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Princeton University Press

## *New & Forthcoming...*

### **Heretics!:**

#### **The Wondrous (and Dangerous) Beginnings of Modern Philosophy**

*Steven Nadler & Ben Nadler*

This entertaining and enlightening graphic narrative tells the exciting story of the seventeenth-century thinkers who challenged authority—sometimes risking excommunication, prison, and even death—to lay the foundations of modern philosophy and science and help usher in a new world. With masterful storytelling and color illustrations, **Heretics!** offers a unique introduction to the birth of modern thought in comics form—smart, charming, and often funny.

These contentious and controversial philosophers—from Galileo and Descartes to Spinoza, Locke, Leibniz, and Newton—fundamentally changed the way we look at the world, society, and ourselves, overturning everything from the idea that the Earth is the center of the cosmos to the notion that kings have a divine right to rule. More devoted to reason than to faith, these thinkers defended scandalous new views of nature, religion, politics, knowledge, and the human mind.

**Heretics!** tells the story of their ideas, lives, and times in a vivid new way. Crisscrossing Europe as it follows them in their travels and exiles, the narrative describes their meetings and clashes with each other—as well as their confrontations

with religious and royal authority. It recounts key moments in the history of modern philosophy, including the burning of Giordano Bruno for heresy, Galileo's house arrest for defending Copernicanism, Descartes's proclaiming cogito ergo sum, Hobbes's vision of the "nasty and brutish" state of nature, and Spinoza's shocking Theological-Political Treatise.

A brilliant account of one of the most brilliant periods in philosophy, **Heretics!** is the story of how a group of brave thinkers used reason and evidence to triumph over the authority of religion, royalty, and antiquity.

**Steven Nadler** is the William H. Hay II Professor of Philosophy and Evjue-Bascom Professor in the Humanities at the University of Wisconsin–Madison. His books include *Spinoza: A Life*, which won the Koret Jewish Book Award, and *Rembrandt's Jews*, which was a finalist for the Pulitzer Prize. He lives in Madison. **Ben Nadler** is a graduate of the Rhode Island School of Design and an illustrator. He lives in Chicago.

July 2017 192pp PB **Price: \$ 22.95**

### **A Thirst for Empire:**

#### **How Tea Shaped the Modern World**

*Erika Rappaport*

Tea has been one of the most popular commodities in the world. Over centuries, profits from its growth and sales

**Good Offices Committee** (Of FBPAI) Conversion rates for Books and Journals, effective 1st July 2017



British Pound Sterling @ ₹. 85.70 US Dollar @ ₹. 66.70 Euro @ ₹. 75.20

funded wars and fueled colonization, and its cultivation brought about massive changes—in land use, labor systems, market practices, and social hierarchies—the effects of which are with us even today. **A Thirst for Empire** takes a vast and in depth historical look at how men and women—through the tea industry in Europe, Asia, North America, and Africa—transformed global tastes and habits and in the process created our modern consumer society.

As *Erika Rappaport* shows, between the seventeenth and twentieth centuries the boundaries of the tea industry and the British Empire overlapped but were never identical, and she highlights the economic, political, and cultural forces that enabled the British Empire to dominate—but never entirely control—the worldwide production, trade, and consumption of tea. *Rappaport* delves into how Europeans adopted, appropriated, and altered Chinese tea culture to build a widespread demand for tea in Britain and other global markets and a plantation-based economy in South Asia and Africa. Tea was among the earliest colonial industries in which merchants, planters, promoters, and retailers used imperial resources to pay for global advertising and political lobbying. The commercial model that tea inspired still exists and is vital for understanding how politics and publicity influence the international economy.

An expansive and original global history of imperial tea, **A Thirst for Empire** demonstrates the ways that this fluid and powerful enterprise helped shape the contemporary world.

**Erika Rappaport** is professor of history at the University of California, Santa Barbara. She is the author of *Shopping for Pleasure: Women in the Making of London's West End* (Princeton) and coeditor of *Consuming Behaviors: Identities, Politics and Pleasure in Twentieth Century Britain* (Bloomsbury).

