

The No Nonsense Guide To Globalization Book

Economic growth and wealth creation will never meet the poor's need for sufficiency and safety.

Globalisation has become one of the most used and encompassing words over the past decade, of undeniable influence in economics, politics and activism. Globalisation is literally all around; every aspect of life is affected by a global structure of communication and economy. This fully revised and updated guide condenses this complex subject into clear, concise commentary. It examines the debt trap, the acceleration of neoliberalism, competition for energy resources, the links between the war on terror, the arms trade and the alternatives to corporate control.

For nearly as long as women have been around, they have been going through menopause. It is a bodily process as old as human birth, death, and of course, menstruation. Like many normal biological events, menopause was gradually medicalized, and with the rise of pharmaceutical medicine, women and their doctors were convinced that it was an "estrogen deficiency disease" that could be treated by supplementing the body's declining estrogen levels with hormones. By 2002 hormone treatment had been on the market for more than fifty years when doctors and women alike were shocked by the results of a massive clinical trial, the Women's Health Initiative: women taking hormones had more heart attacks, breast cancer, strokes, pulmonary embolisms, and blood clots than women who did not, and patients were left scrambling to find new and sometimes difficult answers to their menopause and midlife health questions. In *The No-Nonsense Guide to Menopause*, Barbara Seaman, a legendary figure in the women's health movement, and Laura Eldridge have written a comprehensive, easy-to-use resource that will give you all the information you need to make smart and informed decisions that will put you in control during this time of transition -- medically, psychologically, sexually, and even financially. With the latest research on everything from hormone replacement therapy to skin creams to preventing osteoporosis, *The No-Nonsense Guide to Menopause* is the definitive manual on this important subject. You'll find out which changes are expected and natural and which can be a cause for concern; how hormonal shifts can affect your heart, your sex life, and your mood; and what you can do to address these issues. Whether the authors are discussing the risk factors for heart disease, the benefits of lifting weights, or if you should consider a hysterectomy, they offer unbiased, straightforward information and advice with a signature blend of wisdom and sensitivity. Perhaps most important, you'll learn how to evaluate what you read in magazines, hear on the news, and are told by your doctor, so you can distinguish between solid facts and dubious claims. By learning how to read and evaluate scientific studies and becoming familiar with what goes on behind the scenes in research labs, at doctors' offices, and at pharmaceutical companies, you will be able to become your own advocate. The next time you go to the doctor's office, you will know how

to make the most of your visit and leave feeling confident, informed, and in command. There is no one way to experience menopause and no single way to handle the challenges it can present, but as a no-nonsense patient, you will have the tools you need to make decisions that are right for you.

This practical how-to-do-it guide is ideal for professionals involved in the management of archives and records, especially if they are just starting out or without formal training. The book covers all aspects of recordkeeping and archives management. It follows the records' journey from creation, through the application of classification and access techniques, evaluation for business, legal and historical value and finally to destruction or preservation and access in the archive. Based on the internationally renowned training days run by the author and her business partner, The No-nonsense Guide to Archives and Recordkeeping deals with records and archives in all formats. It utilizes checklists, practical exercises, sample documentation, case studies and helpful diagrams to ensure a very accessible and pragmatic approach, allowing anyone to get to grips with the basics quickly. The book is divided into four main work areas: - current records: including creation, filing, classification and security - records management: including aims, risks, planning, preparation and delivery - archives management: including collecting policies, intellectual property rights, appraisal, digitization and outreach - archival preservation: including policy, disaster prevention and repositories. This one-stop-shop will be essential for a wide readership including archives and records assistants, librarians, information managers and IT professionals responsible for archives and records and managers of archives staff.

Are we heading for a population 'explosion'? How many people can the planet sustain?

Building dams in India, planting trees in Burkina Faso, rescuing street children in Brazil - these are images of aid and international development with which we can all identify. However, what passes for development all too often improves life for the better off while actively hurting the very people the venture was meant to support. Maggie Black exposes the hypocrisy and reveals a more accurate picture of what is happening in development's name, arguing for a process to be put in place that truly defends the interests of poor people.

Anxiety is a crafty shapeshifter that can take on many forms: the tiger that sinks its claws in with physical symptoms and distressing thoughts, the cruel and belittling bully creating insecurity and self-doubt and, worst of all, the frenemy rewarding avoidance of social situations with no physical symptoms, no cruel thoughts... and no life beyond your sofa! This no-nonsense guide to beating social anxiety covers everything from surviving university and the workplace, through to social media and making it through parties and dates (whilst actually enjoying them!) With honest insights about her own social anxiety and a healthy dose of humour, award-winning blogger Claire Eastham describes what social anxiety is, why it happens, and how you can lessen its effects with lifestyle choices, talking therapies or even a hug from your

favourite canine friend!

Incorporating the most recent studies on hormone therapy, Seaman--a legendary figure in the women's health movement--and co-author Eldridge present an invaluable guide for women in need of information on menopause.

