

Download Ebook The Examined Life Journal

The Examined Life Journal

The poet and author's "beautiful . . . wise and warm" journal of time spent in her New Hampshire home alone with her garden, her

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books, the seasons, and herself (Eugenia Thornton, Cleveland Plain Dealer). "Loneliness is the poverty of self; solitude is richness of self." —May Sarton
May Sarton's parrot chatters away as Sarton looks out the

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window at the rain and contemplates returning to her “real” life—not friends, not even love, but writing. In her bravest and most revealing memoir, Sartre casts her keenly observant eye on both the

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interior and exterior worlds. She shares insights about everyday life in the quiet New Hampshire village of Nelson, the desire for friends, and need for solitude—both an exhilarating and terrifying state. She likens

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writing to “cracking open the inner world again,” which sometimes plunges her into depression. She confesses her fears, her disappointments, her unresolved angers. Sarton’s garden is her great, abiding joy,

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sustaining her through seasons of psychic and emotional pain. Journal of a Solitude is a moving and profound meditation on creativity, oneness with nature, and the courage it takes to be alone. Both uplifting and

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cathartic, it sweeps us along on Sartre's pilgrimage inward. This ebook features an extended biography of May Sartre.

Okonkwo is the greatest warrior alive, famous throughout West Africa. But when he accidentally

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kills a clansman, things begin to fall apart. Then Okonkwo returns from exile to find missionaries and colonial governors have arrived in the village. With his world thrown radically off-balance he can only hurtle

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towards tragedy. Chinua Achebe's stark novel reshaped both African and world literature. This arresting parable of a proud but powerless man witnessing the ruin of his people begins Achebe's landmark trilogy of

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works chronicling the fate of one African community, continued in Arrow of God and No Longer at Ease.

As The Giving Tree turns fifty, this timeless classic is available for the first time ever in ebook

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format. This digital edition allows young readers and lifelong fans to continue the legacy and love of a classic that will now reach an even wider audience. "Once there was a tree...and she loved a little boy." So begins a story of

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unforgettable perception, beautifully written and illustrated by the gifted and versatile Shel Silverstein. This moving parable for all ages offers a touching interpretation of the gift of giving and a serene acceptance of

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another's capacity to love in return. Every day the boy would come to the tree to eat her apples, swing from her branches, or slide down her trunk...and the tree was happy. But as the boy grew older he began to want

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more from the tree, and the tree gave and gave and gave. This is a tender story, touched with sadness, aglow with consolation. Shel Silverstein's incomparable career as a bestselling children's book author and illustrator

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began with Lafcadio, the Lion Who Shot Back. He is also the creator of picture books including A Giraffe and a Half, Who Wants a Cheap Rhinoceros?, The Missing Piece, The Missing Piece Meets the Big

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O, and the perennial favorite The Giving Tree, and of classic poetry collections such as Where the Sidewalk Ends, A Light in the Attic, Falling Up, Every Thing On It, Don't Bump the Glump!, and Runny Babbit. And don't miss

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the other Shel Silverstein ebooks, Where the Sidewalk Ends and A Light in the Attic! Winner of the Cowles Poetry Book Prize.

Writing to Change the Health Care System

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A Literary Publication of the
University of Iowa Carver College
of Medicine

The Examined Life

A Memoir

Narrative Matters

The Origin and Early Evolution of

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Life: Prebiotic Chemistry of
Biomolecules

Finding Fulfillment in a World
Obsessed with Happiness

The only Southern white women ever to
become leading abolitionists, Sarah and
Angelina Grimke encountered many

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obstacles in pursuing their anti-slavery work, the least of which was their gender. Women's historian Gerda Lerner tells the compelling story of these determined sisters and the contributions they made to the anti-slavery and women's rights movements. "Davies' collection of essays soars.... It's

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a memoir that locates the profound within the ordinary.” —Entertainment Weekly If you're looking for a typical parenting book, this is not it. This is not a treatise on how to be a mother. This is a book about a young girl who moves to a new town every couple of years; a misfit teenager who finds solace in a

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local music scene; an adrift twenty-something who drops out of college to pursue her dream of making cheesecake on a stick a successful business franchise (ah, the ideals of youth). Alone in a new city, she summons her inner strength as she holds the hand of a dying stranger. Davies is a woman who

