

OS ————
 Margot Lee Shetterly
 Hidden Figures
 Kate Moore
 The Radium Girls

Wharton professor Richard Shell created the Success Course to help his world-class MBA students answer two questions that aren't as obvious as they seem: "What, for me, is success?" and "How will I achieve it?" Based on that acclaimed course, Springboard shows how to assess the hidden influences of family, media, and culture on your beliefs about success. Then it helps you figure out your unique passions and capabilities, so you can focus more on what gives meaning and excitement to your life, and less on what you are "supposed" to want.

This book considers what virtue theory can tell us about parenting in relation to both moral development and specific ethical dilemmas. It is of interest to those who work in virtue theory, applied ethics, and the ethics of parenthood.

By evaluating the Internet's impact on key cultural issues of the day, this book provides a comprehensive overview of the seismic technological and cultural shifts the Internet has created in contemporary society. • Includes essays on overarching themes and issues that are essential to understanding Internet culture, including privacy, celebrity, superficiality, and the personal toll online living can have on users • Addresses current Internet material as well as classic memes, sites, and products • Engages readers through a deliberately provocative point of view • Provides a comprehensive examination of the realities surrounding Internet culture, which can be extremely positive or very ugly • Differentiates itself from other examinations of Internet culture through emphasis on continuing themes rather than time-specific content • Takes a distinctly international approach to the topic of today's digital, interconnected world

How we style our hair has the ability to shape the way others perceive us. For example, in 2017, the singer Macklemore denounced his hipster undercut hairstyle, a style that is associated with Hitler Youth and alt-right men, and in 2015, actress Rose McGowan shaved her head in order to take a stance against the traditional Hollywood sex symbol stereotype. This volume examines how hair—or lack thereof—can be an important symbol of gender, class, and culture around the world and through history. Hairstyles have come to represent cultural heritage and memory, and even political leanings, social beliefs, and identity. This second edition builds upon the original volume, updating all entries that have evolved over the last decade, such as by discussing hipster culture in the entries on beards and mustaches and recent medical breakthroughs in hair loss. New entries have been added that look at specific world regions, hair coverings, political symbolism behind certain styles, and other topics. An appendix of illuminating primary documents has also been added.

In US security culture, motherhood is a site of intense contestation--both a powerful form of cultural currency and a target of unprecedented assault. Linked by an atmosphere of crisis and perceived vulnerability, motherhood and nation have become intimately entwined, dangerously positioning national security as reliant on the control of women's bodies. Drawing on feminist scholarship and critical studies of security culture, Natalie Fixmer-Oraiz explores homeland maternity by calling our atten-

tion to the ways that authorities see both non-reproductive and "overly" reproductive women's bodies as threats to social norms--and thus to security. Homeland maternity culture intensifies motherhood's requirements and works to discipline those who refuse to adhere. Analyzing the opt-out revolution, public debates over emergency contraception, and other controversies, Fixmer-Oraiz compellingly demonstrates how policing maternal bodies serves the political function of securing the nation in a time of supposed danger--with profound and troubling implications for women's lives and agency.

The Political Psychology of Women in U.S. Politics is a comprehensive resource for students, researchers, and practitioners interested in women and politics. Highly original and drawing from the best available research in psychology and political science, this book is designed to summarize and extend interdisciplinary research that addresses how and why men and women differ as citizens, as political candidates, and as officeholders. The chapters in this volume are focused on differences in the political behavior and perceptions of men and women, yet the chapters also speak to broader topics within American politics - including political socialization, opinion formation, candidate emergence, and voting behavior. Broadly, this volume addresses the causes and consequences of women's underrepresentation in American government. This book is the ideal resource for students and researchers of all levels interested in understanding the unique political experiences of diverse women, and the importance of rectifying the problem of gender disparities in American politics.

