

The American Health Care Paradox Why Spending More Is Getting Us Less

The American Health Care Paradox Plagues and the Paradox of Progress The Patient Paradox Redefining Health Care Paradox and Power in Caring Leadership The Paradox of Hope Useful Delusions: The Power and Paradox of the Self-Deceiving Brain The Healing Paradox Patient Citizens, Immigrant Mothers The Paradox of Choice The Healing of America The Obesity Paradox Paradox The Passion Paradox All Joy and No Fun Understanding Health Policy Paradox and Power in Caring Leadership Paradox Fortune's Pawn The Paradox of Generosity Poverty and Life Expectancy The Efficiency Paradox The Profit Paradox The Rise And Fall Of Modern Medicine China's Gilded Age Treating AIDS Paradox The Marriage Paradox Youth in the Digital Age The Meat Paradox Heaven's Queen Strangers in Their Own Land Paradox and Healing Investing in the Health and Well-Being of Young Adults Spirituality and Childbirth The Chimp Paradox The Power Paradox Building a Better Delivery System Pressed for Time Women, Power, and Property

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The Healing of America Dec 25 2021 A New York Times Bestseller, with an updated explanation of the 2010 Health Reform Bill Bringing to bear his talent for explaining complex issues in a clear, engaging way, New York Times bestselling author T. R. Reid visits industrialized democracies around the world-- France, Britain, Germany, Japan, and beyond--to provide a

revealing tour of successful, affordable universal health care systems. Now updated with new statistics and a plain-English explanation of the 2010 health care reform bill, *The Healing of America* is required reading for all those hoping to understand the state of health care in our country, and around the world.

Paradox and Healing Feb 01 2020 This book takes a look at the problem of chronic illness

and chronic pain and offers new insight into their origins, their meaning in our lives and the very real opportunity they present for our profound and far-reaching healing. Chronic conditions are by definition those which do not respond to our treatment of them. And because we cannot cure them, these intractable problems can offer an opportunity to both doctors and patients to re-examine the whole approach to

sickness, pain and disease commonly taken by our society. **The Passion Paradox** Sep 21 2021 The coauthors of the bestselling Peak Performance dive into the fascinating science behind passion, showing how it can lead to a rich and meaningful life while also illuminating the ways in which it is a double-edged sword. Here's how to cultivate a passion that will take you to great heights—while minimizing the risk of an equally great fall. Common advice is to find and follow your passion. A life of passion is a good life, or so we are told. But it's not that simple. Rarely is passion something that you just stumble upon, and the

same drive that fuels breakthroughs—whether they're athletic, scientific, entrepreneurial, or artistic—can be every bit as destructive as it is productive. Yes, passion can be a wonderful gift, but only if you know how to channel it. If you're not careful, passion can become an awful curse, leading to endless seeking, suffering, and burnout. Brad Stulberg and Steve Magness once again team up, this time to demystify passion, showing readers how they can find and cultivate their passion, sustainably harness its power, and avoid its dangers. They ultimately argue that passion and balance—that other virtue touted by our

culture—are incompatible, and that to find your passion, you must lose balance. And that's not always a bad thing. They show readers how to develop the right kind of passion, the kind that lets you achieve great things without ruining your life. Swift, compact, and powerful, this thought-provoking book combines captivating stories of extraordinarily passionate individuals with the latest science on the biological and psychological factors that give rise to—and every bit as important, sustain—passion. [The Patient Paradox](#) Sep 02 2022 Explaining the truth behind the screening statistics and investigating the evidence behind the hype, Margaret

McCartney, an award-winning writer and doctor, argues that this patient paradox of too much testing of well people and not enough care for the sick often worsens health inequalities and drains professionalism, harming both those who need treatment and those who don't.

Paradox Aug 09 2020 Fans of James Dashner's Maze Runner series will love this postapocalyptic adventure about a girl who must survive an alien planet in order to save the Earth. Ana only knows her name because of the tag she finds pinned to her jumpsuit. Waking in the featureless compartment of a rocket ship, she opens the hatch to discover

that she has landed on a barren alien world. Instructions in her pocket tell her to observe and to survive, no doubt with help from the wicked-looking knives she carries on her belt. But to what purpose? Meeting up with three other teens--one boy seems strangely familiar--Ana treks across the inhospitable landscape, occasionally encountering odd twists of light that carry glimpses of people back on Earth. They're working on some sort of problem, and the situation is critical. What is the connection between Ana's mission on this planet and the crisis back on Earth, and how is she supposed to figure out the answer when she can't remember anything?

