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Desperate Passage

An absorbing look at the role of disease and health policy in the construction of race, gender, and class and in urban development in nineteenth- and twentieth-century San Francisco. "Craddock's provocative work offers an invaluable perspective on public health and the construction of race that speaks not only to the past but also to the present." -Bulletin of the History of Medicine "City of Plagues should fuel excitement and increase other geographers' notice of the remarkable work emanating from it. It simply and brilliantly traces how the often-argued triad of power/knowledge/space actually works in a particular place, at a particular time, and around a particular issue. Meticulous and nuanced." -Environment and

Planning D: Society and Space "This book provides an engaging, readable, and well-researched account of the social, political, and medical responses to infectious diseases in San Francisco from the mid-nineteenth century to the present day. A wealth of material is brought together to describe, in a geographical, historical, and cultural framework, the experience, among San Francisco's population, of diseases such as tuberculosis, smallpox, syphilis and other sexually transmitted diseases, plague, and, latterly, HIV and AIDS." -Environment and Planning A Susan Craddock is associate professor in the Department of Women's Studies and the Institute for Global Studies at the University of Minnesota.

The Black Book of Communism

On January 3, 1961, nuclear reactor SL-1 exploded in rural Idaho, spreading radioactive contamination over thousands of acres and killing three men: John Byrnes, Richard McKinley, and Richard Legg. The Army blamed "human error" and a sordid love triangle. Though it has been overshadowed by the accident at Three Mile Island, SL-1 is the only fatal nuclear reactor incident in American history, and it holds serious lessons for a nation poised to embrace nuclear energy once again. Historian Todd Tucker, who first heard the rumors about the Idaho Falls explosion as a trainee in the Navy's nuclear program, suspected there was more to the accident than the rumors suggested. Poring over hundreds of pages of primary sources and interviewing the surviving players led him to a tale of shocking negligence and subterfuge. The Army and its contractors had deliberately obscured the true causes of this terrible accident, the result of poor engineering as much as uncontrolled passions. A bigger story opened up before him about the frantic race for nuclear power among the Army, the Navy, and the Air Force -- a race that started almost the moment the nuclear bombs were dropped on Hiroshima and Nagasaki. The

National Reactor Testing Station (NRTS), where the meltdown occurred, had been a proving ground where engineers, generals, and admirals attempted to make real the Atomic Age dream of unlimited power. Some of their most ambitious plans bore fruit -- like that of the nation's unofficial nuclear patriarch, Admiral Rickover, whose "true submarine," the USS Nautilus, would forever change naval warfare. Others, like the Air Force's billion dollar quest for a nuclear-powered airplane, never came close. The Army's ultimate goal was to construct small, portable reactors to power the Arctic bases that functioned as sentinels against a Soviet sneak attack. At the height of its program, the Army actually constructed a nuclear powered city inside a glacier in Greenland. But with the meltdown in Idaho came the end of the Army's program and the beginning of the Navy's longstanding monopoly on military nuclear power. The dream of miniaturized, portable nuclear plants died with McKinley, Legg, and Byrnes. The demand for clean energy has revived the American nuclear power industry. Chronic instability in the Middle East and fears of global warming have united an unlikely coalition of conservative isolationists and fretful environmentalists, all of whom are fighting for a buildup of the emission-free power source that is already quietly responsible for nearly 20 percent of the American energy supply. More than a hundred nuclear plants generate electricity in the United States today. Thirty-two new reactors are planned. All are descendants of SL-1. With so many plants in operation, and so many more on the way, it is vitally important to examine the dangers of poor design, poor management, and the idea that a nuclear power plant can be inherently safe. Tucker sets the record straight in this fast-paced narrative history, advocating caution and accountability in harnessing this feared power source.

Dreams of Joy

In 1856 the Church of Jesus Christ of Latter-day Saints employed a new means of getting converts to Great Salt Lake City who could not afford the journey otherwise. They began using handcarts, thus initiating a five-year experiment that has become a legend in the annals of Mormon and North American migration. Only one in ten Mormon emigrants used handcarts, but of those 3,000 who did between 1856 and 1860, most survived the harrowing journey to settle Utah and become members of a remarkable pioneer generation. Others were not so lucky. More than 200 died along the way, victims of exhaustion, accident, and, for a few, starvation and exposure to late-season Wyoming blizzards. Now, Candy Moulton tells of their successes, travails, and tragedies in an epic retelling of a legendary story. The Mormon Handcart Migration traces each stage of the journey, from the transatlantic voyage of newly converted church members to the gathering of the faithful in the eastern Nebraska encampment known as Winter Quarters. She then traces their trek from the western Great Plains, across modern-day Wyoming, to their final destination at Great Salt Lake. The handcart experiment was the brainchild of Mormon leader Brigham Young, who decreed that the saints could haul their own possessions, pushing or pulling two-wheeled carts across 1,100 miles of rough terrain, much of it roadless and some of it untrodden. The LDS church now embraces the saga of the handcart emigrants—including even the disaster that befell the Martin and Willie handcart companies in central Wyoming in 1856—as an educational, faith-inspiring experience for thousands of youth each year. Moulton skillfully weaves together scores of firsthand accounts from the journals, letters, diaries, reminiscences, and autobiographies the handcart pioneers left behind. Depth of research and unprecedented detail make this volume an essential history of the Mormon handcart migration.