Popular national radio host Julie Roys rejects both fundamentalist caricature and feminist distortion to reveal God's amazingly relevant and compelling vision for women, showing them how to redeem their feminine souls and become all God designed them to be. Christian women today feel torn between the demands of motherhood, career, and ministry—and by a church that gives them conflicting ideas of what it means to be a woman. In Redeeming the Feminine Soul: God's Surprising Vision for Womanhood, popular national radio host Julie Roys reveals the stunning truth that no one else is talking about: women are destroying themselves. Internalizing society's devaluation of the feminine, some women are killing their own natural impulses to pursue a feminist ideal that bears no relation to God's good design. Other women struggle to conform to a fundamentalist, feminine caricature, which requires denying their full humanity and gifting. Defying both feminists and fundamentalists, Julie Roys reveals God's true, affirming, and compelling vision for women, showing them how to reclaim what is uniquely feminine, and become healthy, balanced women of God.

"A theory in the flesh means one where the physical realities of our lives all fuse to create a politic born of necessity," writes activist Cherríe L. Moraga. This volume of new essays stages an intergenerational dialogue among philosophers to introduce and deepen engagement with U.S Latinx and Latin American feminist philosophy, and to explore their "theories in the flesh." It explores specific intellectual contributions in various topics in U.S. Latinx and Latin American feminisms that stand alone and are unique and valuable; analyzes critical contributions that U.S. Latinx and Latin American interventions have made in feminist thought more generally over the last several decades; and shows the intellectual and transformative value of reading U.S Latinx and Latin American feminist theorizing. The collection features a series of essays analyzing decolonial approaches within U. S. Latinx and Latin American feminist philosophy, including studies of the functions of gender within feminist theory, everyday modes of resistance, and methodological questions regarding the scope and breadth of decol-

onization as a critical praxis. Additionally, essays examine theoretical contributions to feminist discussions of selfhood, narrativity, and genealogy, as well as novel epistemic and hermeneutical approaches within the field. A number of contributors in the book address themes of aesthetics and embodiment, including issues of visual representation, queer desire, and disability within U. S. Latinx and Latin American feminisms. Together, the essays in this volume are groundbreaking and powerful contributions in the fields of U.S Latinx and Latin American feminist philosophy.

Restricting Los Angeles Paparazzi: California's Legal Efforts Impacting Free Press Rights is a detailed analysis of California's anti-paparazzi laws aimed at protecting celebrities' privacy. Joshua N. Azriel provides an ethnographic, First Amendment-based critique of the state's privacy and anti-harassment laws and discusses the broader implications of these laws on free press rights. Azriel conducted fieldwork acting as a paparazzo taking photos of celebrities and interviewed paparazzi directly about whether they comply with the laws, providing readers with insight into the challenges and ethics of the paparazzi industry and firsthand perspectives of photographers in the field. Scholars of media studies, legal studies, and sociology will find this book particularly useful.

Despite the end of white minority rule and the transition to parliamentary democracy, Johannesburg remains haunted by its tortured history of racial segregation and burdened by enduring inequalities in income, opportunities for stable work, and access to decent housing. Under these circumstances, Johannesburg has become one of the most dangerous cities in the world, where the yawning gap between the 'haves' and 'have-nots' has fueled a turn toward redistribution through crime. While wealthy residents have retreated into heavily fortified gated communities and upscale security estates, the less affluent have sought refuge in retrofitting their private homes into safe houses, closing off public streets, and hiring the services of private security companies to protect their suburban neighborhoods. *Panic City* is an exploration of urban fear and its impact on the city's evolving siege architecture, the transformation of policing, and obsession with security that has fueled unprecedented private consumption of 'protection services.' Martin Murray analyzes the symbiotic relationship between public law enforcement agencies, private security companies, and neighborhood associations, wherein buyers and sellers of security have reinvented ways of maintaining outdated segregation practices that define the urban poor as suspects.