Water sustains life: without it, humans cannot survive for more than a few days. And yet this precious fluid is becoming increasingly politicized as the debates about control and ownership of water itself, and of the many organizations which govern its use, gain force. Maggie Black explores the many roles water plays in human life and, as the defense of water rights looks set to become an explosive issue, provides a clear overview on the vital issues of distribution, technology, irrigation, land use and commodification.

The world food system is put under the microscope in this updated edition of The No-Nonsense Guide to World Food.

This invaluable guide is excellent for students, peace groups and activists. With tables, maps, case studies and quotes it looks at how conflict escalates and ways it can be prevented. It examines the changing types of war, including the War on Terror and ethnic conflict such as in Rwanda; the role of diplomacy and the UN and what steps ordinary people are taking to re-build communities. It also offers ideas and inspiration for creating lasting peace.

Indigenous peoples have long suffered from exoticization. Outsiders elevate their beauty, remoteness and difference and do not see beyond this to the real problems they face. The No-Nonsense Guide to Indigenous Peoples looks beyond the exotic images, tracing the stories of different indigenous peoples from their first (and often fatal) contact with explorers and colonizers. Much of this history is told here by indigenous people themselves. They vividly describe why land and the natural world are so special to them; how it feels to be snatched from your family as a child because the government wants to "make you white"; why they are demanding that museums must return the bones of their ancestors; how can they retain their traditional culture while moving with the times; and what kinds of development are positive. This short guide discusses all this and more, raising countless issues for debate.

This accessible and highly practical book provides an introductory guide to the world of research support in the academic library. Academic libraries have seen huge changes in recent years thanks to the increasing availability of information online but they are now undergoing another shift. As libraries move away from providing access to existing information and towards helping users create new knowledge there is an opportunity for them to develop new services for the research community. To do this successfully libraries need to have a knowledgeable workforce who are equipped to provide the support that researchers need. Information professionals are increasingly being asked to advise their users on issues such as open access and research data management but are often doing so with little or no formal preparation. Outlining the reasons why library staff need to develop a knowledge of research support and guiding them through the key information on each topic, The No-nonsense Guide to Research Support and Scholarly Communication provides an ideal primer for those who seek to work in this area or those who have acquired these responsibilities as part of a wider role. The practical nature of the book means readers can dip into it or read it from

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cover to cover as needed. It includes practical checklists of knowledge and skills, international case studies by practitioners from around the globe, end of chapter references, how-to sections, activities and links to freely available online training materials. The book covers: - scholarly communication, open research and the research lifecycle - research data management - open access - disseminating research - metrics and measuring impact including the Journal Impact Factor, H-Index and Altmetrics - career paths in research support - why and how library staff at all levels can get involved in the process of doing research and sharing their outputs. The book will be essential reading for academic librarians who have had research support duties added to their role with little or no formal training or those who have taken on a newly created role and are unsure of how best to use their existing skills or develop new ones suitable for a role in research support. The book will also be of interest to public librarians who may be dealing with supporting their own research communities and those who are considering taking on a career in this growing area but are unsure where to turn for guidance including students studying for postgraduate library qualifications and those who have undertaken qualifications in publishing.

Most people's knowledge of world history is hazy and incomplete at best. This updated No-Nonsense Guide gives a full picture, revealing the hidden histories and communities left out of conventional history books—from the civilizations of Africa, Asia, and Latin America to the history of women. The new final chapter includes material on the financial crisis and the world response to climate change. Chris Brazier is co-editor at New Internationalist. His previous books include Vietnam: The Price of Peace. He is principal writer for UNICEF's The State of the World's Children report.

An in-depth look at two decades of a movement that aims to challenge the ethical foundations of the global market. Transnational corporations look for the cheapest suppliers, while the fair trade movement insists on a premium for the producers at the start of the chain. Sally Blundell explores the origins of fair trade and what it is likely to become in the face of growing disparities between the principles and the practice.

Green issues and politics are no longer separate entities, and as environmental issues will only become more pertinent in the future, it will dominate the political spectrum. From climate chaos to consumerism, the crisis facing human civilisation is clear. Yet the response from politicians at present is still inadequate and environmental activists focus on single campaigns rather than electoral politics. The new addition to the No-Nonsense Guides measures the rising tide of eco-activism and awareness and explains why it heralds a new political era worldwide.

Filled with specific details and examples, this book describes the organization of a successful yearlong writing workshop for grades 3 to 8.

How much has life really changed for women during the last decade? Has the women's movement affected women all over the world? Has it changed women's relationships with men? Nikki van der Gaag answers these questions with hard, sometimes disturbing, evidence. Many women have made huge leaps forward in legal rights, political representation, employment, education, health but beneath the surface the statistics are shocking. Vivid testimonies from women and men around the world explain why,

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especially in this post-feminist age, womens rights are still very much an issue for men and women alike. "She has made a special effort to correct many of the misconceptions and biases related to the feminist movement, to link the liberation of women who constitute half of society to the liberation of men and to the dispossessed majority living on earth." from the introduction by Nawal El Saadawi

"The No Nonsense Guide to Climate Change" charts up-to-the-minute developments on climate change, explores the extent that the human race is responsible for the catastrophes and suggests what can be done to prevent them.