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finds humor in difficult pregnancies and post-partum depression (after reading "Pie" you might never eat Thanksgiving dessert the same way). She is a divorcee who unexpectedly finds second love. She is a happily married suburban wife who nevertheless makes a mental list of all the men she would have slept with. And

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she is a parent who finds herself tested in ways she could never imagine. In stories that cut to the quick, Davies explores passion, loss, illness, pain, and joy, told from her singular, gimlet-eyed, hilarious perspective. Mothers of Sparta is not a blow-by-blow of Davies' life but rather an examination of the exquisite

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and often painful moments of a life, the moments we look back on and say, That one, that one mattered. Straddling the fence between humor and, well...not humor, Davies has written a book about what it's like to try to carve a place for oneself in the world, no matter how unyielding the rock can be.

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The Examined Life Journal
A Literary Publication of the University of Iowa
Carver College of Medicine

At a time when lesbian, gay, bisexual, and transgender individuals--often referred to under the umbrella acronym LGBT--are becoming more visible in society and more socially acknowledged,

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clinicians and researchers are faced with incomplete information about their health status. While LGBT populations often are combined as a single entity for research and advocacy purposes, each is a distinct population group with its own specific health needs. Furthermore, the experiences of LGBT individuals are

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not uniform and are shaped by factors of race, ethnicity, socioeconomic status, geographical location, and age, any of which can have an effect on health-related concerns and needs. The Health of Lesbian, Gay, Bisexual, and Transgender People assesses the state of science on the health status of LGBT

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populations, identifies research gaps and opportunities, and outlines a research agenda for the National Institute of Health. The report examines the health status of these populations in three life stages: childhood and adolescence, early/middle adulthood, and later adulthood. At each life stage,

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the committee studied mental health, physical health, risks and protective factors, health services, and contextual influences. To advance understanding of the health needs of all LGBT individuals, the report finds that researchers need more data about the demographics of these populations,

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improved methods for collecting and analyzing data, and an increased participation of sexual and gender minorities in research. The Health of Lesbian, Gay, Bisexual, and Transgender People is a valuable resource for policymakers, federal agencies including the National Institute

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of Health (NIH), LGBT advocacy groups, clinicians, and service providers.

Living an Examined Life

The Integration of the Medical Humanities and Narrative Knowledge into Medical Practices

Walter Benjamin Reimagined

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Remember How It Rained

Vision for Tomorrow

From Socrates to Nietzsche

A Literary Journal of the Carver

College of Medicine

**How do you define “growing up”? Does
it mean you achieve certain cultural
benchmarks—a steady income, paying**

Page 33/201

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taxes, marriage, and children? Or does it mean leaving behind the expectations of others and growing into the person you were meant to be? If you find yourself in a career, place, relationship, or crisis you never foresaw and that seems at odds with your beliefs about who you are, it means your soul is

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calling on you to reexamine your path. With Living an Examined Life, James Hollis offers an essential guidebook for anyone at a crossroads in life Here this acclaimed author guides you through 21 areas for self-inquiry and growth—such as how to exorcise the ghosts of your past, when to choose meaning over

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happiness, how to construct a mature spirituality, and how to seize permission to be who you really are With his trademark eloquence and insight, Dr. Hollis offers a potent resource you'll return to time and again to energize and inspire you on your journey to create a life of personal authority, integrity, and

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fulfillment.

"A new edition with a final chapter written forty years after the explosion."

The author describes his work as a psychoanalyst over a twenty-five year period, describing his efforts to guide his patients to personal insights into their behaviors and resolutions which

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can change their lives for the better. In 1996, the Institute of Medicine (IOM) released its report Telemedicine: A Guide to Assessing Telecommunications for Health Care. In that report, the IOM Committee on Evaluating Clinical Applications of Telemedicine found telemedicine is similar in most respects

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to other technologies for which better evidence of effectiveness is also being demanded. Telemedicine, however, has some special characteristics-shared with information technologies generally-that warrant particular notice from evaluators and decision makers. Since that time, attention to telehealth has

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continued to grow in both the public and private sectors. Peer-reviewed journals and professional societies are devoted to telehealth, the federal government provides grant funding to promote the use of telehealth, and the private technology industry continues to develop new applications for telehealth.

