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Ancient Civilizations of Africa - G. Mokhtar 1981-01-01

Deals with the period beginning at the close of the Neolithic era, from around the eighth millennium before our era. This period of some 9,000 years of history has been sub-divided into four major geographical zones, following the pattern of African historical research. Chapters 1 to 12 cover the corridor of the Nile, Egypt and Nubia. Chapters 13 to 16 relate to the Ethiopian highlands. Chapters 17 to 20 describe the part of Africa later called the Maghrib and its Saharan hinterland. Chapters 21 to 29, the rest of Africa as well as some of the islands of the Indian Ocean.-- Publisher's description

Contentious Curricula - Amy J. Binder 2009-01-10

This book compares two challenges made to American public school curricula in the 1980s and 1990s. It identifies striking similarities between proponents of Afrocentrism and creationism, accounts for their differential outcomes, and draws important conclusions for the study of culture, organizations, and social movements. Amy Binder gives a brief history of both movements and then describes how their challenges played out in seven school districts. Despite their very different constituencies--inner-city African American cultural essentialists and predominately white suburban Christian conservatives--Afrocentrists and creationists had much in common. Both made similar arguments about oppression and their children's well-being, both faced skepticism from educators about their factual claims, and both mounted their challenges through bureaucratic channels. In each case, challenged school systems were ultimately able to minimize or reject challengers' demands, but the process varied by case and type of challenge. Binder finds that Afrocentrists were more successful in advancing their cause than were creationists because they appeared to offer a solution to the real problem of urban school failure, met with more administrative sympathy toward their complaints of historic exclusion, sought to alter lower-prestige curricula (history, not science), and faced opponents who lacked a legal remedy comparable to the rule of church-state separation invoked by creationism's opponents. Binder's analysis yields several lessons for social movements research, suggesting that researchers need to pay greater attention to how movements seek to influence bureaucratic decision making, often from within. It also demonstrates the benefits of examining discursive, structural, and institutional factors in concert.

Black Lives & Brown Freedom: Untold Histories of War, Solidarity, & Genocide - Kirby Araullo 2018

"An African American soldier "beheaded" deep in the jungle, a volcano crater filled with hundreds of desperate refugees, and church bells tainted with horrific bloodshed in the howling wilderness... What went on in the islands of the Philippines between 1899 to 1913? "Black Lives & Brown Freedom: Untold Histories of War, Solidarity, & Genocide" vividly engages its readers with the almost forgotten experiences and bond between Filipinos and African Americans in the events surrounding the Philippine-American War"--Page [4] of cover.

Black Like Me - John Howard Griffin 2006-04-01

This American classic has been corrected from the original manuscripts and indexed, featuring historic photographs and an extensive biographical afterword.

African-Centered Education - Kmt G. Shockley 2020-07-31

This volume brings together leading scholars and practitioners to address the theory and practice of African-centered education. The contributors provide (1) perspectives on the history, methods, successes and challenges of African-centered education, (2) discussions of the efforts that are being made to counter the miseducation of Black children, and (3) prescriptions for—and analyses of—the way forward for Black children and Black communities. The authors argue that Black children need an education that moves them toward leading and taking agency within their own communities. They address several areas that capture the essence of what African-centered education is, how it works,

and why it is a critical imperative at this moment. Those areas include historical analyses of African-centered education; parental perspectives; strategies for working with Black children; African-centered culture, science and STEM; culturally responsive curriculum and instruction; and culturally responsive resources for teachers and school leaders.

