

2022 Catalog Quick Immersion Series

Fall 2022

Tibidabo Publishing, New York
Tibidabo Ediciones, Barcelona

Quick Immersion series provides illuminating introductions to a multitude of topics in the areas of social science, philosophy and humanities. Written in clear and straightforward language by world-renowned authors, the texts also offer valuable insights to readers seeking a deeper knowledge of those fields.

Quick Immersion Series is directed by Ferran Requejo, professor of political science (UPF).

This series has been awarded the LAUS Prize for best design of a book series cover granted by the Art Directors and Graphic Designers Association.

2022 Catalog **Quick Immersion Series**

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1. De-Extinctions. A Quick Immersion

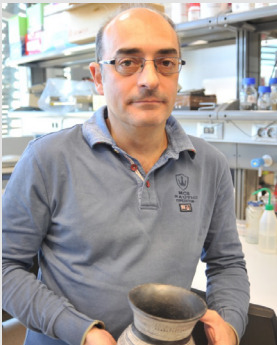
Blurb:

This book is a short journey into the challenging world of bringing species such as the mammoth back to life.

De-Extinctions A Quick Immersion

Take a short journey into the challenging world of bringing extinct species such as the mammoth back to life.

Carles Lalueza-Fox



- **Title:** De-Extinctions. A Quick Immersion
- **Author:** Carles Lalueza-Fox
- **Volume:** 1
- **Pages:** 162
- **ISBN:** 978-1-949845-00-6
- **Price:** 12.00 USD

Book Summary:

Few things seem as irreversible as death, whether for an individual or a species. But what would happen if death was reversible, if we could bring back to life something similar to the species that became extinct in the past? Recent developments in various techniques in molecular biology, among them cloning, synthetic genomes and genetic editing, have led to the emergence of a field of research that is in pursuit of de-extinction. This is a controversial ambition that presents far-reaching scientific, ethical, economic and social challenges. Even so, its proponents defend it as one of the possible ways to restore ecosystems and even fight against climate change. Explained over the course of this book are the possibilities for de-extinction and how they could transform the global ecosystem in the future.

Biography of the author:

Carles Lalueza-Fox is a Research Professor at the Institute of Evolutionary Biology (CSIC-UPF). He is a recognized world expert in paleogenomic studies on DNA recovery in extinct species such as the mammoth. Lalueza-Fox has published over one hundred articles in international scientific magazines, and in 2010 participated in the Neanderthal genome project directed by the biologist Svante Pääbo and published in the magazine Science.

Currently, Lalueza-Fox is studying prehistoric populations in Europe. Besides his ongoing research, the author is interested in making science assessable to the wider public and has published several books on popular science. Lalueza-Fox has received various awards for his work in disseminating scientific knowledge, and in 2007 was awarded the City of Barcelona Prize for Scientific Research.

Endorsements:

«Lalueza-Fox is an expert in the recovery and analysis of ancient DNA, which means he is more than qualified to discuss some of the major technical challenges to bringing extinct species back to life».

Dr. Beth Shapiro, evolutionary biologist

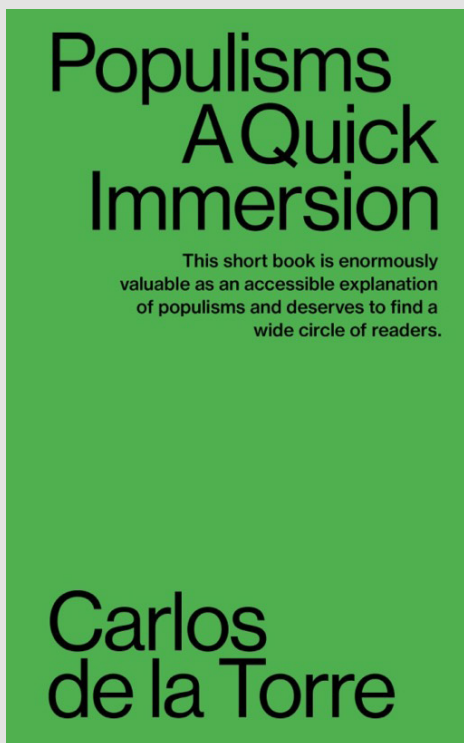
«As one of the pioneers of the field of ancient DNA, Dr. Lalueza-Fox has witnessed its evolution from a technical curiosity to a field that holds enormous future potential. There are few better placed to give an introduction to the topic of de-extinction».

**Marcus Thomas Pius Gilbert,
World expert in paleogenomics and de-extinction**

2. Populisms. A Quick Immersion

Blurb:

This short book is enormously valuable as an accessible explanation of populisms and deserves to find a wide circle of readers.



- **Title:** Populisms. A Quick Immersion
- **Author:** Carlos de la Torre
- **Volume:** 2
- **Pages:** 200
- **ISBN:** 978-1-949845-01-3
- **Price:** 12.00 USD

Book Summary:

Populisms. A Quick Immersion analyzes populism globally and through the lens of Latin America, where populists have governed since the 1930s and 1940s up to the present. When populism is analyzed globally, the novelty is not its presence in most regions of the world. After all, populists have challenged the power of political and economic elites since the nineteenth century, and the first self-described Populist Party was formed in the U.S. in 1891. What is new is that populists are in office not only in Venezuela, Bolivia, the Philippines and Turkey but also in the U.S. as well as other consolidated Western liberal democracies like Italy. By learning from the experiences of populism in the global south, citizens, activists, journalists and politicians in the global north might avoid making the same mistakes when dealing with populists in power.

Biography of the author:

Carlos de la Torre is a Professor of Sociology at the University of Kentucky and an Emeritus Professor at FLACSO-Ecuador. He earned his PhD at the New School for Social Research, and was granted fellowships at the John Simon Guggenheim Memorial Foundation and at the Woodrow Wilson International Center for Scholars. De la Torre has published a dozen books and more than one hundred articles and chapters in academic publications. Among his top books are his edited volumes *The Routledge Handbook of Global Populism* (2019), *The Promise and Perils of Populism: Global Perspectives* (The University Press of Kentucky, 2015) and *Latin American Populism in the Twenty-First Century*, co-edited with Cynthia J. Arnson (the Johns Hopkins University Press and the Woodrow Wilson Center Press, 2013). The second edition of his *Populist Seduction in Latin America* (Ohio University Press) was published in 2010.

Endorsements:

«*Populisms* explains and expands upon the definition of populism. Few books touch a contemporary nerve quite like this one.»

Benjamin Welton, Foreword Reviews

«Carlos de la Torre offers the reader a masterly overview of populism as a political set of disruptive and mobilizing events, as well as a subject of sustained and diversified academic debate. The book integrates Latin America into the mainstream of populism studies and identifies its proper place in the complex web of overlapping and competing populist ideologies and strategies.»

Michael Freeden, editor of the Journal of Political Ideologies

3. Happiness. A Quick Immersion

Blurb:

This Quick Immersion addresses what happiness is and how we can create more of it.



Happiness A Quick Immersion

This Quick Immersion addresses
what happiness is and how we can
create more of it.

Benjamin Radcliff and Amitava Krishna Dutt

- **Title:** Happiness. A Quick Immersion
- **Authors:** Benjamin Radcliff and Amitava Krishna Dutt
- **Volume:** 3
- **Pages:** 204
- **ISBN:** 978-1-949845-04-4
- **Price:** 12.00 USD

Book Summary:

This book provides a short immersion to the subject of happiness by examining the scholarly literature on it. Among the questions it explores are: What is the meaning of happiness? Is it something that it is possible to understand in general terms, perhaps by distinguishing between different meanings of it, or is it something that is best left to people to define for themselves as they seek to be happy in their own way? Can happiness and its different meanings be measured and, if so, how? On what does happiness depend? Does a person's happiness depend on his or her disposition and individual circumstances, or does it depend in part on how society is organized and on what the government does? Does money buy happiness? What kinds of political, economic, social and environmental factors make people and societies happier? What can people do, either individually or collectively, to become happier?

