

## **Disconnect The Truth About Cell Phone Radiation What Industry Has Done To Hide It And How Protect Your Family Devra Davis**

Glow KidsHow Not to DieOverpoweredThe Other Wes MooreA Wellness Guide for the Digital AgeDirty ElectricityAlone TogetherSiddharthaDisconnectGoodbye Phone, Hello WorldDisruptive WitnessDisconnectCell PhonesUnder an Ionized SkyEmf\*dThe Non-Tinfoil Guide to EMFsThe Tune UpIntroduction to Cell and Tissue CultureYour BodyTalking to StrangersWhen Smoke Ran Like WaterJust MercyHow Green is Your Smartphone?Strengthening Forensic Science in the United StatesIn Cold BloodThe Truth about CrimeThe Lives of a CellDisconnectFull CycleThe Winter of Our DisconnectReclaiming ConversationPink Ribbon BluesThe Big DisconnectDigital DisconnectDarwin, Then and NowThe Truth in Small DosesThe Secret History of the War on CancerPermanent RecordThe First CellStrange Truth

### **Glow Kids**

Eleven-year-old Alex Peterson may be the least-athletic boy at his school, yet he dreams of accomplishing something "not a whole lot of other people in the world have ever done": a 200-mile, single-day bicycle ride from Seattle to Portland. Alex discovers that if he's to reach even the starting line, he must overcome more than his physical disability. He must also find a way to revive his father's own long-dormant dreams, and convince his dad to join forces with him, before they can achieve together what neither would on his own.

### **How Not to Die**

Every day we are inundated by propaganda that claims life will be better once we are connected to digital technology. Poverty, famine, and injustice will end, and the economy will be "green." All anyone needs is the latest smartphone. In this succinct and lively book, Maxwell and Miller take a critical look at contemporary gadgets and the systems that connect them, shedding light on environmental risks. Contrary to widespread claims, consumer electronics and other digital technologies are made in ways that cause some of the worst environmental disasters of our time - conflict-minerals extraction, fatal and life-threatening occupational hazards, toxic pollution of ecosystems, rising energy consumption linked to increased carbon emissions, and e-waste. Nonetheless, a greener future is possible, in which technology meets its emancipatory and progressive potential. *How Green is Your Smartphone?* encourages us to look at our phones in a wholly new way, and is important reading for anyone concerned by the impact of everyday technologies on our environment.

### **Overpowered**

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A physician and cancer researcher shares his personal observations on the uniformity, diversity, interdependence, and strange powers of the earth's life forms

### **The Other Wes Moore**

For any parent who's ever IM-ed their child to the dinner table - or yanked the modem from its socket in a show of primal parental rage - this account of one family's self-imposed exile from the Information Age will leave you ROFLing with recognition. But it will also challenge you to take stock of your own family connections, to create a media ecology that encourages kids - and parents - to thrive. When journalist and commentator Susan Maushart first decided to pull the plug on all electronic media at home, she realised her children would have sooner volunteered to go without food, water or hair products. At ages 14, 15 and 18, her daughters and son didn't use media. They inhabited media. Just exactly as fish inhabit a pond. Gracefully. Unblinkingly. And utterly without consciousness or curiosity as to how they got there. Susan's experiment with her family was a major success and she found that having less to communicate with, her family is communicating more. At the simplest level, *The Winter of Our Disconnect* is the story of how one family survived six months of wandering through the desert, digitally speaking, and the lessons learned about themselves and technology along the way. At the same time, their story is a channel to a wider view - into the impact of new media on the lives of families, into the very heart of the meaning of home.

### **A Wellness Guide for the Digital Age**

"As [*Disconnect*] shows, cell phones may actually be doing damage to far more than our attention spans-and could, in fact, be killing us." -Salon.com. Since the invention of radar, cell phone radiation was assumed to be harmless because it wasn't like X-rays. But a sea change is now occurring in the way scientists think about it. The latest research ties this kind of radiation to lowered sperm counts, an increased risk of Alzheimer's, and even cancer. In *Disconnect*, National Book Award finalist Devra Davis tells the story of the dangers that the cell phone industry is knowingly exposing us-and our children-to in the pursuit of profit. More than five billion cell phones are currently in use, and that number increases every day. Synthesizing the findings and cautionary advice of leading experts in bioelectricalmagnetics and neuroscience, Davis explains simple safety measures that no one can afford to ignore.

### **Dirty Electricity**

Investigates the lack of progress in the fight against cancer, citing misspent billions, non-collaboration among researchers, expensive drugs, and brain-drain.

## **Alone Together**

The United States is currently in last place in healthcare out of the fourteen wealthiest nations while spending twice as much money as any other country. This book describes the transformative approach called HOT Medicine(TM) that is least invasive first. According to the Institute of Medicine, approaching this will require a transformation that represents a national and moral imperative. The new interdisciplinary, adaptation based approaches of Professional Applied Kinesiology and Functional Medicine are highlighted as the key for this transformation. The Institute of Medicine also cites a need for new tools and metrics, new approaches to treatment and prevention from novel and more interdisciplinary approaches by ever more informed healthcare professionals working individually and in teams. Here it is! Dr. Maykel takes the reader on an exciting journey through sixty of his cases from neonates through the elderly. He presents the MAP or Maladaptation Pattern as a new metric, providing an advanced understanding as to how our bodies adapt to stress and trauma. Predictable and reversible with "The Tune-Up," the reduction of MAPs represents the potential, once fully integrated, to be the transformative factor in not only solving the pain crisis but also promoting exponentially better sustainable healthcare.

