

Read Free Force Of Habit Exploring Everyday Culture Lund Studies In European Ethnology Free Download Pdf

Force of Habit Exploring Everyday Life Exploring Everyday Landscapes Exploring Everyday Things with R and Ruby National Identity, Popular Culture and Everyday Life Experiencing New Worlds Healthy Habits for Kids Giving a voice to the Oppressed? Reframing Dutch Culture Loose Space Geographies of Rhythm Tourism: The experience of tourism Ferry Tales Automobilities Mobility The Me, Without Exploring the Power of Habit Geographies of Mobilities Ethnologia Europaea 31 : 2 Couple Relationships in the 21st Century Landscape, Materiality and Heritage Drawing Is for Everyone Bordering Artifacts and Allegiances Contemporary Pagan and Native Faith Movements in Europe Global Media Discourse Ethnologia Europaea 29 : 1 Ethnologia Europaea Vol. 33:1 The Dictionary of Human Geography Routledge International Companion to Education Magic and Witchery in the Modern West The Camera as Actor Compelling Conversations: Questions and Quotations on Timeless Topics Looking for America Exploring 'unseen' Social Capital in Community Participation Consumption and Gender in the Early Seventeenth-Century Household Discovering & Exploring Habits of Mind The Walkable City Explore the Philosophy of Achievers Within You Exploring the Power of Habit

In this vivid reconstruction of life in a seventeenth-century gentry household, the authors delve into the details of everyday life: how did a large, wealthy household in the English countryside acquire the goods and services it needed and wanted? Was household consumption an exclusively female sphere, or did men play an important role, too? Looking beyond the impact photographs have on the perpetuation and expression of social norms and stereotypes, and the influence of the act of taking a photograph, this new collection brings together international scholars to examine the camera itself as an actor. Bringing the camera back into view, this volume furthers our understanding of how, and in what ways, imaging technology shapes us, our lives, and the representations out of which we fashion knowledge, base our judgments and ultimately act. Through a broad range of case studies, the authors in this collection make the convincing claim that the camera is much more than a mechanical device brought to life by the photographer. This book will be of interest to scholars in photography, visual culture, anthropology and the history of photography. A Main Selection of the One Spirit Book Club! "Raposo's engaging report on stripping life down will inspire readers looking for manageable tweaks to hectic living." — Publishers Weekly At the age of thirty-four, journalist Jacqueline Raposo finds herself sick, single, broke, and wandering in a fog. Despite decades of discipline, her chronic illness is getting worse. Despite hosting a radio show about dating, she hasn't been in love in years. And despite a successful writing career, she's deeply in debt. Weary of trying to solve her problems by adding things to her life, she attempts the opposite and subtracts some of her most constant habits — social media, shopping, sugar, and negative thoughts — for periods of thirty to ninety days over the course of one year. In this intimately curated search for self-improvement (a quest that readers can easily personalize for themselves), Raposo confesses to the sometimes violent and profound shifts in her social interactions, physical health, and sense of self-worth. With the input of doctors, psychologists, STEM experts, and other professionals, she offers fascinating insights into how and why our brains and bodies react as they do to our habits. She also sheds light on the impact of our everyday choices on our mental state. Part memoir, part case study, this book offers you an inspiring example of how to forge your own journey, expose your wounds, and help yourself heal. "No cheesy self-help here, *The Me, Without* is sharply written and massively relatable. Raposo packs a powerful message into an emotional and entertaining read." — Kaia Roman, author of *The Joy Plan* "Jacqueline is able to make me chuckle with one sentence and then have a deep introspective moment in the next. Her openness and honesty is truly amazing. If you have been looking to examine your relationship with the world, this is the book for you!" — Travis McElroy, host of the podcasts *My Brother, My Brother, and Me* and *The Adventure Zone* "So many of us live in terror of deprivation, whether it's tangible, edible, social, physical, financial, or emotional, because we are terrified of what we'll see when we're stripped bare. In Jacqueline Raposo's brave, rigorous, and vulnerable exploration of what it means to live without, the author uses periods of deliberate abstinence from habits to find new ways to engage with the world, determine what's been pinning her in place, and reveal the person she truly can be when she's freed of it all. It's essential reading for anyone on the cusp of making a major life change — or even a minor one." — Kat Kinsman, author of *Hi, Anxiety* "There's nothing you can't do if you get