

The Art And Power Of Facilitation Running Powerful Meetings Business Analysis Essential Library

In het boeddhisme gaat het om trainen van de geest, in een bootcamp om een intensieve fysieke training voor mensen met weinig tijd. 'Buddhist Boot Camp' combineert elementen van beide. Het gaat over relaties, emoties, carrière en andere thema's uit het dagelijks leven. De hoofdstukjes kunnen in willekeurige volgorde gelezen worden. Timber Hawkeye beschrijft technieken om met meer aandacht te leven. Iedereen kan ze toepassen, want je hoeft geen boeddhist te zijn om gemotiveerd te worden door Boeddha's leer. Los van religie, ras of volk, kleur, geslacht, seksuele voorkeur, leeftijd, talent, flexibiliteit of kwetsbaarheid als je goed doet voel je je goed, en als je slecht doet voel je je slecht. Boeddhisme draait niet alleen om meditatie, maar ook om je mouwen oprollen en iets van het lijden in de wereld verzachten. Ben je bereid voor de vrede te vechten in het leger van de liefde? Welkom bij 'Buddhist Boot Camp'! Timber Hawkeye wil wakker schudden, verlichten, verrijken en inspireren om in harmonie te leven met de wereld in ons en buiten ons; dit alles zonder enig sektarisme. www.buddhistbootcamp.com

From the Grammy nominated folk singer and songwriter, an inspiring exploration of creativity and the redemptive power of song Mary Gauthier was twelve years old when she was given her Aunt Jenny's old guitar and taught herself to play with a Mel Bay basic guitar workbook. Music offered her a window to a world where others felt the way she did. Songs became lifelines to her, and she longed to write her own, one day. Then, for a decade, while struggling with addiction, Gauthier put her dream away and her call to songwriting faded. It wasn't until she got sober and went to an open mic with a friend did she realize that she not only still wanted to write songs, she needed to. Today, Gauthier is a decorated musical artist, with numerous awards and recognition for her songwriting, including a Grammy nomination. In *Saved by a Song*, Mary Gauthier pulls the curtain back on the artistry of songwriting. Part memoir, part philosophy of art, part nuts and bolts of songwriting, her book celebrates the redemptive power of song to inspire and bring seemingly different kinds of people together.

Offering a challenge to traditional political theory, this work provides the interpretations of Machiavelli's oeuvre and of Nietzsche's relationship to politics.

Women, Art, and Power?seven landmark essays on women artists and women in art history?brings together the work of almost twenty years of scholarship and speculation.

Beschouwingen waarin teruggeblikt wordt op de culturele en historische context waarin belangrijke kunstwerken uit de wereldgeschiedenis tot stand kwamen.

To understand why the concept of aesthetic sexuality is important, we must consider the influence of the first volume of Foucault's seminal *The History of Sexuality*. Arguing against Foucault's assertions that only *scientia sexualis* has operated in modern Western culture while *ars erotica* belongs to Eastern and ancient societies, Byrne suggests that modern Western culture has indeed witnessed a form of *ars erotica*, encompassed in what she calls 'aesthetic sexuality'. To argue for the existence of aesthetic sexuality, Byrne examines mainly works of literature to show how, within these texts, sexual practice and pleasure are constructed as having aesthetic value, a quality that marks these experiences as forms of art. In aesthetic sexuality, value and meaning are located within sexual practice and pleasure rather than in their underlying cause; sexuality's *raison d'être* is tied to its aesthetic value, at surface level rather than beneath it. Aesthetic sexuality, Byrne shows, is a product of choice, a deliberate strategy of self-creation as well as a mode of social communication.

Ever since William Dean Howells declared his "realism war" in the 1880s, literary historians have regarded the rise of "realism" and "naturalism" as the great development in American post-Civil War fiction. Yet there are many problems with this generalization. It is virtually impossible, for example, to extract from the novels and manifestoes of American writers of this period any consistent definitions of realism or naturalism as modes of literary representation. Rather than seek common traits in widely divergent "realist" and "naturalist" literary works, Michael Davitt Bell focuses here on the role that these terms played in the social and literary discourse of the 1880s and 1890s. Bell argues that in America, "realism" and "naturalism" never achieved the sort of theoretical rigor that they did in European literary debate. Instead, the function of these ideas in America was less aesthetic than ideological, promoting as "reality" a version of social normalcy based on radically anti-"literary" and heavily gendered assumptions. What effects, Bell asks, did ideas about realism and naturalism have on writers who embraced and resisted them? To answer this question, he devotes separate chapters to the work of Howells and Frank Norris (the principal American advocates of realism and naturalism in the 1880s and 1890s), Mark Twain, Henry James, Stephen Crane, Theodore Dreiser, and Sarah Orne Jewett. Bell reveals that a chief function of claiming to be a realist or a naturalist was to provide assurance that one was a "real" man rather than an "effeminate" artist. Since the 1880s, Bell asserts, all serious American fiction writers have had to contend with this problematic conception of literary realism. The true story of the transformation of American fiction after the Civil War is the history of this contention - a history of individual accommodations, evasions, holding actions, and occasional triumphs.