The Black Sun - Stanton Marlan 2008-05-08

Also available in an open-access, full-text edition at <http://oaktrust.library.tamu.edu/handle/1969.1/86080> The black sun, an ages-old image of the darkness in individual lives and in life itself, has not been treated hospitably in the modern world. Modern psychology has seen darkness primarily as a negative force, something to move through and beyond, but it actually has an intrinsic importance to the human psyche. In this book, Jungian analyst Stanton Marlan reexamines the paradoxical image of the black sun and the meaning of darkness in Western culture. In the image of the black sun, Marlan finds the hint of a darkness that shines. He draws upon his clinical experiences—and on a wide range of literature and art, including Goethe's Faust, Dante's Inferno, the black art of Rothko and Reinhardt—to explore the influence of light and shadow on the fundamental structures of modern thought as well as the contemporary practice of analysis. He shows that the black sun accompanies not only the most negative of psychic experiences but also the most sublime, resonating with the mystical experience of negative theology, the Kabbalah, the Buddhist notions of the void, and the black light of the Sufi Mystics. An important contribution to the understanding of alchemical psychology, this book draws on a postmodern sensibility to develop an original understanding of the black sun. It offers insight into modernity, the act of imagination, and the work of analysis in understanding depression, trauma, and transformation of the soul. Marlan's original reflections help us to explore the unknown darkness conventionally called the Self. The image of Kali appearing in the color insert following page 44 is © Maitreya Bowen, reproduced with her permission, maitreyabowen@yahoo.com.

Jazzy Melanin - Carol Barnes 1993-01-01

The Future of Business - Rohit Talwar 2015-03-15

The Future of Business explores how the commercial world is being transformed by the complex interplay between social, economic and political shifts, disruptive ideas, bold strategies and breakthroughs in science and technology. Over 60 contributors from 21 countries explore how the business landscape will be reshaped by factors as diverse as the modification of the human brain and body, 3D printing, alternative energy sources, the reinvention of government, new business models, artificial intelligence, blockchain technology, and the potential emergence of the Star Trek economy.

Melanin, the Chemical Key to Black Greatness : the Harmful Effects of Toxic Drugs on Melanin Centers Within the Black Human - Carol Barnes 1988

An Historical Analysis of Skin Color Discrimination in America -

Ronald E. Hall 2010-03-10

Racism in America is most-commonly studied as white racism against minority groups (racial, gender, cultural). Often overlooked in this area of study is the discrimination that exists within minority groups. Through a detailed historical and sociological analysis, the author breaks down these pernicious, complex, and often misunderstood forms of skin color discrimination: their origins and their manifestations in modern world. Shedding new light on these sensitive issues, this volume will allow them to come to the forefront of academic research and open dialogue. This comprehensive work will include coverage of skin color discrimination within racial, ethnic, sexual, and gender minority groups, and their particular forms and consequences. An Historical Analysis of Skin Color will be an important work for researchers studying the Sociology of Race

and Racism, Gender Studies, LGBT Studies, Immigration, or Social Work.
When We Ruled - Robin Walker 2006

[From Atlantis to the Sphinx](#) - Colin Wilson 2004-07-01

In this compelling book, Colin Wilson argues that thousands of years before ancient Egypt and Greece held sway, there was a great civilization whose ships traveled the world from China to Antarctica. Their advanced knowledge of science, mathematics, and astronomy was passed on to descendants who escaped to Egypt and South America. From Atlantis to the Sphinx bases this assertion on a true fact: that archaeologists and geologists are at odds over the age of the Sphinx. Archaeologists claim that the Sphinx dates to classical dynastic Egypt, around 2,400 b.c. But some geologists claim that it could have been built as early as 7,000 to 10,500 b.c. The geologists' claim is based on the curious fact that the erosion of the Sphinx is more characteristic of water erosion than that of wind and sand. Starting from the assumption that there was an advanced civilization in existence much earlier than previously thought, Wilson goes on to claim that it could very well be Atlantis--not a literal island that sank, but more of a great civilization that either declined naturally or experienced a great catastrophe, passing on only a fraction of its knowledge to other peoples. From Atlantis to the Sphinx delves into what might have been a completely different knowledge system from that of modern man--one as alien to us as that of the Martians. The book sets out to reconstruct that ancient knowledge in a fascinating exploration of the remote depths of history, a ground-breaking attempt to understand how these long-forgotten peoples thought, felt, and communicated with the universe.

