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The Minor Arts of Daily Life is an account of the many ways in which contemporary Taiwanese approach their ordinary existence and activities. It presents a wide range of aspects of day-to-day living to convey something of the world as experienced by the Taiwanese themselves. Contributors: Alice Chu, Chien-Juh Gu, David K. Jordan, Paul R. Katz, Chin-Ju Lin, Andrew D. Morris, Marc L. Moskowitz, Scott Simon, Shuenn-Der Yu. This thorough exploration of the aspects of everyday life in China during the Tang Dynasty (618-907) provides fascinating insight into a culture and time that is often misunderstood, especially by those from western cultures. Here students will find the details of what life was really like for these people. How was their society structured? How did they entertain themselves? What sorts of food did they eat? The answers to these and other questions are provided in full detail to bring this golden age of Chinese culture alive for the modern reader. Annotation. Covering the three centuries of the Tang dynasty (618-907), Benn (U. of Hawai'i) discusses the material and cultural existence of daily living in China. Because the only written material available from those times were authored by members of the nobility, the material is naturally lacking in descriptions of peasants, merchants, artisans, and slaves, instead focusing on intellectuals, clergy, and patricians. Separate chapters are devoted to cities and urban life, houses and gardens, clothes and hygiene, food, leisure and entertainment, travel and transportation, crime and punishment, health, and death and the afterlife. B & w illustrations dot the text, demonstrating what many of the artifacts and processes discussed looked like. This volume is a fully annotated translation of an early nineteenth-century encyclopedia, the Kyuhap ch'ongs? (The Encyclopedia of Daily Life). Written by Lady Yi (1759–1824) as a household management aid for her daughters and daughters-in-law, the work is a treasure trove of information on how women of higher status in the late Chos?n (1392–1910) ran their households and conducted their daily lives. The encyclopedia opens with lengthy sections on making beverages and brewing a wide array of liquors (as well as remedies for the overconsumption of alcohol) and contains dozens of recipes for dishes ranging from numerous types of kimch'i to confections and rice cakes. The second part of the translation concerns prenatal care, childbirth, childrearing, and first aid for a large number of afflictions and medical conditions. An extensive introduction will help readers understand the times in which Lady Yi wrote her encyclopedia and the influences that fostered her love of scholarship. The work demonstrates the full sweep of her authority in the domestic sphere and the many aspects of day-to-day life that women needed to prepare for and manage. Her mastery of East Asian cosmology comes across clearly in her use of this knowledge to account for the workings of the world, the processes required to take care of one's body, and

interactions between humans and the natural world. The Encyclopedia of Daily Life will be an important reference for those studying medicine, botany, and the preparation of foodstuffs in premodern East Asian societies. It will also be a valuable linguistic reference to the Korean language during the late Chosŏn. This book highlights the importance of chemistry in human well-being by introducing the readers to the basic usefulness of chemistry in everyday life. Chemistry has helped in creating valuable products that have transformed the lifestyle of people. Since we spend lots of money in buying our daily requirements, there is a need for us to understand the benefits and hazards of using consumer products which contain chemicals. In this context, this book will help readers to make reasoned choices and intelligent decisions in buying consumer products which contain chemicals. This text is divided into seventeen chapters devoted to the basic necessities of life like food, shelter, clothing, healthcare, and energy and consumer products. Topics on chemistry in environment, crime, warfare, arts, conservation, communications and transportation are also highlighted in individual chapters. All these topics are discussed with regard to the needs of modern society. In this third edition, the various chapters have been updated with current information keeping the language simple and friendly. Critical thinking exercises and questions have been included. The style of questions included in the book is to meet the requirement of various competitive examinations such as Indian Civil Services and entrance examinations in medicine and engineering.