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However, barriers remain to the use of telehealth modalities, including issues related to reimbursement, licensure, workforce, and costs. Also, some areas of telehealth have developed a stronger evidence base than others. The Health Resources and Service Administration (HRSA) sponsored the IOM in holding

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a workshop in Washington, DC, on August 8-9 2012, to examine how the use of telehealth technology can fit into the U.S. health care system. HRSA asked the IOM to focus on the potential for telehealth to serve geographically isolated individuals and extend the reach of scarce resources while also

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emphasizing the quality and value in the delivery of health care services. This workshop summary discusses the evolution of telehealth since 1996, including the increasing role of the private sector, policies that have promoted or delayed the use of telehealth, and consumer acceptance of

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telehealth. The Role of Telehealth in an Evolving Health Care Environment: Workshop Summary discusses the current evidence base for telehealth, including available data and gaps in data; discuss how technological developments, including mobile telehealth, electronic intensive care

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units, remote monitoring, social networking, and wearable devices, in conjunction with the push for electronic health records, is changing the delivery of health care in rural and urban environments. This report also summarizes actions that the U.S. Department of Health and Human

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Services (HHS) can undertake to further the use of telehealth to improve health care outcomes while controlling costs in the current health care environment.

**Wisdom for the Second Half of the
Journey
A Memoir in Pieces**

Page 46/201

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The Timekeeper's Son

Pioneers for Woman's [sic] Rights and Abolition

The Examined Life: How We Lose and Find Ourselves

Communities in Action

Mothers of Sparta

At the beginning of the

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homelessness epidemic in the 1980s, Josephine Ensign was a young, white, Southern, Christian wife, mother, and nurse running a new medical clinic for the homeless in the heart of the South. Through her work and intense relationships

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with patients and co-workers, her worldview was shattered, and after losing her job, family, and house, she became homeless herself. She reconstructed her life with altered views on homelessness and on the health care system. In *Catching*

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Homelessness, Ensign reflects on how this work has changed her and how her work has changed through the experience of being homeless—providing a piercing look at the homelessness industry, nursing, and our country's health

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care safety net.

PHILOSOPHY/EASTERN
RELIGIONS

Remembering, where justice
begins... Divided in childhood but
children no more, Margaret Rose,
Jack and Kuruk answer the echoes

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of childhood loves, memories and voices. Power is shifting in Darkwater Creek, old crimes cry out for justice and Nebraska's deadliest floodwaters gather in the west. Book Two of the River Saga, Remember How It Rained

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continues Seven Kinds of Rain's voices of innocence, corruption, courage and justice on the Great Plains. It sings of running away and coming home to find love, truth and justice in the places and people who won't let you go.

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After 12-year-old Frankie Spiril is blamed for a tragic drowning because he's too terrified of deep water, the Caretaker of the Universe orders a pair of student guardian angels to help Frankie learn how to swim.

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Pathways to Health Equity
Philosophical Meditations
Building a Foundation for Better
Understanding
Examined Life
Everyone at This Party Has Two
Names

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Metric Culture

Things Fall Apart

Data and metrics play an unmistakably powerful role in today's society. Over the years, their use has expanded to cover almost

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every sphere of everyday life. This book provides a critical investigation into what we can call a "metric culture" in which practices of self-tracking and quantification have

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become more popular than ever before.

NOW A MAJOR MOTION PICTURE

The #1 New York Times bestselling worldwide sensation with more than 12 million copies sold, "a

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painfully beautiful first novel that is at once a murder mystery, a coming-of-age narrative and a celebration of nature" (The New York Times Book Review). For years, rumors

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of the "Marsh Girl" have haunted Barkley Cove, a quiet town on the North Carolina coast. So in late 1969, when handsome Chase Andrews is found dead, the locals immediately suspect

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Kya Clark, the so-called Marsh Girl. But Kya is not what they say. Sensitive and intelligent, she has survived for years alone in the marsh that she calls home, finding

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friends in the gulls and lessons in the sand. Then the time comes when she yearns to be touched and loved. When two young men from town become intrigued by her wild beauty, Kya

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opens herself to a new life—until the unthinkable happens. Where the *Crawdads Sing* is at once an exquisite ode to the natural world, a heartbreaking coming-of-