The Healing Paradox Mar 28 2022 Why does Western medicine fail to cure chronic physical and mental illness? Why do so many treatments and drugs work only for a limited time before eventually losing effectiveness or producing harmful side effects? Dr. Steven Goldsmith's answer is at once counterintuitive and commonsensical: the root of the problem is our combative approach. Instead of resisting and fighting our ailments, we should cooperate with and even embrace them. We should look for and apply treatments that are integrated with the causes of illness, not regard illness as an enemy to conquer. This "hair of the dog" principle is

already widely evident in practice. Take, for example, vaccines and inoculations, which are small doses of the microbes that cause the diseases being prevented; the use of the stimulant Ritalin to calm and ground people with Attention Deficit Hyperactivity Disorder; and radiation, which is both a well-known cause of cancer and a well-known method of treating it. These are just a few of Goldsmith's many examples, which he relays in clear, evocative, and thought-provoking language. Perhaps most compelling of all, he explores reasons why this clearly effective principle is ignored by Western medicine. Drawing on fascinating case

studies and personal experiences from his forty-year career as a medical doctor and psychiatrist—as well as abundant clinical, experimental, and public health data that support his seemingly paradoxical assertion—Dr. Goldsmith presents an exciting, revolutionary approach that will change the way you think about medicine and psychotherapy.¶ From the Trade Paperback edition. **Pressed for Time** Jul 28 2019 The technologically tethered, iPhone-addicted figure is an image we can easily conjure. Most of us complain that there aren't enough hours in the day and too many e-mails in our thumb-accessible inboxes. This

widespread perception that life is faster than it used to be is now ingrained in our culture, and smartphones and the Internet are continually being blamed. But isn't the sole purpose of the smartphone to give us such quick access to people and information that we'll be free to do other things? Isn't technology supposed to make our lives easier? In *Pressed for Time*, Judy Wajcman explains why we immediately interpret our experiences with digital technology as inexorably accelerating everyday life. She argues that we are not mere hostages to communication devices, and the sense of always being rushed is the

result of the priorities and parameters we ourselves set rather than the machines that help us set them. Indeed, being busy and having action-packed lives has become valorized by our productivity driven culture. Wajcman offers a bracing historical perspective, exploring the commodification of clock time, and how the speed of the industrial age became identified with progress. She also delves into the ways time-use differs for diverse groups in modern societies, showing how changes in work patterns, family arrangements, and parenting all affect time stress. Bringing together empirical research on time use and theoretical

debates about dramatic digital developments, this accessible and engaging book will leave readers better versed in how to use technology to navigate life's fast lane.

Youth in the Digital Age Jun 06 2020 Young people spend a significant amount of time with technology, particularly digital and social media. How do they experience and cope with the many influences of digital media in their lives? What are the main challenges and opportunities they navigate in living online? *Youth in the Digital Age* provides answers from a decidedly interdisciplinary perspective, beginning in a framework steeped in context; biography;

and societal influences on young people, who now make up 25% of the earth's population. Placing these perspectives alongside those of current scholars and commentators to help analyse what young people are up against in navigating the digital age, the volume also draws on data from a five-year research project (*Digital Media and Young Lives*). Topics explored include well-being, privacy, control, surveillance, digital capital, and social relationships. Based on unique and emergent research from Canada, Scotland, and Australia, *Youth in the Digital Age* will appeal to post-secondary educators and

scholars interested in fields such as youth studies, education, media studies, mental health, and technology. *China's Gilded Age* Oct 11 2020 Unbundles corruption into different types, examining corruption as access money in China through a comparative-historical lens.

Redefining Health Care Aug 01 2022 The U.S. health care system is in crisis. At stake are the quality of care for millions of Americans and the financial well-being of individuals and employers squeezed by skyrocketing premiums—not to mention the stability of state and federal government budgets. In *Redefining Health Care*, internationally renowned

strategy expert Michael Porter and innovation expert Elizabeth Teisberg reveal the underlying—and largely overlooked—causes of the problem, and provide a powerful prescription for change. The authors argue that competition currently takes place at the wrong level—among health plans, networks, and hospitals—rather than where it matters most, in the diagnosis, treatment, and prevention of specific health conditions. Participants in the system accumulate bargaining power and shift costs in a zero-sum competition, rather than creating value for patients. Based on an exhaustive study

of the U.S. health care system, *Redefining Health Care* lays out a breakthrough framework for redefining the way competition in health care delivery takes place—and unleashing stunning improvements in quality and efficiency. With specific recommendations for hospitals, doctors, health plans, employers, and policy makers, this book shows how to move health care toward positive-sum competition that delivers lasting benefits for all. *Women, Power, and Property* Jun 26 2019 Cutting-edge research from India finds bargaining power predicts whether electoral quotas can empower women to upend

economic inequality.