Explore the social and material culture of ancient Palestine during the era of the biblical New Testament. Who was the messiah prophesied by the Jews? What were the rites of passage in pre-messianic Judaism? How did the rituals, parables, holidays, and labor practices mentioned in the New Testament relate to the daily life of the average citizen of the day? This lively volume explores the social history of ancient Palestine at the crossroads of the Eastern Mediterranean world, and the emergence of major monotheistic faiths during the time of Christ and the early centuries of the Common era. Narrative chapter topics include pre-Messianic Judaism; political and religious groups ; peasant life and agriculture; Roman occupation; work and labor; and Greek, Latin, and Persian influences. For centuries, scholars have wondered what daily life was like for the common people of Japan, especially for long bygone eras such as the ancient age (700–1150). Using the discipline of historical demography, William Wayne Farris shows that for most of this era, Japan's overall population hardly grew at all, hovering around six million for almost five hundred years. The reasons for the stable population were complex. Most importantly, Japan was caught up in an East Asian pandemic that killed both aristocrat and commoner in countless numbers every generation. These epidemics of smallpox, measles, mumps, and dysentery decimated the adult population, resulting in wide-ranging social and economic turmoil. Famine recurred about once every three years, leaving large proportions of the populace malnourished or dead. Ecological degradation of central Japan led to an increased incidence of drought and soil erosion. And war led soldiers to murder innocent bystanders in droves. Under these harsh

conditions, agriculture suffered from high rates of field abandonment and poor technological development. Both farming and industry shifted increasingly to labor-saving technologies. With workers at a premium, wages rose. Traders shifted from the use of money to barter. Cities disappeared. The family was an amorphous entity, with women holding high status in a labor-short economy. Broken families and an appallingly high rate of infant mortality were also part of kinship patterns. The average family lived in a cold, drafty dwelling susceptible to fire, wore clothing made of scratchy hemp, consumed meals just barely adequate in the best of times, and suffered from a lack of sanitary conditions that increased the likelihood of disease outbreak. While life was harsh for almost all people from 700 to 1150, these experiences represented investments in human capital that would bear fruit during the medieval epoch (1150–1600). "This unflinching novel chronicles a woman's relationship with a violent man in a way that brings fresh insight to the subject . . . engaging and uplifting." —O, The Oprah Magazine From the Booker Prize-winning author of *Paddy Clarke Ha Ha Ha*, the heartrending story of a brave and tenacious housewife Paula Spencer is a thirty-nine-year-old working-class woman struggling to reclaim her dignity after marriage to an abusive husband and a worsening drinking problem. Paula recalls her contented childhood, the audacity she learned as a teenager, the exhilaration of her romance with Charlo, and the marriage to him that left her feeling powerless. Capturing both her vulnerability and her strength, Roddy Doyle gives Paula a voice that is real and unforgettable.

Describes various aspects of life in eighteenth-century England, discussing politics, class and race, family, housing, clothing, work and wages, education, food and drink, behavior, hygiene, and other topics. In her award-winning examination of the nature of war, *A Chorus of Stones*, critically acclaimed author and feminist Susan Griffin showed new ways of thinking about society and war, about private and public lives. In *The Eros of Everyday Life*, she once again takes readers on a startling journey, showing the profound connections between religion and philosophy, science and nature, Western thought and the role of women, and the supremacy of abstract thought over the forces of life. Featuring the brilliant original title essay that is nothing less than an intellectual and emotional exploration of the nature of Western society itself, as well as Susan Griffin's best previously published essays of the past decade, *The Eros of Everyday Life* combines the beautiful lyricism and sensibility of a poet with the intellectual rigor of one of the finest and most original minds writing today. A historical exploration of events and daily life in Istanbul in both ancient and modern times. This book employs textual and archaeological material to reconstruct the various features of daily life in ancient China. During the 1920s and 1930s, changes in the American population, increasing urbanization, and innovations in technology exerted major influences on the daily lives of ordinary people. Explore how everyday living changed during these years when use of automobiles and home electrification first became commonplace, when radio emerged, and when cinema, with the addition of sound, became broadly popular. Find out how worklife, domestic life, and leisure-time

activities were affected by these factors as well as by the politics of the time. Details of matters such as the creation of the pickup truck, the development of radio programming, and the first mass use of cosmetics provide an enjoyable read that brings the period clearly into focus. Centering its attention on the broad masses of the population, this animated reference resource emphasizes the wide variety of experiences of people living through The Roaring Twenties and The Great Depression. Readers will be surprised to discover that some of the assumptions we have about the lives of average Americans during these eras are historically inaccurate. A final chapter provides a unique look at six American communities and gives a vivid sense of the diversity of American experience over the course of these tumultuous years.

