, it confirms the horizontality of 'Universal Tongue', by erasing typical categories of the world order, such as country, continent, or culture. Instead, it points us towards a more inclusive world with a limitless exchange ? a world where simply everyone is a dancer.

Orpheus and Power Rosetta Books

This is the first stand-alone guide to Africa's second-smallest country, São Tomé & Príncipe, renowned for its enticing blend of African, Portuguese and Caribbean culture.

Theorizing Masculinities McGill-Queen's Press - MQUP

Partisanship is destroying the U.S. Whether you're an Independent

fed up with your lack of representation in Washington, a moderate Democrat or Republican disappointed by the repeated failures of your party, or a Millennial whose disenchantment with our current political system has turned into apathy, you have options and the power to turn things around; in fact, We the People have an obligation to do so. But we can't change the current state of affairs until we realize that we're part of the problem: feeding into the fiction of the two party system and fighting amongst ourselves, even as our government creates policies to benefit its corporate friends at the expense of people everywhere. While no one can do everything, we can each do something; our nation's fate in the new millennium depends on it. The first step is effective communication. The first step, is Politiquette.

WORLD MARK ENCYCLOPEDIA OF CULTURES & DAILY LIFE U of Minnesota Press

What is the Best Way to Approach an Attractive Lady? How do you get her attention? What should you say? How do you ask for her phone number? Some guys are so good-looking that girls naturally flock to them. Other guys, who are not as genetically blessed, have to use courage, humor, intelligence, psychology, and resiliency to attract beautiful women. *How to Attract Women if You're Not That Attractive* answers everything you need to know about attracting women if you do not look like Prince Charming.

Sounds and the City Bloomsbury Publishing USA

From recent data on disparities between Brazilian whites and non-whites in areas of health, education, and welfare, it is clear that vast racial inequalities do exist in Brazil, contrary to earlier

assertions in race relations scholarship that the country is a "racial democracy." Here Michael George Hanchard explores the implications of this increasingly evident racial inequality, highlighting Afro-Brazilian attempts at mobilizing for civil rights and the powerful efforts of white elites to neutralize such attempts. Within a neo-Gramscian framework, Hanchard shows how racial hegemony in Brazil has hampered ethnic and racial identification among non-whites by simultaneously promoting racial discrimination and false premises of racial equality. Drawing from personal archives of and interviews with participants in the Movimento Negro of Rio de Janeiro and Sao Paulo, Hanchard presents a wealth of empirical evidence about Afro-Brazilian militants, comparing their effectiveness with their counterparts in sub-Saharan Africa, the United States, and the Caribbean in the post-World War II period. He analyzes, in comprehensive detail, the extreme difficulties experienced by Afro-Brazilian activists in identifying and redressing racially specific patterns of violation and discrimination. Hanchard argues that the Afro-American struggle to subvert dominant cultural forms and practices carries the danger of being subsumed by the contradictions that these dominant forms produce. *How to Attract Women If You're Not That Attractive* Little, Brown Raj can't believe his luck when he gets selected for a summer internship in Switzerland. He had always dreamed of travelling, and this was his chance to explore the world. During this internship, he crosses paths with Sofia, a German student studying in Switzerland. Little did he know that this chance encounter will alter the course of his life forever. Raj finds himself falling in love with Sofia. But as their time together in Switzerland

nears an end, Raj finds himself torn between the desire to confess his feelings to Sofia and the fear of losing her. Will Raj be able to tell Sofia how he feels? Will they be able to sustain a love spanning across cultural and geographical boundaries? The Promises We Made recounts the journey of two people falling in love in the most unexpected of circumstances. But destiny had something else in store - a dark twist of events that leaves the reader lamenting the vagaries of fate.

Hip Hop around the World Rowman & Littlefield

How does one address homophobia without threatening majority rule democracy and freedoms of speech and faith? How does one "Africanize" sexuality research, empirically and theoretically, in an environment that is not necessarily welcoming to African scholars? In *Sexual Diversity in Africa*, contributors critically engage with current debates about sexuality and gender identity, as well as with contentious issues relating to methodology, epistemology, ethics, and pedagogy. They present a tapestry of issues that testify to the complex nature of sexuality, sexual practices, and gender performance in Africa. Essays examine topics such as the well-established same-sex networks in Accra and Bamako, African "traditions" defined by European observers, and the bizarre mix of faith, pharmaceuticals, and pseudo-science used to "cure" homosexual men. Their evidence also demonstrates the indefensibility of over-simplified constructions of homosexuality versus heterosexuality, modern versus traditional, Africa versus the West, and progress from the African closet towards Western models of out politics, all of which have tainted research on same-sex practices and scientific studies of HIV/AIDS. Asserting that the study of sexuality is intellectually

and politically sustainable in Africa, *Sexual Diversity in Africa* contributes to the theorization of sexualities by presenting a more sensitive and knowledgeable study of African experiences and perspectives. Contributors include Olajide Akanji, Christophe Broqua, Cheryl Cooky, Serena Owusua Dankwa, Shari L. Dworkin, Marc Epprecht, Melissa Hackman, Notisha Massaquoi, Crystal Munthree, Kathleen O'Mara, Stella Nyanzi, S.N.Nyeck, Vasu Reddy, Amanda Lock Swarr, and Lisa Wiebesiek.