"More than half a century since its initial publication, this deceptively compact book remains among the most incisive analyses of the formal and perceptual dynamics of cinema. No one who cares about film can afford to remain ignorant of its insights and wisdom. As digital technology fundamentally alters motion pictures, the lessons of *Film as Art* commend themselves as excellent insurance against reinventing the wheel in the new media landscape and hailing it as progress."—Edward Dimendberg author of *Film Noir and the Spaces of Modernity* "After more than eight decades, Rudolph Arnheim's small book of film theory remains one of the essential works in defining film art, understanding film less as reproducing the world than as opening up new possibilities for formal play and unexpected imagery. Anyone serious about film, whether scholar, filmmaker or simply a lover of cinema, must take Arnheim seriously."—Tom Gunning, author of *The Films of Fritz Lang and D.W. Griffith and the Origins of American Narrative Film* "An aesthetic theory based on the formal 'limitations' of the medium, Arnheim's *Film as Art* always provokes students in an age of few limits and less formality, and they argue and engage this classic text with unparalleled passion. Written in the wake of sound's transformation of the cinema, Arnheim's essays are not only central to understanding a major historical moment in theoretical debates about what constitutes the 'essence' of film, but also are a must read for anyone seeking a lucid, detailed, and rigorous argument about how works of art emerge from expressive constraint as much as expressive freedom."—Vivian Sobchack, author of *Carnal Thoughts*

"Power is good for one thing only: to increase our happiness and the happiness of others. Being peaceful and happy is the most important thing in our lives and yet most of the time we suffer, we run after our cravings, we look to the past or the future for our happiness." Turning our conventional understanding of power on its head, world-renowned Zen master, spiritual leader, and national bestselling author Thich Nhat Hanh reveals how true power comes from within. What we seek, we already have. Whether we want it or not, power remains one of the central issues in all of our lives. Every day, each of us exercises power in many ways, and our every act subtly affects the world we live in. This struggle for control and authority permeates every aspect of our private and public lives, preventing us from attaining true happiness. The me-first mentality in our culture seeps unnoticed into our decisions and choices. Our bottom-line approach to getting ahead may be most visible in the business world, but the stress, fear, and anxiety it causes are being felt by people in all walks of life. With colorful anecdotes, precise language, and concrete practices, Thich Nhat Hanh illustrates how the current understanding of power leads us on a

never-ending search for external markers like job title or salary. The Art of Power boldly challenges our assumptions and teaches each of us how to access the true power that is within our grasp.

The Art & Power of Exhortative Prayer is a compilation of omnipotent scriptures that have been transformed into powerful commanding declarations that bring forth faith and change. The prayers will incite, advise, and create an invitation for God to move in a mighty way.

An updated edition of Marta Gny's widely acclaimed account of the global culture of art collectors This new, updated edition of the widely acclaimed book on contemporary art and collectors takes the reader on a fascinating journey through the world of contemporary art. Author Marta Gny's updated introduction addresses significant art-world developments pertaining to collectors that have occurred since the first edition was published in 2016. Analyzing the motives and behavior of internationally operating collectors, The Shiftexplains the popularity of contemporary art among the wealthy and discloses the unwritten rules, active networks and persistent myths of the rapidly expanding territory of art collecting. Collectors engage in ingenious ways with artists, galleries, museums, and auction houses while pursuing their passions and goals. Examining the attraction of collecting at large, its multifaceted social life, and the financial opportunities it seems to offer, The Shiftalso addresses how taste is formed and identifies possible radical shifts in the art system. Marta Gny is a Dutch art historian at the University of Amsterdam and the author of You, Me and Art: Artists in the 21st Century.