The Chimp Paradox Oct 30

2019 Your inner Chimp can be your best friend or your worst enemy...this is the Chimp Paradox Do you sabotage your own happiness and success? Are you struggling to make sense of yourself? Do your emotions sometimes dictate your life? Dr. Steve Peters explains that we all have a being within our minds that can wreak havoc on every aspect of our lives—be it business or personal. He calls this being "the chimp," and it can work either for you or against you. The challenge comes when we try to tame the chimp, and persuade it to do our bidding. The Chimp

Paradox contains an incredibly powerful mind management model that can help you be happier and healthier, increase your confidence, and become a more successful person. This book will help you to:
—Recognize how your mind is working —Understand and manage your emotions and thoughts —Manage yourself and become the person you would like to be Dr. Peters explains the struggle that takes place within your mind and then shows you how to apply this understanding. Once you're armed with this new knowledge, you will be able to utilize your chimp for good, rather than letting your chimp run rampant with its own

agenda.

Paradox and Power in Caring Leadership Jun 30

2022 Why does it matter that our leaders care about us? What might we reasonably expect from a caring leader, and what price are we prepared to pay for it? Is caring leadership something 'soft', or can it be linked to strategy and delivery? International scholars from the fields of ancient and modern philosophy, psychology, organization studies and leadership development offer a strikingly original debate on what it means for leaders to care. *Fortune's Pawn* Apr 16 2021 A promising young mercenary's future gets thrown into

jeopardy after a fateful encounter with an alien in the start to a propulsive space opera series perfect for fans of *Firefly* and *Killjoys*. "Devi is hands-down one of the best sci-fi heroines I've read in a long time." RT Book Reviews *Devi Morris* isn't your average mercenary. She has plans. Big ones. And a ton of ambition. It's a combination that's going to get her killed one day -- but not just yet. That is, until she just gets a job on a tiny trade ship with a nasty reputation for surprises. *The Glorious Fool* isn't misnamed: it likes to get into trouble, so much so that one year of security work under its captain is equal to five years everywhere else.

With odds like that, Devi knows she's found the perfect way to get the jump on the next part of her Plan. But the Fool doesn't give up its secrets without a fight, and one year on this ship might be more than even Devi can handle.

The Rise And Fall Of Modern Medicine Nov 11

2020 The medical achievements of the post-war years rank as one of the supreme epochs of human endeavour. Advances in surgical technique, new ideas about the nature of disease and huge innovations in drug manufacture vanquished most common causes of early death, But, since the mid-1970s the rate of development has

slowed, and the future of medicine is uncertain. How has this happened? James Le Fanu's hugely acclaimed survey of the 'twelve definitive moments' of modern medicine and the intellectual vacuum which followed them has been fully revised and updated for this edition. *The Rise and Fall of Modern Medicine* is both riveting drama and a clarion call for change.

The Meat Paradox May 06 2020 Our future diet will be shaped by diverse forces. It will be shaped by novel technologies and the logic of globalisation, by geopolitical tensions and the evolution of cultural preferences, by shocks to the status quo - pandemics

and economic strife, the escalation of the climate and ecological crises - and by how we choose to respond. It will also be shaped by our emotions. It will be shaped by the meat paradox. 'Should we eat animals?' was, until recently, a question reserved for moral philosophers and an ethically minded minority, but it is now posed on restaurant menus and supermarket shelves, on social media and morning television. The recent surge in popularity for veganism in the UK, Europe and North America has created a rupture in the rites and rituals of meat, challenging the cultural narratives that sustain our omnivory. In *The Meat*

Paradox, Rob Percival, an expert in the politics of meat, searches for the evolutionary origins of the meat paradox, asking when our relationship with meat first became emotionally and ethically complicated. Every society must eat, and meat provides an important source of nutrients. But every society is moved by its empathy. We must all find a way of balancing competing and contradictory imperatives. It is essential reading for anyone interested in the origins of our empathy, the psychology of our dietary choices, and anyone who has wondered whether they should or shouldn't eat meat.

Investing in the Health and

Well-Being of Young Adults

Jan 02 2020 Young adulthood - ages approximately 18 to 26 - is a critical period of development with long-lasting implications for a person's economic security, health and well-being. Young adults are key contributors to the nation's workforce and military services and, since many are parents, to the healthy development of the next generation. Although 'millennials' have received attention in the popular media in recent years, young adults are too rarely treated as a distinct population in policy, programs, and research. Instead, they are often grouped with adolescents or, more often, with all adults.