[When Doctors Kill](#) - Joshua A. Perper 2010-06-14

It would come as no surprise that many readers may be shocked and intrigued by the title of our book. Some (especially our medical colleagues) may wonder why it is even worthwhile to raise the issue of killing by doctors. Killing is clearly unethical to the Art and Science of Medicine, which is geared toward easing pain and suffering and to saving lives rather than smothering them. Doctors should be a source of comfort rather than a cause for alarm. Nevertheless, although they often don't want to admit it, doctors are people too. Physicians have the same genetic library of both endearing qualities and character defects as the rest of us but their vocation places them in a position to intimately interject themselves into the lives of other people. In most cases, fortunately, the positive traits are dominant and doctors do more good than harm. While physicists and mathematicians paved the road to the stars and deciphered the mysteries of the atom, they simultaneously unleashed destructive powers that may one day bring about the annihilation of our planet. Concurrently, doctors and allied scientists have delved into the deep secrets of the body and mind, mastering the anatomy and physiology of the human body, even mapping the very molecules that make us who we are. But make no mistake, a person is not simply an elegant biological machine to be marveled at then dissected.

[Cleaning Up Your Mental Mess](#) - Dr. Caroline Leaf 2021-03-02

Toxic thoughts, depression, anxiety--our mental mess is frequently aggravated by a chaotic world and sustained by an inability to manage our runaway thoughts. But we shouldn't settle into this mental mess as if it's just our new normal. There's hope and help available to us--and the road to healthier thoughts and peak happiness may actually be shorter than you think. Backed by clinical research and illustrated with compelling case studies, Dr. Caroline Leaf provides a scientifically proven five-step plan to find and eliminate the root of anxiety, depression, and intrusive thoughts in your life so you can experience dramatically improved mental and physical health. In just 21 days, you can start to clean up your mental mess and be on the road to wholeness, peace, and happiness.

AFURAKA/AFURAITKAIT - The Origin of the term 'Africa' -

Odwirafo Kwesi Ra Nehem Ptah Akhan

AFURAKA/AFURAITKAIT - The Origin of the term 'Africa' Numerous scholars over the centuries have attempted to delineate the etymological origins of the name Africa. However, they have failed because of a lack of understanding of Afurakani/Afuraitkaitnit (African) Ancestral Religion, cosmology and culture. Odwirafo Kwesi Ra Nehem Ptah Akhan is the first to elucidate and publish the actual etymological origins of the name Africa demonstrating the name to be derived linguistically and cosmologically from Afuraka/Afuraitkait - the original male and female aspects of the name. This includes showing the actual term written by our Afurakani/Afuraitkaitnit (African) Ancestresses and Ancestors in the medutu (hieroglyphs) of Ancient Kamit (Ancient Egypt) - a discovery