Until We are Free Human Kinetics

Practical Ways to Tap into and Use Your Highest Wisdom Each day, we are bombarded with data and opinions, and each day we must make choices that steer us toward our own best approach to life. And, according to Simone Wright, we often forget or don't understand how to use the best tool available: our intuition, which is our "first intelligence" that can cut through the chatter to inherent wisdom. She explains that intuition is an innate and universal biological and energetic function that can be used like a human GPS system to guide us toward effective action and peak performance. Riveting examples and powerful exercises demonstrate how we can use this "sixth sense" as naturally as any, in all areas of our lives.

Perspectives on Dance Fusion in the Caribbean and Dance Sustainability Hay House UK Limited

The major objective of this collection of 28 essays is to analyze the trends, musical formats, and rhetorical devices used in popular music to illuminate the human condition. By comparing and contrasting musical offerings in a number of countries and in different contexts from the 19th century until today, *The Routledge History of Social Protest in Popular Music* aims to be a

probing introduction to the history of social protest music, ideal for popular music studies and history and sociology of music courses.

A Campus at War Routledge

This volume examines the theme of fusion in Caribbean dance from a wide range of perspectives, including its socio-cultural-historical formation. The contributions are drawn from a conference entitled “Caribbean Fusion Dance Works: Rituals of Modern Society”, which focused primarily on the Caribbean as a unique locale. However, chapters on dance fusions in other diasporic locations and the sustainability of dance as an art form are also included here in order to offer a sense of an inevitable and, in some instances, desirable evolution due to the globalizing forces that continue to influence dance.

Flash of the Spirit Princeton University Press

From early accounts of dance customs in medieval Ireland to the present, Helen Brennan offers an authoritative look at the evolution of Irish dance. Every type of dance from social to traditional to clergy is included. Brennan takes care to explain the different styles and traditions that evolved from different parts of Ireland; which results in some lively discussions as people reminisce over old favorites. She also discusses how dance evolved to become such an important part of Ireland's culture and history. An appendix is offered to help explain the various steps involved in each style of dance including the Munster or Southern style, Single Shuffle, Double Shuffle, Treble Shuffle, the Heel Plant, the Cut, the Rock or Puzzle, the Drum, the Sean Nos Dance Style of Connemara, and the Northern Style.

Mate Chicago Review Press

This book draws from a rich history of scholarship about the relations between music and cities, and the global flows between music and urban experience. The contributions in this collection comment on the global city as a nexus of moving people, changing places, and shifting social relations, asking what popular music can tell us about cities, and vice versa. Since the publication of the first *Sounds and the City* volume, various movements, changes and shifts have amplified debates about globalization. From the waves of people migrating to Europe from the Syrian civil war and other conflict zones, to the 2016 “Brexit” vote to leave the European Union and American presidential election of Donald Trump. These, and other events, appear to have exposed an anti-globalist retreat toward isolationism and a backlash against multiculturalism that has been termed “post-globalization.” Amidst this, what of popular music? Does music offer renewed spaces and avenues for public protest, for collective action and resistance? What can the diverse histories, hybridities, and legacies of popular music tell us about the ever-changing relations of people and cities?

How To Become A Good Dancer Notion Press

Bossa nova is one of the most popular musical genres in the world. Songs such as “The Girl from Ipanema” (the fifth most frequently played song in the world), “The Waters of March,” and “Desafinado” are known around the world. Bossa Nova—a number-one bestseller when originally published in Brazil as *Chega de Saudade*—is a definitive history of this seductive music. Based on extensive interviews with Antonio Carlos Jobim, Jo+o Gilberto, and all the major musicians and their friends, Bossa Nova explains how a handful of Rio de Janeiro teenagers changed

the face of popular culture around the world. Now, in this outstanding translation, the full flavor of Ruy Castro's wisecracking, chatty Portuguese comes through in a feast of detail. Along the way he introduces a cast of unforgettable characters who turned Gilberto's singular vision into the sound of a generation.

Sol Plaatje's Native Life in South Africa SAGE

Irish dancing has never been more popular. In recent years, the success of Riverdance and Lord of the Dance has enthralled audiences worldwide. The Complete Guide to Irish Dance offers a comprehensive history of all aspects of Irish dance, from its ancient origins right up to the present day. The book gives

detailed information about Irish dancing from the first day a dancer enrolls at a dance school, right through the different levels of competition up to the World Championship. Special attention is paid to music, costume, embroidery and shoes. With clear and simple instructions and diagrams for 30 popular Irish dances, as well as step-by-step photos demonstrating arm and body positions for reels, jigs and hornpipes, this book will be of great benefit to anyone with an interest in or a love of Irish dance.

Synchronicity Penguin

Situates the cultures of Portuguese-speaking Africa within the postcolonial, global era.