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## 8Q2FFD - GIADA TIMOTHY

Physical movement has a positive effect on physical fitness, morbidity, and mortality in individuals with diabetes. Although exercise has long been considered a cornerstone of diabetes management, many health care providers fail to prescribe it. In addition, many fitness professionals may be unaware of the complexities of including physical activity in the management of diabetes. Giving patients or clients a full exercise prescription that take other chronic conditions commonly accompanying diabetes into account may be too time-consuming for or beyond the expertise of many health care and fitness professionals. The purpose of this book is to cover the recommended types and quantities of physical activities that can and should be undertaken by all individuals with any type of diabetes, along with precautions related to medication use and diabetes-related health complications. Medications used to control diabetes should augment lifestyle improvements like increased daily physical activity rather than replace them. Up until now, professional books with exercise information and prescriptions were not timely or interactive enough to easily provide busy professionals with access to the latest recommendations for each unique patient. However, simply instructing patients to "exercise more" is frequently not motivating or informative enough to get them regularly or safely active. This book is changing all that with its up-to-date and easy-to-prescribe exercise and physical activity recommendations and relevant case studies. Read and learn to quickly prescribe effective and appropriate exercise to everyone.

A longtime favorite with millions of readers, *LOOKING OUT, LOOKING IN*, 15th Edition maintains its market-leading tradition of linking the latest research and theory to learners' everyday lives. Its accessible approach motivates readers to learn and apply communication principles in both personal relationships and on the job. Expanded emphasis on social media includes an all-new chapter devoted to the role of mediated communication in interpersonal relationships as well as integrated coverage throughout the book. In addition, diverse examples, new readings, compelling cartoons, lively photos, and popular culture references bring principles to life. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

Born and raised in the inner city of Tampa, FI Jones is no stranger to drama or trauma. Born into a life of sadistic unfortunate events she had to battle her parents' addictions, inevitable anxiety and a lifelong feeling of imposter syndrome. Nevertheless, she persisted. As a graduate of FAMU and FIU respectively, she now gives her time, talent and efforts where it's needed the most. As an athletic trainer in the inner city she makes a conscious decision to be the adult she once needed. This is for the love of the children and every adult recovering from traumatic events. You survived the abuse, surely you can survive the recovery.

Sometimes Keeping Your Honor Means Breaking Your Word The early twelfth century is a time for ambitious men to prosper. John FitzGilbert is a man of honor and loyalty, sworn to royal service. When the old king dies, his successor rewards the handsome and ambitious John with castles and lands. But King Stephen has a tenuous hold on both his reign and his barons, and when jealous rivals at court seek to destroy John, he backs a woman's claim to the crown, sacrifices his marriage, and eventually is forced to make a gamble that is perhaps one step too far. Rich with detail, masterful in its storytelling, *A Place Beyond Courage* is a tale of impossible gambles and the real meaning of honor. "Picking up an Elizabeth Chadwick novel is like having a Bentley draw up at your door: you know you are in for a sumptuous ride."-Daily Telegraph "The best writer of medieval fiction currently around."-Richard Lee, founder and publisher, Historical Novel Society "A star back in Britain, Elizabeth Chadwick is finally getting the attention she deserves here."-USA Today

Hereditary Leiomyomatosis and Renal Cell Cancer (HLRCC) is a very rare genetic condition that was named in 2002. This handbook has been created to help educate and support all those impacted by HLRCC. HLRCC was formerly known as Reed's Syndrome.

Since 2000, IOM has been producing world migration reports. The World Migration Report 2020, the tenth in the world migration report series, has been produced to contribute to increased understanding of migration throughout the world. This new edition presents key data and information on migration as well as thematic chapters on highly topical migration issues, and is structured to focus on two key contributions for readers: Part I: key information on migration and migrants (including migration-related statistics); and Part II: balanced, evidence-based analysis of complex and emerging migration issues.