A jargon-free, non-technical, and easily accessible introduction to women's studies! All too many students enter academia with the hazy idea that the field of women's studies is restricted to housework, birth control, and Susan B. Anthony. Their first encounter with a women's studies textbook is likely to focus on the history and sociology of women's lives. While these topics are important, the emphasis on them has led to neglect of equally important issues. Transforming the Disciplines: A Women's Studies Primer is one of the first women's studies textbooks to show feminist scholarship as an active force, changing the way we study such diverse fields as architecture, bioethics, history, mathematics, religion, and sports studies. Although this text was designed as an introduction to women's studies, it is also rewarding for upper-level or graduate students who want to understand the pervasive effects of feminist theory. Most chapters provide a bibliography or list of further reading of significant works. Its clear, jargon-free prose makes feminist thought accessible to general readers without sacrificing the revolutionary power of its ideas. In almost thirty essays, covering a broad range of subjects from anthropology to chemistry to rhetoric, Transforming the Disciplines exemplifies the changes achieved by feminist thought. Transforming the Disciplines: combines a high standard of writing and scholarship with personal insight includes both traditional academic arguments and alternative, non-agonistic forms of discussion embraces an international scope challenges traditional assumptions, models, and methodologies offers an inter- and multidisciplinary approach strengthens readers' understanding of the big picture not only for women but for all disempowered groups critiques feminism as well as patriarchal society Feminist theory is grounded in a questioning of traditional assumptions about what is right, natural, and self-evident, not just about the roles and nature of men and women but about how we think, what we teach, whose experience matters, and what is important. Transforming the Disciplines is the first textbook to show the consequences of those questions -- not the answers themselves, but the consequences of the willingness to ask and the transformations that have occurred when the "right" answers changed.

A book that will teach you how to adopt habits as quickly as possible. In this book, you will learn about the many types of rules and tactics. This book has very deep knowledge about the importance of habits in a person's life and how a person can control them. Habit is a cycle that every human being adopts in his life. It is different that, some habits are good and some are bad, some people consider habits to be a part of luck or life, but it is not so when a child is born, he is born with zero habits, slowly they adopt habits, their first habit is to cry. So how did a small child learn to cry? It's easy, it's the same as a smoker learn to smoke, a man learns to drive. Habit is a cycle, if we do something repeatedly it will eventually become a habit, but the thing is doing things especially boring and hard things are hard to do. So that is what we all are gonna learn in this short and cozy book. I will tell you how human psychology and behavior work, and how you can adopt and quit habits.

This book formulates a theory of global rhetoric encompassing Eastern and Western approaches. Based on the Field-Being philosophy, this book delves into the ontological foundations of both kinds of rhetoric and argues that both understandings are necessary for global communication.

A Volume of the Business Analysis Essential Library Series The heart of the business analyst's role is to drive various constituencies through processes to achieve consensus on the needs of the business. Successfully facilitating meetings — whether a one-on-one interview or a larger presentation — is essential to business analysis. The Art and Power of Facilitation: Running Powerful Meetings provides powerful tools that the business analyst can use to negotiate through the myriad of meetings, informal work sessions, and formal workshops that are necessary to develop business requirements.

David Bodanis (o.a. auteur van de bestsellers 'E=mc²', 'Het elektrisch universum' en 'Emilie & Voltaire') beschrijft in 'Einsteins grootste fout — Het leven van een feilbaar genie' hoe het succes van Einsteins grootste prestatie leidde tot zijn grootste mislukking. Berlijn, 1915. In hartje oorlogstijd ontwikkelt Albert Einstein een magnifieke zwaartekrachttheorie, waarin hij beweert dat het universum uitzet. Collega-astronomen overtuigen Einstein zijn theorie aan te passen, hoewel een paar jaar later blijkt dat hij al die tijd gelijk heeft gehad. Vanaf dat moment ontwikkelt hij een koppig wantrouwen tegenover zijn collega's. Het zou zijn grootste misrekening zijn: terwijl zijn ster in societykringen stijgt, beginnen collega-wetenschappers hem steeds minder serieus te nemen. 'Einsteins grootste fout' is een zeer toegankelijke intellectuele biografie en — verteld aan de hand van Einsteins meeslepende persoonlijke verhaal — een fantastische wetenschappelijke uiteenzetting van de onderliggende structuur van het heelal.

"The Religio-Medical Masquerade: A Complete Exposure of Christian Science" by Frederick William Peabody. Published by Good Press. Good Press publishes a wide range of titles that encompasses every genre. From well-known classics & literary fiction and non-fiction to forgotten?or yet undiscovered gems?of world literature, we issue the books that need to be read. Each Good Press edition has been meticulously edited and formatted to boost readability for all e-readers and devices. Our goal is to produce eBooks that are user-friendly and accessible to everyone in a high-quality digital format.