Aug. 2017 568pp HB Price: \$ 39.50

## **Visions of Empire: How Five Imperial Regimes Shaped the World**

*Krishan Kumar*

The empires of the past were far-flung experiments in multinationalism and multiculturalism, and have much to teach us about navigating our own increasingly globalized and interconnected world. Until now, most recent scholarship on empires has focused on their subject peoples.

**Visions of Empire** looks at their rulers, shedding critical new light on who they were, how they justified their empires, how they viewed themselves, and the styles of rule they adopted toward their subjects.

*Krishan Kumar* provides panoramic and multifaceted portraits of five major European empires—Ottoman, Habsburg, Russian/Soviet, British, and French—showing how each, like ancient Rome, saw itself as the carrier of universal civilization to the rest of the world. Sometimes these aims were couched in religious terms, as with Islam for the Ottomans or Catholicism for the Habsburgs. Later, the imperial missions took more secular forms, as with British political traditions or the world communism of the Soviets.

**Visions of Empire** offers new insights into the interactions between rulers and ruled, revealing how empire was as much a shared enterprise as a clash of oppositional interests. It explores how these empires differed from nation-states, particularly in how the ruling peoples of empires were forced to downplay or suppress their own national or ethnic identities in the interests of the long-term preservation of their rule. This compelling and in-depth book demonstrates how the rulers of empire, in their quest for a universal world order, left behind a legacy of multiculturalism and diversity that is uniquely relevant for us today.

**Krishan Kumar** is University Professor and William R. Kenan, Jr., Professor of Sociology at the University of Virginia. His books include *The Idea of Of*

*Enlightenment: English, National Identity and Social Thought; From Post-Industrial to Post-Modern Society: New Theories of the Contemporary World; and 1989: Revolutionary Ideas and Ideals.*

May 2017 600pp HB Price: \$ 39.50



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<https://www.picmonkey.com/>

PicMonkey is an online Image editor, that allows you to touch up your images. Also, you can apply different effects, fonts, and designs to your images. It is a perfect tool to create pins for Pinterest and awesome looking Facebook covers.



**Columbia University Press**

## **Big Money Thinks Small Biases, Blind Spots, and Smarter Investing**

*Joel Tillinghast*

Investors are tempted daily with misinformation. They make lucky bets that breed false confidence, and their high-stakes gambles can take an emotional toll. How can anyone stay focused in such a volatile profession?

In **Big Money Thinks Small**, veteran fund manager *Joel Tillinghast* urges investors to act cautiously and follow five primary steps to successful investing: (1) know yourself; (2) make decisions based on your own knowledge; (3) select trustworthy and

capable colleagues and collaborators; (4) avoid businesses that seem destined to fail; and (5) always search for bargains. Patience and methodical planning will pay far greater dividends than rash, bold investments. Through sensible instruction, *Tillinghast* teaches readers how to ask the right questions in any investing situation and think objectively and generatively about portfolio management.

**Joel Tillinghast** is a Chartered Financial Analyst (CFA) charterholder and thirty-six-year veteran of the investments industry. He has been the manager of the Fidelity® Low-Priced Stock Fund since 1989.

Aug. 2017 312pp HB Price: \$ 29.25

### **Fear, Wonder, and Science in the New Age of Reproductive Biotechnology**

*Scott Gilbert and Clara Pinto-Correia.*  
Foreword by *Donna Haraway*

How does one make decisions today about in vitro fertilization, abortion, egg freezing, surrogacy, and other matters of reproduction? This book provides the intellectual and emotional intelligence to help individuals make informed choices amid misinformation and competing claims. *Scott Gilbert* and *Clara Pinto-Correia* speak to the couple trying to become pregnant, the woman contemplating an abortion, and the student searching for sound information about human sex and reproduction. Their book is an enlightening read for men as well as for women, describing in clear terms how babies come into existence through both natural and assisted reproductive pathways. They update “the talk” for the twenty-first century: the birds, the bees, and the Petri dishes.