Screening the Body

Today we are urged from all sides to slim down and shape up, to shed a few pounds or lose life-threatening stones. The media's relentless obsession with size may be perceived as a twenty-first-century phenomenon, but as award-winning historian Louise Foxcroft shows, we have been struggling with what to eat, when and how much, ever since the Greeks and the Romans first pinched an inch. Meticulously researched, surprising and sometimes shocking, *Calories and Corsets* tells the epic story of our complicated relationship with food, the fashions and fads of body shape, and how cultural beliefs and social norms have changed over time. Combining research from medical journals, letters, articles and the dieting bestsellers we continue to devour (including one by an octogenarian Italian in the sixteenth century), Foxcroft reveals the extreme and often absurd lengths people will go to in order to achieve the perfect body, from eating carbolic soap to chewing every morsel hundreds of times to a tasteless pulp. This unique and witty history exposes the myths and anxieties that drive today's multi-billion pound dieting industry - and offers a welcome perspective on how we can be healthy and happy in our bodies.

Fever 1793

In late October 1846, the last wagon train of that year's westward migration stopped overnight before resuming its arduous climb over the Sierra Nevada Mountains, unaware that a fearsome storm was gathering force. After months of grueling travel, the 81 men, women and children would be trapped for a brutal winter with little food and only primitive shelter. The conclusion is known: by spring of the next year, the Donner Party was synonymous with the most harrowing extremes of human survival. But until now, the full story of what happened, what it tells us about human nature and about America's westward

expansion, remained shrouded in myth. Drawing on fresh archaeological evidence, recent research on topics ranging from survival rates to snowfall totals, and heartbreaking letters and diaries made public by descendants a century-and-a-half after the tragedy, Ethan Rarick offers an intimate portrait of the Donner party and their unimaginable ordeal: a mother who must divide her family, a little girl who shines with courage, a devoted wife who refuses to abandon her husband, a man who risks his life merely to keep his word. But Rarick resists both the gruesomely sensationalist accounts of the Donner party as well as later attempts to turn the survivors into archetypal pioneer heroes. "The Donner Party," Rarick writes, "is a story of hard decisions that were neither heroic nor villainous. Often, the emigrants displayed a more realistic and typically human mixture of generosity and selfishness, an alloy born of necessity." A fast-paced, heart-wrenching, clear-eyed narrative history, *A Desperate Hope* casts new light on one of America's most horrific encounters between the dream of a better life and the harsh realities such dreams so often must confront.

Hunger and War

Drawing on recently released Soviet archival materials, *Hunger and War* investigates state food supply policy and its impact on Soviet society during World War II. It explores the role of the state in provisioning the urban population, particularly workers, with food; feeding the Red army; the medicalization of hunger; hunger in blockaded Leningrad; and civilian mortality from hunger and malnutrition in other home front industrial regions. New research reported here challenges and complicates many of the narratives and counter-narratives about the war. The authors engage such difficult subjects as starvation mortality, bitterness over privation and inequalities in provisioning, and

conflicts among state organizations. At the same time, they recognize the considerable role played by the Soviet state in organizing supplies of food to adequately support the military effort and defense production and in developing policies that promoted social stability amid upheaval. The book makes a significant contribution to scholarship on the Soviet population's experience of World War II as well as to studies of war and famine.

The Great Terror

Pick up that bread! This doctor-approved method lets you keep the carbs and lose the pounds! Fear of the almighty carb has taken over the diet industry for the past few decades--from Atkins to Dukan--even the mere mention of a starch-heavy food is enough to trigger an avalanche of shame and longing. But the truth is, carbs are not the enemy! Bestselling author John A. McDougall and his kitchen-savvy wife, Mary, prove that a starch-rich diet can actually help you lose weight, prevent a variety of ills, and even cure common diseases. By fueling your body primarily with carbohydrates rather than proteins and fats, you will feel satisfied, boost energy, and look and feel your best. Including a 7-Day Sure-Start Plan, helpful weekly menu planner, and nearly 100 delicious, affordable recipes, *The Starch Solution* is a groundbreaking program that will help you shed pounds, improve your health, save money, and change your life.