* 'Great art has dreadful manners...' Simon Schama observes at the start of his epic exploration of the power, and whole point, of art. 'The hushed reverence of the gallery can fool you into believing masterpieces are polite things, visions that soothe, charm and beguile, but actually they are thugs. Merciless and wily, the greatest paintings grab you in a headlock, rough up your composure and then proceed in short order to re-arrange your sense of reality...' * With the same disarming force, Power of Art jolts us far from the comfort zone of the hushed art gallery, as Schama closes in on intense make-or-break turning points in the lives of eight great artists who, under extreme stress, created something unprecedented, altering the course of art for ever. * The embattled heroes - Caravaggio, Bernini, Rembrandt, David, Turner, Van Gogh, Picasso and Rothko - faced crisis with steadfast defiance. The masterpieces they created challenged convention, shattered complacency, shifted awareness and changed the way we look at the world. With powerfully vivid story-telling, Schama explores the dynamic personalities of the artists and the spirit of the times they lived through, capturing the flamboyant theatre of bourgeois life in Amsterdam, the passion and paranoia of Revolutionary Paris, and the carnage and pathos of civil-war Spain. * Most compelling of all, Power of Art traces the extraordinary evolution of eight world-class works of art. Created in a bolt of illumination, such works 'tell us something about how the world is, how it is to be inside our skins, that no more prosaic source of wisdom can deliver. And when they do that they answer, irrefutably and majestically, the nagging question of every reluctant art-conscript... "OK, OK, but what's art really for?"'

Answers all doubts about the practice of prayer Do you want to know answers to the following questions? What to pray for? How to Pray? What are the benefits of Prayer? What is Confession? What are the types of Prayer? Then this book is a must buy. In addition, it introduces the Art of Positive thinking and quotes examples from the works of Swami Vivekananda, Sri Ramakrishna and Sri Sarada Devi. Our other books here can be searched using #RKMathHyderabad

The Art of PowerHarper Collins

In this simple, non-intimidating prayer guide, Dr. Mike writes with clarity and with a spirit of humility, on the practical ways, we as Christians can improve our prayer lives, which will enable us to grow closer and more sensitive to the voice of our God.

This book is about power. The power wielded over others – by absolute monarchs, tyrannical totalitarian regimes and military occupiers – and the power of the people who resist and deny their rulers' claims to that authority by whatever means. The extraordinary events in the Middle East in 2011 offered a vivid example of how non-violent demonstration can topple seemingly invincible rulers. This book considers the ways in which the people have united to unseat their oppressors and fight against the status quo and probes the relationship between power and forms of resistance. It also examines how common experiences of violence and repression create new collective identities. This brilliant, yet unsettling book affords a panoramic view of the twentieth and twenty-first century Middle East through occupation, oppression and political resistance.

In de winter van 2006 leerde Robert Greene de beroemde rapper 50 Cent kennen. Hun levensfilosofie bleek, ondanks grote persoonlijke verschillen, veel overeenkomsten te hebben. De kracht van 50 Cent ligt in zijn totale onbevreesdheid om meer risico te nemen dan een ander. Angst is een soort gevangenis en die je beperkt je in je handelen: hoe minder je vreest, hoe succesvoller je leven zal zijn. De wetten van succes zal de lezer inspireren over angst heen te stappen en het succes tegemoet te treden: een fascinerend boek voor ondernemers en managers. Meteen na verschijning prijkte De wetten van succes op de Amerikaanse bestsellerlijsten.

Ready to Get the MOST Out of Life -and Your Pickleball Game? Whether you've never heard of this fun, fast-growing game, or are a confirmed pickleball addict, this guide to living and playing mindfully with passion, purpose, and a smile on your face is as uplifting as it is empowering. In Pickleball and the Art of Living, entrepreneur, coach and philanthropist Mike Branon shares the essence of how to: DEVELOP powerful habits and master techniques that improve performance in any endeavor. OVERCOME obstacles that stand in the way of living and playing your best. CULTIVATE the mindset that unlocks your enjoyment of everyday life and fills you with a sense of gratitude and accomplishment. CONNECT deeply with the people who really matter. BALANCE fierce competition with the ability to lighten up and have a few laughs along the way. UNLEASH your inner pickleball savant. Imagine taking your game to the next level. Imagine a life of greater presence, connection and joy. Turn imagination into action. Your time is now!