This is the first transnational history of IVF and assisted reproduction. It is a key text for scholars and students in social science, history, science and technology studies (STS), cultural studies, and gender and sexuality studies, and a resource for journalists, policymakers, and anyone interested in assisted reproduction. IVF was seen as revolutionary in 1978 when the first two IVF babies were born, in the UK and India. Assisted reproduction has now contributed to the birth of around ten million people. The book traces the work of IVF teams as they developed new techniques and laid the foundations of a multi-billion-dollar industry. It analyses the changing definitions and experience of infertility, the markets for eggs and children through surrogacy, cross-border reproductive treatment, and the impact of regulation. Using interviews with leading IVF figures, archives, media reports, and the latest science, it is a vital addition to the field of reproduction studies. 'This pathbreaking account of the global forces behind the rapid rise of the fertility industry is the first to offer such a truly comprehensive overview of this hugely important topic.' —Sarah Franklin, Chair of Sociology, University of Cambridge 'In this compelling overview of one of the most significant technological and social inter-

ventions ever developed, the cultural and scientific imaginaries of assisted reproduction meet the obdurate histories of laboratory experiments, biological materials, and personal quests. It is an indispensable read for anyone interested in IVF and assisted reproduction.' —Andrea Whittaker, Professor of Anthropology, Monash University

Why Americans have never elected a woman president, how we changed to make it possible, and why it matters. From Hollywood to the halls of Congress, a lively conversation about women's leadership, equal pay, and family-work balance is underway. On the cusp of a historic breakthrough—the potential election of America's first woman president—Nancy L. Cohen takes us inside the world of America's women political leaders. Drawing on hundreds of hours of interviews with women governors and senators from both parties, experts, political operatives, and a diverse array of voters, *Breakthrough* paints an intimate portrait of the savvy women who've built an alternative to the old boys club and are rewriting the playbook for how women succeed in politics. In this accessible and often surprising story, Cohen introduces us to the inspiring women behind the women who have brought us to this threshold, and to a dynamic group of young leaders who are redefining how we think about leadership, feminism, and men's essential role in achieving gender equality. *Breakthrough* takes on our cultural assumptions to show that the barriers that once blocked a woman's ascent to the presidency have fallen, even more than we realize.

This book makes punctuation more fun and easier to learn than traditional approaches do. It teaches the natural way, by example: each lesson begins with quotes that exemplify good punctuation and sentence structure. Quotations are humorous and informative, drawn from the words of notable figures—Shakespeare, Mark Twain, Jerry Seinfeld, Taylor Swift, Beyoncé, Jennifer Lawrence, and many others. Short essays accompany each lesson, showing how each punctuation mark originated and how its use has altered over time. Correct punctuation is vital for clear, accurate, and natural writing. Anyone preparing a course assignment, applying for a job or for college admission, or doing any other formal writing needs to know the standard conventions of punctuation. Yet many people have never been taught how to punctuate. A necessary addition to any writer's bookshelf, this enjoyable book will teach readers to punctuate effectively and confidently—through over 500 memorable quotes and clear explanations of the rules.

This title examines the life of Miley Cyrus. Readers will learn about Cyrus's childhood, family, education, and rise to fame. Colorful graphics, oversize photos, and informative sidebars accompany easy-to-read text that explores Cyrus's early interest in music and talent in singing and acting that led to her breakout role on *Hannah Montana* and the later release of her albums. Aligned to Common Core Standards and correlated to state standards. Aligned to Common Core Standards and correlated to state standards. Essential Library is an imprint of Abdo Publishing, a division of ABDO.

As seen on the TODAY Show, The New York Times, People Magazine, Mind Body Green, and more "If you would like to live a more fulfilled life, Samantha Boardman has exactly what you need. *Everyday Vitality* is one part memoir, one part wisdom from years of experience as a psychiatrist, and one part cutting edge scientific evidence. Brilliant, warm, and best of all—an actionable guide to a life well-lived." —Angela Duckworth, New York Times bestselling author of *Grit: The Power of Passion and Perseverance* Science-backed, research-driven, actionable strategies for countering stress and building your resilience "A great deal of everyday wellbeing lies beyond what is happening inside a

