

Speed Addicts

United States. Congress. House. Committee on Ways and Means

Speed Addicts:

Speed Stephanie Brown Ph.D,2014-01-07 MORE BETTER SLOWER Feeling rushed out of control and overwhelmed Feeling like you can t keep up and can t stop It s not just you From the need to be constantly connected and the changing definition of work hours to unrealistic expectations of instant gratification our bodies and brains are being harmed by habits that as with any kind of addiction promise short term satisfaction while doing long term damage As a psychologist and addiction expert who practices in Silicon Valley Stephanie Brown sees firsthand the impact of ever faster technology and the culture it has spawned She knows it s affecting us mentally physically and spiritually In this groundbreaking book she explores how our beliefs and behaviors are being shaped by the seemingly limitless new world we ve entered in recent years and why faster doesn t always equal better Dr Brown offers a step by step plan for breaking out of the speed trap With practical guidelines she shows us how to ease up on the gas pedal and reconnect with ourselves learning to accept and value our limitations as human beings reduce our stress levels and free ourselves from our counterproductive obsession with speed

Addiction Irving A. Cohen,1995 Billions of dollars have been expended on educating the public about the dangers of drug and alochol addiction Despite these massive expenditures the powerful vortex of addiction continues Why Irving Cohen MD looks at the profile of the addict the nature of addiction the pharmacologic nature of the drugs and explains the roller coaster syndrome that can trap innocent people Addiction The High Low Trap offers a unique perspecive for both the addict and society on how to approach this problem **City of Speed** Joe Scalzo, **Lion Boys and Fan Girls** Pauline Loh,2020-06-01 Prome has taken over the popular Lion Legends as the Principal Lion Head and big brother Taking his new role very seriously he decides to make a pact with his loyal lion partner Mercury to ban dating and concentrate on their careers But their plans go awry when both meet two curious girls with strong personalities Meanwhile the Legends find themselves under attack First it was cyberbullying then a garbage bomb and an almost fatal food poisoning Why is this anti fan targeting Prome and Mercury **Hearings** United States. Congress. House. Committee on Ways and Means,1951

Unstoppable Mark Hughes, 2023-09-07 SHORTLISTED IN THE INTERNATIONAL SPORTS BOOK OF THE YEAR CATEGORY AT THE 2024 SPORTS BOOK AWARDS WATERSTONES BEST BOOKS OF 2023 SPORT A definitive and intriguing biography of Max Verstappen Formula 1 s superstar Lewis Hamilton s great rival and the three time winner of the World Drivers Championship No Hollywood scriptwriter could possibly have envisioned the breathless adrenaline pumping climax to the 2021 Formula 1 season On the very last lap of the final race of an unbelievably arduous and controversial season Red Bull s Max Verstappen nervelessly overtook the seven time World Champion Lewis Hamilton of Mercedes to clinch the first place that thrust the young prodigy to the narrowest of victories and to his first World Drivers title He followed up by taking the 2022 and 2023 titles as well Verstappen may only be 26 years of age but the Dutch motorsport sensation has an incredible record in F1 This young man has already left an indelible mark on the sport The son of F1 driver