Currently, the nation is experiencing economic restructuring, widening inequality, a rapidly rising ratio of older adults, and an increasingly diverse population. The possible transformative effects of these features make focus on young adults especially important. A systematic approach to understanding and responding to the unique circumstances and needs of today's young adults can help to pave the way to a more productive and equitable tomorrow for young adults in particular and our society at large. Investing in The Health and Well-Being of Young Adults describes what is meant by the term young

adulthood, who young adults are, what they are doing, and what they need. This study recommends actions that nonprofit programs and federal, state, and local agencies can take to help young adults make a successful transition from adolescence to adulthood. According to this report, young adults should be considered as a separate group from adolescents and older adults. Investing in The Health and Well-Being of Young Adults makes the case that increased efforts to improve high school and college graduate rates and education and workforce development systems that are more closely tied to high-demand economic sectors will

help this age group achieve greater opportunity and success. The report also discusses the health status of young adults and makes recommendations to develop evidence-based practices for young adults for medical and behavioral health, including preventions. What happens during the young adult years has profound implications for the rest of the life course, and the stability and progress of society at large depends on how any cohort of young adults fares as a whole. Investing in The Health and Well-Being of Young Adults will provide a roadmap to improving outcomes for this age group as they transition from

adolescence to adulthood. Plagues and the Paradox of Progress Oct 03 2022 Why the news about the global decline of infectious diseases is not all good. Plagues and parasites have played a central role in world affairs, shaping the evolution of the modern state, the growth of cities, and the disparate fortunes of national economies. This book tells that story, but it is not about the resurgence of pestilence. It is the story of its decline. For the first time in recorded history, virus, bacteria, and other infectious diseases are not the leading cause of death or disability in any region of the world. People are living longer, and fewer mothers are giving

birth to many children in the hopes that some might survive. And yet, the news is not all good. Recent reductions in infectious disease have not been accompanied by the same improvements in income, job opportunities, and governance that occurred with these changes in wealthier countries decades ago. There have also been unintended consequences. In this book, Thomas Bollyky explores the paradox in our fight against infectious disease: the world is getting healthier in ways that should make us worry. Bollyky interweaves a grand historical narrative about the rise and fall of plagues in human societies with contemporary case studies

of the consequences. Bollyky visits Dhaka—one of the most densely populated places on the planet—to show how low-cost health tools helped enable the phenomenon of poor world megacities. He visits China and Kenya to illustrate how dramatic declines in plagues have affected national economies. Bollyky traces the role of infectious disease in the migrations from Ireland before the potato famine and to Europe from Africa and elsewhere today. Historic health achievements are remaking a world that is both worrisome and full of opportunities. Whether the peril or promise of that progress prevails, Bollyky

explains, depends on what we do next. A Council on Foreign Relations Book

The Efficiency Paradox Jan 14 2021

A bold challenge to our obsession with efficiency—and a new understanding of how to benefit from the powerful potential of serendipity. Algorithms, multitasking, the sharing economy, life hacks: our culture can't get enough of efficiency. One of the great promises of the Internet and big data revolutions is the idea that we can improve the processes and routines of our work and personal lives to get more done in less time than we ever have before. There is no doubt that we're performing at

higher levels and moving at unprecedented speed, but what if we're headed in the wrong direction? Melding the long-term history of technology with the latest headlines and findings of computer science and social science, *The Efficiency Paradox* questions our ingrained assumptions about efficiency, persuasively showing how relying on the algorithms of digital platforms can in fact lead to wasted efforts, missed opportunities, and, above all, an inability to break out of established patterns. Edward Tenner offers a smarter way of thinking about efficiency, revealing what we and our institutions, when equipped with an astute

combination of artificial intelligence and trained intuition, can learn from the random and unexpected.

Poverty and Life Expectancy Feb 12 2021

A multidisciplinary study that reconstructs Jamaica's rise from low to high life expectancy and explains how that was achieved. Jamaica is one of the small number of countries that has attained a life expectancy nearly matching that in richer countries, despite having a much lower level of per capita income.

The Obesity Paradox Nov 23 2021

Robert Lustig changed the national conversation about fat. Now, a pioneer in “obesity paradox” research delivers a

message that everyone who struggles to shed so-called excess weight will want to hear. After research uncovered that overweight and even moderately obese people with certain chronic diseases often live longer and fare better than their normal weight counterparts, Carl Lavie, MD, realized that being moderately fit is more important for good health than having a low body mass index. Sharing the science behind these recent findings, *The Obesity Paradox* shows readers how to achieve what's really important: maximum health—not minimum weight.

Understanding Health Policy
Jul 20 2021 "Understanding

Health Policy: A Clinical Approach is a book about health policy as well as individual patients and caregivers and how they interact with each other and with the overall health system."--Preface
Paradox May 18 2021 An introduction to paradoxes showing that they are more than mere puzzles but can prompt new ways of thinking. Thinkers have been fascinated by paradox since long before Aristotle grappled with Zeno's. In this volume in The MIT Press Essential Knowledge series, Margaret Cuonzo explores paradoxes and the strategies used to solve them. She finds that paradoxes are more than

mere puzzles but can prompt new ways of thinking. A paradox can be defined as a set of mutually inconsistent claims, each of which seems true. Paradoxes emerge not just in salons and ivory towers but in everyday life. (An Internet search for "paradox" brings forth a picture of an ashtray with a "no smoking" symbol inscribed on it.) Proposing solutions, Cuonzo writes, is a natural response to paradoxes. She invites us to rethink paradoxes by focusing on strategies for solving them, arguing that there is much to be learned from this, regardless of whether any of the more powerful paradoxes is even capable of solution.