the habits right". Why do habits exist? How could these be changed in order to transform our personal lives? How do habits interact with our businesses' and communities' lives? Exploring the Power of Habit takes us through the latest scientific discoveries and gives us answers to questions like these. Not all habits belong to the same category or are created as a consequence of the same external or internal reality. Duhigg covers a wide range of these phenomena and explains the willpower to overcome or support them. This book will explain how some companies have achieved enormous success by altering people's habits. By luck or design, they've been tapping into a powerful psychological pattern: the "habit loop". Habits are automatic loops that have 3 parts: the first is the cue, which is the trigger that lets our brain know what to do; the second part is the routine, which is the behavior we perform to get the third part: the reward, which is the satisfaction of a particular craving. IN THIS BOOK, YOU'LL LEARN: ? What three things drive habit loops ? How your mind starts anticipating certain behaviors before it even occurs ? How powerful your habits can become in controlling your everyday life ? What keystone habits are ? The Story of Michael Phelps ? Question from the audience: Value Investing Versus Index Funds When it comes to success, I am a big believer that your habits play a major role in how successful you become. If you're interested in learning more about how habits work and ways to change them, then I invite you to see this book and see for yourself - maybe it will even satisfy a craving you have. With clear, critical, and constructive surveys of key terms by leading researchers in the field, *The Dictionary of Human Geography*, fifth edition, remains the definitive guide to the concepts and debates in human geography. Comprehensively revised new edition of a highly successful text with over 300 key terms appearing for the first time Situates Human Geography within the humanities, social sciences and sciences as a whole Written by leading experts in the field Major entries not only describe the development of concepts, contributions and debates in Human Geography but also advance them Features a new consolidated bibliography along with a detailed index and systematic cross-referencing of headwords Are you having tough time while dealing with your kids' habits and do you want to have a transformation in their behavior? Then you should go no further! Since the time of birth, every child follows some activities which are then become habits. No one is born with these habits, but with each passing day, a new activity that has not been changed becomes a part of a child from thumb sucking to nail-biting, etc. From a very early age of a child, it is the responsibility of parents, guardians, and teachers also to keep an eye on the activities of a child no matter if the child is at home, at a park, or in school because this is very common that every parent or elder avoids some of the activities of a child by saying that a child is too young to understand and this is the point where the negligence lead a child to develop some annoying, bad and sometimes worst of the activities. It is difficult but not impossible to change or cut off the bad habits. Parents must have to develop a strong bond and relationship with their children so that your child will be confident enough to share each and everything with their parents. Parents have to make their children realize their self-esteem, self-respect, and care for others too. Friends are the best in developing habits but make sure to develop good habits. As a child is influenced by parents at home, they have also inspired friends and try to adopt the habits of their close and dear friends. Do not let your child be isolated or less talkative. Make them environmentally friendly because it will help them to take part in physical activities that will keep them fit and healthy. Develop good and healthy eating habits in your child, make them follow their good routine so that they can focus on good and healthy things in the surrounding, which also keeps their mind healthy. After exploring this book, you will get to know the following healthy habits for kids and how habits are formulated. How kids are influenced by their environment and friends in developing habits What tips parents have to follow in developing habits in their child while being friendly with them Habits play a vital role in a kids life, how habit leads a child to focus on goals, to explore themselves, to know who they are and what they want to be Habit formulation is a three-way process; how it can be achieved Positive and negative effects of good and bad habits of a child and how to prevent them All this information in one book, isn't this amazing? Quickly grab one to start practicing the development of habits in your child. Featuring a wide range of exercises, examples, and images, this textbook provides a practical way of analyzing the discourses of the global media industries. Building on a comprehensive introduction to the history and theory of global media communication, specific