which heretofore had never been accomplished. Afuraka/Afuraitkait is an indigenous designation for the continent first propounded by Afurakanu/Afuraitkaitnut (Africans~Black People) prior to the existence of any other people on Earth. The myths put forward by Eurasians seeking to locate the origins of the name Africa outside of the continent of Afuraka/Afuraitkait (Africa) and in the Greek, Latin, Sanskrit, Arabic, Phoenician and other languages, have been shown in this article series to be a deliberate attempt by the non-Afurakanu/non-Afuraitkaitnut (non-Africans/non-Blacks) to misinform Afurakanu/Afuraitkaitnit (Africans~Black People) and dispossess us of our heritage and culture. This is nothing new. We have been and will continue to be at war - culturally, intellectually, spiritually and physically - with the whites and their offspring, their culture and their pseudo-religions (inclusive of all forms of Christianity, Islam, Judaism/Hebrewism, Hinduism, Buddhism, Taoism, pseudo-esotericism, etc.) until the whites and their offspring no longer exist in the world. We will always meet the challenge and will emerge triumphant on every level. The proper etymology of the term Africa was first given to us in the 12990s (1990s) by our Nananom Nsamanfo - Akan term for our Honored or Spiritually Cultivated Afurakani/Afuraitkaitnit (African) Ancestresses and Ancestors. It was our Nananom Nsamanfo who would also lead us to the tangible evidence supporting the etymological origins of the term in the languages, cultures and ritual practices of Afuraka/Afuraitkait (Africa) - inclusive of Ancient Kamit and Nubia (Nubia and Egypt). We would subsequently release our publication: KUKUU-TUNTUM The Ancestral Jurisdiction in 13002 (2002), wherein we defined the term Afuraka/Afuraitkait and its cosmological roots in the first section. The release of our article series in 13007-13008 was designed to provide a more detailed analysis of the nature and function of the name Afuraka/Afuraitkait (Africa) as it applies to Black People - and Black People only - and to expose the misinformation which continues to be propagated deliberately by the whites and their offspring, as well as by misinformed Afurakani/Afuraitkaitnit (African~Black) scholars, teachers, authors, etc. This four-part series is the first volume of a greater series. There are numerous manifestations of the term and name Afuraka/Afuraitkait (Africa) all over the continent and in the places we traveled after having migrated away from the continent thousands of years ago for the first time in our trustory. This is an attestation to the ancient spiritual roots of the name Afuraka/Afuraitkait. The information can and will fill many volumes. This is a never-ending project. ©Copyright by Odwirafo Kwesi Ra Nehem Ptah Akhan, 13007, 13008, 13011, 13014 (2007, 2008, 2011, 2014). All rights reserved. www.odwirafo.com

Maat Magick - Nema 1995-01-15

Progressing from Thelemic Magick, Maat Magick transforms the ashes and rubble of the destruction caused by the old formula of the Dying God into a new world society. These rituals are designed for the individual, but can be adapted for group work. Introduction by Kenneth Grant, foreword by Jan Fries. Includes "Liber Pennae Praenumbra," a document received by Nema while in a visionary trance. Glossary. Bibliography. Index.

African Origin of Biological Psychiatry - Dr Richard D King
2012-03-01

[The Melanin Apocalypse](#) - Darrell Bain 2008

A man-made virus is killing all the blacks in the world. The African continent is devolving into complete chaos. Blacks in America begin rioting and killing Whites. Israel and the Arab states go to war again. The oil fields of the Middle East and Africa are up for grabs... The Center for Disease Control in Atlanta provides the only possible bulwark against the whole world falling into anarchy. Unfortunately, the CDC comes under attack by mobs of angry, sick and dying blacks while scientists inside search desperately for a cure. "Darrell Bain has given us another winner. The science fiction community is lucky to have him. I say read this book." -- Travis S. "Doc" Taylor, author of The Tau Ceti Agenda

[Race, Class, Gender, and Immigrant Identities in Education](#) - Adrienne Wynn 2021-10-11

This volume addresses the underlying intersections of race, class, and gender on immigrant girls' experiences living in the US. It examines the impact of acculturation and assimilation on Ethiopian girls' academic achievement, self-identity, and perception of beauty. The authors employ Critical Race Theory, Critical Race Feminism, and Afrocentricity to situate the study and unpack the narratives shared by these newcomers as they navigate social contexts rife with racism, xenophobia, and other forms of oppression. Lastly, the authors examine the implications of Ethiopian immigrant identities and experiences within multicultural

education, policy development, and society.