Cuonzo offers a catalog of paradox-solving strategies—including the Preemptive-Strike (questioning the paradox itself), the Odd-Guy-Out (calling one of the assumptions into question), and the You-Can't-Get-There-from-Here (denying the validity of the reasoning). She argues that certain types of solutions work better in some contexts than others, and that as paradoxicality increases, the success of certain strategies grows more unlikely. Cuonzo shows that the processes of paradox generation and solution proposal are interesting and important ones. Discovering a paradox leads to advances in knowledge: new

science often stems from attempts to solve paradoxes, and the concepts used in the new sciences lead to new paradoxes. As Niels Bohr wrote, "How wonderful that we have met with a paradox. Now we have some hope of making progress."

Heaven's Queen Apr 04 2020

From the moment she took a job on Captain Caldwell's doomed ship, Devi Morris' life has been one disaster after another: government conspiracies, two alien races out for her blood, an incurable virus that's eating her alive. Now, with the captain missing and everyone -- even her own government -- determined to hunt her down, things are

going from bad to impossible. The sensible plan would be to hide and wait for things to blow over, but Devi's never been one to shy from a fight, and she's getting mighty sick of running. It's time to put this crisis on her terms and do what she knows is right. But with all human life hanging on her actions, the price of taking a stand might be more than she can pay.

Paradox and Power in Caring Leadership Jun 18 2021 Why does it matter that our leaders care about us? What might we reasonably expect from a caring leader, and what price are we prepared to pay for it? Is caring leadership something 'soft', or can it be linked to

strategy and delivery?
International scholars from the fields of ancient and modern philosophy, psychology, organization studies and leadership development offer a strikingly original debate on what it means for leaders to care. At a time when the challenges of leadership are rarely out of the headlines, this ground-breaking work takes us beyond the demand that leaders should be competent at what they do, and into the moral and emotional politics of their influence on others. Debates include the costs of caring both too much and too little, the connections between care and feelings, how care affects the self, and caring

leadership as collective responsibility. A key resource for scholars and practitioners in leadership and management, cultural studies, sociology and politics, this book offers an exciting, multi-disciplinary perspective on one of the most fascinating topics in contemporary leadership debates.

Spirituality and Childbirth Dec 01 2019 Highlighting aspects of birth often taken for granted, ignored or left silenced, this book questions the art and meaning of childbirth. Addressing spirituality in and around the start of life from a variety of thought-provoking perspectives, it examines the

apparent paradox of impersonal biomedical-technocratic systems operating alongside the meaningful experiences encountered by those involved. Themes covered include: Notions of holism and spirituality, culture, religion and spirituality
Childbirth significance at societal level
Spiritual care in maternity care provision
Birth environment, mood, space and place
Spiritual experience of all those involved, including health professionals
Spiritual experience when birth is complex and challenging
When birth and death are juxtaposed. Although there is considerable literature on spirituality at the end of life, this is the only book

that draws together a global and multidisciplinary selection of academic researchers and practitioners to reflect on spirituality at the start of life. Each chapter explores the relevant theoretical background and makes links to practice, using case studies from research and practice. The chapters conclude by discussing: how spiritual care is, and should be, provided in this context; what practice approaches are beneficial; cross-cultural perspectives; and future directions for research. It is an important read for all those interested in childbirth, maternity care, social science perspectives on health and illness, and spirituality.

All Joy and No Fun Aug 21
2021 Award-winning journalist Jennifer Senior tries to tackle the issue of the effects of children on their parents, isolating and analyzing the many ways in which children reshape their parents' lives, whether it's their marriages, their jobs, their habits, their hobbies, their friendships, or their internal senses of self. She argues that changes in the last half-century have radically altered the roles of today's mothers and fathers, making their mandates at once more complex and far less clear. Recruiting from a wide variety of sources - in history, sociology, economics, psychology, philosophy, and

anthropology - she dissects both the timeless strains of parenting and the ones that are brand new, and then brings her research to life in the homes of ordinary parents around the country. The result is an unforgettable series of family portraits, starting with parents of young children and progressing to parents of teens. Through lively and accessible storytelling, Senior follows these mothers and fathers as they wrestle with some of parenthood's deepest vexations - and luxuriate in some of its finest rewards. *All Joy and No Fun* makes us reconsider some of our culture's most basic beliefs about parenthood, all while illuminating the profound

ways children deepen and add purpose to our lives. All Joy and No Fun is original and essential reading for mothers and fathers of today - and tomorrow.