## **Siddhartha**

Powerful account of the brutal slaying of a Kansas family by two young ex-convicts.

## **Disconnect**

With the fascinating scholarship of *The Emperor of All Maladies* and the deeply personal experience of *When Breath Becomes Air*, a world-class oncologist examines the current state of cancer and its devastating impact on the individuals it affects -- including herself. In *The First Cell*, Azra Raza offers a searing account of how both medicine and our society (mis)treats cancer, how we can do better, and why we must. A lyrical journey from hope to despair and back again, *The First Cell* explores cancer from every angle: medical, scientific, cultural, and personal. Indeed, Raza describes how she bore the terrible burden of being her own husband's oncologist as he succumbed to leukemia. Like *When Breath Becomes Air*, *The First Cell* is no ordinary book of medicine, but a book of wisdom and grace by an author who has devoted her life to making the unbearable easier to bear.

## **Goodbye Phone, Hello World**

It is a pleasure to contribute the foreword to *Introduction to Cell and Tissue Culture: Theory and Techniques* by Mather and Roberts. Despite the occasional appearance of thoughtful works devoted to elementary or advanced cell culture

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methodology, a place remains for a comprehensive and definitive volume that can be used to advantage by both the novice and the expert in the field. In this book, Mather and Roberts present the relevant methodology within a conceptual framework of cell biology, genetics, nutrition, endocrinology, and physiology that renders technical cell culture information in a comprehensive, logical format. This allows topics to be presented with an emphasis on troubleshooting problems from a basis of understanding the underlying theory. The material is presented in a way that is adaptable to student use in formal courses; it also should be functional when used on a daily basis by professional cell culturists in academia and industry. The volume includes references to relevant Internet sites and other useful sources of information. In addition to the fundamentals, attention is also given to modern applications and approaches to cell culture derivation, medium formulation, culture scale-up, and biotechnology, presented by scientists who are pioneers in these areas. With this volume, it should be possible to establish and maintain a cell culture laboratory devoted to any of the many disciplines to which cell culture methodology is applicable.

### **Disruptive Witness**

A Best Book of the Year: The Financial Times, Bloomberg, Chicago Tribune, and Detroit Free Press Malcolm Gladwell, host of the podcast Revisionist History and author of the #1 New York Times bestseller *Outliers*, offers a powerful examination of our interactions with strangers -- and why they often go wrong. How did Fidel Castro fool the CIA for a generation? Why did Neville Chamberlain think he could trust Adolf Hitler? Why are campus sexual assaults on the rise? Do television sitcoms teach us something about the way we relate to each other that isn't true? While tackling these questions, Malcolm Gladwell was not solely writing a book for the page. He was also producing for the ear. In the audiobook version of *Talking to Strangers*, you'll hear the voices of people he interviewed--scientists, criminologists, military psychologists. Court transcripts are brought to life with re-enactments. You actually hear the contentious arrest of Sandra Bland by the side of the road in Texas. As Gladwell revisits the deceptions of Bernie Madoff, the trial of Amanda Knox, and the suicide of Sylvia Plath, you hear directly from many of the players in these real-life tragedies. There's even a theme song - Janelle Monae's "Hell You Talmbout." Something is very wrong, Gladwell argues, with the tools and strategies we use to make sense of people we don't know. And because we don't know how to talk to strangers, we are inviting conflict and misunderstanding in ways that have a profound effect on our lives and our world.

### **Disconnect**

It is difficult to believe that our planet has been weaponized before our very eyes, but that is exactly what has happened. First, we were seduced by the convenience of a wireless world; then, atmospheric weather experimentation in the guise of carbons "climate change" converted the air we breathe into an antenna. Now, the geo-engineering we've been subjected to

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for two decades is being normalized as the “Star Wars” Space Fence rises around and within us. Is this the Space Age we were promised?

### **Cell Phones**

We’ve all seen them: kids hypnotically staring at glowing screens in restaurants, in playgrounds and in friends' houses—and the numbers are growing. Like a virtual scourge, the illuminated glowing faces—the Glow Kids—are multiplying. But at what cost? Is this just a harmless indulgence or fad like some sort of digital hula-hoop? Some say that glowing screens might even be good for kids—a form of interactive educational tool. Don’t believe it. In *Glow Kids*, Dr. Nicholas Kardaras will examine how technology—more specifically, age-inappropriate screen tech, with all of its glowing ubiquity—has profoundly affected the brains of an entire generation. Brain imaging research is showing that stimulating glowing screens are as dopaminergic (dopamine activating) to the brain’s pleasure center as sex. And a growing mountain of clinical research correlates screen tech with disorders like ADHD, addiction, anxiety, depression, increased aggression, and even psychosis. Most shocking of all, recent brain imaging studies conclusively show that excessive screen exposure can neurologically damage a young person’s developing brain in the same way that cocaine addiction can. Kardaras will dive into the sociological, psychological, cultural, and economic factors involved in the global tech epidemic with one major goal: to explore the effect all of our wonderful shiny new technology is having on kids. *Glow Kids* also includes an opt-out letter and a "quiz" for parents in the back of the book.