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age story, and a surprising tale of possible murder. Delia Owens reminds us that we are forever shaped by the children we once were, and that we are all subject to

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the beautiful and violent secrets that nature keeps. A New York Times Notable Book for 2011 We all want to know how to live. But before the good life was reduced to ten easy steps

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or a prescription from the doctor, philosophers offered arresting answers to the most fundamental questions about who we are and what makes for a life worth living. In Examined

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Lives, James Miller
returns to this vibrant
tradition with short,
lively biographies of
twelve famous
philosophers. Socrates
spent his life examining

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himself and the assumptions of others. His most famous student, Plato, risked his reputation to tutor a tyrant. Diogenes carried a bright lamp in broad

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daylight and announced he was "looking for a man." Aristotle's alliance with Alexander the Great presaged Seneca's complex role in the court of the Roman Emperor Nero.

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Augustine discovered God within himself. Montaigne and Descartes struggled to explore their deepest convictions in eras of murderous religious warfare. Rousseau aspired

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to a life of perfect virtue. Kant elaborated a new ideal of autonomy. Emerson successfully preached a gospel of self-reliance for the new American nation. And

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Nietzsche tried "to compose into one and bring together what is fragment and riddle and dreadful chance in man," before he lapsed into catatonic madness. With a flair for

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paradox and rich anecdote, Examined Lives is a book that confirms the continuing relevance of philosophy today—and explores the most urgent questions about what it

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means to live a good life. One afternoon, during a routine meditation, a strange tingling grips Catherine Klatzker, followed by an explosion of voices crowding out her

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thoughts. Soon these voices, or "parts," begin to emerge more distinctly in her mind, accompanied by persistent insomnia and bouts of mortifying incontinence. Fearing for

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her sanity, Klatzker turns to a meditation teacher and psychotherapist. What follows is one woman's unflinching excavation of years of repressed sexual and emotional abuse,

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manifested many decades later as Traumatic Dissociative Identity Disorder. A daring and unafraid debut memoir, *You Will Never Be Normal* delivers an arresting

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examination of the
emotional toil-and toll-
required to be made whole
again.

The Immortal Life of
Henrietta Lacks
Where the Crawdads Sing

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(Movie Tie-In)

The Health of Lesbian,
Gay, Bisexual, and
Transgender People
The Role of Telehealth in
an Evolving Health Care
Environment

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The Giving Tree

River Saga Book Two

"Starting in 2005, John Griswold began publishing his nonfiction essays in Inside Higher Ed, McSweeney's Internet Tendency, Brevity, Ninth Letter, and Adjunct

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Advocate under the pen name Oronte Churm. This collection contains heavily revised previously published essays but much more new material covering a wide range of topics riffing on the writing life—from the utility of creative writing to

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babies, and from race issues in a university town to crocodiles. Griswold's tongue-in-cheek tone allows him to discuss this breadth of subject matter in an inviting and entertaining way while still addressing prevalent and important

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issues. Much of this book has to do with the tenuous and uncertain place of university adjuncts and other contingent instructors in the larger higher education ecosphere. Griswold writes, "After more than a dozen years teaching creative

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writing, literature, and rhetoric at two universities, I fell into what they call the tenure stream at another school. The worries and stresses have changed, but my interests remain: What does it mean to be educated? To think, feel, write? To

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be whole? The writing in this book was my own attempt to see if I knew anything at all. And of course that's a lifelong journey, its rewards always temporary and therefore comic. Picture Long John Silver at the end of the movie, his dory filled

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with stolen gold, rowing and sinking; rowing, sinking, and gloating."--

Why do we work so hard at our jobs, day after day? Why is a job well done important to us? We know there is more to a career than

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money and prestige, but what exactly do we mean by "fulfillment"? These are old but important questions. They belong with some newly discovered ones: Why are people in business more religious than the population as a

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whole? What do people of business know, and what do they do, that anchors their faith? In this groundbreaking and inspiring book, Michael Novak ties together these crucial questions by explaining the meaning of work as a vocation.

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Work should be more than just a job -- it should be a calling. This book explains an important part of our lives in a new way, and readers will instantly recognize themselves in its pages. A larger proportion than ever before of the world's

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Christians, Jews, and other peoples of faith are spending their working lives in business. Business is a profession worthy of a person's highest ideals and aspirations, fraught with moral possibilities both of great good and of great evil.

