

Roots

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Deep Run Roots - Vivian Howard 2016-10-04

Vivian Howard, the star cocreator of PBS's *A Chef's Life*, celebrates the flavors of North Carolina's coastal plain in more than 200 recipes and stories. Vivian Howard's new classic of American country cooking proves that the food of Eastern North Carolina--her home--is as rich as any culinary tradition in the world. Vivian grew up in a farming community called Deep Run, and she left as soon as she could. She had big dreams that didn't seem to fit in a place with more pigs than people. But after she trained in some of New York's finest kitchens, her family made her an offer she couldn't refuse: the chance to build a restaurant of her own... back home in North Carolina. Ten years ago, her restaurant *Chef and the Farmer* put the nearby town of Kinston on the culinary map. But opening an ambitious eatery in a town paralyzed by recession wasn't easy. Instead of hopping on the latest food trends, Vivian focused on rural development: If you grew it, she'd buy it. Inundated by local sweet potatoes, blueberries, shrimp, pork, and beans, Vivian learned to cook the way generations of Southerners before her had, relying on resourcefulness, creativity, and preservation. As much a storybook as it is a cookbook, *Deep Run Roots* imparts the true tale of Southern food: rooted in family and tradition, yet calling out to the rest of the world. Organized by ingredient with dishes suited to every skill level, *Deep Run*

Roots features time-honored simple preparations, extraordinary meals from *Chef and the Farmer*, and stories that bring to life the power of tradition and the pleasure of reinventing it. Here, home cooks will find photographs of every single recipe--alongside the powerful taste of being home. Like *The Fannie Farmer Cookbook*, *The Art of Simple Food*, and *The Taste of Country Cooking* before it, this is a landmark work of American food writing that gives richness and depth to a cuisine that has been overlooked for far too long. Recipes include: * Family favorites like Blueberry BBQ Chicken, Creamed Collard-Stuffed Potatoes, Fried Yams with Five-Spice Maple Bacon Candy, and Country-Style Pork Ribs in Red Curry-Braised Watermelon, * Crowd-pleasers like Butterbean Hummus, Tempura-Fried Okra with Ranch Ice Cream, Pimiento Cheese Grits with Salsa and Pork Rinds, Cool Cucumber Crab Dip, and Oyster Pie, * Show-stopping desserts like Warm Banana Pudding, Peaches and Cream Cake, Spreadable Cheesecake, and Pecan-Chewy Pie, * And more than 200 other dishes that will send you straight to your kitchen. --- Interior photographs by Rex Miller/ Jacket photographs by Stacey Van Berkel Photography

The Myth of Equality - Ken Wytsma 2019-07-23

Is privilege real or imagined? Ken Wytsma, founder of the Justice Conference, unpacks what we need to know to be grounded in

conversations about today's race-related issues. And he helps us come to a deeper understanding of both the origins of these issues and the reconciling role we are called to play as witnesses of the gospel.

Blonde Roots - Bernardine Evaristo 2009

In an alternate world in which Africans enslaved Europeans, Doris, an Englishwoman, is captured and taken to the New World, where the hardships she endures as a slave are offset by dreams of escape and home.

Deep Roots - Avidit Acharya 2020-03-10

"Despite dramatic social transformations in the United States during the last 150 years, the South has remained staunchly conservative.

Southerners are more likely to support Republican candidates, gun rights, and the death penalty, and southern whites harbor higher levels of racial resentment than whites in other parts of the country. Why haven't these sentiments evolved or changed? *Deep Roots* shows that the entrenched political and racial views of contemporary white southerners are a direct consequence of the region's slaveholding history, which continues to shape economic, political, and social spheres. Today, southern whites who live in areas once reliant on slavery--compared to areas that were not--are more racially hostile and less amenable to policies that could promote black progress. Highlighting the connection between historical institutions and contemporary political attitudes, the authors explore the period following the Civil War when elite whites in former bastions of slavery had political and economic incentives to encourage the development of anti-black laws and practices. *Deep Roots* shows that these forces created a local political culture steeped in racial prejudice, and that these viewpoints have been passed down over generations, from parents to children and via communities, through a process called behavioral path dependence. While legislation such as the Civil Rights Act and the Voting Rights Act made huge strides in increasing economic opportunity and reducing educational disparities, southern slavery has had a profound, lasting, and self-reinforcing influence on regional and national politics that can still be felt today. A groundbreaking look at the ways institutions of the past continue to sway

attitudes of the present, *Deep Roots* demonstrates how social beliefs persist long after the formal policies that created those beliefs have been eradicated."--Jacket.