### **Under an Ionized Sky**

An exposê of the mishandling of the war on cancer looks at how the influence of industries making or using cancer-causing products affects government policy, laws, and research regarding the causes, prevention, and treatment of cancers.

### **Emf\*d**

Scores of talented and dedicated people serve the forensic science community, performing vitally important work. However, they are often constrained by lack of adequate resources, sound policies, and national support. It is clear that change and advancements, both systematic and scientific, are needed in a number of forensic science disciplines to ensure the reliability of work, establish enforceable standards, and promote best practices with consistent application. *Strengthening Forensic Science in the United States: A Path Forward* provides a detailed plan for addressing these needs and suggests the creation of a new government entity, the National Institute of Forensic Science, to establish and enforce standards within the forensic science community. The benefits of improving and regulating the forensic science disciplines are clear:

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assisting law enforcement officials, enhancing homeland security, and reducing the risk of wrongful conviction and exoneration. Strengthening Forensic Science in the United States gives a full account of what is needed to advance the forensic science disciplines, including upgrading of systems and organizational structures, better training, widespread adoption of uniform and enforceable best practices, and mandatory certification and accreditation programs. While this book provides an essential call-to-action for congress and policy makers, it also serves as a vital tool for law enforcement agencies, criminal prosecutors and attorneys, and forensic science educators.

### **The Non-Tinfoil Guide to EMFs**

"Can you really feel years younger & make unexplained symptoms vanish with the click of a button? Investigative Health Journalist Nicolas Pineault used to believe so, but there is an overwhelming amount of independent scientific evidence linking electromagnetic fields (EMFs) from wireless technologies with increased risks of cancer, infertility, insomnia, and depression. This is a simple and unconventional book that will teach you exactly how to reduce your exposure to this new 21st-century pollution without going back to the Stone Age."--Publisher's description.

### **The Tune Up**

"Updated with images and a new introduction on recent controversies"--Cover.

### **Introduction to Cell and Tissue Culture**

Goodbye Phone, Hello World features 65 bite-size, device-free activities scientifically proven to promote true happiness. With wit, wisdom, and warmth, bestselling author Paul Greenberg presents practices for connection, mindfulness, conversation, creativity, and well-being. Reconnect to life's enduring pleasures: friendship, family, romance, laughter, food, books, music, sleep, nature, art, and so much more. • Teaches tricks to cut down on phone use—the average person spends 1,400 hours per year on their phone • Filled with colorful, meditative artwork throughout For anyone who needs a break from their device, Goodbye Phone, Hello World is a rousing call to reclaim the precious hours lost to screen time. • This book is for anyone who wants to do a digital detox, challenge their dependency on their phone, and seek out true connections. • Author Paul Greenberg is a New York Times bestselling author and the winner of the James Beard Award for Writing and Literature. • Perfect book for anyone who claims to be addicted to their phone • You'll love this book if you love books like 12 Ways Your Phone Is Changing You by Tony Reinke. How to Break Up with Your Phone: The 30-Day Plan to Take Back Your Life by Catherine Price, and Off: Your Digital Detox for a Better Life by Tanya Goodin.

## **Your Body**

This text shows that we have the scientific tools to reveal the connection between environment and disease in a way never before possible, and even to predict which chemicals pose the greatest risk. We no longer need to wait for actual human harm as the only proof of harmfulness. Davis describes how the science of environmental epidemiology arose and how environmental toxins affect a broad spectrum of human health, including breast cancer, the health and development of the lungs and even male reproductive capacity. The book shows readers the full picture of how the environment is affecting their health, what they can do about it and why standard approaches to public health need to change.

## **Talking to Strangers**

Everyone knows mobile phones are safe. If they weren't, we'd already know about it, right? That is perhaps the greatest disconnect of our age. As research scientists are now demonstrating, mobile-phone radiation can damage the human body's cells — leading to memory loss, an increased risk of cancer, reduced sperm counts, and neurological diseases such as Alzheimer's and possibly even autism. Mobile phones, it seems, are not as safe as we had supposed. In this riveting exposé, Dr Devra Davis, respected epidemiologist and founding director of the toxicology and environmental studies board at the United States National Academy of Sciences, clearly outlines the dangers posed by mobile-phone radiation — particularly to children, whose growing brains are especially vulnerable. Drawing on interviews with key players within the trillion-dollar mobile-phone industry and presenting a range of recent and long-suppressed research, Dr Davis makes a compelling case for changing the way we make and use mobile phones. For the close to five billion mobile-phone users worldwide, this truly is essential reading. PRAISE FOR DEVRA DAVIS 'Davis makes a compelling case.' The Guardian 'We've underplayed the possible threat from cell phones for too long [Devra Davis] shows the way that industry has been able to twist science just enough to starve off possibility of regulation.' Time Magazine