Henri Lefebvre's magnum opus: a monumental exploration of contemporary society. Henri Lefebvre's three-volume *Critique of Everyday Life* is perhaps the richest, most prescient work by one of the twentieth century's greatest philosophers. Written at the birth of post-war consumerism, the *Critique* was a philosophical inspiration for the 1968 student revolution in France and is considered to be the founding text of all that we know as cultural studies, as well as a major influence on the fields of contemporary philosophy, geography, sociology, architecture, political theory and urbanism. A work of enormous range and subtlety, Lefebvre takes as his starting-point and guide the "trivial" details of quotidian experience: an experience colonized by the commodity, shadowed by inauthenticity, yet one which remains the only source of resistance and change. This is an enduringly radical text, untimely today only in its intransigence and optimism.

Ki In Daily Life is a Japan Publications publication. The first full-length book by and about one of the most important performance artists working today, this collection brings together a 'best of' selection of the myriad articles written about Baker's work by various writers and academics including Marina Warner and Griselda Pollock. This book introduces readers to lived experience in the Late Roman Empire, from c.250-600 CE.

Psychology and the Conduct of Everyday Life moves psychological theory and research practice out of the laboratory and into the everyday world. Drawing on recent developments across the social and human sciences, it examines how people live as active subjects within the contexts of their everyday lives, using this as an analytical basis for understanding the dilemmas and contradictions people face in contemporary society. Early chapters gather the latest empirical research to explore the significance of context as a cross-disciplinary critical tool; they include a study of homeless M?ori men reaffirming their cultural identity via gardening, and a look at how the dilemmas faced by children in difficult situations can provide insights into social conflict at school. Later chapters examine the interplay between everyday life around the world and contemporary global phenomena such as the rise of the debt economy, the hegemony of the labor market, and the increased reliance on digital technology in educational settings. The book concludes with a consideration of how social psychology can deepen our understanding of how we conduct our lives, and offer possibilities for collective work on the resolution of social conflict. While trillions of

dollars came and went in the stock market boom of the 1990s, the image of "every man and woman a CEO" may turn out to be the era's lasting legacy. Business news, once reserved to specialized papers or sections of the larger news of the day, came to the forefront in cable television and in cultural images of how ordinary people, through the internet and other avenues could not only master their financial life, but move money and equity around with the ease of a financial titan.

Financialization of Daily Life looks at how this transformation occurred, and how it is just now becoming a significant, and troubling, aspect of our political and cultural life. Randy Martin takes us through all of the aspects of our "financialization." He examines how the shift in economic life arose not only from changes in culture, but also from new policy priorities that emphasize controlling inflation over promoting growth. He offers a close reading of self-help literature that teaches parents how to rear financially literate children and to instruct adults in the fundamentals of fiscal management. He examines just what a society that treats financial investment as a national past time really looks like, and how that society is transforming the world. In a country rocked by scandals in accounting and banking, the identification ordinary citizens make with, and the risk with which they engage in, the stock market calls into question the very basis of our economic system. Randy Martin spells out in clear terms the implications our financial doings—and undoing—have for the way we organize our lives, and, especially, our money. A revolutionary reexamination of trauma's role in the life journey, opening the door to growth and healing Trauma does not just happen to a few unlucky people; it is the bedrock of our psychology. Death and illness touch us all, but even the everyday sufferings of loneliness and fear are traumatic. In *The Trauma of Everyday Life* renowned psychiatrist and author of *Thoughts Without a Thinker* Mark Epstein uncovers the transformational potential of trauma, revealing how it can be used for the mind's own development. Western psychology teaches that if we understand the cause of trauma, we might move past it while many drawn to Eastern practices see meditation as a means of rising above, or distancing themselves from, their most difficult emotions. Both, Epstein argues, fail to recognize that trauma is an indivisible part of life and can be used as a lever for growth and an ever deeper understanding of change. When we regard trauma with this perspective, understanding that suffering is universal and without logic, our pain connects us to the world on a more fundamental level. The way out of pain is through it. Epstein's discovery begins in his analysis of the life of Buddha, looking to how the death of his mother informed his path and teachings. The Buddha's spiritual journey can be read as an expression of primitive agony grounded in childhood trauma. Yet the Buddha's story is only one of many in *The Trauma of Everyday Life*. Here, Epstein looks to his own experience, that of his patients, and of the many fellow sojourners and teachers he encounters as a psychiatrist and Buddhist. They are alike only in that they share in trauma, large and small, as all of us do. Epstein finds throughout that trauma, if it doesn't destroy us, wakes us up to both our minds' own capacity and to the suffering of others. It makes us more human, caring, and wise. It can be our greatest teacher, our