case studies of lifestyle and entertainment media are explored with examples from films, global women's magazines, Vietnamese news reporting and computer war games. Finally, this book investigates how global media communication is produced, looking at the formats, languages and images used in creating media materials, both globally and in localized forms. At a time when the media is becoming increasingly global, often with the same films, news and television programmes shown all over the world; *Global Media Discourse* provides an accessible, lively introduction into how globalization is changing the language and communicative practices of the media. Integrating a range of approaches, including political economy, discourse analysis and ethnography, this book will be of particular interest to students of media and communication studies, applied linguistics, and (critical) discourse analysis. This collection of key articles from the most influential journals and books in the field examines what social scientists mean by the term tourism, and what it means to be a tourist. Carefully selected and introduced by the editor, this material charts the sociological changes that have occurred in tourism, and the change from the upper-class grand tours of the late nineteenth-century to the mass tourism of the present day. The collection also assesses the economic impacts of tourism on local economies, environmental considerations, and whether the growth of tourism is sustainable in a post-September 11th world. "Tourism: Critical Concepts in the Social Sciences" is an accessible and comprehensive resource designed for academics and scholars researching in tourism, globalization, and human geography. In *Rhythmanalysis*, Henri Lefebvre put forward his ideas on the relationship between time and space, particularly how rhythms characterize space. Here, leading geographers advance and expand on Lefebvre's theories, examining how they intersect with current theoretical and political concerns

within the social sciences. In terms of geography, rhythm analysis highlights tensions between repetition and innovation, between the need for consistency and the need for disruption. These tensions reveal the ways in which social time is managed to ensure a measure of stability through the instantiation of temporal norms, whilst at the same time showing how this is often challenged. In looking at the rhythms of geographies, and drawing upon a wide range of geographical contexts, this book explores the ordering of different rhythms according to four main themes: rhythms of nature, rhythms of everyday life, rhythms of mobility, and the official and routine rhythms which superimpose themselves on the multiple rhythms of the body. Dutch society has undergone radical changes in recent years, due to complex political, social and ethnic developments. Reframing Dutch Culture examines issues of nationality, ethnicity, culture and identity in The Netherlands from an ethnological perspective, linking past traditions and notions of identity with more recent transformations. The Routledge International Companion to Education addresses the key issues underpinning the rethinking and restructuring of education at the beginning of the new millennium. The volume contains over fifty major contributions exploring a wide range of issues, including: * philosophy of education * the economics and resourcing of education * testing and assessment: current issues and future prospects * standards * multiculturalism * anti-racism * computers in classrooms * mother tongue education * civics and moral education. Each chapter gives a contemporary account of developments in the field, and looks to the future and the directions that new activity and inquiry are likely to take. All the chapters are written from an international perspective. Pagan and Native Faith movements have sprung up across Europe in recent decades, yet little has been published about them compared with their British and American counterparts. Though all such movements valorize human relationships with nature and embrace polytheistic cosmologies, practitioners' beliefs, practices, goals, and agendas are diverse. Often side by side are groups trying to reconstruct ancient religions motivated by ethnonationalism—especially in post-Soviet societies—and others attracted by imported traditions, such as Wicca, Druidry, Goddess Spirituality, and Core Shamanism. Drawing on ethnographic cases, contributors explore the interplay of neo-nationalistic and neo-colonialist impulses in contemporary Paganism, showing how these impulses play out, intersect, collide, and transform. Since its start in 1967 *Ethnologia Europaea* has acquired a central position in the international cooperation between ethnologists in the different European countries. It is, however, a journal of topical interest not only for ethnologists but also for anthropologists, social historians and others studying the social and cultural forms of everyday life in recent and historical European societies. This journal appears twice a year, sometimes as a thematic issue. Bringing together scholarship in