Limbo - Alfred Lubrano 2003-10-17

In *Limbo*, award-winning journalist Alfred Lubrano identifies and describes an overlooked cultural phenomenon: the internal conflict within individuals raised in blue-collar homes, now living white-collar lives. These people often find that the values of the working class are not sufficient guidance to navigate the white-collar world, where unspoken rules reflect primarily upper-class values. Torn between the world they were raised in and the life they aspire to, they hover between worlds, not quite accepted in either. Himself the son of a Brooklyn bricklayer, Lubrano informs his account with personal experience and interviews with other professionals living in limbo. For millions of Americans, these stories will serve as familiar reminders of the struggles of achieving the American Dream.

Growing Your Vocabulary: Learning from Latin and Greek Roots - Book C -

Defying Dixie: The Radical Roots of Civil Rights, 1919-1950 - Glenda Elizabeth Gilmore 2009-08-10

A history of the effort to promote social justice throughout the American South in the decades prior to the civil rights movement documents the contributions of people from all walks of life, in an account that places key events against a backdrop of national and global events. Reprint.

Biology of Root Formation and Development - Arie Altman 2012-12-06

This book contains the majority of the presentations of the Second International Symposium on the Biology of Root Formation and Development that was held in Jerusalem, Israel, June 23--28, 1996. Following the First Symposium on the Biology of Adventitious Root Formation, held in Dallas, USA, 1993, we perceived the need to include all kinds of roots, not only the shoot-borne ones. The endogenous signals that control root formation, and the subsequent growth and development

processes, are very much alike, regardless of the sites and sources of origin of the roots. Therefore, we included in the Second Symposium contributions on both shoot-borne (i.e., adventitious) roots and root-borne (i.e., lateral) roots. Plant roots have remained an exciting and an intriguing field of science. During the years that followed the first symposium, an exceptional proliferation of interest in root biology has developed, associated with the intensive research activity in this field and the contemporary developments in the understanding of root function and development. New methods have been applied, and old ideas and interpretations were reexamined. Altogether, it became necessary to update our viewpoints and to expand them.

The Roots of Educational Inequality - Erika M. Kitzmiller 2021-12-03
"Through a fresh, longitudinal analysis that investigates daily events rather than focusing solely on key turning points, this study challenges conventional, declension narratives that suggest that American high schools have moved steadily from pillars of success to institutions of failures. Instead, this work demonstrates that educational inequality has been embedded in our nation's urban high schools since their founding. This book argues that public schools have never been funded adequately, and instead, that so-called success of public schools is often tied to an influx of private funding and resources from families and communities that subsidizes inadequate public aid"--

Rastafari - Barry Chevannes 1994-12-01

The first comprehensive work on the origins of the Jamaica-based Rastafaris, including interviews with some of the earliest members of the movement. Rastafari is a valuable work with a rich historical and ethnographic approach that seeks to correct several misconceptions in existing literature—the true origin of dreadlocks for instance. It will interest religion scholars, historians, scholars of Black studies, and a general audience interested in the movement and how Rastafarians settled in other countries.