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Novak takes on agonizing problems, such as downsizing, the tradeoffs that must sometimes be faced between profits and human rights, and the pitfalls of philanthropy. He also examines the daily questions of how an honest

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day's work contributes to the good of many people, both close at hand and far away. Our work connects us with one another. It also makes possible the universal advance out of poverty, and it is an essential prerequisite of democracy and the

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institutions of civil society. This book is a spiritual feast, for everyone who wants to examine how to make a life through making a living.

A Dominican-born academic tells the story of how the Great Books

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transformed his life—and why they have the power to speak to people of all backgrounds What is the value of a liberal education? Traditionally characterized by a rigorous engagement with the classics of Western thought and

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literature, this approach to education is all but extinct in American universities, replaced by flexible distribution requirements and ever-narrower academic specialization. Many academics attack the very idea of a Western

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canon as chauvinistic, while the general public increasingly doubts the value of the humanities. In *Rescuing Socrates*, Dominican-born American academic Roosevelt Montás tells the story of how a liberal education transformed his

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life, and offers an intimate account of the relevance of the Great Books today, especially to members of historically marginalized communities. Mont á s emigrated from the Dominican Republic to Queens, New York, when he was

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twelve and encountered the Western classics as an undergraduate in Columbia University ' s renowned Core Curriculum, one of America ' s last remaining Great Books programs. The experience changed his life

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and determined his career—he went on to earn a PhD in English and comparative literature, serve as director of Columbia's Center for the Core Curriculum, and start a Great Books program for low-income high school students who

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aspire to be the first in their families to attend college. Weaving together memoir and literary reflection, *Rescuing Socrates* describes how four authors—Plato, Augustine, Freud, and Gandhi—had a profound impact on Mont á s ' s life. In

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doing so, the book drives home what it ' s like to experience a liberal education—and why it can still remake lives.

A literary journal of the Carver
College of Medicine

The Journals of The Grapes of

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Wrath

Hiroshima

A Graphic Translation of Poetry,
Prose, Aphorisms, and Dreams

The Examined Life Journal

Examined Lives

Rescuing Socrates

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How the Great Books Changed My
Life and Why They Matter for a
New Generation

*John Steinbeck wrote The
Grapes of Wrath during an
astonishing burst of activity
between June and October of*

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1938. Throughout the time he was creating his greatest work, Steinbeck faithfully kept a journal revealing his arduous journey toward its completion. The journal, like the novel it chronicles, tells a

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tale of dramatic proportions—of dogged determination and inspiration, yet also of paranoia, self-doubt, and obstacles. It records in intimate detail the

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conception and genesis of The Grapes of Wrath and its huge though controversial success. It is a unique and penetrating portrait of an emblematic American writer creating an essential

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*American masterpiece.
Suresh, Abraham Verghese,
Otis Warren, Leana S. Wen,
Charlotte Yeh
"Anguished, beautifully
written... The Long Goodbye
is an elegiac depiction of*

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drama as old as life." -- The New York Times Book Review
From one of America's foremost young literary voices, a transcendent portrait of the unbearable anguish of grief and the

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enduring power of familial love. What does it mean to mourn today, in a culture that has largely set aside rituals that acknowledge grief? After her mother died of cancer at the age of fifty-

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five, Meghan O'Rourke found that nothing had prepared her for the intensity of her sorrow. In the first anguished days, she began to create a record of her interior life as a mourner, trying to capture

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the paradox of grief-its monumental agony and microscopic intimacies-an endeavor that ultimately bloomed into a profound look at how caring for her mother during her illness changed

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and strengthened their bond. O'Rourke's story is one of a life gone off the rails, of how watching her mother's illness-and separating from her husband-left her fundamentally altered. But it

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is also one of resilience, as she observes her family persevere even in the face of immeasurable loss. With lyricism and unswerving candor, The Long Goodbye conveys the fleeting

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moments of joy that make up a life, and the way memory can lead us out of the jagged darkness of loss. Effortlessly blending research and reflection, the personal and the universal, it

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is not only an exceptional memoir, but a necessary one.