freedom itself, and it is available to all of us. Check out Epstein's latest book, *Advice Not Given: A Guide to Getting Over Yourself*. *Discernment: Reading the Signs of Daily Life* features the wisdom that spiritual leader and counselor Henri J. M. Nouwen brought to the essential question asked by every Christian and seeker: What should I do with my life? Nouwen emphasizes listening to the Word of God—in our hearts, in the Bible, in the community of faith, and in the voice of the poor as a way to discern God's plan. Although the late Henri J. M. Nouwen counseled many people during his lifetime, his principles of discernment were never collected into a single volume. Now, in association with the Nouwen Legacy Trust, Michael Christensen—one of Nouwen's longtime students—and Rebecca Laird have taken his coursework, journals, and unpublished writings to create this and other books in the series exploring God's will for your life. *Why do we choose specific modes of transport and what are the perceived rationalities for our choice? How are different theoretical concepts within mobility research actually perceived and lived in everyday life? At this book's core is a conceptual and empirical contribution to critical mobility research. It focuses on the tension between freedom and unfreedom, articulated through the dichotomy between individuality and community, as well as critical perspectives on the multitude of unintended consequences of mobility. In a range of everyday life narratives, this tension is analyzed through the concept of 'structural stories'. In teasing out the ambivalences of late modern everyday life, Malene Freudendal-Pedersen exposes how mobility both generates and helps to overcome and live with these ambivalences. My Daily Life is the follow-up title, and natural complement to Father Paone's indispensable My Daily Bread. While the latter focused on the interior life, My Daily Life focuses on the exterior life, offering practical advice on daily living and getting to the heart of human nature. This powerful little volume will help you navigate a world that is -no paradise, neither...an utter hell.- My Daily Life offers sound advice on a host of daily struggles, including: - How to strive for earthly fulfillment within the bounds of reason, reality, and morality (p. 12) - How to overcome our insecurity in a world that we cannot control (p. 59) - How to achieve self-possession by controlling undue anger (p. 87) - How to face life with a realistic outlook and avoid being overly emotional (p. 122) - How the theological virtue of hope can benefit us in our earthly goals as well (p. 273) - And much more... Father Paone presents the readings in - bite-sized- portions that make it easy to maintain a daily devotional schedule. This convenient, palm-sized book is overflowing with common sense, compassion, and holiness. The passages in the book will help transform belief into realization, and theory into practice. My Daily Life is an essential and relatively unknown part of the canon of great Catholic literature. My Daily Life is a practical guide that will help you to persevere in the holy resolutions which you make at the time of confession, Holy Communion, missions, retreats, or any moment of grace. A portion of proceeds from every purchase of this Confraternity of the Precious Blood title go directly to The Sisters Adorers of the Precious Blood in Brooklyn, NY to support them in their vocation. *Disruptions of Daily Life* explores the mass media landscape of early*

twentieth century in order to uncover the subversive societal impact of four major Japanese authors: Tanizaki Jun'ichirō, Yokomitsu Riichi, Kawabata Yasunari, and Hirabayashi Taiko. Arthur Mitchell examines this literature against global realities through a modernist lens, studying an alternative modernism that challenges the Western European model. Through broad surveys of discussions surrounding Japanese life in the 1920s, Mitchell locates and examines flourishing divergent ideologies of the early twentieth century such as gender, ethnicity, and nationalism. He unravels how the narrative and linguistic strategies of modernist texts interrogated the innocence of this language, disrupting their hold on people's imagined relationship to daily life. These modernist works often discursively displaced the authority of their own claims by inadvertently exposing the global epistemology of East vs. West. Mitchell's reading of these formalist texts expands modernism studies into a more translational dialogue by locating subversions within the local historical culture and allowing readers to make connections to the time and place in which the texts were written. In highlighting the unbreakable link between literature and society, *Disruptions of Daily Life* reaffirms the value of modernist fiction and its ability to make us aware of how realities are constructed—and how those realities can be changed.