Biography of the author:

Benjamin Radcliff is Professor of Political Science at the University of Notre Dame. He is the author of the book *The Political Economy of Human Happiness*, as well as many articles on happiness in academic journals. He is presently the co-editor of the scholarly journal *Political Behavior* and an associate editor of the *Review of Social Economy*.

Amitava Krishna Dutt is Professor of Economics and Political Science at the University of Notre Dame and Distinguished Professor at FLACO-Ecuador. He has authored several books and numerous papers on happiness, economic growth, inequality and development in academic journals. He is co-editor of the journals *Review of Social Economy and Metroeconomica*.

Endorsements:

«This concise and bracing little book does exactly what it says. It plunges readers into the recent science, economics, and politics of happiness, and will leave them feeling clarified and refreshed.»

Darrin M. McMahon, Professor of History at Dartmouth College

«In this valuable study, an economist and political scientist combine to produce a succinct survey and synthesis of the multidisciplinary literature on happiness and assess its implications for how to improve personal and societal well-being.»

Richard Easterlin, University Professor Emeritus USC and creator of the Easterlin paradox

4. The Science of Cooking. A Quick Immersion

Blurb:

This Quick Immersion explains culinary processes from a scientific perspective.

The Science of Cooking A Quick Immersion

An incisive and well-documented book that provides an entrance into the world of cuisine as seen through the prism of science.

Ferran Adrià

Claudi Mans



- **Title:** The Science of Cooking. A Quick Immersion
- **Author:** Claudi Mans
- **Volume:** 4
- **Pages:** 180
- **ISBN:** 978-1-949845-06-8
- **Price:** 12.00 USD

Book Summary:

In recent years, new products, new techniques and new cooking styles have entered the market with force. And, at the same time, interest has grown in the relationship between nutrition, health and gastronomy. The sciences—biology, physics and chemistry— are the tools for understanding the entirety. Chemistry, in particular, describes what substances are responsible for color, smell and taste, and why they change in cooking. On the other hand, the chemical and biological structures of animal and plant cells and tissues explain the textures and their changes in the kitchen. In this book, all these aspects are treated with every day and understandable language, while it remains technically rigorous and provides a large amount of information. With all this, the reader will be able to know what is in their food before and after cooking it, resulting in greater intellectual satisfaction, added to the sensory.

Biography of the author:

Claudi Mans is professor emeritus of Chemical Engineering at the University of Barcelona, a former dean of the Faculty of Chemistry and president of the Sciences Division. He has popularized books in Spanish such as *Tortilla quemada*, *Los secretos de las etiquetas*, *La vaca esférica*, *Sferificaciones y macarrones*, *La química de cada día* y *100 preguntas de química cotidiana*, and has given many outreach lectures about Science and the Science of Cooking. He is a contributor to CosmoCaixa and the elBulliLab unit. He has also been given the National Chemistry Award from the ANQUE 2011 and the distinction of the best scientific dissemination work by the University of Barcelona.

Endorsements:

«An incisive and well-documented book that provides an entrance into the world of cuisine as seen through the prism of science.»

Ferran Adrià, elBulliFoundation

«This book of Professor Mans is an excellent description of some of the science that is important for cooking, told as science, but through the eyes of a chef.»

**David A. Weitz, Mallinckrodt Professor of Physics and of Applied Physics at
Harvard University**

«Claudi Mans's *Science of Cooking* is a brisk, clearly written, non-technical introduction to the applied chemistry that all cooks practice in the kitchen, and that everyone benefits from when we eat.»

Harold McGee. Chemist and Writer

5. Aristotle. A Quick Immersion

Blurb:

The aim of this Quick Immersion is to enable you to see the universe and our place in it as Aristotle thought they had to be seen to be scientifically intelligible.

Aristotle A Quick Immersion

The aim of this book is to enable you to see the universe and our place in it as Aristotle thought they had to be seen to be scientifically intelligible.

C.D.C. Reeve



- **Title:** Aristotle. A Quick Immersion
- **Author:** C.D.C. Reeve
- **Volume:** 5
- **Pages:** 198
- **ISBN:** 978-1-949845-08-2
- **Price:** 12.00 USD

Book Summary:

This book shows you what it is like to think along with Aristotle and helps you to see the universe and our place in it as he thought they had to be seen to be scientifically intelligible. As a portrait is composed of colors and shapes that collectively represent someone, so Aristotle's works are composed of arguments that collectively represent the causal structure of the universe, from the stones, plants, and animals around us to the starry heavens above and the god beyond them. The aim of this brief immersion is to guide you through those arguments in a way that lets you understand for yourself why they proceed as they do and end where they do.

Biography of the author:

C. D. C. Reeve, who was born in Ireland and educated at Trinity College Dublin and Cornell University, is DKE Distinguished Professor of Philosophy at the University of North Carolina at Chapel Hill. His many books include *Love's Confusions* (Harvard), *Blindness and Reorientation: Problems in Plato's Republic* (Oxford) and *Aristotle on Practical Wisdom* (Harvard), as well as editions of Plato's *Cratylus* and Aristotle's *Metaphysics*, *Nicomachean Ethics*, and *Politics*. With I. B. Fishbeyn he has translated plays, poems, and prose writings of Marina Tsvetaeva. He is currently preparing a new English edition of Aristotle's *Complete Works*.

Endorsements:

«This splendid book offers a powerful set of insights into how to read Aristotle in a holistic way, by allowing his ideas to emerge out of his own texts. The tenacity, rigor, and interpretive boldness with which Reeve explores these texts, and the clarity of his own writing, makes this an ideal «immersion» in Aristotle for non-experts, but experts too will have much to learn from it.»

Pavlos Kontos, Professor of Philosophy, University of Patras

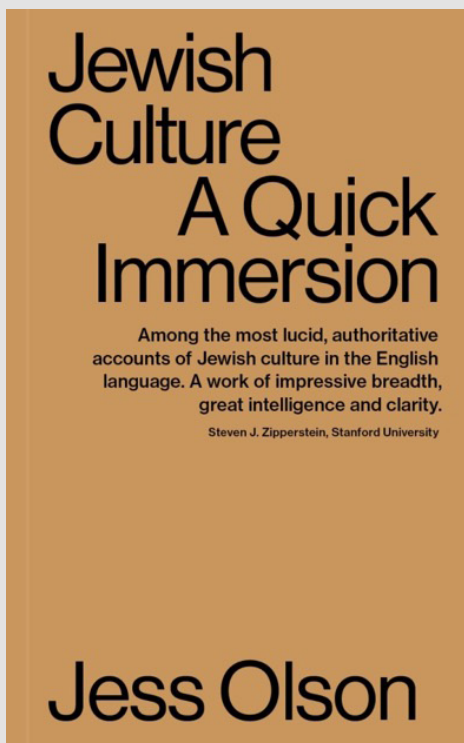
«C. D. C. Reeve is one the world's most accomplished scholars of Aristotle's thought. His publications bear on nearly every aspect of Aristotle's philosophy. His translations of many of Aristotle's works are of great value to specialists and students alike. Here, in this brief overview of the whole of Aristotle's philosophy, he makes this difficult thinker intelligible and appealing to any reader.»

Richard Kraut, Charles and Emma Morrison Professor in the Humanities at Northwestern University

6. Jewish Culture. A Quick Immersion

Blurb:

This Quick Immersion offers a broad overview of Jewish culture and identity throughout Jewish history.



- **Title:** Jewish Culture. A Quick Immersion
- **Author:** Jess Olson
- **Volume:** 6
- **Pages:** 204
- **ISBN:** 978-1-949845-10-5
- **Price:** 12.00 USD

Book Summary:

Jewish Culture. A Quick Immersion offers a broad overview of Jewish culture and identity throughout Jewish history. In accessible language, *Jewish Culture* explores the religious, ethnic and national components of Jewish identities as they have developed over some 4,000 years. It is an ideal text for those with little familiarity with Jewish history, religion and culture, as well as the more informed reader interested in a broad synthesis the many strains of thought and experience that have shaped Judaism and the Jewish people.