The First Presidency and the Quorum of the Twelve Apostles have established the Teachings of Presidents of the Church series to help you draw closer to your Heavenly Father and deepen your understanding of the restored gospel of Jesus Christ. As the Church adds volumes to this series, you will build a collection of gospel reference books for your home. The volumes in this series are designed to be used for personal study and for Sunday instruction. They can also help you prepare other lessons or talks and answer questions about Church doctrine. This book features the teachings of President Ezra Taft Benson, who served as President of The Church of Jesus Christ of Latter-day Saints from November 10, 1985, to May 30, 1994.

*Born to Lead* is the inspirational story of a woman's journey to not only chase her dreams but conquer them. Follow Dr. Glenda Glover as she takes steps to become the first female president of Tennessee State University, the first sorority president to launch a Mobile Mammography Unit giving women in underserved communities the tools they need to fight breast cancer, and the first to make a documentary shedding light on women's accomplishments within Alpha Kappa Alpha Sorority, Inc. Those are just a few of her many accomplishments to inspire generations of young girls to do as she has, serve her community, and leave the world a better place than she found it. Find out the others by flipping through the pages of her journey.

A one-of-a-kind guide specifically for rehabilitation specialists! A leader in pharmacology and rehabilitation, Charles Ciccone, PT, PhD offers a concise, easy-to-access resource that delivers the drug information rehabilitation specialists need to know. Organized alphabetically by generic name, over 800 drug monographs offer the most up-to-date information on drug indications, therapeutic effects, potential adverse reactions, and much more! A list of implications for physical therapy at the end of each monograph helps you provide the best possible care for your patients. It's the perfect companion to *Pharmacology in Rehabilitation*, 4th Edition!

**DO NOT BE AFRAID** We live in a fearful and cowardly time. Some are anxious and withdrawn, seeking to escape the notice of whatever scares them. Others mask their fear with fighting and quarrelsomeness. The root of all of this fear is the fear that we might lose our belonging in whatever tribe in

which we seek safety, the fear that we might have to stand alone. The crisis we face is not a crisis of clarity but a crisis of courage. Our problem is not so much a lack of knowledge as a lack of nerve. And yet, Jesus told us that we are to stand with courage. That doesn't mean that we will be fearless, but that we will know how to face our fear and keep walking toward the voice that calls us home-ward. Gospel courage is nothing like the bravado of this anxious age. The call to courage is terrifying because the call to courage is a call to be crucified. In *The Courage to Stand*, bestselling and award-winning author Russell Moore calls readers to a Christ-empowered courage by pointing the way to real freedom from fear—the way of the cross. That way means integrity through brokenness, community through loneliness, power through weakness, and a future through irrelevance. On the other side of fear is freedom: the freedom to stand.

*A Study Guide and a Teacher's Manual Gospel Principles* was written both as a personal study guide and as a teacher's manual. As you study it, seeking the Spirit of the Lord, you can grow in your understanding and testimony of God the Father, Jesus Christ and His Atonement, and the Restoration of the gospel. You can find answers to life's questions, gain an assurance of your purpose and self-worth, and face personal and family challenges with faith.

Edible insects have always been a part of human diets, but in some societies there remains a degree of disdain and disgust for their consumption. Insects offer a significant opportunity to merge traditional knowledge and modern science to improve human food security worldwide. This publication describes the contribution of insects to food security and examines future prospects for raising insects at a commercial scale to improve food and feed production, diversify diets, and support livelihoods in both developing and developed countries. Edible insects are a promising alternative to the conventional production of meat, either for direct human consumption or for indirect use as feedstock. This publication will boost awareness of the many valuable roles that insects play in sustaining nature and human life, and it will stimulate debate on the expansion of the use of insects as food and feed.

*Traffic Planning and Engineering*, Second Edition takes into account underlying trends in traffic planning and engineering. In this edition, Chapter 3 has been remodeled, focusing on the techniques on conducting surveys and their subsequent analysis. Further emphasis has also been provided on environmental management and the central role of computers in all aspects of traffic planning and engineering. The topics discussed in this book include administration and planning in traffic engineering; traffic studies; traffic surveys and analysis; parking; traffic and environmental management; and road user, the vehicle and the road. The traffic stream and capacity; traffic control systems; street lighting, traffic signs, and carriageway markings; and accidents and road safety are also deliberated in this text. This publication is valuable to traffic engineering students, as well as individuals researching on techniques to achieve the safe and efficient movement of people and goods on roadways.