diverse fields - including architecture, geography, folklore, anthropology, and urban studies - the seventeen essays in this volume confirm the transformations now occurring in the study of vernacular architecture. Moving away from a single vision of vernacular architecture that consisted only of old, rural, handmade structures built in traditional forms and materials for everyday use, scholars are exploring a wider variety of forms and landscapes - from company towns to grand expositions. Drawn from two conferences of the Vernacular Architecture Forum - one held in Charleston in 1994, the other in Ottawa in 1995 - these essays address a broad range of topics. This volume argues that using social capital to eradicate poverty is unlikely to succeed because its mainstream approach mistakenly assumes that social capital necessarily benefits poor people. The inadequacy of that assumption, Sam Wong argues, calls for a reassessment of human motivations, institutional dynamics, and the complexity of structures in social capital building. Proposing a “pro-poor” perspective, in which poverty-specific outcomes are highlighted, he suggests an exploration of “unseen” social capital is in order—not only to challenge the mainstream understanding of “seen” social capital, but to demonstrate the need for everyday cooperation, which is shaped by social norms, influenced by conscious and unconscious motivations, and subject to changes in priority based on livelihood. A useful volume for both policy makers and practitioners, *Exploring ‘Unseen’ Social Capital in Community Participation* offers a fresh perspective in thinking about civic and social agency. Mobility - flows, movement and migration in social life - has emerged as a central area of sociological debate, yet one of its most dominant forms, automobility, has remained largely ignored. Edited by three leading social analysts, *Automobilities* presents one of the first and most wide-ranging examinations of the car and its promise of autonomy and mobility. Drawing on rich empirical detail, from ethnographies of office work on the motorway to the importance of the car in French cultural theory, the contributions demonstrate just how significant have been the economic, technological, social and political consequences of a pervasive and accelerating culture of the car. A broad array of theories are put to work to illuminate this vast and yet neglected topic: strategy and tactics, complexity theory, performativity, actor network theory, film theory, material culture, theories of non-places, embodiment, sensuous geography/sociology, ethnomethodology and non-representational theory. This book will firmly establish automobilities as a key topic for theory and research. *Automobilities* represents a landmark text that will contribute to and provide a significant impetus for the emerging analysis of mobilities in contemporary societies. What can we learn about nationalism by looking at a country's cultural institutions? How do the history and culture of particular cities help explain how museums represent diversity? *Artifacts and Allegiances* takes us around the world to tell the compelling story of how museums today are making sense of immigration and globalization. Based on firsthand conversations with museum directors, curators, and policymakers; descriptions of current and future exhibitions; and inside stories about the famous paintings and iconic objects that define collections across the globe, this work provides a close-up view of how different kinds of institutions balance nationalism and cosmopolitanism. By comparing museums in Europe, the United States, Asia, and the Middle East, Peggy Levitt offers a fresh perspective on the role of the museum in shaping citizens. Taken together, these accounts tell the fascinating story of a sea change underway in the museum world at large. Flowing from the same reverence and principles as *Watercolor Is for Everyone*, the first title in the *Art Is for Everyone* series from Quarry Books, *Drawing Is for Everyone* offers 21 intuitive, process-based drawing lessons for depicting the natural world with graphite, colored pencils, and colorful inks. What is a border? This seemingly simple question is here answered via a multidisciplinary study of the cultural, geographical and historical existence of borders, and the way they have shaped our world. Using the Danish-Swedish border to illustrate the actions of groups and individuals engaged in bordering since the 1600s, this richly theoretical discussion highlights the complexities of political and cultural identity processes. This book marks twenty years since the publication of Professor Ronald Hutton's *The Triumph of the Moon*, a major contribution to the historical study of Wicca. Building on and celebrating Hutton's pioneering work, the chapters in this volume explore a range of modern magical, occult, and Pagan groups active in Western nations. Each contributor is a specialist in the study of modern Paganism and occultism, although differ in their embrace of historical, anthropological, and psychological perspectives. Chapters examine not only the