## **When Smoke Ran Like Water**

In this book, renowned anthropologists Jean and John L. Comaroff make a startling but absolutely convincing claim about our modern era: it is not by our arts, our politics, or our science that we understand ourselves—it is by our crimes. Surveying an astonishing range of forms of crime and policing—from petty thefts to the multibillion-dollar scams of too-big-to-fail financial institutions to the collateral damage of war—they take readers into the disorder of the late modern world. Looking at recent transformations in the triangulation of capital, the state, and governance that have led to an era where crime and policing are ever more complicit, they offer a powerful meditation on the new forms of sovereignty, citizenship, class, race, law, and political economy of representation that have arisen. To do so, the Comaroffs draw on their vast

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knowledge of South Africa, especially, and its struggle to build a democracy founded on the rule of law out of the wreckage of long years of violence and oppression. There they explore everything from the fascination with the supernatural in policing to the extreme measures people take to prevent home invasion, drawing illuminating comparisons to the United States and United Kingdom. Going beyond South Africa, they offer a global criminal anthropology that attests to criminality as the constitutive fact of contemporary life, the vernacular by which politics are conducted, moral panics voiced, and populations ruled. The result is a disturbing but necessary portrait of the modern era, one that asks critical new questions about how we see ourselves, how we think about morality, and how we are going to proceed as a global society.

### **Just Mercy**

5G is about to be rolled-out across many countries - but what are the risks to your health? Dr Mercola, author of the most visited health website, explains what electromagnetic fields are, where you find them in your daily life, how they affect you and the proven toll that they have on conditions such as cancer, heart disease and neuropsychiatric illnesses. Dr Mercola offers actionable strategies to protect yourself at home, at work and out in the world, and to repair the damage done at a cellular level.

### **How Green is Your Smartphone?**

When Thomas Edison began wiring New York City with a direct current electricity distribution system in the 1880s, he gave humankind the magic of electric light, heat, and power; in the process, though, he inadvertently opened a Pandora's Box of unimaginable illness and death. *Dirty Electricity* tells the story of Dr. Samuel Milham, the scientist who first alerted the world about the frightening link between occupational exposure to electromagnetic fields and human disease. Milham takes readers through his early years and education, following the twisting path that led to his discovery that most of the twentieth century diseases of civilization, including cancer, cardiovascular disease, diabetes, and suicide, are caused by electromagnetic field exposure. In the second edition, he explains how electrical exposure does its damage, and how electricity is causing our current epidemics of asthma, diabetes and obesity. Dr. Milham warns that because of the recent proliferation of radio frequency radiation from cell phones and towers, terrestrial antennas, Wi-Fi and Wi-max systems, broadband internet over power lines, and personal electronic equipment, we may be facing a looming epidemic of morbidity and mortality. In *Dirty Electricity*, he reveals the steps we must take, personally and as a society, to coexist with this marvelous but dangerous technology.

### **Strengthening Forensic Science in the United States**

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Siddhartha is a 1922 novel by Hermann Hesse that deals with the spiritual journey of self-discovery of a man named Siddhartha during the time of the Gautama Buddha. The book, Hesse's ninth novel, was written in German, in a simple, lyrical style. It was published in the U.S. in 1951 and became influential during the 1960s. Hesse dedicated the first part of it to Romain Rolland and the second to Wilhelm Gundert, his cousin. The word Siddhartha is made up of two words in the Sanskrit language, siddha (achieved) + artha (what was searched for), which together means "he who has found meaning (of existence)" or "he who has attained his goals". In fact, the Buddha's own name, before his renunciation, was Siddhartha Gautama, Prince of Kapilvastu. In this book, the Buddha is referred to as "Gotama".

### **In Cold Blood**

From the critically acclaimed author of Honor Girl, comes a "sassy, sultry whodunit" (School Library Journal) set in an Atlanta boarding school that's infused with subversive humor and featuring a cast of bizarre and unforgettable characters. It's better to know the truth. At least sometimes. Halfway through Friday night's football game, beautiful cheerleader Brittany Montague—dressed as the giant Winship Wildcat mascot—hurls herself off a bridge into Atlanta's surging Chattahoochee River. Just like that, she's gone. Eight days later, Benny Flax and Virginia Leeds will be the only ones who know why. Their search for the truth reveals a web of depravity hiding in plain sight at their picture perfect school. When love becomes obsession, how far will someone go to make their twisted fantasies a reality? And who has the power to stop them? A twisty, turny mystery loaded with the perfect punch of satire and heart.