Social media marketing has become indispensable for marketers who utilize social media to achieve marketing objectives ranging from customer care to advertising to commerce. This Handbook explores the foundations and methodologies in analysing the important aspects of social media for organisations and consumers. It investigates critical areas concerning communities, culture, communication and content, and considers social media sales. This Handbook brings together the critical factors in social media marketing as the essential reference set for researchers in this area of continued growth. It is essential reading for postgraduate students, researchers, and practitioners in a range of disciplines exploring the area. Part 1: Foundations of Social Media Marketing Part 2: Methodologies and Theories in Social Media Part 3: Channels and Platforms in Social Media Part 4: Tools, Tactics, and Techniques in Social Media Marketing Part 5: Management and Metrics in Social Media Part 6: Ethical Issues in Social Media

There are many reasons to be curious about the way people learn, and the past several decades have seen an explosion of research that has important implications for individual learning, schooling, workforce training, and policy. In 2000, *How People Learn: Brain, Mind, Experience, and School: Expanded Edition* was published and its influence has been wide and deep. The report summarized insights on the nature of learning in school-aged children; described principles for the design of effective learning environments; and provided examples of how that could be implemented in the classroom. Since then, researchers have continued to investigate the nature of learning and have generated new findings related to the neurological processes involved in learning, individual and cultural variability related to learning, and educational technologies. In addition to expanding scientific understanding of the mechanisms of learning and how the brain adapts throughout the lifespan, there have been important discoveries about influences on learning, particularly sociocultural factors and the structure of learning environments. *How People Learn II: Learners, Contexts, and Cultures* provides a much-needed update incorporating insights gained from this research over the past decade. The book expands on the foundation laid out in the 2000 report and takes an in-depth look at the constellation of influences that affect individual learning. *How People Learn II* will become an indispensable resource to understand learning throughout the lifespan for educators of students and adults.

To young Christians of the world, Pope Francis has a message for you: "Christ is alive, and he wants you to be alive!" In his fourth apostolic exhortation, *Christus Vivit*, Pope Francis encapsulates the work of the 2018 synod of bishops on "Young People, The Faith, and Vocational Discernment." Pope Francis has always had a special relationship with young people, and in his fatherly love for you he shows that: You can relate to young people in Scripture who made a difference You identify with the Christ who is always young You face difficult issues in the world today You yearn for the truth of the Gospel You are capable of amazing things when you respond to the Gospel You learn and grow with help from the faithful of all generations You need bold and creative youth ministry You can discover who God made you to be You are urged to pray for discernment *Christus Vivit* is written for and to young people, but Pope Francis also wrote it for the entire Church, because, as he says, reflecting on our young people inspires us all. "May the Holy Spirit urge you on as you run this race. The Church needs your momentum, your intuitions, your faith. We need them! And when you arrive where we have not yet reached, have the patience to wait for us."

I chose this. I wanted him. I knew he was complex and challenging and that he would never fit into any kind of conventional life. That right there is just one of the reasons I fell so hard in love with him. And why I'll always stay exactly where I fell. There's no rising and flying away from Darius Hawke. ♥ New York Times bestselling author Nina Lane returns with the *Birdsong Trilogy*, a provocative romance between two people whose forbidden love will set their lives—and the world—on fire.

This three volume set of LNCS 12207, 12208 and 12209 constitutes the refereed proceedings of the 6th International Conference on Human Aspects of IT for the Aged Population, ITAP 2020, held as part of the 22nd International Conference, HCI International 2020, which took place in Copenhagen, Denmark, in July 2020. The conference was held virtually due to the COVID-19 pandemic. The total of 1439 papers and 238 posters have been accepted for publication in the HCI 2020 proceedings from a total of 6326 submissions. ITAP 2020 includes a total of 104 regular papers which are organized in topical sections named: Involving Older Adults in HCI Methodology, User Experience and Aging, Aging and Mobile and Wearable Devices, Health and Rehabilitation Technologies, Well-being, Persuasion, Health Education and Cognitive Support, Aging in Place, Cultural and Entertainment Experiences for Older Adults, Aging and Social Media, Technology Acceptance and Societal Impact.