person's head. Everyday opportunities and activities that foster growth and build positive resources are not 'icing on the cake,' but the active ingredients of everyday resilience." —Samantha Boardman, *Everyday Vitality* In *Everyday Vitality*, psychiatrist Dr. Samantha Boardman shows readers how to find strength within their stress and how to transform full days into more fulfilling days. Drawing from scientific research and her own clinical experience, she shares strategies for cultivating vitality—the positive feeling of aliveness and energy that lies at the core of well-being and at the heart of a good day. You will discover how increased vitality boosts productivity, builds coping skills, and enhances your ability to manage negative emotions. Dr. Boardman demonstrates how to override counterproductive responses to the onslaught of daily hassles and to respond with flexibility and fortitude instead of fear and rumination. Rather than disengaging from the world while you "find yourself," she shows you how to boost your vitality by living well within the world. As Dr. Boardman explains, the three main wellsprings of vitality are: meaningfully connecting with others; engaging in experiences that challenge you; and contributing to something beyond yourself. These activities foster resilience by boosting emotional stamina and generating uplifts—the counterparts to daily irritations and annoyances. Whether it is having a good conversation, doing a favor for someone, going for a walk, or reading an interesting article and then calling a friend to talk about it, commonplace experiences and micromoments serve as the building blocks of everyday resilience. *Everyday Vitality* explains how to identify them in your life, develop them, and use them as a foundation on which to thrive. Whether you are twenty or eighty, *Everyday Vitality* will give you the tools you need to get the most out of each day and to live your life to the fullest.

Kurt Cobain and Ian Curtis. Through death, they became icons. However, the lead singers have been removed from their humanity, replaced by easily replicated and distributed commodities bearing their image. This book examines how the anglicised singers provide secular guidance to the modern consumer in an ever more uncertain world.

Twenty years ago it was impossible to imagine the president of the United States embracing same-sex marriage or Bruce Jenner transitioning to Caitlyn Jenner, an open transgender woman. *LGBTQ Stats* chronicles the ongoing LGBTQ revolution, providing the critical statistics, and draws upon and synthesizes newly collected data. Deschamps and Singer—whose previous books and films on LGBTQ topics have won numerous awards and found audiences around the globe—provide chapters on family and marriage, workplace discrimination, education, youth, criminal justice, and immigration, as well as evolving policies and laws affecting LGBTQ communities. A chapter on LGBTQ life around the globe contrasts the dramatic progress for LGBTQ people in the United States with violent backlash in countries such as Russia, Iran, and Nigeria, which have discriminatory laws that make same-sex activity punishable by prison or death. A lively, accessible, and eye-opening snapshot, *LGBTQ Stats* offers an invaluable resource for activists, journalists, lawmakers, and general readers who want the facts and figures on LGBTQ lives in the twenty-first century.

When American Jewish men intermarry, goes the common assumption, they and their families are "lost" to the Jewish religion. In this provocative book, Keren R. McGinity shows that it is not necessarily so. She looks at intermarriage and parenthood through the eyes of a post-World War II cohort of Jewish men and discovers what intermarriage has meant to them and their families. She finds that these husbands strive to bring up their children as Jewish without losing their heritage. *Marrying Out*

argues that the "gendered ethnicity" of intermarried Jewish men, growing out of their religious and cultural background, enables them to raise Jewish children. McGinity's book is a major breakthrough in understanding Jewish men's experiences as husbands and fathers, how Christian women navigate their roles and identities while married to them, and what needs to change for American Jewry to flourish. *Marrying Out* is a must read for Jewish men and all the women who love them.

Do you know your Moscow Mule from your White Russian? Your Stoli from your Belvedere? Micron filtering from charcoal filtering? No matter how you take your vodka, it is time to embrace your inner vodka snob. *How to Be a Vodka Snob* is the perfect read for drinking novices as well as connoisseurs, beginning with vodka's humble history as a medicinal liquor and accompanying it on its rise to stardom with high-end vodka appreciators and mixologists. Pairing fascinating stories, tidbits, and recipes with a step-by-step guide to becoming a vodka snob, Brittany Jacques offers a beginner's guide to proper glassware, equipment needed for the home bar, and the all-important vodka lingo. Ever wanted to order a filthy martini, stirred, extra wet? *How to Be a Vodka Snob* is the perfect book for you. *How to Be a Vodka Snob* features more than 50 recipes with everything from James Bond's favorite Martini to Dwight's Beets Over Rocks from *The Office*, as well as accompanying nibbles and side dishes. With Brittany Jacques as your guide, your journey to becoming a vodka snob starts here. Consumer culture is becoming increasingly diverse. Markets are fragmenting. More bespoke solutions are stealing share from companies who innovate for the masses. Yet companies continue to use practices that assume the opposite, creating a fundamental disconnect between why a company does what it does, and why people buy from that company. Understanding what microcultures are and how they work can help counter this. This book will provide current and future leaders with a learnable, teachable, repeatable, and most importantly, scalable framework with which to drive true organizational transformation. It will help leaders get past the industry-led lens that they've unknowingly become accustomed to and explore opportunities through a purely consumer-led, empathic lens. It will enable you to create solutions for the influential microcultures today, that will shape the macrocultures that will impact your business tomorrow.

