

Reddit Book Discussions Spotlight

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Reddit Book Discussions Spotlight:

Melanin Is Worth More Than Gold Nnamdi Azikiwe, 2020-05-16 Who would have thought preparations for a March 2014 Sacred Libation Ceremony honoring one hundred forty eight African American women lynched in America would result in the observation melanin is worth more than gold Dr Frances Cress Welsing first told us the chemical melanin is produced through a process known as melanogenesis upon introduction of the chemical tyrosine to the enzyme tyrosinase Melanin is found in such diverse places as bird feathers animal fur reptile scales microorganisms cephalopod ink mushrooms and even fossils Additionally melanin is found in the hair skin and eyes of people Melanin is subjected to intense scientific scrutiny Nevertheless the highly educated people studying it had no idea melanin is worth more than gold In June 2014 a post to the Keyamsha the Awakening blog openly declared melanin was worth 353 a gram and 300 a gram more than gold Shortly afterwards hoaxers began bombarding the blog with comments claiming melanin thieves were harvesting melanin from Black people The hoax was easily falsified The hoaxers made certain to never mention the company selling melanin extracted from the ink of sepia officinalis the common cuttlefish During the intervening years the melanin thieves hoaxers persisted in their efforts In March 2017 the melanin thieves hoaxers launched a Melanin Twitter bomb involving the dollar value of melanin after publicity of black women and girls missing in Washington D C was released Their actions exposed a frailty in their psyche They also reveal it is possible to wipe out false information involving melanin and take the melanin challenged inferiority complex aka racism white supremacy along for the ride It then became clear the time had come to enter the fray and dispel the myths about melanin This book completely obliterates the false narrative of melanin Perceiving facts from a melanin centered perspective bestows upon us an expanded awareness of the world and our place in it It helps provide the average person a means to immerse themselves in melaninology and emerge a melaninologist Essentially we get to know ourselves To date no other path for the public to independently verify or falsify outlandish claims regarding melanin being worth more than gold on their own without any guru to guide them have been made available At this writing melanin is worth over 395 a gram more than gold In ancient Kemet misnomered Egypt such words were known as hekau or words of power with the ability to heal For nearly one hundred years since August 13 1920 melanin put the B in R B G and the Black in Red Black and Green as the flag of Africans at home and abroad Those are hekau also Our Blood Our Melanin and Africa unites us More hekau The Afro official currency of the United States of Africa also known as the African Union is worth 2 22 We are swathed in hekau to such an extent Mchakato Wa Uponyaji Swahili for the process of healing has begun All of which indicates we are living in a new era the era when all the generations of man can be called blessed on a planet that works for everyone This era demands we convene the Ubuntu Convention That plebiscite sets the stage for drafting the Ubuntu Declaration In emulating the success of the August 1920 Universal Negro Improvement Association convention we deliberately create the world where we intend to live The revival of the U N I A with 12 million dues paying card carrying

members positions the organization to have a treasury flush with over 400 million liquid All of which represents a quantum shift in awareness perception and power underway as you read this Through our own actions we bring about the total complete and absolute Redemption of Africa for all time Busting Food Myths Amara H. Livingston, 2025-01-10 Unravel the Truth Behind What's Really on Your Plate Are you confused about what to believe when it comes to food and nutrition You re not alone In a world overflowing with dietary advice separating fact from fiction can feel impossible Busting Food Myths What's Real and What's Not on Your Plate offers a compelling exploration into the world of food myths debunking the misinformation that clouds our understanding of healthy eating From sugar to superfoods each chapter meticulously dissects popular myths providing clarity through science backed insights Discover the real effects of carbohydrates understand the truth about fats and gain clarity on the controversies surrounding gluten and dairy This book challenges preconceived notions about what we consume bringing to light the surprising truths about sugar alternatives the benefits of organic food and the complexities of food labels Whether you re baffled by the superfood craze or intrigued by the promise of vegetarianism this book invites you to question everything you thought you knew about nutrition With insights into the effects of stress on eating habits and an examination of the keto craze the book equips you with the knowledge to make informed food choices It s more than a guide it s a revelation that empowers you to take control of your diet based on genuine facts not myths Are you ready to challenge your plate s status quo Dive into a world where informed choices lead to a healthier you free from the chains of food myths Let this book be your companion on a journey to nutritional enlightenment where authenticity reigns and each meal is a step towards a truthful life Music, Sound and Identity in Video Games Lidia López Gómez, 2025-08-01 This book offers a comprehensive overview of how video game sound and music represent cultures spaces and personal identifications Focusing on the concept of identity the volume brings together issues as diverse as belonging to an ethnic or cultural group identifying with certain sexualities or being able to deduce the historical or geographical context of a game This volume explores whether the musical and sound identities linked to video games are based on clich's and stereotyped arrangements that span cultures and times It includes case studies that analyse the mechanisms used by game producers composers and sound designers to characterise and represent different identities to broad audiences of potential players as well as how the players perceive these sonic inputs The book is organized into three main sections covering topics as the representation of historical periods musical stereotypes of cultures from different geographic locations representations of identity in fictional spaces and sonic depictions gender A Futurist's Guide to **Emergency Management** Adam S. Crowe, 2015-05-20 A Futurist s Guide to Emergency Management provides interdisciplinary analysis on how particular sets of conditions may occur in the future by evaluating global trends possible scenarios emerging conditions and various other elements of risk management Firmly based in science the book leverages historical data current best practices and scie Advances in Family Practice Nursing, E-Book 2023 Linda