Jos Verstappen junior quickly stepped out of his father's shadow his youthful charisma ferocious speed fearless driving style and refusal to back down mark him out as a true champion And the phenomenal success of Netflix s Drive to Survive documentary series has elevated his worldwide popularity still further Widely respected motorsport writer and F1 insider Mark Hughes is perfectly placed to write the most authoritative narrative on Verstappen's incredible rise through the ranks to F1 glory Hughes immaculate credentials and first rate access enable him to generate fresh and fascinating insights and to paint a fully rounded and richly textured portrait of one of the most exciting young sportsmen on the planet Lutz Koepnick, 2014-10-07 Speed is an obvious facet of contemporary society whereas slowness has often been dismissed as conservative and antimodern Challenging a long tradition of thought Lutz Koepnick instead proposes to understand slowness as a strategy of the contemporary a decidedly modern practice that gazes firmly at and into the present's velocity As he engages with late twentieth and early twenty first century art photography video film and literature Koepnick explores slowness as a critical medium to intensify our temporal and spatial experiences Slowness helps us register the multiple layers of time history and motion that constitute our present It offers a timely and untimely mode of aesthetic perception and representation that emphasizes the openness of the future and undermines any conception of the present as a mere replay of the past Discussing the photography and art of Janet Cardiff Olafur Eliasson Hiroshi Sugimoto and Michael Wesely the films of Peter Weir and Tom Tykwer the video installations of Douglas Gordon Willie Doherty and Bill Viola and the fiction of Don DeLillo Koepnick shows how slowness can carve out spaces within processes of acceleration that allow us to reflect on A Master of Deception Robert Knuckle, 2007-06 alternate temporalities and durations **Hooked** Michael Moss, 2021-03-02 NEW YORK TIMES BESTSELLER From the author of Salt Sugar Fat comes a gripping The Wall Street Journal expos of how the processed food industry exploits our evolutionary instincts the emotions we associate with food and legal loopholes in their pursuit of profit over public health The processed food industry has managed to avoid being lumped in with Big Tobacco which is why Michael Moss s new book is so important Charles Duhigg author of The Power of Habit Everyone knows how hard it can be to maintain a healthy diet But what if some of the decisions we make about what to eat are beyond our control Is it possible that food is addictive like drugs or alcohol And to what extent does the food industry know or care about these vulnerabilities In Hooked Pulitzer Prize winning investigative reporter Michael Moss sets out to answer these questions and to find the true peril in our food Moss uses the latest research on addiction to uncover what the scientific and medical communities as well as food manufacturers already know that food in some cases is even more addictive than alcohol cigarettes and drugs Our bodies are hardwired for sweets so food giants have developed fifty six types of sugar to add to their products creating in us the expectation that everything should be cloying we ve evolved to prefer fast convenient meals hence our modern day preference for ready to eat foods Moss goes on to show how the processed food industry including major companies like Nestl Mars and Kellogg s has tried not only to evade this troubling discovery about

the addictiveness of food but to actually exploit it For instance in response to recent dieting trends food manufacturers have simply turned junk food into junk diets filling grocery stores with diet foods that are hardly distinguishable from the products that got us into trouble in the first place As obesity rates continue to climb manufacturers are now claiming to add ingredients that can effortlessly cure our compulsive eating habits A gripping account of the legal battles insidious marketing campaigns and cutting edge food science that have brought us to our current public health crisis Hooked lays out all that the food industry is doing to exploit and deepen our addictions and shows us why what we eat has never mattered more

Antidrug Abuse Appropriations Authorization United States. Congress. House. Committee on Energy and Commerce. Subcommittee on Health and the Environment, 1990 Lethe Music Be Free!!! The Wild Trees Richard Preston, 2008-02-12 Hidden away in foggy uncharted rain forest valleys in Northern California are the largest and tallest organisms the world has ever sustained the coast redwood trees Sequoia sempervirens Ninety six percent of the ancient redwood forests have been destroyed by logging but the untouched fragments that remain are among the great wonders of nature The biggest redwoods have trunks up to thirty feet wide and can rise more than thirty five stories above the ground forming cathedral like structures in the air Until recently redwoods were thought to be virtually impossible to ascend and the canopy at the tops of these majestic trees was undiscovered In The Wild Trees Richard Preston unfolds the spellbinding story of Steve Sillett Marie Antoine and the tiny group of daring botanists and amateur naturalists that found a lost world above California a world that is dangerous hauntingly beautiful and unexplored The canopy voyagers are young just college students when they start their quest and they share a passion for these trees persevering in spite of sometimes crushing personal obstacles and failings They take big risks they ignore common wisdom such as the notion that there s nothing left to discover in North America and they even make love in hammocks stretched between branches three hundred feet in the air The deep redwood canopy is a vertical Eden filled with mosses lichens spotted salamanders hanging gardens of ferns and thickets of huckleberry bushes all growing out of massive trunk systems that have fused and formed flying buttresses sometimes carved into blackened chambers hollowed out by fire called fire caves Thick layers of soil sitting on limbs harbor animal and plant life that is unknown to science Humans move through the deep canopy suspended on ropes far out of sight of the ground knowing that the price of a small mistake can be a plunge to one s death Preston s account of this amazing world by turns terrifying moving and fascinating is an adventure story told in novelistic detail by a master of nonfiction narrative The author shares his protagonists passion for tall trees and he mastered the techniques of tall tree climbing to tell the story in The Wild Trees the story of the fate of the world's most splendid forests and of the imperiled biosphere itself

The SAGE Handbook of Social Psychology Michael A Hogg, Joel Cooper, 2007-03-26 This Volume is everything one would want from a one volume handbook Choice Magazine In response to market demand The SAGE Handbook of Social Psychology Concise Student Edition has been published and represents a slimmer 16 chapters in total more course focused

and student friendly volume The editors and authors have also updated all references provided chapter introductions and summaries and a new Preface outlining the benefits of using the Handbook as an upper level teaching resource It will prove indispensable reading for all upper level and graduate students studying social psychology