**Fear, Wonder, and Science in the New Age of Reproductive Biotechnology** first covers the most recent and well-grounded scientific conclusions about fertilization and early human embryology. It then discusses the reasons why some of the major forms of assisted reproductive technologies

were invented, how they are used, and what they can and cannot accomplish. Most important, the authors explore the emotional side of using these technologies, focusing on those who have emptied their emotions and bank accounts in a valiant effort to conceive a child. This work of science and human biology is informed by a moral concern for our common humanity.

**Scott Gilbert** is the Howard A. Schneiderman Professor of Biology Emeritus at Swarthmore College and a Finland Distinguished Professor at the University of Helsinki. He is the author of the widely used textbooks *Developmental Biology* (eleventh edition, 2016), *Ecological Developmental Biology: The Environmental Regulation of Development, Health, and Evolution* (second edition, 2015), and *Bioethics and the New Embryology: Springboards for Debate* (2005).

**Clara Pinto-Correia** is a developmental biologist, novelist, historian of science, and professor. She performed some of the pioneering studies of mammalian cloning and has had a longstanding weekly biology program on Portuguese public radio. Her books include *The Ovary of Eve: Egg and Sperm and Preformation* (1997) and *A Maravilhosa Aventura da Vida (The Marvelous Adventure of Life; 2008)*.

Aug. 2017 296pp HB Price: \$ 35.00

#### **Just Laugh....**

It was a baby mosquito's first day to fly out from home. When the mosquito came back home later that day, the father mosquito asked, "How was your journey?" The baby mosquito replied, "It went great. Everyone was clapping for me!"

\* \* \*

A man called his child's doctor, "Hello! My son just snatched my pen when I was writing and swallowed it. What should I do?" The doctor replied, "Until I can come over, write with another pen."



### **Consecrating Science Wonder, Knowledge, and the Natural World**

*Lisa H. Sideris*

Debunking myths behind what is known collectively as the new cosmology—a grand, overlapping set of narratives that claim to bring science and spirituality together—*Lisa H. Sideris* offers a searing critique of the movement’s anthropocentric vision of the world. In **Consecrating Science**, *Sideris* argues that instead of cultivating an ethic of respect for nature, the new cosmology encourages human arrogance, uncritical reverence for science, and indifference to nonhuman life. Exploring moral sensibilities rooted in experience of the natural world, *Sideris* shows how a sense of wonder can foster environmental attitudes that will protect our planet from ecological collapse for years to come.

**Lisa H. Sideris** is Associate Professor of Religious Studies at Indiana University, where her research focuses on religion, science, and environmentalism. She is the author of *Environmental Ethics, Ecological Theology, and Natural Selection*.

Aug. 2017 296pp PB Price: \$ 34.95  
HB Price: \$ 85.00

### **Unprepared Global Health in a Time of Emergency**

*Andrew Lakoff*

Recent years have witnessed an upsurge in global health emergencies—from SARS to pandemic influenza to Ebola to Zika. Each of these occurrences has sparked calls for improved health preparedness. In **Unprepared**, *Andrew Lakoff* follows the history of health preparedness from its beginnings in 1950s Cold War civil defense to the early twenty-first century, when international health

authorities carved out a global space for governing potential outbreaks. Alert systems and trigger devices now link health authorities, government officials, and vaccine manufacturers, all of whom are concerned with the possibility of a global pandemic. Funds have been devoted to cutting-edge research on pathogenic organisms, and a system of post hoc diagnosis analyzes sites of failed preparedness to find new targets for improvement. Yet, despite all these developments, the project of global health security continues to be unsettled by the prospect of surprise.

**Andrew Lakoff** is Professor of Sociology and Communication at the University of Southern California. He is the author of *Pharmaceutical Reason: Knowledge and Value in Global Psychiatry* and coeditor of *Biosecurity Interventions: Global Health and Security in Question*.