Surgical Renaissance in the Heartland

Reprint. Originally published: New York: Free Press, c2006.

Great War, Total War

This book focuses on the causes of starvation in general and famines in particular. The traditional analysis of famines is shown to be fundamentally defective, and the author develops an alternative analysis.

Atomic America

"Every time I meet another woman who has survived, or who is helping the survivors, or who is struggling to articulate the horror the survivors and the dead have suffered and to prevent its recurrence, my own anger and grave distress turns toward hope." With these words, author Beverly Allen gives an indication of the shocking impact on the international community of a recent wartime phenomenon, namely the "military policy of rape for the purpose of genocide", implemented by Serbian soldiers in Bosnia-Herzegovina and Croatia during the recent conflict in the region. This text documents the existence of rape/death camps in which women were detained and raped repeatedly, often with the goal of impregnating them or as a form of torture before death. The author faces the dilemma of communicating her findings without reinforcing the damage that has been caused by these atrocities. The study analyzes the information gathered by the author about genocidal rape and concludes with an impassioned argument for the bringing to trial of the perpetrators of this war crime.

Sick Enough

Scarcity

Fort Snelling National Cemetery is one of 120 national cemeteries across the country. More than 160,000 brave men and women from the Upper Midwestern states of Minnesota, North and South Dakota, Wisconsin, and Iowa lie beneath the field of white marble grave markers. While the acres of white stones are a deeply moving memorial to the strength and sacrifices of a nation, they do not reveal the individual stories of courage. From the sailors on the USS Ward who fired the first shots at Pearl Harbor to a Japanese-American army medic who served in a devastated Hiroshima, Stephen Chicoine chronicles the untold personal experiences of almost one hundred World War II heroes, from all divisions of the armed services, in every theater. In *Our Hallowed Ground* we meet Raymond Maxfield from Mankato, Minnesota, who had been given up for dead when he crashed his plane near Bologna, Italy, until, much to everyone's surprise, he walked into the headquarters of the 94th Fighter Squadron. James Carter from Minneapolis was part of the 93rd Division, an African-American unit that fought in the South Pacific at a time when most black Americans were not considered for combat because of racial prejudice. Incorporating information from military records, the National Archives, family members, and firsthand accounts, Chicoine also tells the peacetime stories of veterans who survived the war. Complete with archival and personal photographs of courageous Americans who lived during this remarkable time, *Our Hallowed Ground* honors those of the greatest generation who served a grateful nation in its

darkest hour. Stephen Chicoine is executive director of Twin Cities Urban Reconciliation Network (TURN), a nonprofit organization based in north Minneapolis. He is the author of several books, including, most recently, *John Basil Turchin and the Fight to Free the Slaves* and *The Confederates of Chappell Hill, Texas*.

Secrets From the Eating Lab

A brilliant weave of personal involvement, vivid biography and political insight, *Koba the Dread* is the successor to Martin Amis's award-winning memoir, *Experience*. *Koba the Dread* captures the appeal of one of the most powerful belief systems of the 20th century — one that spread through the world, both captivating it and staining it red. It addresses itself to the central lacuna of 20th-century thought: the indulgence of Communism by the intellectuals of the West. In between the personal beginnings and the personal ending, Amis gives us perhaps the best one-hundred pages ever written about Stalin: *Koba the Dread*, Iosif the Terrible. The author's father, Kingsley Amis, though later reactionary in tendency, was a "Comintern dogsbody" (as he would come to put it) from 1941 to 1956. His second-closest, and then his closest friend (after the death of the poet Philip Larkin), was Robert Conquest, our leading Sovietologist whose book of 1968, *The Great Terror*, was second only to Solzhenitsyn's *The Gulag Archipelago* in undermining the USSR. The present memoir explores these connections. Stalin said that the death of one person was tragic, the death of a million a mere "statistic." *Koba the Dread*, during whose course the author absorbs a particular, a familial death, is a rebuttal of Stalin's aphorism.

The Jamestown Experiment

Nineteen-year-old Joy Louie has run away from her home in 1950s America to start a new life in China. Idealistic and unafraid, she believes that Chairman Mao is on the side of the people, despite what her family keeps telling her. How can she trust them, when she has just learned that her parents have lied to her for her whole life, that her mother Pearl is really her aunt and that her real father is a famous artist who has been living in China all these years? Joy arrives in Green Dragon Village, where families live in crowded, windowless huts and eke out a meagre existence from the red soil. And where a handsome young comrade catches her eye. Meanwhile, Pearl returns to China to bring her daughter home - if she can. For Mao has launched his Great Leap Forward, and each passing season brings ever greater hardship to cities and rural communes alike. Joy must rely on her skill as a painter and Pearl must use her contacts from her decadent childhood in 1930s Shanghai to find a way to safety, and a chance of joy for them both. Haunting, passionate and heartbreakingly real, this is the unforgettable new novel by the internationally acclaimed Lisa See.