Nematode-fungus Interactions with Alfalfa Roots - Joseph Edsel Edmunds 1965

Romancing the Folk - Benjamin Filene 2000

In American music, the notion of "roots" has been a powerful refrain, but just what constitutes our true musical traditions has often been a matter of debate. As Benjamin Filene reveals, a number of competing visions of America's musical past have vied for

Building Resilience in Children and Teens - Kenneth R. Ginsburg 2011

Today's children face a great deal of stress -- academic performance, heavy scheduling, high achievement standards, media messages, peer pressure, family tension. Without healthier solutions, they often cope by talking back, giving up, or indulging in unhealthy behaviors. This plan for resilience can help kids from 18 months to 18 years build the 7 Crucial Cs needed to bounce back from challenges and manage stress -- competence, confidence, connection, character, contribution, coping, and control. In these pages, you'll find strategies to help children and teens make wise decisions, recognize and build on their natural strengths, deal effectively with stress, foster hope and optimism, develop skills to navigate a complex world, avoid risky behaviors, and take care of their emotions and their bodies. This book also includes chapters on perfectionism, the negative portrayal of teens and how it biases parents and damages you, special resilience strategies for military families, community-based resilience building, and when parents' resilience has reached its limits.

Humble Roots - Hannah Anderson 2016-09-16

Feeling worn thin? Come find rest. The Blue Ridge Parkway meanders through miles of rolling Virginia mountains. It's a route made famous by natural beauty and the simple rhythms of rural life. And it's in this setting that Hannah Anderson began her exploration of what it means to pursue a life of peace and humility. Fighting back her own sense of restlessness and anxiety, she finds herself immersed in the world outside, discovering a classroom full of forsythia, milkweed, and a failed herb garden. Lessons about soil preparation, sour mulch, and grapevine blights reveal the truth about our dependence on God, finding rest, and fighting discontentment. Humble Roots is part theology of incarnation

and part stroll through the fields and forest. Anchored in the teaching of Jesus, Anderson explores how cultivating humility—not scheduling, strict boundaries, or increased productivity—leads to peace. “Come unto me, all who labor and are heavy laden,” Jesus invites us, “and you will find rest for your souls.” So come. Learn humility from the lilies of the field and from the One who is humility Himself. Remember who you are and Who you are not, and rediscover the rest that comes from belonging to Him.

Pagan Christianity? - Frank Viola 2012-01

"Have you ever wondered why we Christians do what we do for church every Sunday morning? Why do we "dress up" for church? Why does the pastor preach a sermon each week? Why do we have pews, steeples, and choirs? This ground-breaking book, ... makes an unsettling proposal: most of what Christians do in present-day churches is rooted, not in the New Testament, but in pagan culture and rituals developed long after the death of the apostles. Coauthors Frank Viola and George Barna support their thesis with compelling historical evidence and extensive footnotes that document the origins of modern Christian church practices. In the process, the authors uncover the problems that emerge when the church functions more like a business organization than the living organism it was created to be. As you reconsider Christ's revolutionary plan for his church--to be the head of a fully functioning body in which all believers play an active role--you'll be challenged to decide whether you can ever do church the same way again"--Amazon.com, viewed March 2, 2012.

Roots - Alex Haley 1976

Tracing his ancestry through six generations - slaves and freedmen, farmers and blacksmiths, lawyers and architects - back to Africa, Alex Haley discovered a sixteen-year-old youth, Kunta Kinte. It was this young man, who had been torn from his homeland

Building Vocabulary From Word Roots Student Book Lv 3 (4c) - Evangeline Newton 2007-01-05

The Teacher's Guide includes lesson plans with detailed notes about words from each root, overhead transparencies for introductory activities, standards-based connections, and differentiation strategies. A

resource CD is also included with 50 bonus activities to support a variety of learning styles.