Aug. 2017 240pp PB **Price: \$. 29.95**  
HB **Price: \$. 85.00**



### **Understanding Ignorance** **The Surprising Impact of What We Don't Know**

By *Daniel R. DeNicola*

Ignorance is trending. Politicians boast, "I'm not a scientist." Angry citizens object to a proposed state motto because it is in Latin, and "This is America, not Mexico or Latin America." Lack of experience, not expertise, becomes a credential. Fake news and repeated falsehoods are accepted and shape firm belief. Ignorance about American government and history is so alarming that the ideal of an informed citizenry now seems quaint. Conspiracy theories and false knowledge thrive. This may be the Information Age, but we do not seem to be well informed. In this book, philosopher *Daniel DeNicola* explores ignorance—its abundance, its endurance, and its consequences.

**DeNicola** aims to understand ignorance, which seems at first paradoxical. How can the unknown become known—and still be unknown? But he argues that ignorance is more than a lack or a void, and that it has dynamic and complex interactions with knowledge. Taking a broadly philosophical approach, *DeNicola* examines many forms of ignorance, using the metaphors of ignorance as place, boundary, limit, and horizon. He treats willful ignorance and describes the culture in which ignorance becomes an ideological stance. He discusses the ethics of ignorance, including the right not to know, considers the supposed virtues of ignorance, and concludes that there are situations in which ignorance is morally good.

**Ignorance** is neither pure nor simple. It is both an accusation and a defense ("You are ignorant!" "Yes, but I didn't know!"). Its practical effects range from the inconsequential to the momentous. It is a scourge, but, *DeNicola* argues daringly, it may also be a refuge, a value, even an accompaniment to virtue.

**Daniel R. DeNicola** is Chair and

Professor of Philosophy at Gettysburg College and the author of *Learning to Flourish: A Philosophical Exploration of Liberal Education*.

Aug. 2017 264pp HB **Price: \$. 27.95**

### **Advanced Microeconomic Theory** **An Intuitive Approach with Examples**

By *Felix Muñoz-Garcia*

This textbook offers an introduction to advanced microeconomic theory that emphasizes the intuition behind mathematical assumptions, providing step-by-step examples that show how to apply theoretical models. It covers standard topics such as preference relations, demand theory and applications, producer theory, choice under uncertainty, partial and general equilibrium, monopoly, game theory and imperfect competition, externalities and public goods, and contract theory; but its intuitive and application-oriented approach provides students with a bridge to more technical topics. The book can be used by advanced undergraduates as well as Masters students in economics, finance, and public policy, and by PhD students in programs with an applied focus.

The text connects each topic with recent findings in behavioral and experimental economics, and discusses these results in context, within the appropriate chapter. Step-by-step examples appear immediately after the main theoretical findings, and end-of chapter exercises help students understand how to approach similar exercises on their own. An appendix reviews basic mathematical concepts. A separate workbook, **Practice Exercises for Advanced Microeconomic Theory**, offers solutions to selected problems with detailed explanations. The textbook and workbook together help students improve both their theoretical and practical preparation in advanced microeconomics.

**Felix Muñoz-Garcia** is Associate Professor on the School of Economic Sciences at Washington State

#### **Idiom of the month....**

##### ***baker's dozen.....***

##### ***Meaning:***

not 12 in numbers but 13, a group or set of thirteen, usually 13 and rarely 14

##### ***Example:***

The fellow gave me a baker's dozen of cookies. It made my children very happy.

I always carry a baker's dozen chocolates in my purse.

I needed only 10 cars and my car dealer friend arrange me baker's dozen of cars.

I had demanded about 15 numbers of drinking water bottle for that long journey. But shopkeeper had only a dozen and I asked him to arrange baker's dozen at least.

University.