Paradox Oct 23 2021

Centuries of self-imposed isolation have transformed Nulapeiron into a world unlike any other - a world of vast subterranean cities maintained by extraordinary organic technologies. For the majority of its peoples, however such wonders have little meaning. Denied their democratic rights and restricted to the impoverished lower levels, they are subjected to the brutal law of the Logic Lords and the Oracles, supra-human beings

whose ability to truecast the future maintains the status quo. But all this is about to change. In a crowded marketplace a mysterious, beautiful woman is brutally cut down by a militia squad's graser fire. Amongst the horrified onlookers is young Tom Corcorigan. He recognizes her. Only the previous day she had presented him with a small, seemingly insignificant info-crystal. And only now, as the fire in the dying stranger's obsidian eyes fades, does he comprehend who - or what - she really was: a figure from legend, one of the fabled Pilots. What Tom has still to discover is that his crystal holds the key to understanding mu-space,

and so to freedom itself. He doesn't know it yet, but he has been given a destiny to fulfill - nothing less than the rewriting of his future, and that of his world... Spectacularly staged, thrillingly written and set in a visionary future, Paradox places John Meaney at the forefront of science fiction in this new century.

The Paradox of Generosity Mar 16 2021 Determining why, when, and to whom people feel compelled to be generous affords invaluable insight into positive and problematic ways of life. Organ donation, volunteering, and the funding of charities can all be illuminated by sociological and psychological perspectives on

how American adults conceive of and demonstrate generosity. Focusing not only on financial giving but on the many diverse forms generosity can take, Christian Smith and Hilary Davidson show the deep impact—usually good, sometimes destructive—that giving has on individuals. The Paradox of Generosity is the first study to make use of the cutting-edge empirical data collected in Smith's groundbreaking, multidisciplinary, five-year Science of Generosity Initiative. It draws on an extensive survey of 2,000 Americans, more than sixty in-depth interviews with individuals across twelve

states, and analysis of over 1,000 photographs and other visual materials. This wealth of evidence reveals a consistent link between demonstrating generosity and leading a better life: more generous people are happier, suffer fewer illnesses and injuries, live with a greater sense of purpose, and experience less depression. Smith and Davidson also show, however, that to achieve a better life a person must practice generosity regularly—random acts of kindness are not enough. Offering a wide range of vividly illustrative case studies, this volume will be a crucial resource for anyone seeking to understand the true impact and meaning of

generosity.

Patient Citizens, Immigrant Mothers Feb 24 2022

According to the Latina health paradox, Mexican immigrant women have less complicated pregnancies and more favorable birth outcomes than many other groups, in spite of socioeconomic disadvantage. Alyshia Gálvez provides an ethnographic examination of this paradox. What are the ways that Mexican immigrant women care for themselves during their pregnancies? How do they decide to leave behind some of the practices they bring with them on their pathways of migration in favor of biomedical approaches to pregnancy and childbirth? This

book takes us from inside the halls of a busy metropolitan hospital's public prenatal clinic to the Oaxaca and Puebla states in Mexico to look at the ways Mexican women manage their pregnancies. The mystery of the paradox lies perhaps not in the recipes Mexican-born women have for good perinatal health, but in the prenatal encounter in the United States. Patient Citizens, Immigrant Mothers is a migration story and a look at the ways that immigrants are received by our medical institutions and by our society

The Paradox of Hope May 30 2022 Grounded in intimate moments of family life in and out of hospitals, this book

explores the hope that inspires us to try to create lives worth living, even when no cure is in sight. The Paradox of Hope focuses on a group of African American families in a multicultural urban environment, many of them poor and all of them with children who have been diagnosed with serious chronic medical conditions. Cheryl Mattingly proposes a narrative phenomenology of practice as she explores case stories in this highly readable study. Depicting the multicultural urban hospital as a border zone where race, class, and chronic disease intersect, this theoretically innovative study illuminates communities of

care that span both clinic and family and shows how hope is created as an everyday reality amid trying circumstances. The Marriage Paradox Jul 08 2020 Marriage has been declared dead by many scholars and the media. Marriage rates are dropping, divorce rates remain high, and marriage no longer enjoys the prominence it once held. Especially among young adults, marriage may seem like a relic of a distant past. Yet young adults continue to report that marriage is important to them, and they may not be abandoning marriage, as many would assume. The Marriage Paradox explores both national U.S. data and a smaller sample

of emerging adults to find out how they really view marriage today. Interspersed with real stories and insight from emerging adults themselves, this book attempts to make sense of the increasingly paradoxical ways that young adults are thinking about marriage. The combination of national trends, statistical findings, and quotations from emerging adults makes for a deep exploration of why we see the marital trends of today, and why they may not actually represent emerging adults moving away from marriage. [The American Health Care Paradox](#) Nov 04 2022 Foreword by Harvey V. Fineberg, President of the Institute of