The Deeper the Roots - Michael Tubbs 2021-11-16

"Insightful, emotional, and enraging. By sharing his story in gripping detail, Michael Tubbs embodies an old feminist tradition whereby the personal is political. He empowers us to fight for equal opportunities for our communities, and encourages us to amass the courage to overcome loss and injustice." —Ibram X. Kendi, National Book Award-winning author of *Stamped from the Beginning* and *How to Be an Antiracist* The making of a visionary political leader—and a blueprint for a more equitable country "Don't tell nobody our business," Michael Tubbs's mother often told him growing up. For Michael, that meant a lot of things: don't tell anyone about the day-to-day struggle of being Black and broke in Stockton, CA. Don't tell anyone the pain of having a father incarcerated for 25 years to life. Don't tell anyone about living two lives, the brainy bookworm and the kid with the newest Jordans. And also don't tell anyone about the particular joys of growing up with three "moms"—a Nana who never let him miss church, an Auntie who'd take him to the library any time, and a mother, "She-Daddy", who schooled him in the wisdom of hip-hop and taught him never to take no for an answer. So for a long time Michael didn't tell anyone his story, but as he went on to a scholarship at Stanford and an internship in the Obama White House, he began to realize the power of his experience, the need for his perspective in the halls of power. By the time he returned to Stockton to become, in 2016 at age 26, its first Black mayor and the youngest-ever mayor of a major American city, he knew his story meant something. *The Deeper the Roots* is a memoir astonishing in its candor, voice, and clarity of vision. Tubbs shares with us the city that raised him, his family of badass women, his life-changing encounters with Oprah Winfrey and Barack Obama, the challenges of governing in the 21st century and everything in between—en route to unveiling his compelling vision for America rooted in his experiences in his hometown.

Roots-Thirtieth Anniversary Edition - Alex Haley 2007-05-22

The author shares the saga of an African American family that extends

from his ancestor Kunta Kinte, an African brought to mid-eighteenth-century America as a slave, to himself.

Roots - Alex Haley 2016-05-03

#1 New York Times Bestseller and winner of the Pulitzer Prize, reissued to coincide with History Channel's new event series

My New Roots - Sarah Britton 2015-03-31

At long last, Sarah Britton, called the “queen bee of the health blogs” by Bon Appétit, reveals 100 gorgeous, all-new plant-based recipes in her debut cookbook, inspired by her wildly popular blog. Every month, half a million readers—vegetarians, vegans, paleo followers, and gluten-free gourmets alike—flock to Sarah’s adaptable and accessible recipes that make powerfully healthy ingredients simply irresistible. My New Roots is the ultimate guide to revitalizing one’s health and palate, one delicious recipe at a time: no fad diets or gimmicks here. Whether readers are newcomers to natural foods or are already devotees, they will discover how easy it is to eat healthfully and happily when whole foods and plants are at the center of every plate.

Root Awakenings - Craig Sirles 1997-04-01

Grass Roots - Stuart Woods 2011-08-02

In this breathtaking thriller from #1 New York Times bestselling author Stuart Woods, attorney Will Lee returns to his southern roots—and gets involved in a political firestorm that could make or break his career. As a Georgia senator’s chief of staff, attorney Will Lee knows what it takes to run a successful political campaign. With his sights on his own senate run in two years’ time, he heads to Delano, Georgia—and back to his family’s law practice—hoping to establish a presence in his home state. But his first case, defending a white man of murdering a black woman, puts Will on shaky ground. And when his boss is struck down and Will decides to run for his vacant seat, he’s catapulted into the spotlight—and becomes a target for the shadowy forces who will stop at nothing to keep him out of office...

Hebrew Roots Bible - Qodesh Cephher - DitoPlex Llc 2012-07-13

A bible that uses the form of the Tanakh, but includes the New

Testament or Brit Chadasha, and which uses the Hebrew names for each of the writers. The Hebrew Roots bible uses the DCV correction.

Tree Roots in the Built Environment - John Roberts 2006-06-14

This publication sets out a comprehensive review of tree root biology and covers a broad range of practical issues that need to be considered in order to grow trees successfully in our towns and cities and to realise the significant benefits they provide in built environments. Topics covered include: soil condition and roots; improving tree root growth in urban soils; water supply and drought amelioration for amenity trees; coping with soil contamination; protecting trees during excavation and good trenching practice; control of damage to tree roots on construction sites; tree root damage to buildings and pavements, sewers, drains and pipes; research needs and sustainability issues.