From the bestselling author of *Rise of the Rocket Girls*, the untold, "richly detailed" story of the women of Walt Disney Studios, who shaped the iconic films that have enthralled generations (Margot Lee Shetterly, *New York Times* bestselling author of *Hidden Figures*). From *Snow White* to *Moana*, from *Pinocchio* to *Frozen*, the animated films of Walt Disney Studios have moved and entertained millions. But few fans know that behind these groundbreaking features was an incredibly influential group of women who fought for respect in an often ruthless male-dominated industry and who have slipped under the radar for decades. In *The Queens of Animation*, bestselling author Nathalia Holt tells their dramatic stories for the first time, showing how these women infiltrated the boys' club of Disney's story and animation departments and used early technologies to create the rich artwork and unforgettable narratives that have become part of the American canon. As the influence of Walt Disney Studios grew -- and while battling sexism, domestic abuse, and workplace intimidation -- these women also fought to transform the way female characters are depicted to young audiences. With gripping storytelling, and based on extensive interviews and exclusive access to archival and personal documents, *The Queens of Animation* reveals the vital contributions these women made to Disney's Golden Age and their continued impact on animated filmmaking, culminating in the record-shatter-

ing Frozen, Disney's first female-directed full-length feature film. A Best Book of 2019: Library Journal, Christian Science Monitor, and Financial Times

Made Up exposes the multibillion-dollar beauty industry that promotes unrealistic beauty standards through a market basket of advertising tricks, techniques, and technologies. Cosmetics magnate Charles Revson, a founder of Revlon, was quoted as saying, "In the factory, we make cosmetics. In the store, we sell hope." This pioneering entrepreneur, who built an empire on the foundation of nail polish, captured the unvarnished truth about the beauty business in a single metaphor: hope in a jar. Made Up: How the Beauty Industry Manipulates Consumers, Preys on Women's Insecurities, and Promotes Unattainable Beauty Standards is a thorough examination of innovative, and often controversial, advertising practices used by beauty companies to persuade consumers, mainly women, to buy discretionary goods like cosmetics and scents. These approaches are clearly working: the average American woman will spend around \$300,000 on facial products alone during her lifetime. This revealing book traces the evolution of the global beauty industry, discovers what makes beauty consumers tick, explores the persistence and pervasiveness of the feminine beauty ideal, and investigates the myth-making power of beauty advertising. It also examines stereotypical portrayals of women in beauty ads, looks at celebrity beauty endorsements, and dissects the "looks industry." Made Up uncovers the reality behind an Elysian world of fantasy and romance created by beauty brands that won't tell women the truth about beauty.

Jennifer Lawrence is not just an Academy Award-winning actress, she is an outspoken critic of discrimination and pay disparity in the world of film. Lawrence's cinematic roles as well as her journey to stardom are examined in this book, as well as her apt criticisms against unequal pay for women in Hollywood. Students will find Lawrence's artistic ability, as well as her activism, inspiring, and understand the power of her role in the public eye.