Black Men, Intergenerational Colonialism, and Behavioral Health

- Donald E. Grant Jr. 2019-10-01

This book provides an in-depth historical exploration of the risk and protective factors that generate disproportionality in the psychological wellness, somatic health, and general safety of Black men in four industrialized Euronormative nations. It provides a detailed analysis of how nationalism, globalism, colonialism, and imperialism have facilitated practices, philosophies, and policies to support the development and maintenance of inter-generational systems of oppression for Black men and boys. The text juxtaposes empirically-supported constructs like historical trauma and epigenetics with current outcomes for Black men in the US, the UK, France and Canada. It details how contemporary institutions, practices, and policies (such as psychological testing, the school to prison pipeline, and over-incarceration) are reiterations of historic ones (such as convict leasing, debt peonage, and the Jim Crow laws). The text uses paleontological, archaeological, and anthropological research to cover over 200,000 years of history. It closes with strength-based paradigms aimed to dismantle oppressive structures, support the post-traumatic growth of Black men and boys, and enhance the systems and practitioners that serve them.

America B.C. - Barry Fell 1989

Druids in Vermont? Phoenicians in Iowa? These are just a few of the interesting bits of information contained in this volume of American pre-history. This groundbreaking work shatters many of the myths of America centuries ago.

Antisemitism - F. Schweitzer 2003-05-29

In this provocative book, Marvin Perry and Frederick M. Schweitzer analyze the lies, misperceptions, and myths about Jews and Judaism that anti-semites have propagated throughout the centuries. Beginning with antiquity, and continuing into the present day, the authors explore the irrational fabrications that have led to numerous acts of violence and hatred against Jews. The book examines ancient and medieval myths central to the history of anti-semitism: Jews as 'Christ-killers', instruments of Satan, and ritual murderers of Christian children. It also explores the scapegoating of Jews in the modern world as conspirators bent on world domination; extortionists who manufactured the Holocaust as a hoax designed to gain reparation payments from Germany; and the leaders of the slave trade that put Africa in chains. No other book has focused its attention exclusively on a thematic discussion of historic and contemporary anti-semitic myths, covering such an expansive scope of time, and allowing for such a painstaking level of exemplification. Anti-semitism is an essential book that will serve as a corrective to bigotry, stereotype, and historical distortion.

African Holistic Health - Llaila O. Afrika 1990

Nutricide - Llaila O Afrika 2013-05-28

A pioneer work in the field of health, Nutricide gives bold insights into holistic health and clearly is a brilliant fire for African nutritional liberation. Book jacket.

Learning and Behavior - Paul Chance 2013-03-01

LEARNING AND BEHAVIOR, Seventh Edition, is stimulating and filled with high-interest queries and examples. Based on the theme that learning is a biological mechanism that aids survival, this book embraces a scientific approach to behavior but is written in clear, engaging, and easy-to-understand language. Available with InfoTrac Student Collections <http://goengage.com/infotrac>. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

Black Bodies, White Gazes - George Yancy 2016-11-02

Following the deaths of Trayvon Martin and other black youths in recent years, students on campuses across America have joined professors and activists in calling for justice and increased awareness that Black Lives Matter. In this second edition of his trenchant and provocative book, George Yancy offers students the theoretical framework they crave for understanding the violence perpetrated against the Black body. Drawing from the lives of Ossie Davis, Frantz Fanon, Malcolm X, and W. E. B. Du Bois, as well as his own experience, and fully updated to account for what has transpired since the rise of the Black Lives Matter movement, Yancy provides an invaluable resource for students and teachers of courses in African American Studies, African American History, Philosophy of Race, and anyone else who wishes to examine what it means to be Black in America.