The *Dictionary of Daily Life in Biblical & Post-Biblical Antiquity* is a unique reference work that provides background cultural and technical information on the world of the Hebrew Bible and New Testament from 4000 BC to approximately AD 600. Also available as a 4-volume set (ISBN 9781619708617), this complete one-volume edition covers topics from A-Z. This dictionary casts light on the culture, technology, history, and politics of the periods of the Hebrew Bible and the New Testament. Written and edited by a world-class historian and a highly respected biblical scholar, with contributions by many others, this unique reference work explains details of domestic life, technology, culture, laws, and religious practices, with extensive bibliographic material for further exploration. There are 115 articles ranging from 5-20 pages long. Scholars, pastors, and students (and their teachers) will find this to be a useful resource for biblical study, exegesis, and sermon preparation. This is not your standard Bible dictionary, but one that focuses on aspects of daily life in Bible times, addressing interesting and sometimes puzzling topics that are often overlooked in other encyclopedias. I highly recommend the *Dictionary of Daily Life in Biblical and Post-Biblical Antiquity* and will be giving it shout-outs in my classes in the years to come. James K. Hoffmeier, Professor of Old Testament and Near Eastern Archaeology, Trinity Evangelical Divinity School This wonderful resource is much more than a dictionary. It is a compendium of substantive essays on numerous facets of daily life in the ancient world. I am frequently asked by pastors and students for recommendations on books that illuminate the manners, customs, and cultural practices of the biblical world. Now I have the ideal set of books to recommend. Clinton E. Arnold, Dean and Professor of New Testament, Talbot School of Theology, Biola University Our combined resource helps engage learners while providing the knowledge they need to have successful daily life skills. Our in

depth study combines the three lessons in this series: Daily Marketplace Skills, Daily Social & Workplace Skills, and Daily Health & Hygiene Skills. Students will start by going into the marketplace and learning how to budget and how to best spend their money. Then, students go into the workplace and learn how to behave in a social environment. Finally, students go back to their home and learn about health and hygiene. Comprised of reading passages, graphic organizers, real-world activities, crossword, word search and comprehension quiz, our resource combines high interest concepts with low vocabulary to ensure all learners comprehend the essential skills required in life. All of our content is reproducible and aligned to your State Standards and are written to Bloom's Taxonomy. Explores the current state of scholarship on daily life, offering students and teachers an overview of the hows and whys of the little and big things people did, thought, and felt throughout their lives and in different historical periods. Focusing on the experience of a young girl and her family, this book recreates the daily life of middle-class residents of the ancient town of Lahun during Egypt's Middle Kingdom, or Classical Age. After placing the town in its accurate historical and geographical context, the author chronicles the everyday life of its inhabitants – from their education, occupations, and food preparation to their religious rituals, healing techniques, marriages, births, and deaths. Throughout the book, authenticity takes center stage. This perfect snapshot in time has been painstakingly recreated using recently published textual data and archaeological findings directly from the settlement of Lahun as well as from other contemporary settlement and mortuary sites. Wherever possible, actual physical artifacts are illustrated with line-drawings or photographs (some published here for the first time), accompanied by descriptions of their production and use. Daily Life in Ancient Egypt is a scholarly portrayal of Egypt's Classical Age and a timeless microcosm of daily life in an ancient Egyptian town. From the Back Cover: Everyone should realize the natural abilities we all have that enable us to pass successfully through this life. Unfortunately there are too many people who continue aimlessly along, overshadowed psychologically and physically because they are not aware of their own abilities. Such people are a great minus from their own viewpoint and from the viewpoint of society as well. The principles of ki lie in bringing to light man's natural strength and his hidden natural abilities. The author's earlier works, in which he introduced the principles of ki and aikido with mind and body coordinated, met with great response in many countries and created a demand for a still more detailed explanation of what ki really means. The present work is an answer to that demand. In the first section, while delving deeply into the principles of ki, the author gives a number of practical examples which anyone can easily follow. These examples are straight to that point, concrete and avoid abstractions such as how much power is there in spirit and the nature of feeling. The author's point is to have the reader learn the proper method of mastering the spirit and to have the spirit pervade the reader's body so that he will be able to grasp the basic meaning of ki. In part two of the book, the author gives detailed and concrete examples of how to apply the principles of ki to our daily lives. The author