Amish Roots - John Andrew Hostetler 1992

Offers an anthology of letters, journal entries, poems, stories, and bits of family lore that give a view of Amish life from colonial times to the present

Roots of Steel - Deborah Rudacille 2011-08-23

As the American economy seeks to restructure itself, Roots of Steel is a powerful, candid, and eye-opening reminder of the people who have been left behind. When Deborah Rudacille was a child in the working-class town of Dundalk, Maryland, a worker at the local Sparrows Point steel mill made more than enough to comfortably support a family. But the decline of American manufacturing in the decades since has put tens of thousands out of work and left the people of Dundalk pondering the broken promise of the American dream. In Roots of Steel, Rudacille combines personal narrative, interviews with workers, and extensive research to capture the character and history of this once-prosperous community.

Trace Your German Roots Online - James M. Beidler 2016-04-29

Click your way to German ancestors! Explore your Germanic heritage from the comfort of your own computer! Trace Your German Roots Online highlights important German resources on popular genealogy websites including Ancestry.com and FamilySearch.org, as well as lesser-

known resources such as Archion.de. With helpful illustrated step-by-step instructions, you'll learn how to use each site to its fullest potential for German genealogy, including how to get around language barriers and navigate the various German states that have existed throughout the centuries. In addition, this book contains links to the best websites to consult when answering key German genealogy questions, from unpuzzling place names to locating living relatives in the old country. Trace Your German Roots Online features: • Tips to find and use German databases, records, and research tools on Ancestry.com, FamilySearch.org, and other popular genealogy websites • Guidance for helpful German-focused research websites, including help translating foreign-language sites • Recommended websites for accomplishing key German research tasks • Worksheets to log research progress and at-a-glance guides to help you identify important terms and resources An ideal companion to author James M. Beidler's *The Family Tree German Genealogy Guide*, this book has the tools you need to take your German genealogy research to the next level. Whether your ancestors came from Bavaria, Baden, Berlin, or Bremen, this comprehensive guide will help you find your German ancestors on the Internet.

Plant Roots - Yoav Waisel 2002-03-29

The third edition of a standard resource, this book offers a state-of-the-art, multi-disciplinary presentation of plant roots. It examines structure and development, assemblage of root systems, metabolism and growth, stressful environments, and interactions at the rhizosphere. Reflecting the explosion of advances and emerging technologies in the field, the book presents developments in the study of root origin, composition, formation, and behavior for the production of novel pharmaceutical and medicinal compounds, agrochemicals, dyes, flavors, and pesticides. It details breakthroughs in genetics, molecular biology, growth substance physiology, biotechnology, and biomechanics.

Plant Roots - From Cells to Systems - H.M. Anderson 2012-12-06

Proceedings of the 14th Long Ashton International Symposium: Plant Roots - From Cells to Systems held in Bristol, UK, 13-15 September 1995

The Roots of Temperate Cereals (wheat, Barley, Oats and Rye) - Arthur

Troughton 1962

Early Development of Sweetgum Root Sprouts in Coastal South Carolina

- Donal D. Hook 1970

Roots - Alex Haley 2016-05-03

Based off of the bestselling author's family history, this novel tells the story of Kunta Kinte, who is sold into slavery in the United States where he and his descendants live through major historic events. When *Roots* was first published forty years ago, the book electrified the nation: it received a Pulitzer Prize and was a #1 New York Times bestseller for 22 weeks. The celebrated miniseries that followed a year later was a coast-to-coast event-over 130 million Americans watched some or all of the broadcast. In the four decades since then, the story of the young African slave Kunta Kinte and his descendants has lost none of its power to enthrall and provoke. Now, *Roots* once again bursts onto the national scene, and at a time when the race conversation has never been more charged. It is a book for the legions of earlier readers to revisit and for a new generation to discover. To quote from the introduction by Michael Eric Dyson: "Alex Haley's *Roots* is unquestionably one of the nation's seminal texts. It affected events far beyond its pages and was a literary North Star.... Each generation must make up its own mind about how it will navigate the treacherous waters of our nation's racial sin. And each generation must overcome our social ills through greater knowledge and decisive action. *Roots* is a stirring reminder that we can achieve these goals only if we look history squarely in the face." The star-studded cast in this new event series includes Academy Award-winners Forest Whitaker and Anna Paquin, Laurence Fishburne, Jonathan Rhys Meyers, Derek Luke, Grammy Award-winner Tip "T.I." Harris, and Mekhi Phifer. Questlove of *The Roots* is the executive music producer for the miniseries's stirring soundtrack.