**#1 NEW YORK TIMES
BESTSELLER • “The story of
modern medicine and
bioethics—and, indeed, race**

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relations—is refracted beautifully, and movingly.”—Entertainment Weekly **NOW A MAJOR MOTION PICTURE FROM HBO® STARRING OPRAH WINFREY AND ROSE BYRNE •**

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*ONE OF THE "MOST
INFLUENTIAL" (CNN),
"DEFINING" (LITHUB), AND
"BEST" (THE PHILADELPHIA
INQUIRER) BOOKS OF THE
DECADE • ONE OF
ESSENCE'S 50 MOST*

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*IMPACTFUL BLACK BOOKS OF
THE PAST 50 YEARS •
WINNER OF THE CHICAGO
TRIBUNE HEARTLAND PRIZE
FOR NONFICTION NAMED
ONE OF THE BEST BOOKS OF
THE YEAR BY The New York*

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*Times Book Review •
Entertainment Weekly • O:
The Oprah Magazine • NPR •
Financial Times • New York •
Independent (U.K.) • Times
(U.K.) • Publishers Weekly •
Library Journal • Kirkus*

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Reviews • Booklist • Globe and Mail Her name was Henrietta Lacks, but scientists know her as HeLa. She was a poor Southern tobacco farmer who worked the same land as her slave

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*ancestors, yet her
cells—taken without her
knowledge—became one of
the most important tools in
medicine: The first
“immortal” human cells
grown in culture, which are*

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still alive today, though she has been dead for more than sixty years. HeLa cells were vital for developing the polio vaccine; uncovered secrets of cancer, viruses, and the atom bomb's effects; helped

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lead to important advances like in vitro fertilization, cloning, and gene mapping; and have been bought and sold by the billions. Yet Henrietta Lacks remains virtually unknown, buried in

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an unmarked grave. Henrietta's family did not learn of her "immortality" until more than twenty years after her death, when scientists investigating HeLa began using her husband

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and children in research without informed consent. And though the cells had launched a multimillion-dollar industry that sells human biological materials, her family never saw any of

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the profits. As Rebecca Skloot so brilliantly shows, the story of the Lacks family—past and present—is inextricably connected to the dark history of experimentation on African

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Americans, the birth of bioethics, and the legal battles over whether we control the stuff we are made of. Over the decade it took to uncover this story, Rebecca became enmeshed

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in the lives of the Lacks family—especially Henrietta's daughter Deborah. Deborah was consumed with questions: Had scientists cloned her mother? Had they killed her

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to harvest her cells? And if her mother was so important to medicine, why couldn't her children afford health insurance? Intimate in feeling, astonishing in scope, and impossible to put down,

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The Immortal Life of Henrietta Lacks captures the beauty and drama of scientific discovery, as well as its human consequences. Workshop Summary Pirates You Don't Know, and

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*Other Adventures in the
Examined Life*

*The Grimké Sisters from
South Carolina*

Working Days

The Power of Meaning

The Long Goodbye

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The Frankie Factor

The Timekeeper's Son, a moving father-son tale, explores middle-aged grief and youthful yearnings, the price of hidden disabilities and wounds, and the claims and limits of community. In the small town of

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Milledge, Georgia, aspiring teenage filmmaker Josh Lovejoy hits a jogger while driving late at night. But this is not just any jogger: the victim is prominent local activist and historian David Masters. The accident not only

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puts Masters in the hospital in a coma, it shatters the fragile Lovejoy household. Adrift from friends and family, a shocked Josh reluctantly takes up his court-ordered community service work at the Good Shepherd School for

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Disabled Children. Meanwhile, the comatose Masters is visited by the ghost of the singer Peggy Lee, and his childless wife Meg, consumed with grief, fantasizes that Josh is the son she might have had. In love with an unstable

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girl, and estranged from his angry father and preoccupied mother, Josh escapes to New York City. Things there do not go as planned and, overwhelmed, Josh makes a fateful decision that puts him beyond the help of his family.

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Facing physical and spiritual annihilation, he must choose between the death of the heart and the acceptance of the imperfect good that is his life. Josh's story reminds readers that while our lives may be flawed,

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they can still be embraced with love.

Boldly takes philosophy from the academy to the streets to show how great ideas are born through a profound engagement with the everyday. This companion to

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thoughts on consumption are amplified against the backdrop of Fifth Avenue; Michael Hardt ponders the nature of revolution; and Judith Butler ponders individualism.