wishes that not only those who are in positions of leadership but also those who have physical or spiritual problems, or who do not fully realize their own abilities and strength, will learn the full meaning of ki. He also wishes that those who have learned the principles of ki will instill them in their hearts and help those around them walk a brighter and happier path. A notable contribution to our understanding of ourselves. This book explores the realm of human behavior in social situations and the way that we appear to others. Dr. Goffman uses the metaphor of theatrical performance as a framework. Each person in everyday social intercourse presents himself and his activity to others, attempts to guide and control the impressions they form of him, and employs certain techniques in order to sustain his performance, just as an actor presents a character to an audience. The discussions of these social techniques offered here are based upon detailed research and observation of social customs in many regions. "A step-by-step guide to researching what people do in their everyday lives. This practical, beginner-friendly book teaches readers how to do daily life research, which is the study of what people do in their ordinary environments in their everyday lives. The basic approach is to collect data intensively over time, at least once a day for many days, in people's natural environments rather than in research labs. Common methods include daily diaries, experience sampling, and ecological momentary assessment. Collectively, these methods trade off the control and precision of the lab for the texture, depth, and realism of the real world. The book walks readers through the entire process of the research project, including first selecting a design and developing survey items, then collecting and cleaning data, and finally analyzing and disseminating the findings. With example studies pulled from all areas of psychology, the book will provide students with the conceptual foundation and practical knowledge needed to examine psychological processes "up close" in ways that experimental and survey methods can't"-- Have you ever wondered what it was like to live in the past? Did they experience reality in a much different way than we do now with our media, our fast travel, our fast food, and our leisure? Do you especially think about what it might have been like to have lived in Bible times? What would your childhood have been like? How would you have chosen a marriage partner? How would you probably have made a living? What sort of house would you have lived in? What diseases would have threatened your daily existence? How long would you have lived? How would you have practiced your religion? These are a few of the intriguing questions answered by this study. The book takes you on a journey into the past to view daily life through the lenses of not only texts but archaeological finds. The information from the past is also filtered through ethnographic studies of more contemporaneous, yet traditional, societies in the Middle East. The result is a presentation that may surprise you-even shock you-at times, but always will interest you. Provides information about the day-to-day lives of soldiers, civilians, and slaves during the Civil War years. "In Daily Life in Art Beatrice Fontanel examines nearly one hundred European and American paintings not only as art objects, but as cultural artifacts that document the evolution of

domestic life and manners from the Middle Ages to the present day." "Through these paintings - vividly reproduced in large format - the author traces the technical innovations that harnessed heat, light, and water to transform our homes and our habits. She explores the growing freedom brought by each step away from the flickering fire and the cumbersome chamberpot toward the warmth of central heating, the steady blaze of electric light, and the convenience of indoor plumbing."--BOOK JACKET. Storytelling is perhaps the most common way people make sense of their experiences, claim identities, and "get a life." So much of our daily life consists of writing or telling our stories and listening to and reading the stories of others. But we rarely stop to ask: what are these stories? How do they shape our lives? And why do they matter?The authors ably guide readers through the complex world of performing narrative. Along the way they show the embodied contexts of storytelling, the material constraints on narrative performances, and the myriad ways storytelling orders information and tasks, constitutes meanings, and positions speaking subjects. Readers will also learn that narrative performance is consequential as well as pervasive, as storytelling opens up experience and identities to legitimization and critique. The authors' multi-leveled model of strategy and tactics considers how relations of power in a system are produced, reproduced, and altered in performing narrative.The authors explain this strategic model through an extended discussion of family storytelling, using Franco Americans in Maine as their exemplar. They explore what stories families tell, how they tell them, and how storytelling creates family identities. Then, they show the range and reach of this strategic model by examining storytelling in diverse contexts: a breast cancer narrative, a weblog on the Internet, and an autobiographical performance on the public stage. Readers are left with a clear understanding of how and why the performance of narrative is the primary communicative practice shaping our lives today. Bringing together leading authorities, this unique handbook reviews the breadth of current approaches for studying how people think, feel, and behave in everyday environments, rather than in the laboratory. The volume thoroughly describes experience sampling methods, diary methods, physiological measures, and other self-report and non-self-report tools that allow for repeated, real-time measurement in natural settings. Practical guidance is provided to help the reader design a high-quality study, select and implement appropriate methods, and analyze the resulting data using cutting-edge statistical techniques. Applications across a wide range of psychological subfields and research areas are discussed in detail. . For ease of use by students, the work is organized into chapters covering all aspects of Maya life and civilization: the foundations of Maya life and civilization; early, middle, and late Maya civilization; economy (food production and trade); social and political systems; writing and calendars; life cycle events; arts and crafts; and religion.

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