Jesus and the Jewish Roots of the Eucharist - Brant Pitre 2011-02-15

A revelatory exploration of the Jewish roots of the Last Supper that seeks to understand exactly what happened at Jesus' final Passover. "Clear,

profound and practical—you do not want to miss this book.”—Dr. Scott Hahn, author of *The Lamb’s Supper* and *The Fourth Cup* Jesus and the Jewish Roots of the Eucharist shines fresh light on the Last Supper by looking at it through Jewish eyes. Using his in-depth knowledge of the Bible and ancient Judaism, Dr. Brant Pitre answers questions such as: What was the Passover like at the time of Jesus? What were the Jewish hopes for the Messiah? What was Jesus’ purpose in instituting the Eucharist during the feast of Passover? And, most important of all, what did Jesus mean when he said, “This is my body... This is my blood”? To answer these questions, Pitre explores ancient Jewish beliefs about the Passover of the Messiah, the miraculous Manna from heaven, and the mysterious Bread of the Presence. As he shows, these three keys—the Passover, the Manna, and the Bread of the Presence—have the power to unlock the original meaning of the Eucharistic words of Jesus. Along the way, Pitre also explains how Jesus united the Last Supper to his death on Good Friday and his Resurrection on Easter Sunday. Inspiring and informative, *Jesus and the Jewish Roots of the Eucharist* is a groundbreaking work that is sure to illuminate one of the greatest mysteries of the Christian faith: the mystery of Jesus’ presence in “the breaking of the bread.”

Congo Square - Freddi Williams Evans 2011

Congo Square: African Roots in New Orleans comprises the first comprehensive study of one of the New World's most sacred sites of African American memory and community. Beginning in the eighteenth century, enslaved Africans and free people of color gathered in Congo Square on Sunday afternoons discontinuously for well over one hundred years. This book presents accounts and descriptions of the songs, dances, musical instruments, religious beliefs, and marketing traditions that typified those gatherings. Also included are examples of similar practices that existed in Haiti, Cuba, and other parts of the West Indies, reflecting New Orleans' relationship with Caribbean countries and shedding light on Congo Square's role in extending and perpetuating African music and dance in North America. The amalgamation of those practices influenced indigenous New Orleans performance styles as well

performance forms on the national level. Written in a language accessible to the general public and students on the undergraduate as well as secondary level, this book includes an innovative timeline, maps, graphic images, extensive endnotes, and bibliographic references. This distinguishes it as an exceptional teaching resource for Louisiana as well as African American history and culture across the curriculum.

Jesus and the Jewish Roots of Mary - Brant James Pitre 2018-10-30

“Brant Pitre is one of the most compelling theological writers on the scene today.” –Bishop Robert Barron Bestselling author of *Jesus and the Jewish Roots of the Eucharist* casts new light on the Virgin Mary, illuminating her role in the Old and New Testaments. Are Catholic teachings on Mary really biblical? Or are they the “traditions of men”? Should she be called the “Mother of God,” or just the mother of Jesus? Did she actually remain a virgin her whole life or do the “brothers of Jesus” refer to her other children? By praying to Mary, are Catholics worshipping her? And what does Mary have to do with the quest to understand Jesus? In *Jesus and the Jewish Roots of Mary*, Dr. Pitre takes readers step-by-step from the Garden of Eden to the Book of Revelation to reveal how deeply biblical Catholic beliefs about Mary really are. Dr. Pitre uses the Old Testament and Ancient Judaism to unlock how the Bible itself teaches that Mary is in fact the new Eve, the Mother of God, the Queen of Heaven and Earth, and the new Ark of the Covenant.