### **The Truth about Crime**

What, exactly, do you know about your body? Do you know how your immune system works? Or what your pancreas does? Or the myriad -- and often simple -- ways you can improve the way your body functions? This full-color, visually rich guide answers these questions and more. Matthew MacDonald, noted author of Your Brain: The Missing Manual, takes you on a fascinating tour of your body from the outside in, beginning with your skin and progressing to your vital organs. You'll look at the quirks, curiosities, and shortcomings we've all learned to live with, and pick up just enough biology to understand how your body works. You'll learn: That you shed skin more frequently than snakes do Why the number of fat cells you have rarely changes, no matter how much you diet or exercise -- they simply get bigger or smaller How you can measure and control fat That your hair is made from the same stuff as horses' hooves That you use only a small amount of the oxygen you inhale Why blood pressure is a more important health measure than heart rate -- with four ways to lower dangerously high blood pressure Why our bodies crave foods that make us fat How to use heart rate to shape an optimal workout session -- one that's neither too easy nor too strenuous Why a tongue with just half a dozen taste buds can identify thousands of flavors Why bacteria in your gut outnumber cells in your body -- and what function they serve Why we age,

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and why we can't turn back the clock What happens to your body in the minutes after you die Rather than dumbed-down self-help or dense medical text, Your Body: The Missing Manual is entertaining and packed with information you can use. It's a book that may well change your life. Reader comments for Your Brain: The Missing Manual, also by author Matthew MacDonald: "Popular books on the brain are often minefields of attractive but inaccurate information. This one manages to avoid most of the hype and easy faulty generalizations while providing easy to read and digest information about the brain. It has useful tricks without the breathless hype of many popular books."-- Elizabeth Zwicky, The Usenix Magazine "a unique guide that should be sought after by any who want to maximize what they can accomplish with their mental abilities and resources."-- James A. Cox, The Midwest Book Review - Wisconsin Bookwatch "If you can't figure out how to use your brain after reading this guide, you may want to return your brain for another."-- The Sacramento Book Review, Volume 1, Issue 2, Page 19 "It's rare to find a book on any technical subject that is as well written and readable as Your Brain: The Missing Manual. The book covers pretty much anything you may want to know about your brain, from what makes it up, through how it develops to how to mitigate the affects of aging. The book is easy reading, fact packed and highlighted notes and practical applications. So if you want to learn more about your brain, how it works, how to get the best out of it or just want to stave off the ravages of Alzheimers (see chapter ten for details of how learning helps maintain your brain) then I can't recommend this book highly enough."-- Neil Davis, Amazon.co.uk "MacDonald's writing style is perfect for this kind of guide. It remains educational without becoming overly technical or using unexplained jargon. And even though the book covers a broad scope of topics, MacDonald keeps it well organized and easy to follow. The book captures your attention with fun facts and interesting studies that any person could apply to their own understanding of human ability. It has great descriptions of the brain and its interconnected parts, as well as providing full color pictures and diagrams to offer a better explanation of what the author is talking about."-- Janica Unruh, Blogcritics Magazine

### **The Lives of a Cell**

The chilling truth is that his story could have been mine. The tragedy is that my story could have been his. Two kids named Wes Moore were born blocks apart within a year of each other. Both grew up fatherless in similar Baltimore neighborhoods and had difficult childhoods; both hung out on street corners with their crews; both ran into trouble with the police. How, then, did one grow up to be a Rhodes Scholar, decorated veteran, White House Fellow, and business leader, while the other ended up a convicted murderer serving a life sentence? Wes Moore, the author of this fascinating book, sets out to answer this profound question. In alternating narratives that take readers from heart-wrenching losses to moments of surprising redemption, *The Other Wes Moore* tells the story of a generation of boys trying to find their way in a hostile world. **BONUS:** This edition contains a new afterword and a *The Other Wes Moore* discussion guide. Praise for *The Other Wes Moore* "Moving and inspiring, *The Other Wes Moore* is a story for our times."—Alex Kotlowitz, author of *There Are No Children Here* "A tense, compelling story and an inspirational guide for all who care about helping young people."—Juan Williams, author

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of Enough “This should be required reading for anyone who is trying to understand what is happening to young men in our inner cities.”—Geoffrey Canada, author of *Fist Stick Knife Gun* “The Other Wes Moore gets to the heart of the matter on faith, education, respect, the hard facts of incarceration, and the choices and challenges we all face. It’s educational and inspiring.”—Ben Carson, M.D., author of *Gifted Hands* “Wes Moore is destined to become one of the most powerful and influential leaders of this century. You need only read this book to understand why.”—William S. Cohen, former U.S. senator and secretary of defense “This intriguing narrative is enlightening, encouraging, and empowering. Read these words, absorb their meanings, and create your own plan to act and leave a legacy.”—Tavis Smiley, from the Afterword

### **Disconnect**

*Darwin, Then and Now* is a journey through the most amazing story in the history of science; encapsulating who Darwin was, what he said and what scientists have discovered since the publication of *The Origin of Species* in 1859. While recognized as one of the most influential individuals of the twentieth century, little is widely known about his personal life, interests, and motivations. This book explores Darwin’s driving passion using Darwin’s own words from *The Origin of Species*, *Autobiography*, *Voyage of the Beagle* and letters. In retracing the roots of evolution from the Greeks, *Darwin, Then and Now* journeys through the dynamics of the eighteenth century that lead to the publication of *The Origin of Species* and the succeeding role of key players in the emerging evolution revolution. *Darwin, Then and Now* examines Darwin’s theory with more than three-hundred quotations from *The Origin of Species*, spotlighting what Darwin said concerning the origin of species and natural selection using the American Museum of Natural History Darwin exhibit format. With over one-thousand referenced quotations from scientists and historians, *Darwin, Then and Now* explores the scientific evidence over the past 150 years from the fossil record, molecular biology, embryology, and modern genetics. Join the blog at [www.DarwinThenAndNow.com](http://www.DarwinThenAndNow.com) to post your comments and questions.