Since her late-1990s debut as a member of the R&B trio Destiny's Child, Beyoncé Knowles has garnered both praise and criticism. While some consider her an icon of female empowerment, others see her as detrimental to feminism and representing a negative image of women of color. Her music has a decidedly pop aesthetic, yet her power-house vocals and lyrics focused on issues like feminine independence, healthy sexuality and post-partum depression give her songs dimension and substance beyond typical pop fare. This collection of new essays presents a detailed study of the music and persona of Beyoncé—arguably the world's biggest pop star. Topics include the body politics of respectability; feminism, empowerment and gender in Beyoncé's lyrics; black female pleasure; and the changing face of celebrity motherhood. Instructors considering this book for use in a course may request an examination copy here.

Beyond the Broken Church is a collection of heartfelt learnings from Sarah Cunningham, a young adult raised in the faith, about the church she's not always sure she wants to be part of. The book engages concerns of a disillusioned generation head on and offers hope and honest, practical ideas for moving beyond one's frustrations. In the end Beyond the Broken Church tells a story that will be familiar to many: the journey of overcoming disillusionment and staying the course. This revised and expanded version of the popular book Dear Church revisits the existing book with additional chapters, fresh statistics, new insights into why people are leaving the church, and a resource guide for those who care about the disillusioned and want to understand them better. Beyond the Broken

Church will be a breath of fresh air to others who have experienced frustration in church as well as an insider's guide for those seeking to understand current trends in church attendance, particularly among the younger generation.

January 2014 Issue. This is the Economy edition. Also available in DELUXE full colors edition, printed on heavy glossy paper stock. On the cover, Jennifer Wallens voted best animal communicator in the world. Published by Times Square Press, New York. It includes: 1- The United States and the world's best psychics, mediums, healers, astrologers, palmists, witches and tarot readers 2013-2014. 2- The inductees in The lightworkers' world hall of fame. 3-Recipients of The lightworkers life achievement award 2013. And exciting subjects such as: a- How to call upon spirits to ask for special favors. b-Dealing with bad spirits and lower entities. C-People who are possessed by spirits.

This 50th edition of Publication Design Annual celebrates the winners of The Society for Publication Design's competition.

Gender, Race, and Class in Media provides students a comprehensive and critical introduction to media studies by encouraging them to analyze their own media experiences and interests. The book explores some of the most important forms of today's popular culture—including the Internet, social media, television, films, music, and advertising—in three distinct but related areas of investigation: the political economy of production, textual analysis, and audience response. Multidisciplinary issues of power related to gender, race, and class are integrated into a wide range of articles examining the economic and cultural implications of mass media as institutions. Reflecting the rapid evolution of the field, the Sixth Edition includes 18 new readings that enhance the richness, sophistication, and diversity that characterizes contemporary media scholarship.

This volume offers eight interdisciplinary readings to the films of Sofia Coppola, analyzing her oeuvre with a focus on her treatment of masculinity, sexual politics, bodies, and love.

Breathing is a continuous battle between our need for oxygen and forces in nature that attack our lungs. Three hundred thousand Americans will die of respiratory diseases this year. Gasping for Air is the dramatic story of how infections, toxins, carcinogens, and air pollution strike against one of our basic body functions. The book also describes how we come into the struggle with diseases like asthma, cystic fibrosis, and sleep apnea, which make us vulnerable to assaults on breathing from without and within. We have powerful weapons to defend breathing. Medical science, public health, engineering, and business, all play important roles in the effort to support breathing. Yet, Gasping for Air also reminds readers how breathing support has been at the eye of the storm in many ethical dilemmas of modern healthcare. Here, Kevin Glynn, an experienced pulmonologist and lifelong asthma sufferer tells stories about the third most common cause of premature deaths in the developed world, describes lethal forces in Nature (infections, genetic predispositions) and from human activities (dusty occupations, tobacco smoking, chemical toxins, drug overdoses) that threaten to suffocate us, and offers sage advice for how to prevent and address those threats and the damage they cause.