A Guide to Obesity and the Metabolic Syndrome - George A. Bray 2011-03-28

In the historical record there is abundant evidence that obesity was a medical and health concern as long as medicine has been practiced. The idea of diet and exercise are bulwarks in the fight against obesity in history from the time of Hippocrates to the 16th century—a span of 2,000 years. However, our scientific understanding of this problem is only a little over 200 years old. An examination of the root cause of what many consider the obesity epidemic, *A Guide to Obesity and the Metabolic Syndrome* traces the origins and types of obesity and its treatment. Examining in detail the developing treatment for obesity, this book provides: A history of obesity, including treatment, proposed causes, and perceptions An examination of the causes and problems associated with obesity A discussion of lifestyle, diet, exercise, and treatment strategies A detailed look at the medications and surgeries available for obesity The fact that we have an epidemic of obesity today that is covering the globe suggests that the strategically simple ideas of eating less and exercising more, ideas that require commitment and personal involvement by the individual, have not been very successful. As we move forward in trying to understand this problem, we need to be alert to strategies and tactics that may not require individual motivation and commitment—history has shown that they do not work well. This book supplies guidance on developing and designing novel strategic interventions against obesity and metabolic disorders.

Race and Membership in American History - Alan Stoskopf 2002

Focuses on a time in the early 1900's when many people believed that some "races", classes and individuals were superior to others. A new branch of scientific inquiry known as Eugenics was used to justify these prejudices and advocate programs and policies aimed at solving the nation's problems by ridding society of "inferior racial traits".

Milady Standard Esthetics: Fundamentals - Milady 2012-02-24

Milady Standard Esthetics Fundamentals, 11th edition, is the essential source for basic esthetics training. This new edition builds upon Milady's strong tradition of providing students and instructors with the best beauty and wellness education tools for their future. The rapidly expanding field of esthetics has taken a dramatic leap forward in the past decade, and this up-to-date text plays a critical role in creating a strong foundation for the esthetics student. Focusing on introductory topics, including history and opportunities in skin care, anatomy and physiology, and infection control and disorders, it lays the groundwork for the future professional to build their knowledge. The reader can then explore the practical skills of a skin care professional, introducing them to the treatment environment, basic facial treatments, hair removal, and the technology likely to be performed in the salon or spa setting. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

If the Universe Is Teeming with Aliens ... WHERE IS EVERYBODY? - Stephen Webb 2002-10-04

In a 1950 conversation at Los Alamos, four world-class scientists generally agreed, given the size of the Universe, that advanced extraterrestrial civilizations must be present. But one of the four, Enrico Fermi, asked, "If these civilizations do exist, where is everybody?" Given the fact that there are perhaps 400 million stars in our Galaxy alone, and perhaps 400 million galaxies in the Universe, it stands to reason that somewhere out there, in the 14 billion-year-old cosmos, there is or once was a civilization at least as advanced as our own. Webb discusses in detail the 50 most cogent and intriguing solutions to Fermi's famous paradox.

The Gastro-Archeologist - Jeremy Woodward 2021-02-03

In order to understand common conditions such as coeliac disease and Crohn's disease, one must view the gut in its evolutionary context. This is the novel approach to the gut and its diseases that is adopted in this book. The first part tells the story of the evolution of the gut itself - why it came about and how it has influenced the evolution of animals ever since. The second part focuses on the evolution of immunity and how the layers of immune mechanisms are retained in the gut, resembling the strata revealed in an archeological dig. The final part, 'The Gastro-Archeologist', ties the first two together and highlights how understanding the gut and immune system in their evolutionary context can help us understand diseases affecting them. Ambitious in its scope but telling a unique story from a refreshingly novel perspective, the book offers an informative and enjoyable read. As the story of the gut, immunity and disease unfolds, the author aims to endow readers with the same sense of awe and excitement that the subject evokes in him. Difficult concepts are illustrated using simple and colourful analogies, and the main content is supplemented with anecdotes and unusual and amusing facts throughout the book. The book is intended for anyone with

an interest in the gut, its immunity and diseases, ranging from school and college biology and biomedical students, to professionals working in the field, and to patients suffering from intestinal diseases who want to understand more about their conditions.