Red Famine

A provocative expose of the dieting industry from one of the nation's leading researchers in self-control and the psychology of weight loss that offers proven strategies for sustainable weight loss. From her office in the University of Minnesota's Health and Eating Lab, professor Traci Mann researches self-control and dieting. And what she has discovered is groundbreaking. Not only do diets not work; they

often result in weight gain. Americans are losing the battle of the bulge because our bodies and brains are not hardwired to resist food—the very idea of it works against our biological imperative to survive. In *Secrets From the Eating Lab*, Mann challenges assumptions—including those that make up the very foundation of the weight loss industry—about how diets work and why they fail. The result of more than two decades of research, it offers cutting-edge science and exciting new insights into the American obesity epidemic and our relationship with eating and food. *Secrets From the Eating Lab* also gives readers the practical tools they need to actually lose weight and get healthy. Mann argues that the idea of willpower is a myth—we shouldn't waste time and money trying to combat our natural tendencies. Instead, she offers 12 simple, effective strategies that take advantage of human nature instead of fighting it—from changing the size of your plates to socializing with people with healthy habits, removing “healthy” labels that send negative messages to redefining comfort food.

Rape Warfare

We want to be slim more than anything else in the world, so why do we have an obesity epidemic? If the solution is as simple as ‘eat less and do more’, why are 90% of today’s children facing a fat future? What if the current diet advice is not right? What if trying to eat less is making us fatter? What if everything we thought we knew about dieting is wrong? This is, in fact, the case. This book will de-bunk every diet myth there is and change the course of The Obesity Epidemic. This is going to be a ground breaking journey, shattering every preconception about dieting and turning current advice upside down. Did you know that we did a U-Turn in our diet advice thirty years ago? Obesity has increased ten fold since – coincidence or cause? Discover why we changed our advice and what is stopping us changing it

back; discover the involvement of the food industry in our weight loss advice; discover how long we have known that eating less and doing more can never work and discover what will work instead. There is a way to lose weight and keep it off, but the first thing you must do is to throw away everything you think you know about dieting. Because everything you think you know is actually wrong. The diet advice we are being given, far from being the cure of the obesity epidemic, is, in fact, the cause.

Calories and Corsets

Exposes the horrible result of Mao's attempted utopian engineering in China between 1958 and 1962, uncovering a bloody trail of terror, cannibalism, torture, and murder

8 Keys to End Emotional Eating (8 Keys to Mental Health)

It's late summer 1793, and the streets of Philadelphia are abuzz with mosquitoes and rumors of fever. Down near the docks, many have taken ill, and the fatalities are mounting. Now they include Polly, the serving girl at the Cook Coffeehouse. But fourteen-year-old Mattie Cook doesn't get a moment to mourn the passing of her childhood playmate. New customers have overrun her family's coffee shop, located far from the mosquito-infested river, and Mattie's concerns of fever are all but overshadowed by dreams of growing her family's small business into a thriving enterprise. But when the fever begins to strike closer to home, Mattie's struggle to build a new life must give way to a new fight-the fight to stay alive.

Handbook of Treatment for Eating Disorders

For many the Russian Revolution of 1917 was a symbol of hope. In the eyes of its critics, however, Soviet authoritarianism and the horrors of the gulags have led to the revolution becoming synonymous with oppression, threatening to forever taint the very idea of socialism. The experience of Georgia, which declared its independence from Russia in 1918, tells a different story. In this riveting history, Eric Lee explores the little-known saga of the country's experiment in democratic socialism, detailing the epic, turbulent events of this forgotten chapter in revolutionary history. Along the way, we are introduced to a remarkable cast of characters – among them the men and women who strove for a more inclusive vision of socialism that featured multi-party elections, freedom of speech and assembly, a free press and a civil society grounded in trade unions and cooperatives. Though the Georgian Democratic Republic lasted for just three years before it was brutally crushed on the orders of Stalin, it was able to offer, however briefly, a glimpse of a more humane alternative to the Soviet reality that was to come.

The Great Starvation Experiment

Drawing on sources only available since glasnost, this study reexamines a horrific period in Soviet history and sheds new light on the Moscow trials and the purge of the intelligentsia

Death by Food Pyramid

World War I was the first large-scale industrialized military conflict, and it led to the concept of total war. The essays in this volume analyze the experience of the war in light of this concept's implications, in particular the erosion of distinctions between the military and civilian spheres.