Hebrew Roots, Jewish Routes - Jeremy Benstein 2019

Why does Hebrew matter? In answering this question, *Hebrew Roots, Jewish Routes* addresses the many ways engagement with Hebrew enriches Jewishness “culturally, religiously, ethnically. Whether you know Hebrew or not, linguist and cultural anthropologist Jeremy Benstein takes us on a journey into the deeper significance of Hebrew in the life of Jews and Judaism. Since fluency is a distant goal for so many, Benstein shows us another approach: engaging with Hebrew by focusing on the three-letter Hebrew roots that are the building blocks of the language, seeing these “nuggets of knowledge” as a vehicle to enriching our connection to Judaism and its values. For instance, *tzedakah*, usually translated as “charity,” actually relates to notions of justice (*tzedek*) and

responsibility, not acts of generosity, thus encapsulating an entire economic world view. With many examples throughout the book, and in nineteen innovative "Wordshops," Benstein shows us both why and how to connect to Hebrew, this underappreciated treasure of ours. Hebrew is both ancient and renewing, holy and daily, tribal and global. So more than just a book about a language, this is a book about the Jewish people and the challenges we face as seen through our shared language, Hebrew. As Professor Gil Troy said, "Highly recommended for all, but especially for teachers ready to launch a grassroots revolution bringing Jews back to their language and culture."

Tangled Roots - Sarah Mittlefehldt 2013-12-19

The Appalachian Trail, a thin ribbon of wilderness running through the densely populated eastern United States, offers a refuge from modern society and a place apart from human ideas and institutions. But as environmental historian and thru-hiker Sarah Mittlefehldt argues, the trail is also a conduit for community engagement and a model for public-private cooperation and environmental stewardship. In *Tangled Roots*, Mittlefehldt tells the story of the trail's creation. The project was one of the first in which the National Park Service attempted to create public wilderness space within heavily populated, privately owned lands. Originally a regional grassroots endeavor, under federal leadership the trail project retained unprecedented levels of community involvement. As citizen volunteers came together and entered into conversation with the National Parks Service, boundaries between local and nonlocal, public and private, amateur and expert frequently broke down. Today, as Mittlefehldt tells us, the Appalachian Trail remains an unusual hybrid of public and private efforts and an inspiring success story of environmental protection. Watch the trailer: <http://www.youtube.com/watch?v=AFyhuGqbCGc>

Roots of Yoga - James Mallinson 2017-01-26

'An indispensable companion for all interested in yoga, both scholars and practitioners' Professor Alexis G. J. S. Sanderson Despite yoga's huge global popularity, relatively little of its roots is known among practitioners. This compendium includes a wide range of texts from different schools of yoga, languages and eras: among others, key passages from the early Upanisads and the Mahabharata, and from the Tantric, Buddhist and Jaina traditions, with many pieces in scholarly translation for the first time. Covering yoga's varying definitions, its most important practices, such as posture, breath control, sensory withdrawal and meditation, as well as models of the esoteric and physical bodies, *Roots of Yoga* is a unique and essential source of knowledge. Translated and Edited with an Introduction by James Mallinson and Mark Singleton

Oppression and the Body - Christine Caldwell 2018-03-20

A timely anthology that explores power, privilege, and oppression and their relationship to marginalized bodies Asserting that the body is the main site of oppression in Western society, the contributors to this pioneering volume explore the complex issue of embodiment and how it relates to social inclusion and marginalization. In a culture where bodies of people who are brown, black, female, transgender, disabled, fat, or queer are often shamed, sexualized, ignored, and oppressed, what does it mean to live in a marginalized body? Through theory, personal narrative, and artistic expression, this anthology explores how power, privilege, oppression, and attempted disembodiment play out on the bodies of disparaged individuals and what happens when the body's expression is stereotyped and stunted. Bringing together a range of voices, this book offers strategies and practices for embodiment and activism and considers what it means to be an embodied ally to anyone experiencing bodily oppression.