The Examined Life Journal Vol 8

Page 140/201

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Fall 2020

In a culture obsessed with happiness, this wise, stirring book points the way toward a richer, more satisfying life. Too many of us believe that the search for meaning is an esoteric

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pursuit—that you have to travel to a distant monastery or page through dusty volumes to discover life's secrets. The truth is, there are untapped sources of meaning all around us—right here, right now. To explore how we can craft

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lives of meaning, Emily Esfahani Smith synthesizes a kaleidoscopic array of sources—from psychologists, sociologists, philosophers, and neuroscientists to figures in literature and history such as

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George Eliot, Viktor Frankl, Aristotle, and the Buddha. Drawing on this research, Smith shows us how cultivating connections to others, identifying and working toward a purpose, telling stories about our place in

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the world, and seeking out mystery can immeasurably deepen our lives. To bring what she calls the four pillars of meaning to life, Smith visits a tight-knit fishing village in the Chesapeake Bay, stargazes in

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West Texas, attends a dinner where young people gather to share their experiences of profound loss, and more. She also introduces us to compelling seekers of meaning—from the drug kingpin who finds his

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purpose in helping people get fit to the artist who draws on her Hindu upbringing to create arresting photographs. And she explores how we might begin to build a culture that leaves space for introspection and awe,

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cultivates a sense of community, and imbues our lives with meaning. Inspiring and story-driven, *The Power of Meaning* will strike a profound chord in anyone seeking a life that matters.

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practices a thorough---and clearly articulated---exposition of the nature of narrative. The book builds on the work of linguistics, semiotics, narratology, and discourse theory and examines

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numerous literary works and narrative "vignettes" of medical problems, situations, and encounters. Throughout, the book presents usable expositions of the ways storytelling organizes itself to

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allow physicians and other healthcare workers (and even patients themselves) to be more attentive to and self-conscious about the information---the "narrative knowledge"---of the patient's

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story.

**This report from the
Committee on Military
Nutrition Research reviews the
history of caffeine usage, the
metabolism of caffeine, and its
physiological effects. The**

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effects of caffeine on physical performance, cognitive function and alertness, and alleviation of sleep deprivation impairments are discussed in light of recent scientific literature. The impact of

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caffeine consumption on various aspects of health, including cardiovascular disease, reproduction, bone mineral density, and fluid homeostasis are reviewed. The behavioral effects of caffeine

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are also discussed, including the effect of caffeine on reaction to stress, withdrawal effects, and detrimental effects of high intakes. The amounts of caffeine found to enhance vigilance and reaction

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time consistently are reviewed and recommendations are made with respect to amounts of caffeine appropriate for maintaining alertness of military personnel during field operations. Recommendations

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are also provided on the need for appropriate labeling of caffeine-containing supplements, and education of military personnel on the use of these supplements. A brief review of some alternatives to

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caffeine is also provided. When Father Thomas Abernathy's loneliness is compounded by the loss of a beloved pet, he conceives an idea for a social club for clergymen where they can play

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cards, have a few drinks, and socialize. He brings together a wellborn Methodist minister, a dogmatic Lutheran pastor, and an enigmatic, evangelical preacher. Father Tom soon finds the Lutheran pastor, Rev.

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Theo Swindberg assuming a preternatural place in his life. The man is nervous and doleful, and to learn what makes him tick, Father Tom attends a service at the Lutheran Church, where he

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falls under the spell of the pastor's wife, Naomi. When Naomi is diagnosed with an aggressive form of cancer, Swindberg calls upon Father Tom to pray over her healing, a request which could be a

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career-ending departure from Father Tom's church's tenets. Father Tom struggles with his feelings for Naomi, and when he reluctantly agrees to Swindberg's request, he also finds himself struggling with

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**his faith. In the end it is faith,
hope, and love that renews
them all.**

**Studying the origin of life is
one of man's greatest
achievements over the last
sixty years. The fields of**

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interest encompassed by this quest are multiple and interdisciplinary: chemistry, physics, biology, biochemistry, mathematics, geology but also statistics, atmospheric science, meteorology,

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oceanography, and astrophysics. Recent scientific discoveries, such as water on Mars and the existence of super-Earths with atmospheres similar to primordial Earth, have pushed

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researchers to simulate prebiotic conditions in explaining the abiotic formation of molecules essential to life. This collection of articles offers an overview of recent discoveries in the

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field of prebiotic chemistry of biomolecules, their formation and selection, and the evolution of complex chemical systems.