The Starch Solution

Argues against the implementation of the USDA food guide pyramid and the study that inspired it.

The Experiment

Collects and analyzes seventy years of communist crimes that offer details on Kim Sung's Korea, Vietnam under "Uncle Ho," and Cuba under Castro.

The Obesity Epidemic

Bring an end to emotional eating by getting to the root of the problem. Most books about emotional eating tend to focus on how to strengthen self-restraint or how to identify what triggers it. The former can make the problem worse, while the latter may be different each time it occurs. Both approaches fail to help emotional eaters understand why they feel compelled to do something that they don't want to do in the first place. This understanding is the key to changing this behavior. Howard Farkas, who has more than two decades of professional and teaching experience as a clinical psychologist specializing in

emotional eating, explains the underlying motive that drives the behavior: emotional eating is not a passive failure of self-control, but an active impulse to reject the control of dieting. This defiant need “to be bad” usually leaves the person feeling guilty and anxious about their eating, and recommitting to their diet until the cycle repeats, and the compulsive eating recurs. *8 Keys to End Emotional Eating* provides a detailed plan for breaking this pattern. By explaining the root cause that drives the desire to binge, Farkas offers practical skills to help you learn to change your mindset about dieting and end the impulse to binge. His road map for the future will help readers maintain healthy eating habits for years to come.

Enough

Patients with eating disorders frequently feel that they aren't "sick enough" to merit treatment, despite medical problems that are both measurable and unmeasurable. They may struggle to accept rest, nutrition, and a team to help them move towards recovery. *Sick Enough* offers patients, their families, and clinicians a comprehensive, accessible review of the medical issues that arise from eating disorders by bringing relatable case presentations and a scientifically sound, engaging style to the topic. Using metaphor and patient-centered language, Dr. Gaudiani aims to improve medical diagnosis and treatment, motivate recovery, and validate the lived experiences of individuals of all body shapes and sizes, while firmly rejecting dieting culture.

The Biology of Human Starvation

In 1960, fresh out of a stint in the Air Force, Henry Buchwald was recruited by Dr. Owen H. Wangensteen to join the Department of Surgery at the University of Minnesota's medical school. For an American born in Austria, a child of the Holocaust, a position in a city then considered by some to be the "anti-Semitic capital of the United States" might seem an uneasy fit, but in the culture of innovation created by Wangensteen, Buchwald, who had chafed against the rigidity of East Coast medical practice, found everything an imaginative young surgeon could have asked for. *Surgical Renaissance in the Heartland* is the story of a golden era in American surgery, ushered in by Wangensteen's creative approach to medical practice, told by one who lived it. Buchwald describes the roots, heritage, and traditions of this remarkable period at the University of Minnesota's medical school, where the foundations of open-heart procedures, heart and pancreas transplantation, bariatric surgery, implantable infusion pump therapies, and other medical landmarks originated. Buchwald's account of the Wangensteen era brings to life a medical culture that thrived on debate and the expression of ideas, a clinical practice bound only by the limits of a surgeon's inspiration and imagination. As entertaining as it is informative, *Surgical Renaissance in the Heartland* effectively conjures the character—and characters—of a time that forever changed medicine and the lives of millions.

The Mormon Handcart Migration

The most authoritative life of the Chinese leader ever written, *Mao: The Unknown Story* is based on a decade of research, and on interviews with many of Mao's close circle in China who have never talked before — and with virtually everyone outside China who had significant dealings with him. It is full of startling revelations, exploding the myth of the Long March, and showing a completely unknown Mao:

he was not driven by idealism or ideology; his intimate and intricate relationship with Stalin went back to the 1920s, ultimately bringing him to power; he welcomed Japanese occupation of much of China; and he schemed, poisoned, and blackmailed to get his way. After Mao conquered China in 1949, his secret goal was to dominate the world. In chasing this dream he caused the deaths of 38 million people in the greatest famine in history. In all, well over 70 million Chinese perished under Mao's rule — in peacetime.

Our Hallowed Ground

AN ECONOMIST BEST BOOK OF THE YEAR From the author of the Pulitzer Prize-winning *Gulag* and the National Book Award finalist *Iron Curtain*, a revelatory history of one of Stalin's greatest crimes—the consequences of which still resonate today In 1929 Stalin launched his policy of agricultural collectivization—in effect a second Russian revolution—which forced millions of peasants off their land and onto collective farms. The result was a catastrophic famine, the most lethal in European history. At least five million people died between 1931 and 1933 in the USSR. But instead of sending relief the Soviet state made use of the catastrophe to rid itself of a political problem. In *Red Famine*, Anne Applebaum argues that more than three million of those dead were Ukrainians who perished not because they were accidental victims of a bad policy but because the state deliberately set out to kill them. Applebaum proves what has long been suspected: after a series of rebellions unsettled the province, Stalin set out to destroy the Ukrainian peasantry. The state sealed the republic's borders and seized all available food. Starvation set in rapidly, and people ate anything: grass, tree bark, dogs, corpses. In some cases, they killed one another for food. Devastating and definitive, *Red Famine* captures the horror of

ordinary people struggling to survive extraordinary evil. Today, Russia, the successor to the Soviet Union, has placed Ukrainian independence in its sights once more. Applebaum's compulsively readable narrative recalls one of the worst crimes of the twentieth century, and shows how it may foreshadow a new threat to the political order in the twenty-first.