### **Full Cycle**

The case for conversation begins with the necessary conversations of solitude and self-reflection. They are endangered: these days, always connected, we see loneliness as a problem that technology should solve. Afraid of being alone, we rely on other people to give us a sense of ourselves, and our capacity for empathy and relationship suffers. We see the costs of the flight from conversation everywhere: conversation is the cornerstone for democracy and in business it is good for the bottom line. In the private sphere, it builds empathy, friendship, love, learning, and productivity. But there is good news: we are resilient. Conversation cures. Based on five years of research and interviews in homes, schools, and the workplace, Turkle argues that we have come to a better understanding of where our technology can and cannot take us and that the time is right to reclaim conversation. The most human--and humanizing--thing that we do.

## **The Winter of Our Disconnect**

What should Christian witness look like in our contemporary society? In this timely book, Alan Noble looks at our cultural moment, characterized by technological distraction and the growth of secularism, laying out individual, ecclesial, and cultural practices that disrupt our society's deep-rooted assumptions and point beyond them to the transcendent grace and beauty of Jesus.

## **Reclaiming Conversation**

Essential reading for the 100 million Americans currently using wireless phones, this thoroughly researched and documented cautionary work stands alongside of such classics as *Silent Spring* and *The Coming Plague*. With news reports proliferating of the possible connection between brain tumors and cell phone use, Dr. George Carlo was hired by the cell phone industry in 1993 to study the safety of its product. In 1999 funds for Dr. Carlo's research were not renewed, and the industry sought to discredit him. Undeterred, Carlo now brings his case to the public with a powerful assessment of the dangers posed by the microwave radiation from cell phone antennas—disruption of the functioning of pacemakers, penetration of the developing skulls of children, compromise to the blood-brain barrier, and, most startlingly, genetic damage that is a known diagnostic marker for cancer—as well as a presentation of safeguards that consumers can implement right now to protect their health. "...the authors raise serious questions about the integrity of the cell phone industry and the FDA."—San Francisco Chronicle "Extraordinarily informative[a] captivating story..."—Publishers Weekly

## **Pink Ribbon Blues**

Have iPads replaced conversation at the dinner table? What do infants observe when their parents are on their smartphones? Should you be your child's Facebook friend? As the focus of family has turned to the glow of the screen—children constantly texting their friends, parents working online around the clock—everyday life is undergoing a massive transformation. Easy availability to the Internet and social media has erased the boundaries that protect children from the unsavory aspects of adult life. Parents often feel they are losing a meaningful connection with their children. Children are feeling lonely and alienated. The digital world is here to stay, but what are families losing with technology's gain? As renowned clinical psychologist Catherine Steiner-Adair explains, families are in crisis around this issue, and even more so than they realize. Not only do chronic tech distractions have deep and lasting effects, but children desperately need parents to provide what tech cannot: close, significant interactions with the adults in their lives. Drawing on real-life stories from her clinical work with children and parents, and her consulting work with educators and experts across the country, Steiner-Adair offers insights and advice that can help parents achieve greater understanding, authority, and

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confidence as they come up against the tech revolution unfolding in their living rooms. We all know that deep connection with the people we love means everything to us. It's time to look with fresh eyes and an open mind at the disconnection we are experiencing from our extreme device dependence. It's never too late to put down the iPad and come to the dinner table.

### **The Big Disconnect**

"Savvy and insightful." --New York Times Technology has become the architect of our intimacies. Online, we fall prey to the illusion of companionship, gathering thousands of Twitter and Facebook friends, and confusing tweets and wall posts with authentic communication. But this relentless connection leads to a deep solitude. MIT professor Sherry Turkle argues that as technology ramps up, our emotional lives ramp down. Based on hundreds of interviews and with a new introduction taking us to the present day, *Alone Together* describes changing, unsettling relationships between friends, lovers, and families.

### **Digital Disconnect**

EVERYONE KNOWS MOBILE PHONES ARE SAFE. IF THEY WEREN'T, WE'D ALREADY KNOW ABOUT IT, RIGHT? That is perhaps the greatest disconnect of our age. As research scientists are now demonstrating, mobile-phone radiation can damage the human body's cells - leading to memory loss, and increased risk of cancer, reduced sperm counts, and neurological diseases such as Alzheimer's and possibly even autism. Mobile phones, it seems, are not as safe as we had supposed. In this riveting expose, Dr Devra Davis, respected epidemiologist and founding director of the toxicology and environmental studies board at the United States National Academy of Sciences, clearly outlines the dangers posed by mobile-phone radiation - particularly to children, whose growing brains are especially vulnerable. Drawing on interviews with key players within the trillion-dollar mobile-phone industry and presenting a range of recent and long-suppressed research, Dr Davis makes a compelling case for changing the way we make and use mobile phones. For the close to five billion mobile-phone users worldwide, this truly is essential reading. 'A critically important book that is a must-read for parents and policy makers. A surprising, well-documented, and compelling call for action.' - Phil Lee, MD, former United States assistant secretary of health 'An amazing and important book that must be read to be believed. Are these devices safe for humans? The 'don't ask, don't tell' approach of the industry is irresponsible at best, criminal at worst. Read and learn why and how to protect yourself and your loved ones,' - Mark Hyman, MD, author of *The UltraMind Solution* and chairman of the Institute for Functional Medicine

### **Darwin, Then and Now**

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In *Overpowered*, radiation expert Martin Blank brings us the science of electromagnetic fields (EMF) and their effects on health and the environment. Through accessible and engaging prose, we learn how radiation comes not only from mobile phones but from many other devices in our homes. Blank shows us how to take steps in our daily lives to reduce exposure. A fascinating and timely book that arms us with all the information we need to keep ourselves and our families safe.