Keilman, 2023-04-11 Advances in Family Practice Nursing is a yearly publication aimed at family practice nurse practitioners and brings you the best current clinical information from the expert editors and authors in pediatrics adult gerontology women's health and primary care in general Whether you're looking to update your knowledge of a particular area or to read about the newest clinical advances to incorporate into your clinical care this publication aims to appeal to all nurse practitioners providing primary care to patients This current edition touches on issues like mental health issues in children and adolescents during the COVID 19 pandemic COVID in older adults coexisting depression and anxiety in pediatric primary care and uterine and bladder prolapse assessment to name a few **Stream Big** Nathan Grayson, 2025-02-18 Told through the diverse and fascinating careers of nine streamers this is the definitive story of Twitch and how the livestream platform revolutionized technology entertainment business and pop culture With 2.5 million viewers at any given moment the streaming platform Twitch is in the lead and often well beyond mainstream networks like CNN and Fox during primetime On Twitch the Amazon owned tech behemoth the biggest personalities like Kai Cenat F lix xQc Lengyel and Hasan HasanAbi Piker can earn millions per year by firing up their internet connection and going live Veteran technology and gaming journalist Nathan Grayson takes us inside the triumphs and tribulations of Twitch with exclusive access to its biggest content creators who helped make the platform into a billion dollar global business From Twitch's early days of rapid growth to acquisition by Amazon to the defection of creators and rival platforms Grayson makes the radical argument that many social technology companies are far more dependent on their creators than the creators are on their platforms Rivetingly told through nine exceptional Twitch creators whose on screen personalities helped the company grow into a powerhouse this is the explosive story of when entertainment meets the internet in the era of social and video content domination UnNoticed Entrepreneur, Book 1 Jim James, 2023-02-27 Classic and outside the box tactics for taking your company to the next level The UnNoticed Entrepreneur Step Into the Spotlight gives you practical advice for drawing customers into your vision and rising above the rabble Specifically this book shows you how you can share the vision for your company the why behind your product or service If you can do that customers will come The secret You already have everything you need to become famous in your market You don't need expensive ad agencies and faddish strategies After all you started your business so you have the best understanding of what you re doing This book shows you how to communicate your purpose creatively simply and authentically through telling your story personalising your marketing engaging with customers and prospects and getting the attention of the right people in the right channels If you re passionate about creating value making a difference and benefitting others this is the book for you This collection of essays will give you ideas help you make connections and motivate you to put in the work you need to get noticed for all the good that you do You ll learn how to Construct a unique story around your business and communicate that story through effective branding Stand out from the competition by creating more compelling marketing materials and reaching out in a more targeted way Generate buzz

around your business with creative offerings like podcasts media interviews surveys AI content and more Rise to the top of your market by using marketing technology leveraging digital platforms and understanding today s marketing work This is the perfect book for business owners and budding entrepreneurs looking for no nonsense advice on how to really get ahead You ve got the ambition and The UnNoticed Entrepreneur can help you realize it **Resisting the News** Jennifer Rauch, 2020-12-29 Resisting the News brings together unique insights from activists and alternative media users to offer a distinctive perspective on the problems of journalism today and how to fix them Using critical cultural theory and in particular the conceptual frameworks of ritual communication and interpretive communities this book examines how audiences filter their interpretations of mainstream news through the prisms of their identities and experiences with alternative media and political protest Jennifer Rauch gives voice to alternative media audiences and illuminates the cultural resources values assumptions critical skills and discursive strategies through which they make sense of their news environments Drawing on a 15 year research project Rauch employs a variety of qualitative quantitative and quasi ethnographic methods including focus groups media use diaries close ended surveys and open ended questions to paint a layered portrait of liberal and conservative critiques of journalism Shedding new light on popular theories about how news works and about mass audiences this book will be useful to students scholars and teachers of political communication journalism studies media studies and critical cultural studies Sam Altman l'ottimista Keach Hagey, 2025-09-30 Abile negoziatore amante del rischio visionario geniale Sam Altman crede nel progresso tecnologico con una convinzione quasi religiosa Dalla fondazione di Loopt passando per la guida di Y Combinator fino alla direzione di OpenAI Altman ha incarnato lo spirito pi audace della Silicon Valley un ottimismo radicale capace di sfidare crisi economiche bolle speculative e paure apocalittiche sull intelligenza artificiale Keach Hagey dopo aver attinto a fonti esclusive tra cui Altman stesso racconta la sua parabola fatta di intuizioni fulminee alleanze strategiche con figure come Peter Thiel ed Elon Musk e scelte coraggiose che hanno contribuito a ridefinire il rapporto tra tecnologia e societ Al centro c la nascita e l evoluzione di OpenAI dalla missione non profit per un intelligenza artificiale sicura e aperta fino alla creazione di ChatGPT che ha conquistato il mondo Fra retroscena di trattative segrete momenti di crisi interna e svolte cruciali emerge un protagonista che non smette di spingere un passo oltre qualunque limite tecnologico o umano Questa la storia di come l ottimismo temperato dalla consapevolezza dei rischi possa diventare una forza propulsiva capace di innescare un cambiamento globale Un viaggio dentro l invenzione del futuro dove l'ambizione incontra l'etica e in cui tutto sembra ancora possibile Tetris Domination: A Beginner's Blueprint to Install, Configure, and Conquer the Mobile Puzzle Classic Dizzy Davidson, 2025-07-20 If you ve ever stared at falling blocks and wondered What now If you ve downloaded Tetris but felt lost in a sea of shapes If you re craving a fun easy to follow guide that transforms confusion into confidence Then THIS BOOK IS FOR YOU Tetris Tactics From Download to Domination is your go to handbook for mastering the mobile version of this global puzzle phenomenon whether

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