What is (Qatum) Melanin Physics? - Neb Heru 2011-08-17

Learn now about the Quantum Physics of Melanin! Learn now, about activating your Supreme Neuro-Melanin, and how to activate and Open your "Black Dot" Pineal Gland and keep it open! Learn how to activate your DNA records for Ultimate success and happiness! Learn about the Infinite Powers of your "Subconscious" Minds as Qatum(Melaninite)People. Know that "You" hold the Master Key to the Universe(Multiverse) Infinte and boundless, thus you hold the "Key" to your Destiny it's all within your "MELANIN"!

The Art of Being Human - Michael Wesch 2018-08-07

Anthropology is the study of all humans in all times in all places. But it is so much more than that. "Anthropology requires strength, valor, and courage," Nancy Scheper-Hughes noted. "Pierre Bourdieu called anthropology a combat sport, an extreme sport as well as a tough and rigorous discipline. ... It teaches students not to be afraid of getting one's hands dirty, to get down in the dirt, and to commit yourself, body and mind. Susan Sontag called anthropology a "heroic" profession." What is the payoff for this heroic journey? You will find ideas that can carry you across rivers of doubt and over mountains of fear to find the the light and life of places forgotten. Real anthropology cannot be contained in a book. You have to go out and feel the world's jagged edges, wipe its dust from your brow, and at times, leave your blood in its soil. In this unique book, Dr. Michael Wesch shares many of his own adventures of being an anthropologist and what the science of human beings can tell us about the art of being human. This special first draft edition is a loose framework for more and more complete future chapters and writings. It serves as a companion to anth101.com, a free and open resource for instructors of cultural anthropology. This 2018 text is a revision of the "first draft edition" from 2017 and includes 7 new chapters.

Religion of White Rage - Finley Stephen C. Finley 2020-09-21

Critically analyses the historical, cultural and political dimensions of white religious rage in America, past and present This book sheds light on the phenomenon of white rage, and maps out the uneasy relationship between white anxiety, religious fervour, American identity and perceived black racial progress. Contributors to the volume examine the sociological construct of the "e;white labourer"e;, whose concerns and beliefs can be understood as religious in foundation, and uncover that white religious fervor correlates to notions of perceived white loss and perceived black progress. In discussions ranging from the Constitution to the Charlottesville riots to the evangelical community's uncritical support for Trump, the authors of this collection argue that it is not economics but religion and race that stand as the primary motivating factors for the rise of white rage and white supremacist sentiment in the United States. Color and Colorimetry. Multidisciplinary Contributions - Maurizio Rossi 2012

The Rebirth of African Civilization - Chancellor 1893-1992 Williams 2021-09-09

This work has been selected by scholars as being culturally important and is part of the knowledge base of civilization as we know it. This work is in the public domain in the United States of America, and possibly other nations. Within the United States, you may freely copy and distribute this work, as no entity (individual or corporate) has a copyright on the body of the work. Scholars believe, and we concur, that this work is important enough to be preserved, reproduced, and made generally available to the public. To ensure a quality reading experience, this work has been proofread and republished using a format that seamlessly blends the original graphical elements with text in an easy-to-read typeface. We appreciate your support of the preservation process, and thank you for being an important part of keeping this knowledge alive and relevant.

The Millionaire Fastlane - MJ DeMarco 2011-01-04

10TH ANNIVERSARY EDITION Is the financial plan of mediocrity -- a dream-stealing, soul-sucking dogma known as "The Slowlane" your plan for creating wealth? You know how it goes; it sounds a lil something like this: "Go to school, get a good job, save 10% of your paycheck, buy a used car, cancel the movie channels, quit drinking expensive Starbucks mocha lattes, save and penny-pinch your life away, trust your life-savings to the stock market, and one day, when you are oh, say, 65 years old, you can retire rich." The mainstream financial gurus have sold you blindly down the river to a great financial gamble: You've been hoodwinked to