### **The Truth in Small Doses**

NEW YORK TIMES BESTSELLER Edward Snowden, the man who risked everything to expose the US government's system of mass surveillance, reveals for the first time the story of his life, including how he helped to build that system and what motivated him to try to bring it down. In 2013, twenty-nine-year-old Edward Snowden shocked the world when he broke with the American intelligence establishment and revealed that the United States government was secretly pursuing the means to collect every single phone call, text message, and email. The result would be an unprecedented system of mass surveillance with the ability to pry into the private lives of every person on earth. Six years later, Snowden reveals for the very first time how he helped to build this system and why he was moved to expose it. Spanning the bucolic Beltway suburbs of his childhood and the clandestine CIA and NSA postings of his adulthood, *Permanent Record* is the extraordinary account of a bright young man who grew up online—a man who became a spy, a whistleblower, and, in exile, the Internet's conscience. Written with wit, grace, passion, and an unflinching candor, *Permanent Record* is a crucial memoir of our digital age and destined to be a classic.

### **The Secret History of the War on Cancer**

From the physician behind the wildly popular NutritionFacts website, *How Not to Die* reveals the groundbreaking scientific evidence behind the only diet that can prevent and reverse many of the causes of disease-related death. The vast majority of premature deaths can be prevented through simple changes in diet and lifestyle. In *How Not to Die*, Dr. Michael Greger, the internationally-renowned nutrition expert, physician, and founder of NutritionFacts.org, examines the fifteen top causes of premature death in America—heart disease, various cancers, diabetes, Parkinson's, high blood pressure, and more—and explains how nutritional and lifestyle interventions can sometimes trump prescription pills and other pharmaceutical and surgical approaches, freeing us to live healthier lives. The simple truth is that most doctors are good at treating acute illnesses but bad at preventing chronic disease. The fifteen leading causes of death claim the lives of 1.6 million Americans annually. This doesn't have to be the case. By following Dr. Greger's advice, all of it backed up by strong scientific evidence, you will learn which foods to eat and which lifestyle changes to make to live longer. History of prostate cancer in your family? Put down that glass of milk and add flaxseed to your diet whenever you can. Have high blood pressure? Hibiscus tea can work better than a leading hypertensive drug—and without the side effects. Fighting off liver disease? Drinking coffee

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can reduce liver inflammation. Battling breast cancer? Consuming soy is associated with prolonged survival. Worried about heart disease (the number 1 killer in the United States)? Switch to a whole-food, plant-based diet, which has been repeatedly shown not just to prevent the disease but often stop it in its tracks. In addition to showing what to eat to help treat the top fifteen causes of death, How Not to Die includes Dr. Greger's Daily Dozen -a checklist of the twelve foods we should consume every day. Full of practical, actionable advice and surprising, cutting edge nutritional science, these doctor's orders are just what we need to live longer, healthier lives.

### **Permanent Record**

Celebrants and skeptics alike have produced valuable analyses of the Internet's effect on us and our world, oscillating between utopian bliss and dystopian hell. But according to Robert W. McChesney, arguments on both sides fail to address the relationship between economic power and the digital world. McChesney's award-winning Rich Media, Poor Democracy skewered the assumption that a society drenched in commercial information is a democratic one. In Digital Disconnect McChesney returns to this provocative thesis in light of the advances of the digital age, incorporating capitalism into the heart of his analysis. He argues that the sharp decline in the enforcement of antitrust violations, the increase in patents on digital technology and proprietary systems, and other policies and massive indirect subsidies have made the Internet a place of numbing commercialism. A small handful of monopolies now dominate the political economy, from Google, which garners an astonishing 97 percent share of the mobile search market, to Microsoft, whose operating system is used by over 90 percent of the world's computers. This capitalistic colonization of the Internet has spurred the collapse of credible journalism, and made the Internet an unparalleled apparatus for government and corporate surveillance, and a disturbingly anti-democratic force. In Digital Disconnect Robert McChesney offers a groundbreaking analysis and critique of the Internet, urging us to reclaim the democratizing potential of the digital revolution while we still can.