Biography of the author:

Jess Olson is an Associate Professor of Jewish History at the Yeshiva University, New York. He is the author of *Nathan Birnbaum and Jewish Modernity: Architect of Zionism, Yiddishim and Orthodoxy* (Stanford University Press, 2013), for which he was awarded numerous grants. He earned his PhD at Stanford University in Modern European and Jewish History. Olson has been published in several books, and has authored numerous articles covering topics in modern Jewish cultural and intellectual history, the history of Zionism and Jewish nationalism, and the history of Orthodoxy.

Endorsements:

«Among the most lucid, authoritative accounts of Jewish culture in the English language. A work of impressive breadth, great intelligence and clarity.»

Steven J. Zipperstein, Daniel E. Koshland Professor in Jewish Culture and History, Stanford University

«Jess Olson guides his readers through four thousand years of Jewish experience, his eye set firmly on the life of the Jewish people today. An «incisive insider» and master teacher, Olson's *Jewish Culture. A Quick immersion* is a delightful entry point to all things Jewish.»

Steven Fine, Churgin Professor of Jewish History, Director, Center for Israel Studies, Yeshiva University;

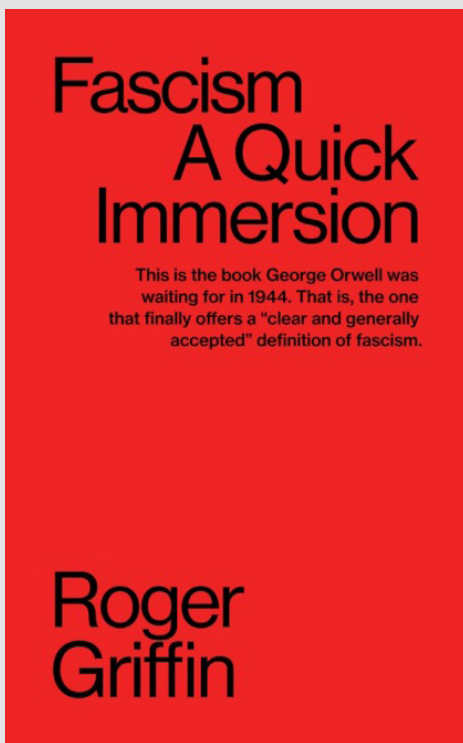
«Jess Olson has written a clear, well-conceived, deeply informed, highly engaging introduction to Judaism. Highly recommended!»

Michah Gottlieb, Associate Professor of Jewish Thought and Philosophy, New York University

7. Fascism. A Quick Immersion

Blurb:

This is the book that George Orwell was waiting for in 1944. The one that finally offers a 'clear and generally accepted' definition of fascism.



- **Title:** Fascism. A Quick Immersion
- **Author:** Roger Griffin
- **Volume:** 7
- **Pages:** 238
- **ISBN:** 978-1-949845-12-9
- **Price:** 12.95 USD

Book Summary:

Seventy-five years ago, George Orwell complained that there was no accepted definition of fascism, lamenting that «we shall not get one — not yet, anyway.» In the media, the blogosphere, and in public commentary, little has changed. But for those intrigued and infuriated by the word, this book brings welcome news as it takes stock of the confusion surrounding the term before introducing the succinct but powerful working definition that now serves as the premise of the flourishing international and multilingual field of comparative fascism. This definition is then applied to providing a survey of the 'fascist era,' showing how it helps explain the initial success of Fascism and horrific destructive power unleashed by the Third Reich, even while so many movements withered on the vine or became Nazi puppets.

Biography of the author:

Roger Griffin is Emeritus Professor at Oxford Brookes University (UK). Having obtained a First (Oxon.) in languages, his research eventually led to the formulation of an original definition of fascism in his DPhil (Oxon) which is now widely accepted as 'standard' in comparative fascist studies. His major monographs are *The Nature of Fascism* (Pinter, 1991), *Modernism and Fascism. The Sense of a Beginning under Mussolini and Hitler* (Palgrave, 2007) and *Terrorist's Creed. Fanatical Violence and the Human Need for Meaning* (Palgrave, 2012).

Endorsements:

«Roger Griffin has given us a masterful, concise guide to one of the most complicated ideological conundrums to emerge from the 20th-century. By analyzing fascism as a political ideology whose mythic core in its various permutations is a regenerative form of populist ultranationalism, Griffin provides us with the critical means to evaluate both the history of fascism's global appeal and its ominous, contemporary manifestations.»

Mark Antliff, Anne Murnick Cogan Professor, Duke University

«This deceptively short book, written by the world's leading authority on fascism, shows how a cogent definition based on serious engagement with its devastating inter-war history allows it to be distinguished from other forms of today's right-wing politics. It thus provides much needed clarity to the terms we use when assessing the mounting dangers to a truly liberal democracy.»

David Roberts, Emeritus Professor at the University of Georgia

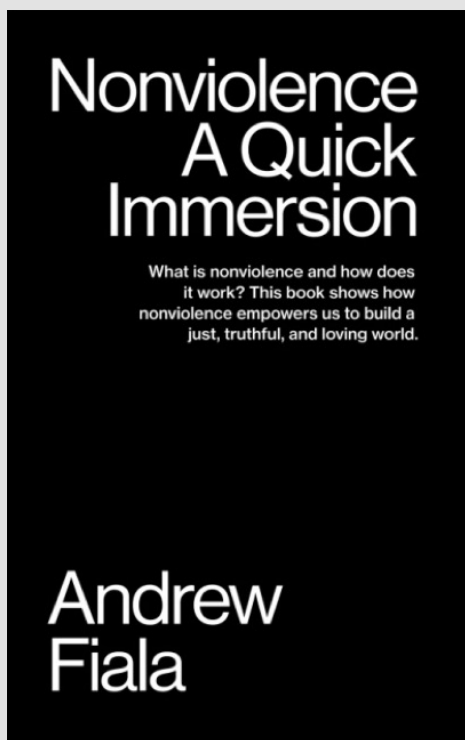
«Roger Griffin is among the most influential scholars of fascism. This book makes his important ideas accessible to a much larger audience. It brings needed clarity to a politicized, contentious, and often confusing subject.»

**George Hawley, Associate Professor. Department of Political Science
University of Alabama**

8. Nonviolence. A Quick Immersion

Blurb:

What is nonviolence and how does it work? This book shows how nonviolence empowers us to build a just, truthful, and loving world.



- **Title:** Nonviolence. A Quick Immersion
- **Author:** Andrew Fiala
- **Volume:** 8
- **Pages:** 180
- **ISBN:** 978-1-949845-18-1
- **Library of Congress Control Number:** 2020940731
- **Price:** 12.00 USD

Book Summary:

This book provides an overview of nonviolence. It offers answers to the questions of what nonviolence is, how and why it ought to be used, and who ought to employ it. The book discusses examples of successful nonviolent social protest, from twentieth century movements for civil rights and colonial liberation to the Arab Spring and contemporary Black Lives Matter protests, and considers recent research that explains the power of nonviolence. It also explores philosophical and religious sources of nonviolence, while discussing key historical figures including Leo Tolstoy, Mohandas K. Gandhi, Martin Luther King Jr., Desmond Tutu, the Dalai Lama, and Malala Yousafzai. This book offers insight into the link between nonviolence and democracy. And it reminds us that nonviolence gives us the power to build a better —more just, truthful, and loving— world.

Biography of the author:

Andrew Fiala, Ph.D., is Professor of Philosophy and Director of the Ethics Center at California State University, Fresno. His published work includes: *Simplicity* (Palm and Sierra, 2020), *Transformative Pacifism* (Bloomsbury, 2018), *The Routledge Handbook of Pacifism and Nonviolence* (Routledge, 2017), *The Peace of Nature and the Nature of Peace* (Brill 2015), *The Bloomsbury Companion to Political Philosophy* (Bloomsbury 2015), and the 9th edition of *Ethics: Theory and Contemporary Issues* with co-author Barbara MacKinnon (Cengage, 2017). Fiala is a past President of Concerned Philosophers for Peace. He writes a weekly column on religion, politics, and ethics for the *Fresno Bee*. For more information: www.andrewfiala.com.