Medicine For decades, experts have puzzled over why the US spends more on health care but suffers poorer outcomes than other industrialized nations. Now Elizabeth H. Bradley and Lauren A. Taylor marshal extensive research, including a comparative study of health care data from thirty countries, and get to the root of this paradox: We've left out of our tally the most impactful expenditures countries make to improve the health of their populations-investments in social services. In [The American Health Care Paradox](#), Bradley and Taylor illuminate how narrow definitions of "health care," archaic divisions in the distribution of health and

social services, and our allergy to government programs combine to create needless suffering in individual lives, even as health care spending continues to soar. They show us how and why the US health care "system" developed as it did; examine the constraints on, and possibilities for, reform; and profile inspiring new initiatives from around the world. Offering a unique and clarifying perspective on the problems the Affordable Care Act won't solve, this book also points a new way forward. **Building a Better Delivery System** Aug 28 2019 In a joint effort between the National Academy of Engineering and the Institute of Medicine, this

books attempts to bridge the knowledge/awareness divide separating health care professionals from their potential partners in systems engineering and related disciplines. The goal of this partnership is to transform the U.S. health care sector from an underperforming conglomerate of independent entities (individual practitioners, small group practices, clinics, hospitals, pharmacies, community health centers et. al.) into a high performance "system" in which every participating unit recognizes its dependence and influence on every other unit. By providing both a framework and action plan for a systems approach to

health care delivery based on a partnership between engineers and health care professionals, Building a Better Delivery System describes opportunities and challenges to harness the power of systems-engineering tools, information technologies and complementary knowledge in social sciences, cognitive sciences and business/management to advance the U.S. health care system.

Treating AIDS Sep 09 2020
There is an inherently powerful and complex paradox underlying HIV/AIDS prevention—between the focus on collective advocacy mobilized to combat global HIV/AIDS and the staggeringly

disproportionate rates of HIV/AIDS in many places. In Treating AIDS, Thurka Sangaramoorthy examines the everyday practices of HIV/AIDS prevention in the United States from the perspective of AIDS experts and Haitian immigrants in South Florida. Although there is worldwide emphasis on the universality of HIV/AIDS as a social, political, economic, and biomedical problem, developments in HIV/AIDS prevention are rooted in and focused exclusively on disparities in HIV/AIDS morbidity and mortality framed through the rubric of race, ethnicity, and nationality. Everyone is at equal risk for contracting HIV/AIDS,

Sangaramoorthy notes, but the ways in which people experience and manage that risk—and the disease itself—is highly dependent on race, ethnic identity, sexuality, gender, immigration status, and other notions of “difference.” Sangaramoorthy documents in detail the work of AIDS prevention programs and their effect on the health and well-being of Haitians, a transnational community long plagued by the stigma of being stereotyped in public discourse as disease carriers. By tracing the ways in which public knowledge of AIDS prevention science circulates from sites of surveillance and regulation, to various clinics and hospitals, to

the social worlds embraced by this immigrant community, she ultimately demonstrates the ways in which AIDS prevention programs help to reinforce categories of individual and collective difference, and how they continue to sustain the persistent and pernicious idea of race and ethnicity as risk factors for the disease.

The Profit Paradox Dec 13 2020 "A book on why most things are more expensive or lower quality, and why we're all still working long hours for the same or lower wages. Does it ever seem like most things you buy are more expensive or not as good as they once were, or both? Does it ever seem odd that, despite having access to

much better communication and cheaper transportation, we're all working just as many hours and for the same wages as workers decades ago? Well, we now know you're not wrong to wonder about these things. In recent years, economists have been documenting how most of the gains from technology and globalization have been going to an increasingly concentrated number of huge businesses, at the expense of consumers and workers. Prices are higher and wages are lower. The reason is market power. One of the first to authoritatively document the rise of market power was Jan Eeckhout. In this book, he will explain for a general audience

how large firms have faced increasingly little competition, allowing them to charge higher prices than they otherwise could. And how we, as consumers, pay more for many goods and services-"everything from a bottle of beer to a flight to Houston to our grandmother's prosthetic hip." As a result, business profits have soared since 1980, and just a few "mega firms" dominate the marketplace. Eeckhout shows how the rise in market power has had radically negative effects on work and the lives of workers-trends that, if not reversed, may cause historical corrections in the form of wars and market collapse. Drawing on a wealth

of research and the stories of working people, The Profit Paradox will explain in clear language the rise of market power, how it could change the world further if left unaddressed, and how we can tackle the problem"--