The prevailing model of endless economic growth is unsustainable. This book unpicks the idea of degrowth and explores alternative visions.

You have heard that men and women are from different planets. This book helps you: know, an hour after meeting her, whether she's right for you; know whether women are attracted to you - or to what you can do for them; understand how her socialisation drives you nuts; and how your socialisation drives her nuts.

A highly accessible history of terrorism looking at core examples from the Middle East, instances of state terrorism and terrorist fringes of political movements. Covers the theories justifying and guiding terrorist acts and the battle of images that accompanies them, including: the proliferation of terrorist activities over recent years and international hotspots, the 'war on terror', terrorist acts carried out by states and the constraints on democracy and political and civil liberties that so often characterise the response to terrorism.

Commercial culture and the Western consumer model has globalized while gaps in wealth, food security and social provision continue to grow. This book provides a critique of the orthodoxy of economic growth in a world of finite natural resources and a blueprint for a new economic architecture.

Shows why the promotion and protection of animal rights is more critical than ever.

From coffee farms in Peru and cocoa production in Ghana to jeans manufacture in China and the Banana War of Guatemala and the Caribbean, this fully revised No-Nonsense Guide tells the human story behind the products we consume. Examining the contest between 'free' and 'fair' trade around the world, David Ransom argues that the key question is not whether trade should be regulated or deregulated, but whether it is to be the master or servant of the people.

This guide unravels the global migration paradoxes, explaining the economic and social issues behind the flows of humans

The world food system is put under the microscope in this updated edition of "The No-Nonsense Guide to World Food."

Rights are universal - that's the theory. How can this be transformed into reality for all?

Includes statistics.

INTERNATIONAL BESTSELLER 'Steven Laureys' book opens up exciting perspectives.' – Matthieu Ricard, Buddhist monk & translator of the Dalai Lama 'Clear, lively, rigorous and authentic... [The] book we have been waiting for.' - Dr Ilios Kotsou, mindfulness and wellbeing expert 'Not reading this book is self-defeating' - Paul Witterman Rigorously researched and deeply illuminating, world-leading neurologist Dr Steven Laureys works with celebrated meditators to scientifically prove the positive impact meditation has on our brains. Dr Steven Laureys

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has conducted ground-breaking research into human consciousness for more than 20 years. For this bestselling book, Steven to explores the effect of meditation on the brain. He uses hard science to explain the benefits of a practice that was once thought of as purely spiritual. The result is a highly accessible, scientifically questioning guide to meditation, designed to open the practice to a broader audience. A mix of fascinating science, inspiring anecdote and practical exercises, this accessible book offers scientific evidence that meditation can have a positive impact on all our lives.

This book offers a comprehensive, entry-level guide for librarians and archivists who have found themselves managing or are planning to manage born-digital content. Libraries and archives of all sizes are collecting and managing an increasing proportion of digital content. Within this body of digital content is a growing pool of 'born-digital' content: content that has been created and has often existed solely in digital form. The No-nonsense Guide to Born-digital Content explains step by step processes for developing and implementing born-digital content workflows in library and archive settings of all sizes and includes a range of case studies collected from small, medium and large institutions internationally. Coverage includes: the wide range of digital storage media and the various sources of born-digital content a guide to digital information basics selection, acquisition, accessioning and ingest description, preservation and access methods for designing & implementing workflows for born-digital collection processing a comprehensive glossary of common technical terms strategies and philosophies to move forward as technologies change. This book will be useful reading for LIS and archival students and professionals who are working with, or plan to work with, born digital content. It will also be of interest to museum professionals, data managers, data scientists, and records managers.

This book is aimed at helping experienced trainers, as well as those who are still developing their skills, and provides guidance on the design and delivery of effective training courses with topics including: the people side of training; use of technologies to support training practices; different approaches to learning and teaching; planning and designing training; delivering training: face-to-face and blended learning; evaluation of training events and continuous improvement; and learning and development in the workplace. This guide uses case studies and examples of best practice from public, school, academic, special, and government libraries.

The No-Nonsense Guide to World FoodNew EditionNew Internationalist

A wide-ranging exploration of why inequality persists and what can be done about it.

The power and influence of the mass media grows daily, crucially affecting the way all of us see and understand each other. The No-Nonsense Guide to Global Media introduces readers to the political economy of the major mediafilm, television, radio, recording, publishing and the Internet. Peter Steven looks at the ever greater concentration of ownership and at the convergence of technologies and media functions. At the same time, he emphasizes the diversity of local media production and media around the world. The media is more than the economics of ownership and the technology of production, he stresses; it is also audiences, in all their annoying and wonderful diversity. Demystifies all the colors of the sexual rainbow, tracking the campaigns for rights and equality worldwide.

Explores how democracy has been constricted and deformed by economic power-brokers and a self-serving political class from Birmingham to Bangalore. Swift considers the different tools people in power have used to manipulate democratic principles, such as freedom, to their advantage. Includes chapter-length discussions of topics such as the economic meltdown, Barack Obama, eco-democracy, democratising the economy and democracy in the global south. It is also a guide to the rich diversity of forms of elected government full of practical advice for voters.

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