Endorsements:

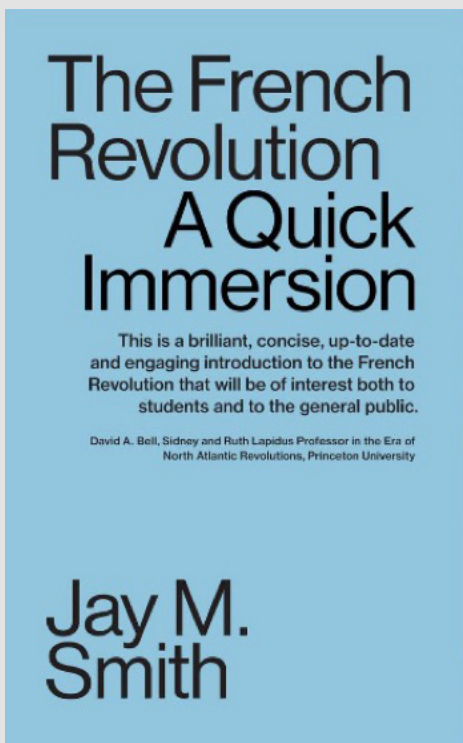
«*Nonviolence. A Quick Immersion*, by Andrew Fiala, offers a passionate presentation and defense of nonviolence in its various aspects and manifestations. It covers the whole spectrum of nonviolent movements and approaches: from the most spiritually and religiously motivated, to those primarily moral and practical; from Buddha and Mahavira, Socrates and Jesus, Gandhi and King, Desmond Tutu and the Dalai Lama, to Gene Sharp and Malala. Fiala writes with the conviction that nonviolent movements have made profound and lasting impacts in the world, and that they continue to grow and be powerful because of their internal consistency and integrity. Besides offering well-informed and clearly presented views, the most important quality of this book is its insistence on the rootedness of nonviolence in the traditional and universal values of truth and justice, respect and love. Fiala rightly insists that the ultimate concerns behind our decisions how to live and interact with others must be the affirmation of life and human flourishing.»

Predrag Cicovacki, Professor of Philosophy at the College of the Holy Cross

9. The French Revolution. A Quick Immersion

Blurb:

This is a brilliant, concise, up-to-date and engaging introduction to the French Revolution that will be of interest both to students and to the general public.



- **Title:** The French Revolution.
A Quick Immersion
- **Author:** Jay M. Smith
- **Volume:** 9
- **Pages:** 188
- **ISBN:** 978-1-949845-14-3
- **Library of Congress
Control Number:** 2020940997
- **Price:** 12.00 USD

Book Summary:

This Quick Immersion introduces readers to one of the most dramatic and influential events in world history, one that opened a door to the implementation of 'liberal revolutions' across the globe in the following two centuries. The narrative's main focus is the peculiar political dynamic — oscillating between an almost utopian optimism and a pessimistic distrust of other political actors— that propelled the French Revolutionaries from one pivotal crisis to the next. Smith follows the story from the arguments over fiscal reform in the 1770s and 1780s, where many of the seeds of mistrust were first planted, to the fall of Robespierre and the dismantling of emergency government in 1794-1795.

Biography of the author:

Jay M. Smith is a professor of history at the University of North Carolina-Chapel Hill and a specialist of eighteenth-century France. Most of his publications deal in one way or another with changing attitudes about social and political hierarchies. Among his principal monographs: *The Culture of Merit* (1996), *Nobility Reimagined* (2005) and *Monsters of the Gévaudan* (2011).

Endorsements:

«A sleek account of the twists and turns of the French Revolution, Smith's work achieves the rare feat of achieving clarity and coverage in a concise volume that students will appreciate. With its focus on revolutionary events, it provides essential context for classroom discussion of the principles at stake in 1789».

Rafe Blaufarb, Professor of History at Florida State University. Director and Ben Weider Eminent Scholar in Napoleonic Studies at the FSU Department of History

«A truly engaging immersion. Jay Smith's lively, suspenseful narrative introduces the key issues of the French Revolution. But he does not simply detail the unfolding of this pivotal event in modern history. He revisits the relationship between revolutionary origins and the Terror to explain how tradition, innovation, and contingent events intersected with explosive force to permanently change France and the world».

Laura Mason, Sr. Lecturer at Johns Hopkins University, Department of History and Program in Film & Media Studies

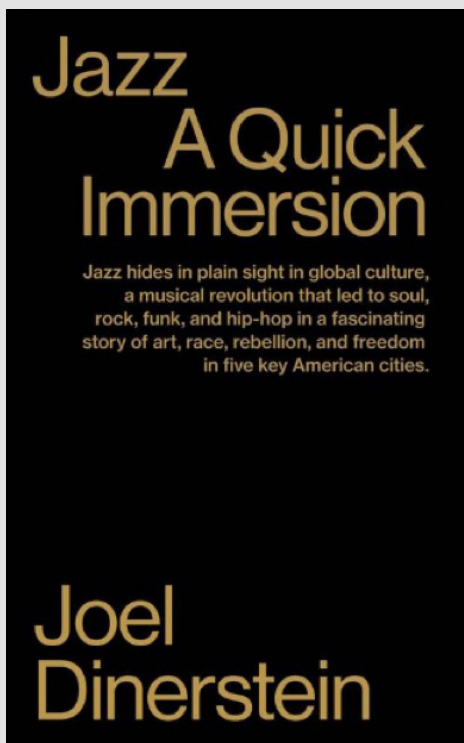
«This is a brilliant, concise, up-to-date and engaging introduction to the French Revolution that will be of interest both to students and to the general public».

David A. Bell, Sidney and Ruth Lapidus Professor in the Era of North Atlantic Revolutions, Princeton University

10. Jazz. A Quick Immersion

Blurb:

Jazz hides in plain sight in global culture, a musical revolution that led to soul, rock, funk, and hip-hop in a fascinating story of art, race, rebellion, and freedom in five key American cities: New Orleans, Chicago, Kansas City, New York, and Los Angeles.



- **Title:** Jazz. A Quick Immersion
- **Author:** Joel Dinerstein
- **Volume:** 10
- **Pages:** 226
- **ISBN:** 978-1-949845-15-0
- **Library of Congress Control Number:** 2020940631
- **Price:** 12.95 USD

Book Summary:

This book focuses on jazz's development in the African-American communities of these cities and how its ideas of groove, improvisation, and musical interplay became integral to all of American music. Jazz is a story of art, culture, race, freedom, politics, struggle, and self-expression.

Biography of the author:

Joel Dinerstein is Professor of English at Tulane University in New Orleans and holds a PhD in American Studies from the University of Texas. He is the author of *Swinging the Machine* (2003), a theory of early jazz and industrialization, *American Cool* (2014), and *The Origins of Cool in Postwar America* (University of Chicago Press, 2017), a cultural history of jazz, urban cool, existentialism, and African-American literature. He teaches classes on jazz, blues, and literature, and has written many articles about New Orleans music and culture. For ten years, he was a jazz DJ on WWOZ-FM in New Orleans, the city's global jazz and heritage station. He has served as a consultant for jazz and popular music for Putumayo Records, HBO's *Boardwalk Empire*, and the National Endowment for the Humanities (NEH).

Endorsements:

«It's hard to throw your arms around a universe, but Joel Dinerstein does so with grace and great insight in this essential guide to America's art form. Designed with maximum musical interaction in mind, it guides the reader by offering multiple views on jazz history —its relationship to cities, to Black migration, and to politics; its sonic evolution in streets, clubs and concert halls; its many personalities, from legends like Louis Armstrong and Miles Davis to central but less famous figures like Ben Webster and Hamid Drake. «Jazz is everywhere,» Dinerstein declares. This kaleidoscopic little book proves that. A great addition to the shelf for a newcomer to the music or anyone who wants to enrich a lifetime of listening».