history of Wicca, the largest and best-known form of modern Paganism, but also modern Pagan environmentalist and anti-nuclear activism, the Pagan interpretation of fairy folklore, and the contemporary ‘Traditional Witchcraft’ phenomenon. Provides information on using R and Ruby to model a mathematical problem and find a solution. The numerous tasks and routines that shape our daily existence can seem mundane, even invisible—and yet they play an extremely powerful role in structuring and reproducing society. *Exploring Everyday Life* casts light on these so-called trivialities, serving as both a guide to the invisible world of the everyday and an instruction manual for first-time explorers. Ehn, Lofgren, and Wilk demonstrate how to use a broad array of ethnographic tools to discover, map, and document new and unexplored territories and guide readers through the process of cultural analysis. Their concrete examples shed light on how a study or paper assignment can evolve and point to how cultural analysis of everyday life can be practically applied in business, government, and other arenas outside of academia. The book is divided into three sections. Due to its internationality and interdisciplinarity, the International Oral History Association (IOHA), which was founded in the late 1970's, is one-of-a-kind in the academic landscape. Driven by the desire to democratize historical scholarship, its members wanted to “give a voice” to groups such as women, workers, migrants, or victims of political dictatorships who had not been heard up to that point. The contributions deal with the academic approaches and the political convictions of the previous generation. This innovative ESL/EFL textbook helps advanced English language learners develop conversation skills and improve fluency by sharing experiences, reflecting on their lives, and discussing proverbs and quotations. The oral skills English textbook includes 45 thematic chapters, over 1,350 questions, 500 vocabulary words, 250 proverbs and American idioms, and 500 quotations. Designed for both adult education and intensive English language students, the conversations and activities deepen critical thinking skills and develop speaking skills essential to success in community college and university programs. *Compelling Conversations* has been used in classrooms in over 40 countries, recommended by English Teaching Professional magazine, adopted by conversation clubs and private English tutors, and enjoyed by thousands of English students. Describes the “habits of mind” that can aid both students and adults in school and in everyday life as they encounter problems, dilemmas, and enigmas, the resolutions of which are not immediately apparent. In cities around the world people use a variety of public spaces to relax, to protest, to buy and sell, to experiment and to celebrate. *Loose Space* explores the many ways that urban residents, with creativity and determination, appropriate public space to meet their own needs and desires. Familiar or unexpected, spontaneous or planned, momentary or long-lasting, the activities that make urban space loose continue to give cities life and vitality. The book examines physical spaces and how people use them. Contributors discuss a wide range of recreational, commercial and political activities; some are conventional, others are more experimental. Some of the activities occur alongside the intended uses of planned public spaces, such as sidewalks and plazas; other activities replace former uses, as in abandoned warehouses and industrial sites. The thirteen case studies, international in scope, demonstrate the continuing richness of urban public life that is created and sustained by urbanites themselves. *Presents a fresh way of looking at urban public space, focusing on its positive uses and aspects. Comprises 13 detailed, well-illustrated case studies based on sustained observation and research by social scientists, architects and urban designers. Looks at a range of activities, both everyday occurrences and more unusual uses, in a variety of public spaces -- planned, leftover and abandoned. Explores the spatial and the behavioral; considers the wider historical and social context. Addresses issues of urban research, architecture, urban design and planning. Takes a broad international perspective with cases from New York, London, Berlin, Amsterdam, Rome, Guadalajara, Athens, Tel Aviv, Melbourne, Bangkok, Kandy, Buffalo, and the North of England. The purpose of this rich and innovatively presented ethnography is to explore mobility, sense of place and time on the British Columbia coast. On the basis of almost 400 interviews with ferry passengers and over 250 ferry journeys, the author narrates and reflects on the performance of travel and on the consequences of ferry-dependence on island and coastal communities. Ferry Tales inaugurates a new series entitled Innovative Ethnographies for Routledge (innovativeethnographies.net). The purpose of this hypermedia book series is to use digital technologies to capture a richer, multimodal view of social life than was otherwise done in the classic, print-based tradition of ethnography, while maintaining the traditional strengths of classic, ethnographic analysis. Visit the book's website at ferrytales.innovativeethnographies.net* *Looking for America: The Visual Production of Nation and People* is a groundbreaking collection that explores the “visual” in