"Exciting and engaging vocabulary instruction can set students on the path to a lifelong fascination with words. This book provides a research-based framework and practical strategies for vocabulary development with children from the earliest grades through high school. The authors emphasize instruction that offers rich information about words and their uses and enhances students' language comprehension and production. Teachers are guided in selecting words for instruction; developing student-friendly explanations of new words; creating meaningful learning activities; and getting students involved in thinking about, using, and noticing new words both within and outside the classroom. Many concrete examples, sample classroom dialogues, and exercises for teachers bring the material to life. Helpful appendices include suggestions for trade books that help children enlarge their vocabulary and/or have fun with different aspects of words"--

Aging, Health and Technology takes a problem-centered approach to examine how older adults use technology for health. It examines the many ways in which technology is being used by older adults, focusing on challenges, solutions and perspectives of the older user. Using aging-health technology as a lens, the book examines issues of technology adoption, basic human factors, cognitive aging, mental health, aging and usability, privacy, trust and automation. Each chapter takes a case study approach to summarize lessons learned from unique examples that can be applied to similar projects, while also providing general information about older adults and technology. Discusses human factors design challenges specific to older adults Covers the wide range of health-related uses for technology—from fitness to leading a more engaged life Utilizes a case study approach for practical application Envisions what the future will hold for technology and older adults Employs a roster of interdisciplinary contributors

Completely revised to reflect recent, rapid changes in the field of interventional radiology (IR), Image-Guided Interventions, 3rd Edition, offers comprehensive, narrative coverage of vascular and non-vascular interventional imaging—ideal for IR subspecialists as well as residents and fellows in IR. This award-winning title provides clear guidance from global experts, helping you formulate effective treatment strategies, communicate with patients, avoid complications, and put today's newest technology to work in your practice. Offers step-by-step instructions on a comprehensive range of image-guided intervention techniques, including discussions of equipment, contrast agents, pharmacologic agents, antiplatelet agents, and classic signs, as well as detailed protocols, algorithms, and SIR guidelines. Includes new chapters on Patient Preparation, Prostate Artery Embolization, Management of Acute Aortic Syndrome, Percutaneous Arterial Venous Fistula Creation, Lymphatic Interventions, Spinal and Paraspinal Nerve Blocks, and more. Employs a newly streamlined format with shorter, more digestible chapters for quicker reference. Integrates new patient care and communication tips throughout to address recent changes in practice. Highlights indications and contraindications for interventional procedures, and provides tables listing the materials and instruments required for each. Features more than 2,300 state-of-the-art images demonstrating IR procedures, full-color illustrations of anatomical structures and landmarks, and video demonstrations online. 2014 BMA Medical Book Awards Highly Commended in Radiology category!

They are sneaky. They are stealthy. They are cunning... They're the crooks! Isabelle Crook is a very good little girl, who would never dream of breaking the law. Her family, on the other hand, are the stealthiest, most cunning burglars around! Can Isabelle ever feel like one of the gang - a true crook - while staying true to herself? Irreverent and adventurous, this picture book comedy sees everyone tip-toeing about at night, and is brought to life by Chris Mould's expressive, gloriously detailed illustrations.

This book is an elegant showcase both for whales and the photography of Flip Nicklin. Most of the 130 arresting photographs were taken beneath the waves by Nicklin, free-swimming with these compelling creatures. Jim Darling's text authoritatively covers the natural history of all major whale species.