Ann Powers, author of *Good Booty: Love and Sex, Black and White, Body and Soul in American Music*

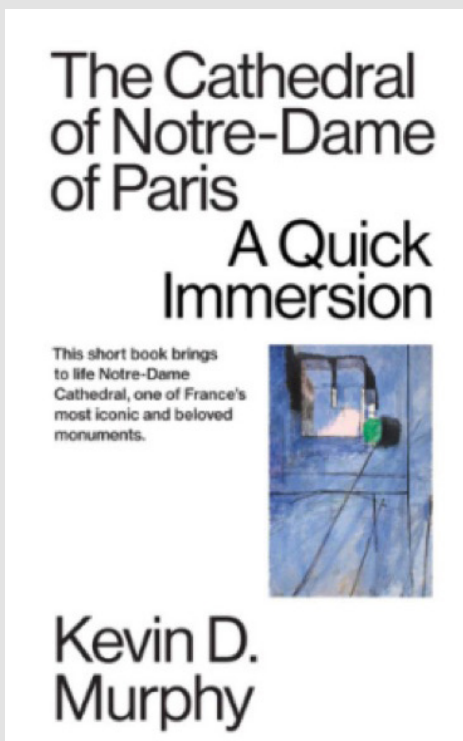
«Dinerstein has done a great thing. In tracing the development of jazz through five historic communities of African-American artists —in New Orleans, Chicago, Kansas City, New York and Los Angeles– he conveys the profoundly social dimension of this art form in ways that have never been clearer, nor, in the context of contemporary life, more valuable. The book gives us a wealth of great stories and characters, as well as a great many recommendations for listening. If you think you already know jazz, this fresh take on the topic will awaken you to all manner of threads in its development that will be new to you. And If you've long been intrigued by jazz, but find the subject so overwhelming that you don't know where to start, start with Dinerstein's brilliant little book».

Professor T.R. Johnson, Jazz DJ, WWOZ-FM: The New Orleans Jazz and Heritage Station

11. The Cathedral of Notre-Dame of Paris. A Quick Immersion

Blurb:

This short book brings to life Notre-Dame Cathedral, one of France's most iconic and beloved monuments.



- **Title:** The Cathedral of Notre-Dame of Paris.
A Quick Immersion
- **Author:** Kevin D. Murphy
- **Volume:** 11
- **Pages:** 192
- **ISBN:** 978-1-949845-21-1
- **Library of Congress**
Control Number: 2020946204
- **Price:** 12.95USD

Book Summary:

Even as it has evolved over the course of many centuries, Notre-Dame Cathedral has persisted as a touchstone for Parisians and Christians everywhere, and as an emblem of Frenchness throughout the nation's history. Its periods of construction, destruction, neglect, and restoration are all outlined here in approachable terms. The decisive mid-19th century restoration of the building by architects E.E. Viollet-le-Duc and J.-B. Lassus, which gave the building its signature spire, is shown to have contributed to Notre-Dame much of its familiar medieval form, tragically damaged in the fire of April 15, 2019.

Biography of the author:

Kevin D. Murphy is Andrew W. Mellon Chair in the Humanities and Professor and Chair of History of Art at Vanderbilt University. He earned his PhD at Northwestern University and has taught at the University of Virginia and the Graduate Center of the City University of New York. Prof. Murphy teaches courses in 19th-century architecture and material culture, primarily in Europe and North America. His publications include the book *Memory and Modernity: Viollet-le-Duc at Vézelay* (2000), *Jonathan Fisher of Blue Hill, Maine: Commerce, Culture and Community on the Eastern Frontier* (2010), and several co-edited volumes, including *Skyscraper Gothic: Medieval Style and Modernist Buildings* (2017).

Endorsements:

«Kevin Murphy deftly untangles the tortured history of Notre-Dame Paris, revealing how this complex and multi-faceted building, with its roots in the Roman past, became the «very face of France.» Engagingly written for both the general reader and specialist, *The Cathedral of Notre-Dame of Paris: A Quick Immersion* explains how this iconic structure bears witness to France's political past and present through its construction, destruction and restoration. It presents for the first time a clear and lucid account of this beloved structure's entire chronology and its representation up to the present day.»

Lisa Reilly, Professor School of Architecture, University of Virginia

«Dr. Murphy has provided for the layman and academic alike a timely analysis and history of one of the world's greatest monuments. We discover here that Notre Dame de Paris is not the seamless Gothic structure that we have assumed. Rather, Notre Dame has a rich and complex history that Dr. Murphy brings alive with engaging and accessible style. Although the book is subtitled *A Quick Immersion*, this account of the cathedral makes the reader feel as if they have had a long and abiding relationship with Notre Dame de Paris.»

Clifton Ellis, Associate Dean of Research & Faculty Development
Elizabeth Sasser Professor of Architectural History at Texas Tech University

12. Civil Rights. A Quick Immersion

Blurb:

This book, written by one of the world's leading authorities on civil rights, contains important original insights of value to scholars working in the area while remaining accessible to students and interested members of the general public. *Civil Rights: A Quick Immersion* sets the standard for scholarship on this important subject.

Christopher Heath Wellman,
Professor of Philosophy and
Dean of Academic Planning,
Washington University-St.
Louis.

Civil Rights A Quick Immersion

This book, written by one of the world's leading authorities on civil rights, contains important original insights of value to scholars working in the area while remaining accessible to students and interested members of the general public.

Christopher Heath Wellman, Professor of Philosophy and Dean of Academic Planning, Washington University-St. Louis.

Andrew Altman



- **Title:** Civil Rights. A Quick Immersion
- **Author:** Andrew Altman:
- **Volume:** 12
- **Pages:** 196
- **ISBN:** 978-1949845-23-5
- **Library of Congress Control Number:** 2020949795
- **Price:** 12.95 USD

Book Summary:

The idea of civil rights has animated the actions of countless persons and groups around the globe over the past several centuries. But what are civil rights? Why has the idea played such an important role in the history of the modern world? Is the idea a valuable one for addressing issues faced by societies in the early decades of the 21st century? This book addresses those questions from philosophical as well as historical perspectives. It explains the idea of civil rights by looking at its use over the centuries in major legal and political controversies over who gets to be a full member of society and what that membership entails. Three historic civil rights movements are prominent in the discussion: the Civil Rights Movement of Black Americans, the emancipation of European Jews, and the international women's movements of the 19th and 20th centuries. Drawing lessons from the similarities and differences among those movements, the book also examines 21st century civil rights issues involving matters of sexual orientation, religion, and race.

Biography of the author:

Andrew Altman is Emeritus Professor of Philosophy at Georgia State University. He received his Ph.D. from Columbia University and specializes in legal and political philosophy. Professor Altman has authored four books and dozens of scholarly articles on legal and political philosophy. His latest book is *Debating Pornography* (Oxford U.P. 2019; co-author: Lori Watson). Professor Altman is the recipient of five major grants from the National Endowment for the Humanities (USA) and several teaching awards from his university.

Endorsements:

«*Civil Rights* by Andrew Altman breaks new ground on important questions about rights in modern society. After providing an account of civil rights' connections to human, moral, natural, and legal rights, Altman looks unflinchingly at the history of several civil rights movements, focusing particularly on political struggles of Black Americans and European Jews. Civil Rights dramatically illustrates the treacherous see-saw of legal reform's gains and losses, hard-won successes and heartbreaking defeats, where certain civil rights have been denied, then legally established, later rescinded by judicial rulings and convention, later still recognized, again diminished, and so forth. Altman raises a suggestion that this relentless back and forth, gaining, then losing political recognition, may be endemic to legal reform itself, thus limiting its ability to ensure civil rights. Is this what inspires Altman to make the provocative yet promising claim that there are two senses of civil rights, and that «In a crucial sense, the rights with which we are concerned in this book cannot be granted or revoked, but they can be recognized, protected, or violated»? (p. 6) Read this tantalizing sometimes chilling yet user-friendly Civil Rights guide to find out.»

**Sandra Dwyer, Principal Senior Lecturer, Department of Philosophy,
Georgia State University**

13. Feminism. A Quick Immersion

Blurb:

This short book explores what led to women's oppression, why it has remained so firmly in place, and what needs to be done to overcome it.

Feminism A Quick Immersion

This short book explores what led to women's oppression, why it has remained so firmly in place, and what needs to be done to overcome it.