This book offers an accessible overview of the multiple, interdependent issues related to the Women, Peace, and Security (WPS) global agenda. The first introductory overview of the WPS agenda as articulated in multiple national and international resolutions, statements, and initiatives, the book provides a link between the general public and security practitioners to an important but still largely

unknown set of global objectives regarding gender equality and long-term peace and stability. Within the context of the changing nature of warfare, and through consideration of empirical evidence, the volume examines the definitions, theoretical underpinnings and methodological challenges associated with WPS. It then discusses with more specificity violence against women, women civilians in war, the role of women in peacemaking, women in the military and in development, and women politicians. The book concludes with a look to the future and number of action items from the macro to the micro level. While challenges and opportunities related to the WPS agenda are global, US policy action and inaction related to WPS and gender equality are provided as examples of what politically needs to be done, has been done, and obstacles to WPS furtherance potentially to be encountered by all countries. This book will be of much interest to students of peace studies, security studies, gender studies and IR.

This book explores the legitimacy of political asylum applications in the US and UK through an examination of the varieties of evidence, narratives, and documentation with which they are assessed. Credibility is the central issue in determining the legitimacy of political asylum seekers, but the line between truth and lies is often elusive, partly because desperate people often have to use deception to escape persecution. The vetting process has become infused with a climate of suspicion that not only assesses the credibility of an applicant's story and differentiates between the economic migrant and the person fleeing persecution, but also attempts to determine whether an applicant represents a future threat to the receiving country. This innovative text approaches the problem of deception from several angles, including increased demand for evidence, uses of new technologies to examine applicants' narratives, assessments of forged documents, attempts to differentiate between victims and persecutors, and ways that cultural misunderstandings can compromise the process. Essential reading for researchers and students of Political Science, International Studies, Refugee and Migration Studies, Human Rights, Anthropology, Sociology, Law, Public Policy, and Narrative Studies.

Jordan Christy shares advice on how to be the most confident version of yourself, in this fully revised and updated edition derived from *How to Be a Hepburn in a Hilton World*. Though fashions may change, certain things never go out of style--like your favorite little black dress that can take you from a business meeting to a dinner party to a night on the town. But what makes it work is not the dress, it's how you present yourself while wearing it. A woman who is polite, well spoken, gracious, charming, and thoughtful is always welcome--though such women appear to be in short supply these

days! Despite the headline-grabbing antics of certain flashy celebutantes, most of us would rather have respect--for ourselves and from our family, friends, and colleagues. In this fully revised and updated edition, you will learn how to: **Appear polished without sacrificing your personal style,** **Develop skills and discover interests to boost your self-confidence,** **Find your true friendships and make them stronger,** **Date Mr. Right instead of hooking up with Mr. Right Now,** **Land the perfect internship and your first job,** **Have a fun night without the risk of a social media faux pas.** With this insightful guide you'll be loving life with style, class, and grace in no time!

Foreword by Monica Lewinsky and as seen on Dr. Oz "Smart. Timely. Essential. The era's must-read to renew Internet civility." — Michele Borba ED.D, author of *Unselfie* An essential toolkit to help everyone — from parents to teenagers to educators — take charge of their digital lives. Online shame comes in many forms, and it's surprising how much of an effect a simple tweet might have on your business, love life, or school peers. A rogue tweet might bring down a CEO; an army of trolls can run an individual off-line; and virtual harassment might cause real psychological damage. In *Shame Nation*, parent advocate and internet safety expert Sue Scheff presents an eye-opening examination around the rise in online shaming, and offers practical advice and tips including: • Preventing digital disasters • Defending your online reputation • Building digital resilience • Reclaiming online civility Armed with the right knowledge and skills, everyone can play a positive part in the prevention and protection against online cruelty, and become more courageous and empathetic in their communities. "Shame Nation holds that elusive key to stopping the trend of online hate so kindness and compassion can prevail." — Rachel Macy Stafford, New York Times bestselling author of *Hands Free Mama*, *Hands Free Life*, and *Only Love Today* "Scheff offers the latest insight as to why people publicly shame each other and will equip readers with the tools to protect themselves from what has now become the new *Scarlet Letter*." — Ross Ellis, Founder and CEO, *STOMP Out Bullying* Introducing botox -- Marketing agelessness -- The turf war over botox -- Becoming the botox user -- Negotiating the botoxed self -- Being in the botoxed body -- Conclusion: the perils of an enhanced society