First released in the Spring of 1999, How People Learn has been expanded to show how the theories and insights from the original book can translate into actions and practice, now making a real connection between classroom activities and learning behavior. This edition includes far-reaching suggestions for research that could increase the impact that classroom teaching has on actual learning. Like the original edition, this book offers exciting new research about the mind and the brain that provides answers to a number of compelling questions. When do infants begin to learn? How do experts learn and how is this different from non-experts? What can teachers and schools do—with curricula, classroom settings, and teaching methods—to help children learn most effectively? New evidence from many branches of science has significantly added to our understanding of what it means to know, from the neural processes that occur during learning to the influence of culture on what people see and absorb. How People Learn examines these findings and their implications for what we teach, how we teach it, and how we assess what our children learn. The book uses exemplary teaching to illustrate how approaches based on what we now know result in in-depth learning. This new knowledge calls into question concepts and practices firmly entrenched in our current education system. Topics include: How learning actually changes the physical structure of the brain. How existing knowledge affects what people notice and how they learn. What the thought processes of experts tell us about how to teach. The amazing learning potential of infants. The relationship of classroom learning and everyday settings of community and workplace. Learning needs and opportunities for teachers. A realistic look at the role of technology in education.

Shortlisted for the Financial Times and McKinsey Best Book of the Year Award in 2011 "A masterpiece." —Steven D. Levitt, coauthor of Freakonomics "Bursting with insights." —The New York Times Book Review A pioneering urban economist presents a myth-shattering look at the majesty and greatness of cities America is an urban nation, yet cities get a bad rap: they're dirty, poor, unhealthy, environmentally unfriendly . . . or are they? In this revelatory book, Edward Glaeser, a leading urban economist, declares that cities are actually the healthiest, greenest, and richest (in both cultural and economic terms) places to live. He travels through history and around the globe to reveal the hidden workings of cities and how they bring out the best in humankind. Using intrepid reportage, keen analysis, and cogent argument, Glaeser makes an urgent, eloquent case for the city's importance and splendor, offering inspiring proof that the city is humanity's greatest creation and our best hope for the future.

Introductory Statistics is designed for the one-semester, introduction to statistics course and is geared toward students majoring in fields other than math or engineering. This text assumes students have been exposed to intermediate algebra, and it focuses on the applications of statistical

knowledge rather than the theory behind it. The foundation of this textbook is Collaborative Statistics, by Barbara Illowsky and Susan Dean. Additional topics, examples, and ample opportunities for practice have been added to each chapter. The development choices for this textbook were made with the guidance of many faculty members who are deeply involved in teaching this course. These choices led to innovations in art, terminology, and practical applications, all with a goal of increasing relevance and accessibility for students. We strove to make the discipline meaningful, so that students can draw from it a working knowledge that will enrich their future studies and help them make sense of the world around them. Coverage and Scope Chapter 1 Sampling and Data Chapter 2 Descriptive Statistics Chapter 3 Probability Topics Chapter 4 Discrete Random Variables Chapter 5 Continuous Random Variables Chapter 6 The Normal Distribution Chapter 7 The Central Limit Theorem Chapter 8 Confidence Intervals Chapter 9 Hypothesis Testing with One Sample Chapter 10 Hypothesis Testing with Two Samples Chapter 11 The Chi-Square Distribution Chapter 12 Linear Regression and Correlation Chapter 13 F Distribution and One-Way ANOVA

Pharma-funded mainstream media has convinced millions of Americans that Dr. Anthony Fauci is a hero. He is anything but. As director of the National Institute of Allergy and Infectious Diseases (NIH), Dr. Anthony Fauci dispenses \$6.1 billion in annual taxpayer-provided funding for scientific research, allowing him to dictate the subject, content, and outcome of scientific health research across the globe. Fauci uses the financial clout at his disposal to wield extraordinary influence over hospitals, universities, journals, and thousands of influential doctors and scientists—whose careers and institutions he has the power to ruin, advance, or reward. During more than a year of painstaking and meticulous research, Robert F. Kennedy Jr. unearthed a shocking story that obliterates media spin on Dr. Fauci . . . and that will alarm every American—Democrat or Republican—who cares about democracy, our Constitution, and the future of our children's health. The Real Anthony Fauci reveals how "America's Doctor" launched his career during the early AIDS crisis by partnering with pharmaceutical companies to sabotage safe and effective off-patent therapeutic treatments for AIDS. Fauci orchestrated fraudulent studies, and then pressured US Food and Drug Administration (FDA) regulators into approving a deadly chemotherapy treatment he had good reason to know was worthless against AIDS. Fauci repeatedly violated federal laws to allow his Pharma partners to use impoverished and dark-skinned children as lab rats in deadly experiments with toxic AIDS and cancer chemotherapies. In early 2000, Fauci shook hands with Bill Gates in the library of Gates' \$147 million Seattle mansion, cementing a partnership that would aim to control an increasingly profitable \$60 billion global vaccine enterprise with unlimited growth potential. Through funding leverage and carefully cultivated personal relationships with heads of state and leading media and social media institutions, the Pharma-Fauci-Gates alliance exercises dominion over global health policy. The Real Anthony Fauci details how Fauci, Gates, and their cohorts use their control of media outlets, scientific journals, key government and quasi-governmental agencies, global intelligence agencies, and influential scientists and physicians to flood the public with fearful propaganda about COVID-19 virulence and pathogenesis, and to muzzle debate and ruthlessly censor dissent.