### **The First Cell**

[This is the new edition of Wireless Radiation Rescue.] This generation spends most of their time inside, on digital devices, immersed in harmful levels of wireless radiation. Many are tech-obsessed and disconnected - from themselves, each other and the natural world. Most parents and grandparents are unknowingly putting their children - born and unborn - at risk with the unsafe use of all things wired and wireless. We want our children to be tech-savvy, but we also want them healthy - they can be connected in this digital age in much safer ways - at home and at school. And many people are taking great care to age well but missing a key strategy - living in a safer-tech environment. Here's what all of us need to know: the research and recommendations with easy and affordable solutions from the world's leading experts: How to keep the convenience of digital and mobile devices and reduce the potential health hazards - at all stages of life: - Pregnancy and

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Parenting - from conception to college - and beyond require safer-tech solutions as never before, as the born and unborn are exposed to harmful - government-sanctioned - levels of radiation: wired and wireless; - The mindful use of technology so we don't become tech-obsessed with the latest on digital addiction and our digital detox program - discovering the delights of unplugging now and then and reconnecting with ourselves, each other and the natural world; - New discoveries for healthy aging in this digital age. Our international team of experts also offer in this guide: A summary of the science: A detailed survey to assess risks and symptoms Simple strategies targeting: sleep problems, dizziness, headaches, tingling in the hands, ringing in the ears, eye pain, bloodshot eyes, skin rashes, cardiac symptoms, electro-sensitivity, ADD/ADHD, autism. Cardiologist Stephen Sinatra, MD offers his endorsement, "I highly recommend Dr. Crofton's ground-breaking book. It is well-researched and informative. Electro-pollution is the greatest medical threat of our time. These recommendations will benefit all." And leading epidemiologist and expert in this field, Devra Davis, PhD Nobel co-laureate and author of Disconnect: The Truth About Cell Phone Radiation says, "Signals from cell phones reach more deeply into children's thinner skulls and smaller brains. This book is a wake-up call with solutions." WE HUMANS, EACH WONDERFULLY UNIQUE and complex, have an inborn healthiness that is based partially on all the electrical fields - within and around us - being in harmony. And, our heart and brain cells have their own delicate electrical integrity. Our modus operandi, our wellbeing, so to speak, relies on being attuned in this way. We are overwhelming this natural state with a new environmental health hazard - the smog of electro-pollution. The waves of microwave radiation - from mobile phones and all Wi-Fi devices - are powerful enough to blast data through concrete. Imagine how easily this radiation travels through us, and our vulnerable children. Good news: this is a wake-up call with easy-to-implement solutions. This wellness guide reveals how government-sanctioned levels of radiation, from all things wired and wireless, can be harmful to our health - and how to use all of these electronics more safely. Our medical team cautions about a range of potential side effects: exposure without symptoms (you don't feel anything but harm is still occurring, ) mild to moderate symptoms, and electro-sensitivity. And they offer: how to recognize and treat symptoms and how to age well: from conception to college - and beyond. For ourselves, our children, and grandchildren. Not just ours - everyone's. This is also available in an eBook - in all formats. Our website is: [www.safertechsolutions.org](http://www.safertechsolutions.org)

### Strange Truth

#1 NEW YORK TIMES BESTSELLER • NOW A MAJOR MOTION PICTURE STARRING MICHAEL B. JORDAN AND JAMIE FOXX • A powerful true story about the potential for mercy to redeem us, and a clarion call to fix our broken system of justice—from one of the most brilliant and influential lawyers of our time. “[Bryan Stevenson’s] dedication to fighting for justice and equality has inspired me and many others and made a lasting impact on our country.”—John Legend NAMED ONE OF THE MOST INFLUENTIAL BOOKS OF THE DECADE BY CNN • Named One of the Best Books of the Year by The New York Times • The Washington Post • The Boston Globe • The Seattle Times • Esquire • Time Bryan Stevenson was a young lawyer when

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he founded the Equal Justice Initiative, a legal practice dedicated to defending those most desperate and in need: the poor, the wrongly condemned, and women and children trapped in the farthest reaches of our criminal justice system. One of his first cases was that of Walter McMillian, a young man who was sentenced to die for a notorious murder he insisted he didn't commit. The case drew Bryan into a tangle of conspiracy, political machination, and legal brinkmanship—and transformed his understanding of mercy and justice forever. Just Mercy is at once an unforgettable account of an idealistic, gifted young lawyer's coming of age, a moving window into the lives of those he has defended, and an inspiring argument for compassion in the pursuit of true justice. Winner of the Carnegie Medal for Excellence in Nonfiction • Winner of the NAACP Image Award for Nonfiction • Winner of a Books for a Better Life Award • Finalist for the Los Angeles Times Book Prize • Finalist for the Kirkus Reviews Prize • An American Library Association Notable Book “Every bit as moving as To Kill a Mockingbird, and in some ways more so . . . a searing indictment of American criminal justice and a stirring testament to the salvation that fighting for the vulnerable sometimes yields.”—David Cole, The New York Review of Books “Searing, moving . . . Bryan Stevenson may, indeed, be America's Mandela.”—Nicholas Kristof, The New York Times “You don't have to read too long to start cheering for this man. . . . The message of this book . . . is that evil can be overcome, a difference can be made. Just Mercy will make you upset and it will make you hopeful.”—Ted Conover, The New York Times Book Review “Inspiring . . . a work of style, substance and clarity . . . Stevenson is not only a great lawyer, he's also a gifted writer and storyteller.”—The Washington Post “As deeply moving, poignant and powerful a book as has been, and maybe ever can be, written about the death penalty.”—The Financial Times “Brilliant.”—The Philadelphia Inquirer

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