Praise for The Power of an Hour "The master at getting what you want from others now tells us how to get what we want from ourselves! This is really a great book, and I recommend it highly-for you, for your team, and for your children." -Bob Burg, author, Endless Referrals "If you want to make predictable, systematic change in your life or your business, buy this book. Each chapter is a stand-alone system that results in powerful change . . . fast." -David Hancock, The Entrepreneurial Publisher, CEO, Morgan James Publishing "Dave's methods helped me take my business from \$0 to \$10 million in sales.If you're a creative business owner who wants total focus and massive success, run, don't walk, and get this book!" -Stephanie Frank, author, The Accidental Millionaire "The Power of an Hour is a mighty powerful way to sort out your financesby first sorting out yourself!" -Mark Joyner, #1 bestselling author, The Irresistible Offer "The disease of the twenty-first century, no matter who you are or what you do,is Time Deficit Disorder. Dave Lakhani offers a brilliant solution in this book.Get it and take the cure-you'll be surprised how much better you feel!" -David Garfinkel, author, Customers on Demand

The inspirational teachings in this collection show that the real way of the warrior is based on compassion, wisdom, fearlessness, and love of nature. Drawn from the writings of the founder of the Japanese martial art of aikido, this work offers a nonviolent way to victory in the face of conflict.

The authors promote a return to traditional values by emphasizing that grace, elegance, self-respect and respect for others are all qualities exemplified by powerful women, and offer advice to women on how to achieve being an ideal "lady".

This book investigates architecture as a form of diplomacy in the context of the Second World War at six major European international and national expositions that took place between 1937 and 1959. The volume gives a fascinating account of architecture assuming the role of the carrier of war-related messages, some of them camouflaged while others quite frank. The famous standoffs between the Stalinist Russia and the Nazi Germany in Paris 1937, or the juxtaposition of the USSR and USA pavilions in Brussels 1958, are examples of very explicit shows of force. The book also discusses some less known - and more subtle - messages, revealed through an examination of several additional pavilions in both Paris and Brussels; of a series of expositions in Moscow; of the Universal Exhibition in Rome that was planned to open in 1942; and of London's South Bank Exposition of 1951: all of them related, in one way or another, to either an anticipation of the global war or to its horrific aftermaths. A brief discussion of three pre-World War II American expositions that are reviewed in the Epilogue supports this point. It indicates a significant difference in the attitude of American exposition commissioners, who were less attuned to the looming war than their European counterparts. The book provides a novel assessment of modern architecture's involvement with national representation. Whether in the service of Fascist Italy or of Imperial Japan, of Republican Spain or of the post-war Franquista regime, of the French Popular Front or of socialist Yugoslavia, of the arising FRG or of capitalist USA, of Stalinist Russia or of post-colonial Britain, exposition architecture during the period in question was driven by a deep faith in its ability to represent ideology. The book argues that this widespread confidence in architecture's ability to act as a propaganda tool was one of the reasons why Modernist architecture lent itself to the service of such different masters.

By now it's clear that whether you're promoting a business, a product, or yourself, social media is near the top of what determines your success or failure. And there are countless pundits, authors, and consultants eager to advise you. But there's no one quite like Guy Kawasaki, the legendary former chief evangelist for Apple and one of the pioneers of business blogging, tweeting, Facebooking, Tumbling, and much, much more. Now Guy has teamed up with Peg Fitzpatrick, who he says is the best social-media person he's ever met, to offer *The Art of Social Media*—the one essential guide you need to get the most bang for your time, effort, and money. With over one hundred practical tips, tricks, and insights, Guy and Peg present a bottom-up strategy to produce a focused, thorough, and compelling presence on the most popular social-media platforms. They guide you through steps to build your foundation, amass your digital assets, optimize your profile, attract more followers, and effectively integrate social media and blogging. For beginners overwhelmed by too many choices as well as seasoned professionals eager to improve their game, *The Art of Social Media* is full of tactics that have been proven to work in the real world. Or as Guy puts it, "great stuff, no fluff."

Arguing that the term "lady" should be re-examined and brought back into circulation, the author shows readers how to achieve civility and grace in an often uncivil world.

When locked inside a prison cell, being able to write well is one of the most powerful skills you can have. Some of the most famous and powerful men in the world are known for letters they've written from inside their prison cells, such as: Martin Luther King; Malcolm X; Nelson Mandela; George Jackson; and perhaps the most famous and powerful of all, Apostle Paul, who's letters are in the Bible! *The Art and Power of Letter Writing for Prisoners* will show you how to write high-quality personal and business letters. Includes: How to Write Letters Like A Pro! Pen Pal Website Secrets and Strategies! Letter Templates! Over 50 Sample Letters (Love, Legal, Personal, Business, and more)! And a Punctuation Guide! Don't let a prison cell keep you from navigating and networking around the world; increase your power today!