"Prepare for mystery, amazement, and danger. Within these pages, sixteen stories and two poems take you out of the ordinary and into the minds of today's masters of dark and thrilling fiction."---Page [4] of cover.

Social media has provided endless opportunities for marketers, fuelling their desire to learn more about their consumers through this dynamic online environment. Yet many organisations are finding it difficult to create effective marketing strategies, making decisions that are based on research that is highly focused on the nature and boundaries of social media. The changing behaviour of consumers, variety of platforms and changing culture indicates that much of the research around this topic is still highly fragmented. Social Media in the Marketing Context: A State of the Art Analysis and Future Directions provides a comprehensive overview of the current literature surrounding social media and the marketing discipline, highlighting future development opportunities in both knowledge and practice. Includes extensive literature search on social media in the context of the marketing discipline provides key areas for future research and recommendations for practitioners shows the importance for marketers of understanding individual behaviour on social media

The success of the Apgar score demonstrates the astounding power of an appropriate clinical instrument. This down-to-earth book provides practical advice, underpinned by theoretical principles, on developing and evaluating measurement instruments in all fields of medicine. It equips you to choose the most appropriate instrument for specific purposes. The book covers measurement theories, methods and criteria for evaluating and selecting instruments. It provides methods to assess measurement properties, such as reliability, validity and responsiveness, and interpret the results. Worked examples and end-of-chapter assignments use real data and well-known instruments to build your skills at implementation and interpretation through hands-on analysis of real-life cases. All data and solutions are available online. This is a perfect course book for students and a perfect companion for professionals/researchers in the medical and health sciences who care about the quality and meaning of the measurements they perform.

This volume examines the phenomenon of fake news by bringing together leading experts from different fields within psychology and related areas, and explores what has become a prominent feature of public discourse since the first Brexit referendum and the 2016 US election campaign. Dealing with misinformation is important in many areas of daily life, including politics, the marketplace, health communication, journalism, education, and science. In a general climate where facts and misinformation blur, and are intentionally blurred, this book asks what determines whether people accept and share (mis)information, and what can be done to counter misinformation? All three of these aspects need to be understood in the context of online social networks, which have fundamentally changed the way information is produced, consumed, and transmitted. The contributions within this volume summarize the most up-to-date empirical findings, theories, and applications and discuss cutting-edge ideas and future directions of interventions to counter fake news. Also providing guidance on how to handle misinformation in an age of "alternative facts", this is a fascinating and vital reading for students and academics in psychology, communication, and political science and for professionals including policy makers and journalists.

"This is a terrific book" - Kara Swisher An acclaimed tech reporter reveals the inner workings of Amazon, Facebook, Google, Apple, and Microsoft, showing how to compete with the tech titans using their own playbook. At Amazon, "Day One" is code for inventing like a startup, with little regard for legacy. Day Two is, in Jeff Bezos's own words, "stasis, followed by irrelevance, followed by excruciating, painful decline, followed by death." Most companies today are set up for Day Two. They build advantages and defend them fiercely, rather than invent the future. But Amazon and fellow tech titans Facebook, Google, and Microsoft are operating in Day One: they prioritize reinvention over tradition and collaboration over ownership. Through 130 interviews with insiders, from Mark Zuckerberg to hourly workers, Always Day One reveals the tech giants' blueprint for sustainable success in a business world where no advantage is safe. Companies today can spin up new products at record speed -- thanks to artificial intelligence and cloud computing -- and those who stand still will be picked apart. The tech giants remain dominant because they've built cultures that spark continual reinvention. It might sound radical, but those who don't act like it's always day one do so at their own peril. Kantrowitz uncovers the engine propelling the tech giants' continued dominance at a stage when most big companies begin to decline. And he shows the way forward for everyone who wants to com-

pete with—and beat—the titans.