Noëlle McAfee



- **Title:** Feminism. A Quick Immersion
- **Author:** Noëlle McAfee
- **Volume:** 13
- **Pages:** 187
- **ISBN:** 978-1-949845-26-6
- **Library of Congress Control Number:** 2021933254
- **Price:** 12.95 USD

Book Summary:

How did woman come to be the underside and negation of modernity's ideals of progress, reason, and enlightenment? This quick immersion searches back in time and forward into the present to explore the conundrum: which came first, women's oppression or the metaphysical and debilitating notions of who and what women are, namely passive, emotional, weak, and irrational. Drawing on psychoanalysis and contemporary theory, this book explores how these notions can be overcome and how women can find and realize their own desire.

Biography of the author:

Noëlle McAfee is a Professor of Philosophy at Emory University with a secondary appointment as Professor of Psychiatry and Behavioral Sciences. She is also Director of Emory's Psychoanalytic Studies Program; affiliated faculty in Emory's department of Women's, Gender, and Sexuality Studies; co-editor of the *Kettering Review*; and a member of the board of officers for the feminist section of the Stanford Encyclopedia of Philosophy. Of her six previous books, her most recent one, *Fear of Breakdown: Politics and Psychoanalysis*, won the American Psychoanalytic Association's 2020 Courage to Dream Book Prize for the book that best integrates academic and clinical aspects of psychoanalysis.

Endorsements:

«Noëlle McAfee provides an admirable and extremely useful mapping of the terrain of feminism and feminist theory, which does justice to the rich variety of styles and voices in feminism. Students will acquire a sense of the range and scope of feminism, while feminist scholars will be interested in McAfee's psychoanalytic reading of feminism and its critique of structural oppression. This will be a very welcome text to anyone who regularly teaches feminism.»

—**Mary C. Rawlinson, Professor of Philosophy and Comparative Literature,
Stony Brook University**

«This fast-dive into feminism is amazingly comprehensive, clear, and compelling. Readers will come away from the book well informed about sexism, the fraternal order, and women's resistance against them. McAfee has done an excellent job of distilling feminism into its essentials.»

—**Shannon Sullivan, Chair of Philosophy and Professor of Philosophy and
Health Psychology at the University of North Carolina Charlotte**

14. International Migration. A Quick Immersion

Blurb:

Based on empirical research, this book dispels misperceptions and opens up constructive debates regarding refugees and migrants.

International Migration A Quick Immersion

Based on empirical research, this book dispels misperceptions and opens up constructive debates regarding refugees and migrants.

Elżbieta M. Goździak



- **Title:** International Migration. A Quick Immersion
- **Author:** Elżbieta M. Goździak
- **Volume:** 14
- **Pages:** 152
- **ISBN:** 978-1-949845-27-3
- **Library of Congress Control Number:** 2021935891
- **Price:** 12.00 USD

Book Summary:

Anti-immigrant sentiments are high across the globe. Citizens are concerned about the failure of politicians to show effective leadership on migration. An ill-informed understanding of migration—and the resulting xenophobia and racism against refugees and immigrants—has people turning to populist politicians who wish to bring back protectionism, reverse globalization, and erect walls and fences. This book dispels some of the misperceptions that migrants are the source of societal ills and provides non-specialists with a basic understanding of the phenomenon of international migration to be able to engage in constructive debates on refugees and migrants.

Biography of the author:

Elżbieta M. Goździak is a Visiting Professor at the Adam Mickiewicz University in Poznań, Poland and a Research professor at OsloMet University in Norway. From 2002 to 2018, she was Research Professor at the Institute for the Study of International Migration (ISIM) at Georgetown University. In the Fall of 2016, she served as the George Soros Visiting Professor in Public Policy at the Central European University (CEU) in Budapest, Hungary. She was also Editor-in-Chief of International Migration and held a senior position with the Office of Refugee Resettlement (ORR) in the US Federal Government. She is a recipient of several Fulbright grants to Poland, Thailand, Indonesia, and Slovenia as well as a residential fellowship at the Rockefeller Center in Bellagio, Italy.

Endorsements:

«This engagingly written and expansive book that roams across time and space, crosscutting disciplinary boundaries in delightful ways, centers on the questions of why migration matters and why an understanding of human population movements—whether on a global scale or within a particular country—is important to an understanding of the world in which we live. It reads like a good, long conversation with a deeply knowledgeable friend who has both up-to-date facts and a compelling grasp of the arc of the narrative of migration at hand. For the lay reader, as well as migration specialists and the undergraduate students they teach, this book offers a fresh and comprehensive look at migration.»

Dianna Shandy, Professor of Anthropology and Associate Provost, Macalester College, United States

«Elżbieta M. Goździak's book captures the essence of modern migration. This text discusses a range of migrations - those by choice, by force, or by economic necessity. Migration patterns hold up a mirror to the world, more accurate and clearer than some politicians or cultural elites may want us to believe. Goździak's case studies show much of the good but also the ugly that still needs fixing as millions of people wander around the planet in search of better lives. There are key questions on migration, like why are we challenged by the arrival of migrants in our country? Should migrants not stay in their own country? Aren't there terrorists among migrants? This book answers them in simple and accessible prose.»

Dr Benjamin Nickl, The University of Sydney, Australia

15. The Meaning of Life. A Quick Immersion

Blurb:

While the myth of Sisyphus, who is condemned to repeatedly roll a boulder up a hill that invariably rolls back down, is a metaphor for the individual's struggle against the absurdity of life, this book sheds light on how to find meaning in the mystery of existence.

The Meaning of Life A Quick Immersion

While the myth of Sisyphus, who is condemned to repeatedly roll a boulder up a hill that invariably rolls back down, is a metaphor for the individual's struggle against the absurdity of life, this book sheds light on how to find meaning in the mystery of existence.

Predrag Cicovacki



- **Title:** The Meaning of Life.
A Quick Immersion
- **Author:** Predrag Cicovacki
- **Volume:** 15
- **Pages:** 168
- **ISBN:** 978-1-949845-28-0
- **Library of Congress
Control Number:** 2021943309
- **Price:** 12.00 USD

Book Summary:

Predrag Cicovacki invites us to reflect on what makes life meaningful. His book teaches us that theory and practice, ideas about life and ways of life should be inseparable. As talking about morality should not be detached from practicing virtue, discussing the meaning of life should not be separated from attempting to live as meaningfully as possible. Examining the lives of those we most admire reveals that living a meaningful life cannot ultimately be a mere quest for individual achievement or happiness. The self is neither the ultimate reality, nor should it be our ultimate concern. Our quest for meaning must instead be oriented toward something that is greater than our individual lives, and what we need to discern is what are, and are not, proper objects of such devotion. We cannot do this alone.

Biography of the author:

Predrag Cicovacki is Professor of Philosophy at the College of the Holy Cross (USA). He is the author of several books, including *Dostoevsky and the Affirmation of Life* (2012), *Gandhi's Footprints* (2015), and *The Luminosity of Love* (2018). He is the co-editor of *Nonviolence as a Way of Life* (with Kendy Hess, 2017), and of *Tolstoy and Spirituality* (with Heidi Grek, 2018).

Endorsements:

«Highly readable, heartfelt philosophical reflection on life's meaning through merit, luck, gratitude, and inspiration. A wise, insightful, and inspiring piece that helps the reader appreciate relationships in an examined life.»

**Richard Werner, the John Stewart Kennedy Professor of Philosophy,
Emeritus at Hamilton College**

«Concentrating on the four qualities of merit, luck, gratitude and inspiration, Predrag Cicovacki addresses the question of the meaning of life. Never glib, always accessible and nuanced as well as quietly learned, one will emerge from reading this book enriched with a variety ways both to espy and to create meaning in our lives.»