Profielschets van een vorst, een heerser, zoals hij zal moeten staan aan het hoofd van een ideale staat, door de Italiaanse geschiedschrijver (1469-1527); gevolgd door enkele andere politieke geschriften en privécorrespondentie.

A MASTERFUL BOOK ABOUT BREATHING LIFE INTO ART AND ART INTO LIFE "Stephen Nachmanovitch's *The Art of Is* is a philosophical meditation on living, living fully, living in the present. To the author, an improvisation is a co-creation that arises out of listening and mutual attentiveness, out of a universal bond of sharing that connects all humanity. It is a product of the nervous system, bigger than the brain and bigger than the body; it is a once-in-a-lifetime encounter, unprecedented and unrepeatable. Drawing from the wisdom of the ages, *The Art of Is* not only gives the reader an inside view of the states of mind that give rise to improvisation, it is also a celebration of the power of the human spirit, which — when exercised with love, immense patience, and discipline — is an antidote to hate." — Yo-Yo Ma, cellist

This pioneering book explores the notion of 'radical decadence' as concept, aesthetic and lived experience, and as an analytical framework for the study of contemporary feminist textile art. Gendered discourses of decadence that perpetuate anxieties about women's power, consumption and pleasure are deconstructed through images of drug use, female sexuality and 'excessive' living, in artworks by several contemporary textile artists including Orly Cogan, Tracey Emin, Allyson Mitchell, and Rozanne Hawksley. Perceptions of decadence are invariably bound to the negative connotations of decay and degradation, particularly with regard to the transgression of social norms related to femininity and the female body. Excessive consumption by women has historically been represented as grotesque, and until now, women's pleasure in relation to drug and alcohol use has largely gone unexamined in feminist art history and craft studies. Here, representations of female consumption, from cupcakes to alcohol and cocaine, are opened up for critical

discussion. Drawing on feminist and queer theories, Julia Skelly considers portrayals of 'bad girls' in artworks that explore female sexuality - performative pieces designed to subvert and exceed feminine roles. In this provocative book, decadence is understood not as a destructive force but as a liberating aesthetic.

A new book by Boris Groys acknowledges the problem and potential of art's complex relationship to power. Art has its own power in the world, and is as much a force in the power play of global politics today as it once was in the arena of cold war politics. Art, argues the distinguished theoretician Boris Groys, is hardly a powerless commodity subject to the art market's fiat of inclusion and exclusion. In *Art Power*, Groys examines modern and contemporary art according to its ideological function. Art, Groys writes, is produced and brought before the public in two ways—as a commodity and as a tool of political propaganda. In the contemporary art scene, very little attention is paid to the latter function. Arguing for the inclusion of politically motivated art in contemporary art discourse, Groys considers art produced under totalitarianism, Socialism, and post-Communism. He also considers today's mainstream Western art—which he finds behaving more and more according to the norms of ideological propaganda: produced and exhibited for the masses at international exhibitions, biennials, and festivals. Contemporary art, Groys argues, demonstrates its power by appropriating the iconoclastic gestures directed against itself—by positioning itself simultaneously as an image and as a critique of the image. In *Art Power*, Groys examines this fundamental appropriation that produces the paradoxical object of the modern artwork.

Anita Estell has done it! She has published an easy-to-read handbook that promises to transform our individual and collective understanding of the federal government, how it really works, and most important, our own relevance in its operation. *The Power of US* is a must-have guide. It provides instruction for those possessing the audacity to seize the opportunities unfolding during one of the most transformational periods in American history. Estell shares insights, experiences, wisdom, and expertise, gained in more than twenty years of working at the federal level, in a way that not only invites and supports constructive engagement but also sheds light on the way forward. Estell provides an extraordinary panorama of information and instruction, melding a multidisciplinary suite of principles that underscore and bring texture to what Estell calls citizen-centricity, or citizen-centric engagement. *The Power of US* provides a profoundly creative approach relevant to policymakers and advocates. Estell's treatment is a breath of fresh air in civic discourse--which can be stifled by stale approaches and potentially toxic hyperpartisan dynamics. In *The Power of US*, Estell establishes herself as a revolutionary thinker exhibiting the vision, knowledge, and personal power to move the compass of individual hope in the direction of collective freedom.

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