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every day we make choices coke or pepsi save or spend stay or go whether mundane or life altering these choices define us and shape our lives sheena iyengar asks the difficult questions about how and why we choose is the desire for choice innate or bound by culture why do we sometimes choose against our best interests how much control do we really have over what we choose sheena iyengar s award winning research reveals that the answers are surprising and profound in our world of shifting political and cultural forces technological revolution and interconnected commerce our decisions have far reaching consequences use the art of choosing as your companion and guide for the many challenges ahead

please note this is a companion version not the original book sample book insights 1 we often ask these questions not because we re looking for survival tips but because we re fascinated by our limits and our ability to cope with the kinds of extreme conditions that there is little preparation for 2 the author explains that choice is an extremely powerful force that determines how we live we can measure our lives by the choices we make which brings us to where we are today 3 in 1957 curt richter conducted an experiment that showed how some rats were more persistent than others the rats were placed in a situation where they had to swim for their lives and even though the water temperature was the same some rats continued swimming for an average of 60 hours before becoming exhausted 4 when we speak of choice what we mean is

the ability to exercise control over ourselves and our environment to choose we must first perceive that control is possible the rats kept swimming despite mounting fatigue and no apparent means of escape because they had already tasted freedom which they had attained through their own vigorous wriggling efforts

finalist for the cundill history prize a new york times book review editors choice a sweeping history of the rise of personal choice in the modern world and how it became equated with freedom choice touches virtually every aspect of our lives from what to buy and where to live to whom to love what profession to practice and even what to believe but the option to choose in such matters was not something we always possessed or even aspired to at the same time we have been warned by everybody from marketing gurus to psychologists about the negative consequences stemming from our current obsession with choice it turns out that not only are we not very good at realizing our personal desires we are also overwhelmed with too many possibilities and anxious about what best to select there are social costs too how did all this happen the age of choice tells the long history of the invention of choice as the defining feature of modern freedom taking readers from the seventeenth century to today sophia rosenfeld describes how the early modern world witnessed the simultaneous rise of shopping as an activity and religious freedom as a matter of being able to pick one s convictions similarly she traces the history of choice in romantic life politics and the ideals of human rights throughout she pays particular attention to the lives of women those often with the fewest choices who have frequently been the drivers of this change she concludes with an exploration of how reproductive rights have become a symbolic flashpoint in our contemporary struggles over the association of liberty with choice drawing on a wealth of sources ranging from novels and restaurant menus to the latest scientific findings about choice in psychology and economics the age of choice urges us to rethink the meaning of choice and its promise and limitations in modern life

winner of the 2016 bronze medal in architecture independent publisher book awards this book comprises a series of 22 case studies by renowned experts and new scholars in the field of architecture competition research in 2015 it constitutes the most comprehensive survey of the dynamics behind the definition organization judging archiving and publishing of architectural landscape and urban design competitions in the world these richly documented contributions revolve around a few questions that can be summarized in a two fold critical interrogation how can design competitions these historical democratic devices both praised and dreaded by designers be considered laboratories for the production of environmental design quality and ultimately for the renewing of culture and knowledge includes 340 illustrations bibliographical references and index of over 200 cited competitions keywords architecture international competitions architectural judgment design thinking digital archiving databases architectural publications architectural experimentation landscape architecture urban studies

in this book over 40 contributors collectively tune in to how sound and its absence can function as a source of power that enables isolation control and harm as well as connection healing and resistance sound and detention explores soundscapes in places processes and systems of confinement in order to better understand experiences of imprisonment and to imagine alternatives to the carceral state bringing together over 40 contributors from five continents the book tunes in to some of the manifold effects associated with the presence and absence of sound and music in prisons and places of detention from isolation harm and control to connection healing and resistance scholarly texts feature alongside poetry dialogue memoir and experimental creative writing as well as a diverse collection of audio productions on the book s accompanying website this plurality of form mediates the voices of artists activists thinkers and practitioners some themselves currently or formerly incarcerated through deep engagement with the sonic realm and with questions of power the contributors explore what it might mean to listen nearby making space to hold distinct perspectives and positionalities in respectful

simultaneity while also amplifying resonances between sound listening and broader questions of epistemic and social justice

judging ourselves and others by external standards can feel empowering as if we are sorting out the world and escaping whatever fails to measure up whether we are looking at people situations or activities but judgment can hold us hostage and leave us dissatisfied with life the art of choosing you tools to radically shift your life argues that judgment is a trap putting us on a hamster wheel as we repeatedly strive to meet inauthentic expectations rather than finding freedom and peace through a practice the author calls living in allowance of ourselves and others readers are introduced to the circle theory the empowerment of perspective how polarity creates limitations and allowance creates possibilities receiving the gift of nature the power of a question how and why to lower energetic walls how to connect to mind body soul and spirit the benefits of becoming undefinable how not to be trapped by positivity drawing deeply on the author s struggle to follow her own unique path through life this book offers tools that will empower readers to step beyond judgment and choose themselves readers have stated they are keeping the art of choosing you tools to radically shift your life as a reference book to remind them how to choose to live their lives

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