defining the kaleidoscope of American experience and American identity in the 20th century. Covers enduringly important topics in American history: nationhood, class, politics of identity, and the visual mapping of "others" Includes editorial introductions, suggested readings, a primer on how to "read" an image, and a guide to visual archives and collections Well-illustrated book for those in American Studies and related fields eager to incorporate the visual into their teaching—and telling—of the American story. This book focuses on a single artefact, the Barochan Cross, a ninth century stone sculpture in Renfrewshire, Scotland. Exploring the changing stories, meanings, locations, uses and feelings of the sculpture, Tim Edensor adopts a broad temporal frame across twelve centuries that moves away from a periodisation that solely considers its original meanings and uses. Narrating the shifting ways in which the Barochan Cross has been moved, utilised, cared for, interpreted, encountered, sensed, copied and appropriated allows for a sophisticated yet highly accessible discussion about its changing relationships with the physical and conceptual landscapes in which it has been situated. This book thus expands the ways in which landscape might be conceptualised, revealing how artefacts can inform future critical thinking about heritage and bringing an important contribution to theories about material culture and landscape. It sounds almost too good to be true: There are simple steps you can follow to achieve everything you want in life. But before the chosen one Mahesh Chandnanireveals them, you need to ask yourself a few questions: Are you willing to change your life? Do you really want to be successful? Will you follow a philosophy that will grant you all your wishes? Are you ready to start a new way of life? If your answer to all of those questions is yes, then you're entitled to explore a hidden philosophy that will allow you to earn success, power, money, fame, love, happiness, and anything else you could ever want. Doing all that will involve embracing your predefined destiny. When you compare your life to others and try to become like them, you're rejecting what is good for you. It's also important to understand that we're responsible for creating what happens to us in life. Make it something great as you Explore the Philosophy of Achievers within You. This book explores everyday walking in contemporary urban life. It brings together important theoretical and empirical insights to understand how the 'walkability' of urban spaces can be imagined, planned for, and experienced. The book focuses on the everyday experiences of the urban walker, the bodily experiences of walking, and different walking research methods. It goes beyond the conventional focus on walkable places by delving into the ways in which urban space is consumed and produced through different ways of walking. Drawing on fieldwork in the UK and international secondary sources, the book examines how walking is socially and materially co-produced, focusing on pedestrian practices, infrastructures, and the social nature of walking. Chapters in the book offer key explorations of the cultural and social inclusions and exclusions of navigating the city on foot. The book considers transport planning and policy promoting pedestrian movement, pedestrian infrastructures, the politics of walking, and social interactions of urban pedestrians. The book offers vital analyses of how different but overlapping dimensions of walking and their relationship with urban space are often overlooked, and the importance of centring the lived experiences of walking in understandings of pedestrian practices. This book provides a timely contribution to the field of mobilities due to a growing interest in urban walking. It will be of interest to students and scholars of urban studies, human geography, sociology, and public health. " There's nothing you can't do if you get the habits right ". Why do habits exist? How could these be changed in order to transform our personal lives? How do habits interact with our businesses' and communities' lives? Exploring the Power of Habit takes us through the latest scientific discoveries and gives us answers to questions like these. Not all habits belong to the same category or are created as a consequence of the same external or internal reality. Duhigg covers a wide range of these phenomena and explains the willpower to overcome or support them. This book will explain how some companies have achieved enormous success by altering people's habits. By luck or design, they've been tapping into a powerful psychological pattern: the "habit loop". Habits are automatic loops that have 3 parts: the first is the cue, which is the trigger that lets our brain know what to do; the second part is the routine, which