Mao

Winner of the Samuel Johnson Prize An unprecedented, groundbreaking history of China's Great Famine that recasts the era of Mao Zedong and the history of the People's Republic of China. "Between 1958 and 1962, China descended into hell. Mao Zedong threw his country into a frenzy with the Great Leap Forward, an attempt to catch up to and overtake Britain in less than 15 years The experiment ended in the greatest catastrophe the country had ever known, destroying tens of millions of lives." So opens Frank Dikötter's riveting, magnificently detailed chronicle of an era in Chinese history much speculated about but never before fully documented because access to Communist Party archives has long been restricted to all but the most trusted historians. A new archive law has opened up thousands of central and provincial documents that "fundamentally change the way one can study the Maoist era." Dikötter makes clear, as nobody has before, that far from being the program that would lift the country among the world's superpowers and prove the power of Communism, as Mao imagined, the Great Leap Forward transformed the country in the other direction. It became the site not only of "one of the most deadly mass killings of human history,"--at least 45 million people were worked, starved, or beaten to death--but also of "the greatest demolition of real estate in human history," as up to one-third of all housing was turned into rubble). The experiment was a catastrophe for the natural world as well, as the

land was savaged in the maniacal pursuit of steel and other industrial accomplishments. In a powerful mesghing of exhaustive research in Chinese archives and narrative drive, Dikötter for the first time links up what happened in the corridors of power-the vicious backstabbing and bullying tactics that took place among party leaders-with the everyday experiences of ordinary people, giving voice to the dead and disenfranchised. His magisterial account recasts the history of the People's Republic of China.

Mad In America

Twentieth and twenty-first century communism is a failed experiment in social engineering that needlessly killed approximately 60 million people and perhaps tens of millions more. These high crimes against humanity constitute a Red Holocaust that exceeds the combined carnage of the French Reign of Terror, Ha Shoah, Showa Japan's Asian holocaust, and all combat deaths in World War I and II. This fascinating book investigates high crimes against humanity in the Soviet Union, eastern and central Europe, North Korea, China, Vietnam, Laos and Cambodia 1929-2009, and compares the results with Ha Shoah and the Japanese Asian Holocaust. As in other studies, blame is ascribed to political, ideological and personal causes, but special emphasis is given to internal contradictions in Marx's utopian model as well as Stalinist and post-Stalinist transition systems concocted to realize communist ends. This faulty economic engineering forms a bridge to the larger issue of communism's historical failure. The book includes: - a comprehensive study of the transcommunist holocaust - a judicial assessment of holocaust culpability and special pleadings - an obituary for Stalinism everywhere except North Korea, and a death watch for contemporary communism in China, Vietnam, Laos, Cambodia, North Korea, Cuba and Nepal - a comparative assessment of totalitarian high crimes against humanity -

a call for memory as a defense against recurrent economic, racial and ethnic holocausts The book will be useful to undergraduate and higher level students interested in Russian history, Stalism, communism, North and South Korean economic performance and international affairs. Steven Rosefelde is a Professor of Economics at the University of North Carolina, Chapel Hill and a member of the Russian Academy of Natural Sciences.

Red Holocaust

The Biology of Human Starvation was first published in 1950. Minnesota Archive Editions uses digital technology to make long-unavailable books once again accessible, and are published unaltered from the original University of Minnesota Press editions. With great areas of the world battling the persistent and basic problem of hunger, this work constitutes a major contribution to needed scientific knowledge. The publication is a definitive treatise on the morphology, biochemistry, physcology, psychology, and medical aspects of calorie undernutrition, cachexia, starvation, and rehabilitation in man. Presented critically and systematically are the fact and theory from the world literature, including the evidence from World War II and the finding of the Minnesota Starvation Experiment (1944*1946). Pertinent experiments and field and clinical observations to 1949 are covered. The extensive original research involved was conducted at the University of Minnesota Laboratory of Physiological Hygiene, which Dr. Keys heads. The authors, all of the laboratory staff, were assisted in preparation of the work by Ernst Simonson, Samuel Wells and Angie Sturgeon Skinner.