July 2017 454pp HB Price: \$. 110.00



THE UNIVERSITY OF CHICAGO PRESS

## Everyday Mathematics for Parents

### What You Need to Know to Help Your Child Succeed

*The University of Chicago School Mathematics Project*

The **Everyday Mathematics** (EM) program was developed by the University of Chicago School Mathematics Project (UCSMP) and is now used in more than 185,000 classrooms by almost three million students. Its research-based learning delivers the kinds of results that all school districts aspire to. Yet despite that tremendous success, EM often leaves parents perplexed. Learning is accomplished not through rote memorization, but by actually engaging in real-life math tasks. The curriculum isn't linear, but rather spirals back and forth, weaving concepts in and out of lessons that build overall understanding and long-term retention. It's no wonder that many parents have difficulty navigating this innovative mathematical and pedagogic terrain.

Now help is here. Inspired by UCSMP's firsthand experiences with parents and teachers, **Everyday Mathematics for Parents** will equip parents with an understanding of EM and enable them to help their children with homework—the heart of the great parental adventure of ensuring that children become mathematically proficient.

Featuring accessible explanations of the research-based philosophy and design of the program, and insights into the strengths of EM, this little book provides the big-picture information that parents need. Clear descriptions of how and why this approach is different are paired with illustrative tables that underscore the unique attributes of EM.

Detailed guidance for assisting students with homework includes explanations of the key EM concepts that underlie each assignment. Resources for helping students practice math more at home also provide an understanding of the long-term utility of EM. Easy to use, yet jam-packed with knowledge and helpful tips, **Everyday Mathematics for Parents** will become a pocket mentor to parents and teachers new to EM who are ready to step up and help children succeed. With this book in hand, you'll finally understand that while this may not be the way that you learned math, it's actually much better.

July 2017 176pp PB Price: \$. 14.00  
HB Price: \$. 50.00

## Write Your Way In Crafting An Unforgettable College Admissions Essay

*Rachel Toor*

Writing, for most of us, is bound up with anxiety. It's even worse when it feels like your whole future—or at least where you'll spend the next four years in college—is on the line. It's easy to understand why so many high school seniors put off working on their applications until the last minute or end up with a generic and clichéd essay.

The good news? You already have the “secret sauce” for crafting a compelling personal essay: your own experiences and your unique voice.

The best essays rarely catalog how students have succeeded or achieved. Good writing shows the reader how you've struggled and describes mistakes you've made. Excellent essays express what you're fired up about, illustrate how you think, and illuminate the ways you've grown.

More than twenty million students apply to college every year; many of them look similar in terms of test scores, grades, courses taken, extracurricular activities. Admissions officers wade through piles of files. As an applicant, you need to think about what will

interest an exhausted reader. What can you write that will make her argue to admit you instead of the thousands of other applicants?

A good essay will be conversational and rich in vivid details, and it could only be written by one person—you. This book will help you figure out how to find and present the best in yourself. You'll acquire some useful tools for writing well—and may even have fun—in the process.

**Rachel Toor** is professor of creative writing at Eastern Washington University in Spokane and is a former college admissions officer at Duke University. Her books include *Admissions Confidential: An Insider's Account of the Elite College Selection Process* and a young adult novel about college admissions, *On the Road to Find Out*.

Aug. 2017 168pp PB Price: \$. 15.00  
HB Price: \$. 50.00

### Crazy thoughts....!

- Why do people never say "it's only a game" when they're winning?
- Do bald people get dandruff?
- If you get cheated by the Better Business Bureau, who do you complain to?
- If a bouncer at a bar gets drunk and unruly, who throws him out?
- If a word is misspelled in the dictionary, how will anyone ever know?



facet publishing

## Learner-centred Pedagogy Principles and practice

*Kevin Michael Klipfel and Dani Brecher Cook*

Today's emphasis on metrics and

personalization make evidence-based instruction an imperative. This book offers librarians concrete, empirically-based strategies to connect with learners at all levels.