Useful Delusions: The Power and Paradox of the Self-Deceiving Brain Apr 28 2022

From the New York Times best-selling author and host of Hidden Brain comes a thought-provoking look at the role of self-deception in human flourishing. Self-deception does terrible harm to us, to our communities, and to the planet. But if it is so bad for us, why is it ubiquitous? In Useful Delusions, Shankar Vedantam

and Bill Mesler argue that, paradoxically, self-deception can also play a vital role in our success and well-being. The lies we tell ourselves sustain our daily interactions with friends, lovers, and coworkers. They can explain why some people live longer than others, why some couples remain in love and others don't, why some nations hold together while others splinter. Filled with powerful personal stories and drawing on new insights in psychology, neuroscience, and philosophy, Useful Delusions offers a fascinating tour of what it really means to be human.

The Paradox of Choice Jan 26 2022 Whether we're buying a

pair of jeans, ordering a cup of coffee, selecting a long-distance carrier, applying to college, choosing a doctor, or setting up a 401(k), everyday decisions—both big and small—have become increasingly complex due to the overwhelming abundance of choice with which we are presented. As Americans, we assume that more choice means better options and greater satisfaction. But beware of excessive choice: choice overload can make you question the decisions you make before you even make them, it can set you up for unrealistically high expectations, and it can make you blame yourself for any and

all failures. In the long run, this can lead to decision-making paralysis, anxiety, and perpetual stress. And, in a culture that tells us that there is no excuse for falling short of perfection when your options are limitless, too much choice can lead to clinical depression. In *The Paradox of Choice*, Barry Schwartz explains at what point choice—the hallmark of individual freedom and self-determination that we so cherish—becomes detrimental to our psychological and emotional well-being. In accessible, engaging, and anecdotal prose, Schwartz shows how the dramatic explosion in choice—from the mundane to

the profound challenges of balancing career, family, and individual needs—has paradoxically become a problem instead of a solution. Schwartz also shows how our obsession with choice encourages us to seek that which makes us feel worse. By synthesizing current research in the social sciences, Schwartz makes the counter intuitive case that eliminating choices can greatly reduce the stress, anxiety, and busyness of our lives. He offers eleven practical steps on how to limit choices to a manageable number, have the discipline to focus on those that are important and ignore the rest, and ultimately derive greater satisfaction from the

choices you have to make. Strangers in Their Own Land Mar 04 2020 The National Book Award Finalist and New York Times bestseller that became a guide and balm for a country struggling to understand the election of Donald Trump "A generous but disconcerting look at the Tea Party. . . . This is a smart, respectful and compelling book." —Jason DeParle, The New York Times Book Review When Donald Trump won the 2016 presidential election, a bewildered nation turned to Strangers in Their Own Land to understand what Trump voters were thinking when they cast their ballots. Arlie Hochschild, one of the most influential

sociologists of her generation, had spent the preceding five years immersed in the community around Lake Charles, Louisiana, a Tea Party stronghold. As Jedediah Purdy put it in the New Republic, "Hochschild is fascinated by how people make sense of their lives. . . . [Her] attentive, detailed portraits . . . reveal a gulf between Hochschild's 'strangers in their own land' and a new elite." Already a favorite common read book in communities and on campuses across the country and called "humble and important" by David Brooks and "masterly" by Atul Gawande, Hochschild's book has been lauded by Noam Chomsky, New Orleans mayor

Mitch Landrieu, and countless others. The paperback edition features a new afterword by the author reflecting on the election of Donald Trump and the other events that have unfolded both in Louisiana and around the country since the hardcover edition was published, and also includes a readers' group guide at the back of the book.

The Power Paradox Sep 29 2019 A revolutionary rethinking of everything we know about power It shapes every interaction we have, whether we're trying to get a two-year-old to eat green vegetables or ask for a promotion at work. But how do we really gain power? And

what does it do to us? As renowned psychologist Dacher Keltner reveals, the new science of power shows that our Machiavellian view of status is wrong. Influence comes not to those who are ruthless, but to those with socially intelligence and empathy. Yet, ironically, the seductions of success lead us to lose those very qualities that

made us powerful in the first place. Keltner draws on fascinating case studies to illuminate this 'power paradox', revealing how it shapes not just companies and elections but everyday relationships. As his myth-busting research shows, power - and powerlessness - distorts our behaviour, affecting whether or not we

will have an affair, break the law, drive recklessly or find our purpose in life. In twenty original 'power principles', Keltner shows how we can retain power by maintaining a focus on others. By redefining power as the ability to do good, The Power Paradox turns everything we know about influence, status and inequality upside down.