Research Issues,1979*

Guide to the Drug Research Literature Gregory A. Austin, Mary A. Macari, Dan J. Lettieri, 1979 Bevond Cutting Edge? Paul C. Heidebrecht, 2014-03-10 A guick scan of any newsstand is enough to confirm the widespread preoccupation with technological change As a myriad of articles and advertisements demonstrate not only are we preoccupied with technology but we are bombarded with numerous reminders that the cutting edge is in constant motion Most often the underlying assumption of Christians is that we have no choice but to find ways to cope with the latest and greatest Indeed it is often assumed that the church has no choice but to find ways to cope with its new technological context This book does not make the same assumptions Building on the work of Mennonite theologian John Howard Yoder it argues that the practices of the church make it possible for Christians to conscientiously engage technology This happens when we recognize that marks of the church such as patience vulnerability and servanthood can put technological ideals such as speed control and efficiency in their proper place In the course of grappling with three examples of morally formative technologies automobiles genetically modified food and the Internet this book goes beyond Yoder's thought by emphasizing that the church also plays a The Sequential Habitual Enmeshment of Addictions Wren Louis, 2017-09-13 I have crucial role in our moral formation started the book with a compilation of several short stories. The reader will be taken through my early childhood years up to my adult life I will be writing about the aforementioned material such as the psychological and physical effects of drug and alcohol addictions and its complex role in the family dynamics I will be writing on the elements of the cycles of mental illness focusing specifically on schizophrenia bipolar disorder and depression I ll share my adventures in foreign countries The Roadkill Henrietta Moore, Arthur Kay, 2025-09-16 Explore the financial social reader will enjoy a broad scope of topics ethical and environmental impacts of our obsession with and dependency on cars Learn how to change the way we use them Roadkill Unveiling the True Cost of Our Toxic Relationship with Cars by Professor Henrietta Moore and Arthur Kay explores the philosophical implications of car culture as well as the practical impacts it has on your money your taxes your neighborhood your planet your health and your happiness While the car has been marketed as a symbol of freedom the authors convincingly argue that it has limited the flourishing of our cities and restricted our choices How can we fix our toxic relationship with cars The authors offer a new way of thinking that promises to multiply your choices improve your city and expand your freedoms Inside the book Jaw dropping real world examples of the human and monetary costs imposed by cars including the fact that cars have killed 60 to 80 million people since their invention more than the deaths of WWI and WWII combined Philosophical arguments explaining how car centric cities restrict the freedoms of drivers and non drivers alike A catalogue of ideas and approaches for urban designers transport planners policymakers and mayors Practical

recommendations for all contexts for you your family your neighborhood your town or city and your national government Critiques of the myths around electric cars and autonomous cars providing readers with a comprehensive understanding of the implications of this emerging frontier Ideas on how we can re frame our relationship with the car The authors recognize they can be useful machines when used intentionally and thoughtfully invited into our lives Over 45 figures original illustrations diagrams and colour photographs Roadkill is a persuasive and illuminating call to action for city dwellers drivers environmentalists urbanists and policymakers anyone interested in practical ways to improve your life and expand your freedoms The It Girls Caroline Young, 2025-03-18 The first book to explore the history of the It girl across the centuries Nell Gwyn and Clara Bow Marilyn Monroe and Edie Sedgwick Jean Seberg and Margaux Hemingway Paris Hilton and Kim Kardashian These names all conjure up images of glamor and celebrity as well as the toxic side of fame They are the faces of their generation the ones we can t look away from and the ones who inevitably self destruct In The It Girls Glamor Celebrity and Scandal Caroline Young delves into the history and lives of these explosive trend setting women From seventeenth century London to twenty first century Seoul Young tells the fascinating oftentimes tragic stories of the women who have been celebrated for their looks and scandalized for their actions in equal measure She explores how the It girls defined and set new standards of beauty including the red haired muses of the Pre Raphaelite artists the World War II pin up the crop haired icons of the sixties and the cosmetically enhanced social media darlings of today and how no matter the era the treatment of these It girls is universal While they are lauded and emulated they are also scrutinized and criticized The stories of the It girls are laced with childhood trauma misogyny gaslighting and exploitation revealing that fame and adoration don t always equate to happiness The It Girls is a captivating examination of women s history offering a reevaluation of how women have been celebrated and objectified over the centuries **The Ballroom** Dolores San Miguel, 2021-02-01 The Ballroom is a brutally frank memoir of what has become known as one of the most pivotal fascinating and influential periods of Australian musical and cultural history. The story is illustrated with original flyers and candid photos some never before seen or published

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