More than ever, librarians are required to possess pedagogical expertise and are being called upon to design, implement, and assess robust evidence-based reference and instructional practices that contribute to student success. In order to achieve these goals, librarians must know how to teach information literacy skills that go far beyond one particular library context, in order to facilitate lifelong learning. In addition to the traditional information expertise of the library professional, today's librarian must also master evidence-based pedagogical practices that can help make learning stick.

Offering plentiful examples of pedagogy in action, this book covers: • six cognitive principles for organizing information literacy instruction, with sample worksheets and organization tools for instruction planning • how to establish rapport and build learners' motivation • educational evidence debunking the mythical perception that because students are skilled at computers and mobile technology, they already know how to do research • questions to keep in mind for inspiring autonomous learning • the power of story, as described by Joan Didion, Brené Brown's Ted Talk, and educational psychology research • the science behind information overload • a balanced framework for evaluating specific educational technology tools.

Fusing theory with practice, this book is a valuable resource to help every librarian connect with learners more effectively.

July 2017 216pp PB Price: £. 59.95

## **The No-nonsense Guide to Project Management**

*Barbara Allan*

This book provides a 'no-nonsense' guide to project management which will enable library and information

professionals to lead or take part in a wide range of projects from large-scale multi-organization complex projects through to relatively simple local ones.

*Barbara Allan* has fully revised and updated her classic 2004 title, *Project Management*, to incorporate considerable developments during the past decade, including: • the development and wide-scale acceptance of formal project management methodologies • the use of social media to communicate and disseminate information about projects and the large shift in the types of project library and information workers may be involved in.

The text is supported by practical case studies drawn from a wide range of LIS organizations at local, regional, national and international levels. These examples provide an insight into good practice for the practitioner, from an individual working in a voluntary organization on an extremely limited budget, to someone involved in an international project.

Content covered includes: • an introduction to project management, project workers and the library and information profession • different approaches to project management, the project cycle, the people side of projects and management of change • discussion of project methodologies, project management software, open source software, collaborative working software and use of social media • project initiation, communication, analysis and project briefs • developing project infra-structure, scheduling, working out the finances and carrying out a detailed risk analysis implementation, monitoring and reporting and identifying potential problems • current approaches to funding, bidding and tendering, and taking part in audit • working in partnerships, in diverse and virtual teams, and managing change.

*Readership:* If you are an LIS professional involved in project work of any kind, whether on a managerial, practical, academic or research level,

this is an invaluable resource for you.

Jul. 2017 256pp PB Price: £. 54.95

**Yale University Press**

## **The Language of Light A History of Silent Voices**

*Gerald Shea*

Partially deaf due to a childhood illness, *Gerald Shea* is no stranger to the search for communicative grace and clarity. In this eloquent and thoroughly researched book, he uncovers the centuries-long struggle of the Deaf to be taught in sign language—the only language that renders them complete, fully communicative human beings. *Shea* explores the history of the deeply biased attitudes toward the Deaf in Europe and America, which illogically forced them to be taught in a language they could neither hear nor speak. As even A.G. Bell, a fervent oralist, admitted, sign language is “the quickest method of reaching the mind of a deaf child.” *Shea's* research exposes a persistent but misguided determination among hearing educators to teach the Deaf orally, making the very faculty they lacked the principal instrument of their instruction. To forbid their education in sign language—the “language of light”—is to deny the Deaf their human rights, he concludes.

**Gerald Shea** practiced corporate and international law for many years as a member of the New York and Paris bars. He is author of *Song Without Words: Discovering My Deafness Halfway Through Life*, a prize-winning memoir of his life with partial deafness. He divides his time between Paris and the North Shore of Massachusetts

Aug. 2017 280pp HB Price: \$. 26.00

## **Black Banners of ISIS**

### **The Roots of the New Caliphate**

*David J. Wasserstein*

A medieval Islam historian's incisive

portrait of ISIS, revealing the group's deep ideological and intellectual roots in the earliest days of Islam. With tremendous speed, the Islamic State has moved from the margins to the center of life in the Middle East. Despite recent setbacks, its ability to conquer and retain huge swaths of territory has demonstrated its skillful tactical maneuvering, ambition, and staying power. Yet we still know too little about ISIS, particularly about its deeper ideology.