Koba the Dread

This is the story of LSD told by a concerned yet hopeful father, organic chemist Albert Hofmann. He traces LSDs path from a promising psychiatric research medicine to a recreational drug sparking hysteria and prohibition. We follow Dr. Hofmanns trek across Mexico to discover sacred plants related to LSD, and listen in as he corresponds with other notable figures about his remarkable discovery. Underlying it all is Dr. Hofmanns powerful conclusion that mystical experience may be our planets best hope for survival. Whether induced by LSD, meditation, or arising spontaneously, such experiences help us to comprehend the wonder, the mystery of the divine in the microcosm of the atom, in the macrocosm of the spiral nebula, in the seeds of plants, in the body and soul of people. Now, more than sixty years after the birth of Albert Hofmanns problem child, his vision of its true potential is more relevant, and more needed, than ever.

Mao's Great Famine

In Mad in America, medical journalist Robert Whitaker reveals an astounding truth: Schizophrenics in the United States currently fare worse than patients in the world's poorest countries, and quite possibly worse than asylum patients did in the early nineteenth century. With a muckraker's passion, Whitaker argues that modern treatments for the severely mentally ill are just old medicine in new bottles, and that we as a society are deeply deluded about their efficacy. Tracing over three centuries of "cures" for madness, Whitaker shows how medical therapies have been used to silence patients and dull their minds.

File Type PDF The Great Starvation Experiment

He tells of the eighteenth- and nineteenth-century practices of "spinning" the insane, extracting their teeth, ovaries, and intestines, and submerging patients in freezing water. The "cures" in the 1920s and 1930s were no less barbaric as eugenic attitudes toward the mentally ill led to brain-damaging lobotomies and electroshock therapy. Perhaps Whitaker's most damning revelation, however, is his report of how drug companies in the 1980s and 1990s skewed their studies in an effort to prove the effectiveness of their products. Based on exhaustive research culled from old patient medical records, historical accounts, numerous interviews, and hundreds of government documents, *Mad in America* raises important questions about our obligations to the mad, what it means to be "insane," and what we value most about the human mind.

The F*ck It Diet

Based on cutting-edge research from behavioral science and economics, this eye-opening examination of how scarcity affects our daily lives reveals how individuals and organizations can better manage scarcity for greater satisfaction and success.

City of Plagues

Moving images are used as diagnostic tools and locational devices every day in hospitals, clinics and laboratories. But how and when did such issues come to be established and accepted sources of knowledge about the body in medical culture? How are the specialized techniques and codes of these

imaging techniques determined, and whose bodies are studied, diagnosed and treated with the help of optical recording devices? "Screening the Body" traces the unusual history of scientific film during the late 19th and early 20th centuries, presenting material that is at once disturbing and engrossing. Lisa Cartwright looks at films like "The Elephant Electrocution". She brings to light eccentric figures in the history of the science film such as William P. Spratling who used Biograph equipment and crews to film epileptic seizures, and Thomas Edison's lab assistants who performed x-ray experiments on their own bodies. Drawing on feminist film theory, cultural studies, the history of film, and the writings of Foucault, Lisa Cartwright illustrates how this scientific cinema was a part of a broader tendency in society toward the technological surveillance, management, and physical transformation of the individual body and the social body. She frequently points out the similarities of scientific film to works of avant-garde cinema, revealing historical ties among the science film, popular media culture and elite modernist art and film practices. Ultimately, Cartwright unveils an area of film culture that has rarely been discussed, but which will leave readers scouring video libraries in search of the films she describes.

The Crusade for Forgotten Souls

“The F*ck It Diet is not only hilarious, it is scientifically and medically sound. A must read for any chronic dieter.” –Christiane Northrup, MD, New York Times bestselling author of *Women’s Bodies, Women’s Wisdom* From comedian and ex-diet junkie Caroline Dooner, an inspirational guide that will help you stop dieting, reboot your relationship with food, and regain your personal power **DIETING DOESN’T WORK** Not long term. In fact, our bodies are hardwired against it. But each time our diets fail, instead of considering that maybe our ridiculously low-carb diet is the problem, we wonder what’s