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Drinking Club

An illuminated tour of Walter Benjamin's ideas; a graphic translation; an encyclopedia of fragments. Walter Benjamin was a man of letters, an art critic,

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an essayist, a translator, a philosopher, a collector, and an urban flâneur. In his writings, he ambles, samples, and explores. With Walter Benjamin Reimagined,

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Frances Cannon offers a visual and literary response to Benjamin's work. With detailed and dreamlike pen-and-ink drawings and hand-lettered text, Cannon gives readers

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*an illuminated tour of
Walter Benjamin's
thoughts—a graphic
translation, an
encyclopedia of fragments.
Cannon has not created a
guide to Benjamin's*

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greatest ideas—this is not an illustrated Walter Benjamin cheat sheet—but rather a beautifully rendered work of graphic literature. Cannon doesn't plod through thickets of

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minutiae; she strolls—a flâneuse herself—using Benjamin's words and her own drawings to construct a creative topography of Benjamin's writing.

Phrases from "Unpacking My

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Library," for example, are accompanied by images of flying papers, stray books, stacked books—books "not yet touched by the mild boredom of order"—and a bearded mage. Cannon

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takes the reader through different periods of Benjamin's writing: "Artifacts of Youth," nostalgic musings on his childhood; "Fragments of a Critical Eye," early

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writings, political observations, and cultural criticism; "Athenaeum of Imagination," meditations on philosophy and psychology; "A Stroll through the Arcades,"

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Benjamin's unfinished magnum opus; and "A Collection of Dreams and Stories," experimental and fantastical writings. With drawings and text, Cannon offers a phantasmagorical

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tribute to Benjamin's wandering eye.

In the United States, some populations suffer from far greater disparities in health than others. Those disparities are caused not

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only by fundamental differences in health status across segments of the population, but also because of inequities in factors that impact health status, so-called

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determinants of health. Only part of an individual's health status depends on his or her behavior and choice; community-wide problems like poverty,

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unemployment, poor education, inadequate housing, poor public transportation, interpersonal violence, and decaying neighborhoods also contribute to health

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inequities, as well as the historic and ongoing interplay of structures, policies, and norms that shape lives. When these factors are not optimal in a community, it does not

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*mean they are intractable:
such inequities can be
mitigated by social
policies that can shape
health in powerful ways.
Communities in Action:
Pathways to Health Equity*

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*seeks to delineate the
causes of and the
solutions to health
inequities in the United
States. This report
focuses on what
communities can do to*

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promote health equity, what actions are needed by the many and varied stakeholders that are part of communities or support them, as well as the root causes and structural

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barriers that need to be overcome.

The ability to see deeply affects how human beings perceive and interpret the world around them. For most people, eyesight is

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*part of everyday
communication, social
activities, educational
and professional pursuits,
the care of others, and
the maintenance of
personal health,*

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independence, and mobility. Functioning eyes and vision system can reduce an adult's risk of chronic health conditions, death, falls and injuries, social isolation,

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depression, and other psychological problems. In children, properly maintained eye and vision health contributes to a child's social development, academic

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achievement, and better health across the lifespan. The public generally recognizes its reliance on sight and fears its loss, but emphasis on eye and vision

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health, in general, has not been integrated into daily life to the same extent as other health promotion activities, such as teeth brushing; hand washing; physical and

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mental exercise; and various injury prevention behaviors. A larger population health approach is needed to engage a wide range of stakeholders in coordinated efforts that

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*can sustain the scope of
behavior change. The
shaping of socioeconomic
environments can
eventually lead to new
social norms that promote
eye and vision health.*

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*Making Eye Health a
Population Health
Imperative: Vision for
Tomorrow proposes a new
population-centered
framework to guide action
and coordination among*

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various, and sometimes competing, stakeholders in pursuit of improved eye and vision health and health equity in the United States. Building on the momentum of previous

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*public health efforts,
this report also
introduces a model for
action that highlights
different levels of
prevention activities
across a range of*

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stakeholders and provides specific examples of how population health strategies can be translated into cohesive areas for action at federal, state, and local

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levels.