believe that wealth can be created by recklessly trusting in the uncontrollable and unpredictable markets: the housing market, the stock market, and the job market. This impotent financial gamble dubiously promises wealth in a wheelchair -- sacrifice your adult life for a financial plan that reaps dividends in the twilight of life. Accept the Slowlane as your blueprint for wealth and your financial future will blow carelessly asunder on a sailboat of HOPE: HOPE you can find a job and keep it, HOPE the stock market doesn't tank, HOPE the economy rebounds, HOPE, HOPE, and HOPE. Do you really want HOPE to be the centerpiece for your family's financial plan? Drive the Slowlane road and you will find your life deteriorate into a miserable exhibition about what you cannot do, versus what you can. For those who don't want a lifetime subscription to "settle-for-less" and a slight chance of elderly riches, there is an alternative; an expressway to extraordinary wealth that can burn a trail to financial independence faster than any road out there. Why jobs, 401(k)s, mutual funds, and 40-years of mindless frugality will never make you rich young. Why most entrepreneurs fail and how to immediately put the odds in your favor. The real law of wealth: Leverage this and wealth has no choice but to be magnetized to you. The leading cause of poorness: Change this and you change everything. How the rich really get rich - and no, it has nothing to do with a paycheck or a 401K match. Why the guru's grand deity - compound interest - is an impotent wealth accelerator. Why the guru myth of "do what you love" will most likely keep you poor, not rich. And 250+ more poverty busting distinctions... Demand the Fastlane, an alternative road-to-wealth; one that actually ignites dreams and creates millionaires young, not old. Change lanes and find your explosive wealth accelerator. Hit the Fastlane, crack the code to wealth, and find out how to live rich for a lifetime.

Post Traumatic Slave Syndrome - Joy a Degruy 2017-09-11

In the 16th century, the beginning of African enslavement in the Americas until the ratification of the Thirteenth Amendment and emancipation in 1865, Africans were hunted like animals, captured, sold, tortured, and raped. They experienced the worst kind of physical, emotional, psychological, and spiritual abuse. Given such history, isn't it likely that many of the enslaved were severely traumatized? And did the trauma and the effects of such horrific abuse end with the abolition of slavery? Emancipation was followed by one hundred more years of institutionalized subjugation through the enactment of Black Codes and Jim Crow laws, peonage, convict leasing, domestic terrorism and lynching. Today the violations continue, and when combined with the crimes of the past, they result in yet unmeasured injury. What do repeated traumas, endured generation after generation by a people produce? What impact have these ordeals had on African Americans today? Dr. Joy DeGruy, answers these questions and more. With over thirty years of practical experience as a professional in the mental health field, Dr. DeGruy encourages African Americans to view their attitudes, assumptions, and behaviors through the lens of history and so gain a greater understanding of how centuries of slavery and oppression have impacted people of African descent in America. Post Traumatic Slave Syndrome helps to lay the necessary foundation to ensure the well-being and sustained health of future generations and provides a rare glimpse into the evolution of society's beliefs, feelings, attitudes and behavior concerning race in America.

"Race" and Racism - R. Perry 2007-10-15

'Race' and Racism examines the origins and development of racism in North America. It addresses the inception and persistence of the concept of 'race' and discusses the biology of human variance, addressing the fossil record of human evolution, the relationship between creationism and science, population genetics, 'race'-based medicine, and other related issues. The book explores the diverse ways in which people in a variety of cultures have perceived, categorized, and defined one another without reference to any concept of 'race.' It follows the history of American racism through slavery, the perceptions and treatment of Native Americans, Jim Crow laws, attitudes toward Irish and Southern European immigrants, the internment of Japanese Americans during World War II, the civil rights era, and numerous other topics.

Melanin: - Richard D. King 2012-03-03

A Study of ancient African history reveals an early African definition of the human Melanin System as a whole body Black Melanin System that serves as the eye of the soul to produce inner vision, true spiritual consciousness, creative genius, beatific vision, to become Godlike, and to have conversation with the immortals (Ancestors). The purpose of ancient African education was to provide knowledge and development of the will of the student that allowed salvation (freedom) of the soul from