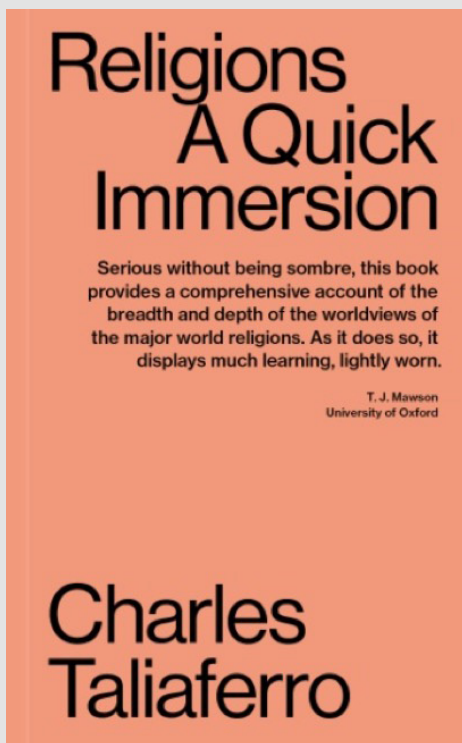
**Dr. James Carleton Paget. Reader in Early Christianity and Ancient
Judaism, Fellow and Tutor of Peterhouse, University of Cambridge, UK**

16. Religions. A Quick Immersion

Blurb:

«Serious without being sombre, *Religions: A Quick Immersion* provides a comprehensive account of the breadth and depth of the worldviews of the major world religions. As it does so, it displays much learning, lightly worn.»

T. J. Mawson, University of Oxford



- **Title:** Religions. A Quick Immersion
- **Author:** Charles Taliaferro
- **Volume:** 16
- **Pages:** 172
- **ISBN:** 978-1-949845-30-3
- **Library of Congress Control Number:** 2021948508
- **Price:** 12.95 USD

Book Summary:

In *Religions. A Quick Immersion*, Taliaferro argues that studying religions is vital to understanding the current diversity of the world population and world history. He further argues that the great world religions offer vibrant, deep spiritual resources for exploring the meaning of our lives today. In this book you will find an accessible introduction to Hinduism, Buddhism, Judaism, Christianity, Islam, and five other religious traditions, in contrast to their secular alternatives. It is a non-dogmatic, open-minded, panoramic tour intended to enlarge one's vision of the similarities and differences among the religions of the world. The book takes seriously the definition of religion, the methods employed in studying religion, and many religious concerns, including the nature of faith, the existence of some ultimate reality (God, Allah, Brahman, Nirvana, the Dao), the practice of prayer and meditation, the problem of suffering, and the possibility of life after death.

Biography of the author:

Charles Taliaferro, Master of Theological Studies (Harvard), Ph.D. (Brown) is Professor of Philosophy and the Overby Distinguished Chair at St. Olaf College. And Scholar In Residence at The Cambridge Centre for the Study of Platonism, Cambridge University. He is the Editor-in-Chief of the journal *Open Theology* and the author, co-author or editor of over 35 books, most recently *Is God Invisible? An essay on Religion and Aesthetics* co-authored with Jil Evans, and senior co-editor of the four volume *Wiley Blackwell Encyclopedia of Philosophy of Religion*.

Endorsements:

«Taliaferro provides a breath-taking and highly informative survey of the world's most significant religious traditions. The panoramic vision of religious phenomena displayed in this book will be of great service to many.»

Victoria S. Harrison, University of Macau

«*Religions. A Quick Immersion* comprises a helpful guide full of illuminating information for those who want to get more familiar to the essential features of their religion as well as others.' If you have queries about the multiplicity of great religions, you will find the correct address for answers. As a teacher of Islamic studies, I found Taliaferro's views especially about Islam accurate, comprehensive and totally fair. The book is not only a quick but also a deep immerse to the ocean!»

Mohammad Saeedimehr (Tarbiat Modares University TMU, Iran)

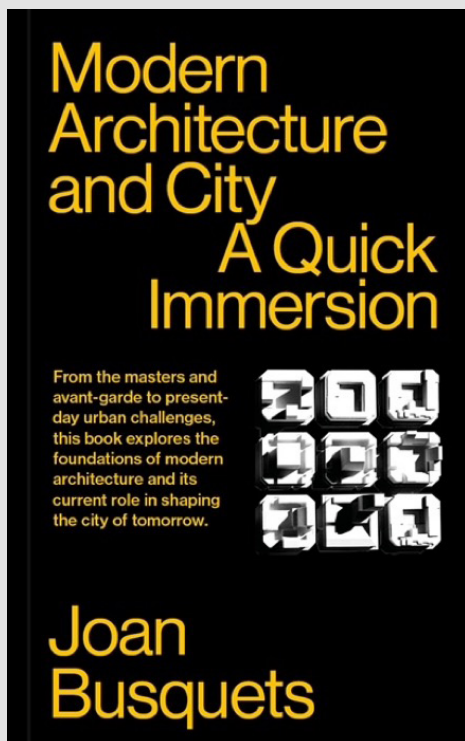
«You will not find a better guide for a quick immersion into religion than Charles Taliaferro. With his erudite knowledge of the history and nature of religion, his even-handed presentation, and his concise and engaging prose, he takes the reader on a journey in this book that is both stimulating and highly instructive. A splendid read!»

Chad Meister, Professor of Philosophy and Theology, Bethel University

17. Modern Architecture and City. A Quick Immersion

Blurb:

From the masters and avant-garde to present-day urban challenges, this book explores the foundations of modern architecture and its current role in shaping the city of tomorrow.



- **Title:** Modern Architecture and City.
A Quick Immersion
- **Author:** Joan Busquets
- **Volume:** 17
- **Pages:** 264
- **ISBN:** 978-1-949845-29-7
- **Library of Congress
Control Number:** 2021952979
- **Price:** 17.00 USD

Book Summary:

This book traces the different histories in modern architecture in order to define the founding period of the masters and the avant-garde and to understand the spread of the Modern Movement, with all its critiques and contradictions. Without using specialized language, a second block lets us talk about current architecture and confront the problems of the contemporary city. With this in mind, five questions are posed on the current role of architecture, and then ten different «project strategies» are discussed. Finally, in a period of intense digital mutation, the challenges that architecture can resolve are considered in pursuit of a more sustainable society.

Biography of the author:

Joan Busquets is an architect and the first Martin Bucksbaum Professor in Practice of Urban Design at the Harvard University Graduate School of Design and was Chair-Professor and co-founder of LUB at the Polytechnic University of Barcelona (ETSAB-UPC). He was also head of Urban Planning for the Barcelona City Council in the preparations for the 1992 Olympics and the urban rehabilitation program. Busquets has published several books on urban projects, such as *X Lines* and *Urban Grids*. With the BAU office he has practiced mainly in Europe and has been awarded the Erasmus in the Netherlands, Architecture and Public Space in Catalonia, the Special Grand Prize in France in 2011, and the P. Abercrombie Prize from UIA in 2021.

Endorsements:

«Most of us and most of the world's population live in cities. Therefore, to understand our built environment, concentrating on the period of Modern Architecture to the present, from the vantage of an outstanding urbanist creates a refreshing narrative that leads to a greater appreciation of how and why our cities are the way they are.»

Martha Thorne, Dean of IE School of Architecture and Design

18. Anxiety. A Quick Immersion

Blurb:

This book explores the novel idea that Anxiety hides in plain sight in our ancient neuroses, finding a body type predisposed to it.

Anxiety A Quick Immersion

This book explores the novel idea
that anxiety hides in plain sight in
our ancient neuroses, finding a
body type predisposed to it.

Antonio Bulbena



- **Title:** Anxiety. A Quick Immersion
- **Author:** Antonio Bulbena
- **Volume:** 18
- **Pages:** 246
- **ISBN:** 978-1-949845-32-7
- **Library of Congress**
Control Number: 2022933658
- **Price:** 14.95 USD

Book Summary:

Anxiety is that powerful companion that gives us the strength to deal with life and also to defend ourselves when faced with difficult challenges. But, in exchange, it can create tension, worries, and excessive precaution in us, such as feelings of being overwhelmed, discomfort in crowds, difficulties in speaking with others, hypochondriacal fears, phobias, anticipating the worst, etc.

Like certain emotions, anxiety is wordless, as it consists of a richly intense cluster of feelings that are hard to name and to explain.