wrong with us. Why can't we stick to our simple plan of grapefruit and tuna fish??? Why are we so hungry? What is wrong with us??? We berate ourselves for being lazy and weak, double down on our belief that losing weight is the key to our everlasting happiness, and resolve to do better tomorrow. But it's time we called a spade a spade: Constantly trying to eat the smallest amount possible is a miserable way to live, and it isn't even working. So fuck eating like that. In *The F*ck It Diet*, Caroline Dooner tackles the inherent flaws of dieting and diet culture, and offers readers a counterintuitively simple path to healing their physical, emotional, and mental relationship with food. What's the secret anti-diet? Eat. Whatever you want. Honor your appetite and listen to your hunger. Trust that your body knows what it is doing. Oh, and don't forget to rest, breathe, and be kind to yourself while you're at it. Once you get yourself out of survival mode, it will become easier and easier to eat what your body really needs—a healthier relationship with food ultimately leads to a healthier you. An ex-yo-yo dieter herself, Dooner knows how terrifying it can be to break free of the vicious cycle, but with her signature sharp humor and compassion, she shows readers that a sustainable, easy relationship with food is possible. Irreverent and empowering, *The F*ck It Diet* is call to arms for anyone who feels guilt or pain over food, weight, or their body. It's time to give up the shame and start thriving. Welcome to the *F*ck It Diet*. Let's Eat.

Poverty and Famines

The stirring story of the reform movement that laid the groundwork for a modern mental health system in Minnesota In 1940 Engla Schey, the daughter of Norwegian immigrants, took a job as a low-paid attendant at Anoka State Hospital, one of Minnesota's seven asylums. She would work among people who were locked away under the shameful label "insane," called inmates—and numbered more than

12,000 throughout the state. She acquired the knowledge and passion that would lead to “The Crusade for Forgotten Souls,” a campaign to reform the deplorable condition of mental institutions in Minnesota. This book chronicles that remarkable undertaking inspired and carried forward by ordinary people under the political leadership of Luther Youngdahl, a Swedish Republican who was the state’s governor from 1946 to 1951. Susan Bartlett Foote tells the story of those who made the crusade a success: Engla Schey, the catalyst; Reverend Arthur Foote, a modest visionary who guided Unitarians to constructive advocacy; Genevieve Steefel, an inveterate patient activist; and Geri Hoffner, an intrepid reporter whose twelve-part series for the Minneapolis Tribune galvanized the public. These reformers overcame barriers of class, ethnicity, and gender to stand behind the governor, who, at a turbulent moment in Minnesota politics, challenged his own party’s resistance to reform. The Crusade for Forgotten Souls recounts how these efforts broke the stigma of shame and silence surrounding mental illness, publicized the painful truth about the state’s asylums, built support among citizens, and resulted in the first legislative steps toward a modern mental health system that catapulted Minnesota to national leadership and empowered families of the mentally ill and disabled. Though their vision met resistance, the accomplishments of these early advocates for compassionate care of the mentally ill hold many lessons that resonate to this day, as this book makes compellingly clear.

Hungry Ghosts

For more than thirty years, humankind has known how to grow enough food to end chronic hunger worldwide. Yet while the "Green Revolution" succeeded in South America and Asia, it never got to Africa. More than 9 million people every year die of hunger, malnutrition, and related diseases every

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year - most of them in Africa and most of them children. More die of hunger in Africa than from AIDS and malaria combined. Now, an impending global food crisis threatens to make things worse. In the west we think of famine as a natural disaster, brought about by drought; or as the legacy of brutal dictators. But in this powerful investigative narrative, Thurow & Kilman show exactly how, in the past few decades, American, British, and European policies conspired to keep Africa hungry and unable to feed itself. As a new generation of activists work to keep famine from spreading, Enough is essential reading on a humanitarian issue of utmost urgency.

How to Eat Well and Stay Well the Mediterranean Way

Updated to reflect recent DSM categorizations, this edition includes coverage of binge-eating disorder and examines pharmacological as well as psychotherapeutic approaches to treating eating disorders.

LSD, My Problem Child

The American dream was built along the banks of the James River in Virginia. The settlers who established America's first permanent English colony at Jamestown were not seeking religious or personal freedom. They were comprised of gentlemen adventurers and common tradesmen who risked their lives and fortunes on the venture and stood to reap the rewards-the rewards of personal profit and the glory of mother England. If they could live long enough to see their dream come to life. The Jamestown Experiment is the dramatic, engaging, and tumultuous story of one of the most audacious

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business efforts in Western history. It is the story of well-known figures like John Smith setting out to create a source of wealth not bestowed by heritage. As they struggled to make this dream come true, they would face relentless calamities, including mutinies, shipwrecks, native attacks, and even cannibalism. And at every step of the way, the decisions they made to keep this business alive would not only affect their effort, but would shape the future of the land on which they had settled in ways they never could have expected. The Jamestown Experiment is the untold story of the unlikely and dramatic events that defined the "self-made man" and gave birth to the American dream. Tony Williams taught history and literature for ten years, and has a master's in American history from Ohio State University. He wrote *Hurricane of Independence* and *The Pox and the Covenant*, and is currently a full-time author who lives in Williamsburg, Virginia, with his wife and children.

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