In this eye-opening book, *David J. Wasserstein* offers a penetrating analysis of the movement, looking closely at the thousand-year-old form of Islamic apocalyptic messianism the group draws upon today. He shows how ISIS is not only a military and political movement but also, and primarily, a religious one with a coherent worldview, a patent strategy, and a clear goal: the re-creation of a medieval caliphate. Connecting the group's day-to-day activities and the writings and sayings of its leaders with the medieval Islamic past, *Wasserstein* provides an insightful and unprecedented perspective on the origins and aspirations of the Islamic State.

**David J. Wasserstein** is professor of history and Jewish studies at Vanderbilt University. He has written or edited numerous books and articles on Islamic history and on Jews under Islam. He lives in Nashville, TN.

Aug. 2017 288pp HB **Price: \$ 26.00**



*New....*

**Seismic Analysis of Safety-Related Nuclear Structures (4-16)**

Prepared by the Task Committee on Dynamic Analysis of Nuclear Structures of the Seismic Analysis of Safety-Related Nuclear Structures Standards Committee of the Codes and Standards Activities Division of the Structural Engineering Institute of ASCE

**Seismic Analysis of Safety-Related Nuclear Structures, Standard ASCE/SEI 4-16**, presents the analytical framework to develop a risk-informed approach to the design of nuclear structures under earthquake motions. Intended to complement ASCE 43, this standard addresses the seismic analysis of new and existing facilities. It provides criteria to develop calculated responses that have a specified likelihood of being exceeded conditional on the design basis earthquake shaking.

Topics include: • Modeling of structures, including material properties, stiffness, mass, damping, hydrodynamic effects, and dynamic coupling criteria; • Analysis methods, including linear response–history, linear response–spectrum, frequency domain, equivalent static, multistep, nonlinear response–history, approximate inelastic response–spectrum, and nonlinear static; • Soil–structural interaction modeling and analysis, including probabilistic approaches • Input for subsystem analysis, including in-structure response spectra, in-structure time series, characteristics for coupled subsystem analysis, and subsystem damping values an • A variety of specific applications, including buried pipes and conduits, dynamic soil pressures on walls, vertical liquid storage tanks, distribution systems, dynamic sliding and uplift analysis,

and seismically isolated structures.

This standard also includes two nonmandatory appendixes and extensive commentary on applying the provisions. Appendix B is new and offers information on nonlinear, time-domain soil–structure interaction analysis.

ASCE/SEI 4-16 has been thoroughly revised and expanded to update the previous version, ASCE 4-98. Used in conjunction with the companion standard, Seismic Design Criteria for Structures, Systems, and Components in Nuclear Facilities, ASCE/SEI 43, this standard provides critical information for structural design engineers, safety engineers, nuclear facility managers and operating personnel, and government regulators.

304pp Softcover **Price \$ 140.00**

*Forthcoming....*


**Snow Loads Guide to The Snow Load Provisions of ASCE 7-16**

*Michael O'Rourke, Ph.D., P.E.*

**Snow Loads: Guide to the Snow Load Provisions of ASCE 7-16** supplies detailed, authoritative explanations of the snow load provisions contained in Minimum Design Loads and Associated Criteria for Buildings and Other Structures, Standard ASCE/SEI 7-16. With clear, concise language, *Michael O'Rourke* illustrates the key concepts for applying the provisions to the design of new and existing structures that could collect falling or drifting snow.