The Baby Boomers are the largest and most powerful generation in American history—and they aren't going away any time soon. They are, on average, whiter, wealthier, and more conservative than younger generations. They dominate cultural and political institutions and make up the largest slice of the electorate. Generational conflict, with Millennials and Generation Z pitted against the aging Boomer cohort, has become a media staple. Older and younger voters are increasingly at odds: Republicans as a whole skew gray-haired, and within the Democratic Party, the left-leaning youth vote propels primary challengers. The generation gap is widening into a political fault line. Kevin Munger marshals novel data and survey evidence to argue that generational conflict will define the politics of the next decade. He examines the historical trends that made the Baby Boomers so consequential and traces the emergence of age-based political and cultural divisions. Boomers continue to prefer the media culture of their youth, but Millennials and Gen Z are using the internet to render legacy institutions irrelevant. These divergent media habits have led more people than ever to identify with their generation. Munger shows that a common "cohort consciousness" binds aging Boomer voters into a bloc—but a shared identity and purpose among Millennials and Gen Z could topple Boomer power. Bringing together expertise in data analysis and digital culture with keen insight into contemporary politics, *Generation Gap* explains why the Baby Boomers remain so dominant and how quickly that might change.

"Even before internment, Japanese largely lived in separate cultural communities from their West Coast neighbors. The first-generation American children, the Nisei, were American citizens, spoke English, and were integrated in public schools, yet were also socially isolated in many ways from their peers and subject to racism. Their daughters especially found rapport in a flourishing network of ethnocultural youth organizations. Until now, these groups have remained hidden from the historical record, both because they were girls' groups and because evidence of them was considered largely ephemeral. In her second book, Valerie Matsumoto has recreated this hidden world of female friend-

ship and comradeship, tracing it from the Jazz age through internment to the postwar period. Matsumoto argues that these groups were more than just social outlets for Nisei teenage girls. Rather, she shows how they were critical networks during the wartime upheavals of Japanese Americans. Young Nisei women helped their families navigate internment and, more importantly, recreated communities when they returned to their homes in the immediate postwar period. This book will be a considerable contribution to our understanding of Japanese life in America, youth culture, ethnohistory, urban history, and Western history. Matsumoto has interviewed and gained the trust of many (now old) women who were part of these girls' clubs"--

The aging of societies is a global phenomenon. In the United States alone, the life expectancy for both men and women will continue to increase over the next few decades and with that a population explosion of older adults. The dramatic increase in the number and diversity of older adults elevates the visibility of gerontological matters. As a result, social work practice is becoming more multigenerational, thereby demanding social workers, regardless of their professional endeavors, to be equipped with the most innovative theories and practices to serve older adults and their families. This comprehensive text spans the new knowledge and skills required in direct practice areas, group work, and macro practice. It also outlines the Geriatric Social Work Competencies, as developed by social work educators, necessary to serve the older adult population and suggests how these competencies can be integrated into foundation curriculum. Social work educators, students, practitioners, administrators, and policymakers will find updated, useful information in this text regarding \* assessment tools \* cultural influences \* evidence-based practices \* intervention techniques \* theoretical examples. "Individuals are living longer and healthier lives in part because of the extraordinary growth of biomedical knowledge and public health initiatives. The confluence of the rapid and large increase of the older population and the exponential increase in the dissemination of knowledge create an imperative for social workers to employ the most recent knowledge in their practice with people living increasingly long lives." -- JoAnn Damron-Rodriguez Department of Social Welfare University of California, Los Angeles