In this book, anxiety is dealt with from a new and original perspective that reflects years of experience and research. One of the great resources and reasons for this book is precisely the experiences and contributions from people who suffer from anxiety. Additionally, as if this were a 3D viewer, readers who delve into the book will perceive a new dimension of texture and depth, as added to the abundant psychological and environmental nuances that classically make up anxiety are some intense (and surprising) physical discoveries, as typical as they are unknown up to now.

Biography of the author:

Antonio Bulbena, MD, PhD, MSc, is Distinguished Professor and Chairman of Psychiatry at the Autonomous University of Barcelona. He completed his medical and psychiatric training at this university, later earning his PhD at the University of Barcelona. Following this, he completed his Masters of Science at the University of Cambridge (Addenbrooke's and Fulbourn hospitals) under the supervision of Prof. G. Berrios and Prof. E. Miller. He is a Member of the Board Committee on Selected Heritable Connective Tissue Disorders and Disability.

Bulbena is an internationally respected psychiatrist and a highly reputed scientist and health systems manager. He has published numerous articles in top tier scientific journals. His most prominent line of research is the relationship between anxiety disorders and somatic conditions, particularly with Joint Hypermobility syndrome. This new approach to anxiety is novel as it includes neurobiological mechanisms (i.e. autonomic dysfunction) and somatic comorbidity, areas that are unfortunately neglected in current psychiatric nosology.

Endorsements:

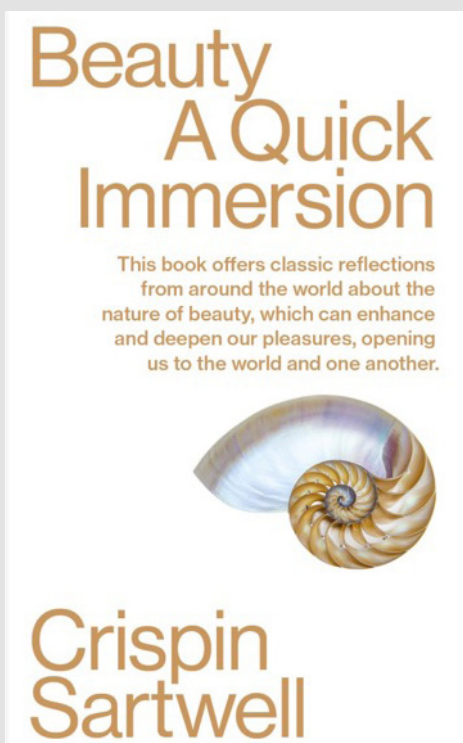
«This work offers an exhaustive exploration of anxiety – as experience, as trait, as adaptation, and as disorder. It includes significant attention to somatic issues, and offers a novel and useful framework for addressing the significant clinical issues of co-occurring anxiety, hypermobility of the joints, and dysautonomia. It is presented in an informal style, with wonderful intrusions of wry wit.»

Richard Barnum, Psychiatrist in Chestnut Hill, Massachusetts

19. Beauty. A Quick Immersion

Blurb:

This book offers classic reflections from around the world about the nature of beauty, which can enhance and deepen our pleasures, opening us to the world and one another.



- **Title:** Beauty. A Quick Immersion
- **Author:** Crispin Sartwell
- **Volume:** 19
- **Pages:** 180
- **ISBN:** 978-1-949845-33-4
- **Library of Congress Control Number:** 2022935708
- **Price:** 12.95 USD

Book Summary:

A perfect blossom and a sunset replete with color, Bob Marley and Marilyn Monroe, the middle of the wilderness or of an urban festival, your favorite song, your favorite shoes: people continue to find beauty everywhere, even as it is also entwined with many social problems and hierarchies. It is difficult, and maybe unnecessary, to figure out what it is. But Crispin Sartwell argues in this quick immersion that classic reflections from around the world about the nature of beauty can enhance and deepen our pleasures, opening us to the world and one another.

Biography of the author:

Crispin Sartwell teaches philosophy at Dickinson College in Carlisle, Pennsylvania, USA. His books include *Six Names of Beauty* (Routledge 2006) and *Political Aesthetics* (Cornell, 2010), and he has contributed to the New York Times, Wall Street Journal, Times Literary Supplement, and many other publications. He lives in an old one-room schoolhouse near Gettysburg with his partner, the painter Jane Irish.

Endorsements:

«Sartwell has created a thorough survey of the idea of beauty that is sophisticated but easy to read. Combining and adding to the results of several earlier books, this economical treatment will be useful for generations to come, summing up the thoughts of many thinkers from every corner of the world and letting readers decide for themselves what beauty is, its uses and value, and its persistent problems. Sartwell goes right to the difficult controversies, but does not take sides until the end. But don't skip to the end! This book makes an excellent teaching tool and would work equally well for high school as for graduate school.»

Randall Auxier, Southern Illinois University

«Theories of beauty distilled through years of scholarship could easily devolve into esoteric abstractions. But not the way Crispin Sartwell does it. Exposing the false dilemma of whether beauty is objective or subjective—while discussing the implications beauty has on politics—Sartwell presents an exemplary piece of public philosophy.»

**Michael R. Spicher, founder, Aesthetics Research Lab (lecturer) MssArt,
Boston Architectural College**

20. Autism. A Quick Immersion

Blurb:

Defining autism is not an easy task, and even less so now that the concept has become polarized between those who defend neurodiversity versus those who are fighting to find a cure. In an attempt to understand autism in all its magnitude, the author offers a wider and deeper perspective on this complex world.

Autism A Quick Immersion

Defining autism is not an easy task, and even less so now that the concept has become polarized between those who defend neurodiversity versus those who are fighting to find a cure. In an attempt to understand autism in all its magnitude, the author offers a wider and deeper perspective on this complex world.

Maria J. Portella

Tibidabo Publishing



- **Title:** Autism. A Quick Immersion
- **Author:** Maria J. Portella
- **Volume:** 20
- **ISBN:** 978-1-949845-34-1
- **Library of Congress Control Number:** 2022940092
- **Price:** 12.95 USD

Book Summary:

To understand autism, it is necessary to take a multi-faceted view that not only encompasses a description of autism spectrum symptoms, but also considers its significance from different perspectives. In this book, the medical and neuroscientific view is combined with other insights, such as social, legal, labor or education. A more global concept of autism is progressively described, finally offering a description of how people on the spectrum live, perceive, feel and think. This is done without forgetting the 'other characteristics' of autism, which often do not appear in the diagnostic criteria: autism in women, emotional dysregulation, anxiety, among others. Subsequently, the impact of autism from birth to old age is explored in the varied spheres of life, such as schooling, the world of work, and family and interpersonal relationships. Finally, everyday strategies and tips are proposed that help with better adaptation to the environment, both for people on the spectrum and all other individuals, with the goal of achieving a more inclusive, respectful society.

Biography of the author:

Maria J. Portella, Catalan by adoption, was born in Es Migjorn Gran (Menorca, 1975). She is a specialist in clinical neuropsychology and a PhD in neurosciences. Portella studied at the Universitat de Barcelona and at the University of Oxford (United Kingdom). Currently she is the head of the Research Group in Mental Health of the Research Institute at the Hospital de Sant Pau in Barcelona, and is also a medical associate at the Universitat Autònoma in Barcelona.

Portella's main line of research is focused on major depression in adults. She is the author of more than one hundred research articles published in specialized international magazines and has received various grants and awards throughout her career.

She is the mother of an autistic boy, which led her to write about autism. In 2018 she published *Mundos Invisibles: El espectro autista explicado por una madre neurocientífica* (Tibidabo Ediciones), a book both intimate and sincere.

Endorsements:

«Seeing the world with the eyes (and brain!) of another person is not easy, especially when this person has a perceptive and expressive configuration that is very special, which is the case with what we call the «autism spectrum.» With this marvelous book, Maria J. Portella invites us to immerse ourselves in autism as she opens our eyes to another way of understanding the world.»

Eduard Vieta Pascual
Professor of Psychiatry at Universitat de Barcelona



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