Like its predecessors that accompanied earlier versions of ASCE 7, this new edition of Snow Loads discusses flat roof loads, sloped roof loads, partial loads, and all types of conventional drift loading. Driven by recent changes to the ASCE 7 snow load provisions, this guide describes: • Application of new ground snow load tables for seven states: Colorado, Idaho, Montana, New

*"We make living*  
*by*  
*what we get,*  
*but we make a life*  
*what we give"*



- W. Churchill

Hampshire, New Mexico, Oregon, and Washington • Latest research from Norway and Japan on the probability of snow sliding off roofs • Current thinking on how snow density changes over a winter season • Snow loads on air-supported structures; • Updated provisions for nonbuilding structures, including open-frame equipment structures, pipes, and cable trays and • Calculation of snow loads on process piping, which is especially useful to the petrochemical industry.

This guide includes 35 worked examples of real-life design problems, as well as answers to 20 frequently asked questions, including a new one on snow capture by solid walls.

**Snow Loads is an essential supplement to ASCE/SEI Standard 7** for all engineers, architects, construction professionals, and building officials who work on projects in regions subject to snow.

2017 184pp Soft Cover **Price: \$ 75.00**

### PUBLISH WITH ASCE

*Guides for Authors, Editors, and Committees...*

A core mission of the American Society of Civil Engineers has always been to share information critical to civil engineers. Today, ASCE journals, books, proceedings, and standards are the media through which civil engineers exchange technical and professional knowledge. Researchers and practitioners are encouraged to submit their research and book ideas to be considered for publication in ASCE's journals, books, or proceedings programs.

For more information please visit

**[ascelibrary.org/page/authors](http://ascelibrary.org/page/authors)**.

### Health Watch...

#### 6 Causes of Morning Headaches.....

If there's one way to guarantee a nasty start to your day, it's pulling yourself out of bed with a painful headache. Morning headaches are annoying and rather hard to understand. You've just gotten up, so what on earth could you have done to cause this pain? As it turns out, there are quite a number of things that can trigger morning headaches. Here are 8 of the most common ones, and what you can do to keep them away.

##### 1. You didn't get enough sleep

Your body requires 7 to 8 hours of sleep to function properly. Getting any less may result in stress, higher blood pressure, and an increased heart rate. All of these things can lead to a headache. Taking a 20-minute nap or an over-the-counter painkiller can help you make it through the morning, but you need to start getting enough sleep to prevent it from happening again.

##### 2. You got too much sleep

Sleeping for more than 9 hours a night can decrease the level of serotonin found in the brain. The can reduce blood flow to the brain, triggering a headache. The best way to avoid these headaches is to adjust your sleeping pattern to get 7 to 8 hours of sleep per day. Setting an alarm on weekends can be particularly useful.

##### 3. Your endorphins aren't working as they should be

The body's production of feel-good endorphin hormones is at its lowest as soon as you wake up, and this can trigger migraines for some people. This is because low levels of endorphins may result in the brain's blood vessels narrowing, which is where the pain comes from. Since exercise triggers the release of

endorphins, an early morning workout session could be your best option for dealing with such a headache.

##### 4. You snore

If you snore through the night and wake up with a pounding headache, then this may be a sign of sleep apnea. Sleep apnea is a condition which temporarily interrupts your breathing at night, and can result in your brain receiving less oxygen than it should. If you think you might have sleep apnea, then have a chat with your doctor, who'll help you find the best solution to manage this condition.

##### 5. You're depressed

Depression-related headaches can strike at any time of day, due to the decreased levels of serotonin that depression causes. However, they're particularly common in the morning due to the disturbed sleep cycles that many depressed individuals experience. If you think you might be suffering from depression, it's best to get professional help sooner rather than later, so that you can start truly living once again.

##### 6. You have high blood pressure

If you've got high blood pressure, your blood is actually putting too much pressure on your head. Unsurprisingly, this can be a frequent cause of headaches. Many people with high blood pressure don't even know they have it, since it doesn't show many outward symptoms. If your morning headaches are frequent and unexplainable, then it might be a good idea to get your blood pressure tested.

- Courtesy: World Wide Web