is the behavior we perform to get the third part: the reward, which is the satisfaction of a particular craving. IN THIS BOOK, YOU'LL LEARN: ? What three things drive habit loops ? How your mind starts anticipating certain behaviors before it even occurs ? How powerful your habits can become in controlling your everyday life ? What keystone habits are ? The Story of Michael Phelps ? Question from the audience: Value Investing Versus Index Funds When it comes to success, I am a big believer that your habits play a major role in how successful you become. If you're interested in learning more about how habits work and ways to change them, then I invite you to see this book and see for yourself - maybe it will even satisfy a craving you have. The many different localities of the Pacific region have a long history of transformation, under both pre- and post-colonial conditions. More recently, rates of local transformation have increased tremendously under post-colonial regimes. The forces of globalization, which rapidly distribute commodities, images, and political and moral concepts across the region, have presented Pacific populations with an unprecedented need and opportunity to fashion new and expanded understandings of their cultural and individual identities. This volume, the first in a new series, examines the forces of globalization at different levels, as they manifest themselves and operate across cultural, cognitive and biographical dimensions of human life in the Pacific. While posing familiar questions, it offers new answers through the integration of cultural and psychological methods. The contributors draw on practice theory, cognitive science and the anthropology of space and place while exploring the key analytical rubrics of human agency, memory and landscape. This work examines customs and habits such as crayfish parties, Christmas celebrations, and graduation rituals. The focus is not on the traditions as such, instead they provide a starting point for analyses of how the experiences of everyday life are manifested in a visible cultural garb. The text shows how many rituals serve to release people from the bonds of tradition, usually by creating a special cultural arena. Yet it also examines the ways in which habits and customs tacitly coerce thoughts, sometimes drawing attention to fundamental social and moral values but just as often acting as impediments to reflection. The contributors try to see how some features of everyday cultural identity can be easily replaced, while others may persist tenaciously. The Millennium Dome, Braveheart and Rolls Royce cars. How do cultural icons reproduce and transform a sense of national identity? How does national identity vary across time and space, how is it contested, and what has been the impact of globalization upon national identity and culture? This book examines how national identity is represented, performed, spatialized and materialized through popular culture and in everyday life. National identity is revealed to be inherent in the things we often take for granted - from landscapes and eating habits, to tourism, cinema and music. Our specific experience of car ownership and motoring can enhance a sense of belonging, whilst Hollywood blockbusters and national exhibitions provide contexts for the ongoing, and often contested, process of national identity formation. These and a wealth of other cultural forms and practices are explored, with examples drawn from Scotland, the UK as a whole, India and Mauritius. This book addresses the considerable neglect of popular cultures in recent studies of nationalism and contributes to debates on the relationship between 'high' and 'low' culture. Who and how we love may be changing but our desire to be in a relationship endures. This book presents an incisive account of how couples experience, understand and sustain long-term relationships, exploring the emotional, practical and biographical resources that couples draw on, across the life course. Mobility aims to take the pulse of this enormously expanded and energetic field. It explores the breadth of the disciplinary areas mobility studies now encompass, examining the diverse conceptual and methodological approaches wielded within the field, and explores the utility of mobility to illuminate a cornucopia of mobile lives: from the mass movements of individuals within global processes such as migration and tourism, to homelessness and war; from the entangled relations caught up in the movement of disease, people and aid across borders, to the inability of someone to cross over a road. The new edition explores the more sustained elaboration of mobility studies within a wide variety of disciplinary approaches and subject matters. It echoes the growing internationalization of mobility research, reflected in diverse case studies from the Global South, South Asia, Latin America, the Caribbean and so far under-represented perspectives from China, Australasia, post-socialist Eastern Europe, the Middle East and elsewhere. The book also features an additional chapter on mobility studies, to survey and explore the diverse quality of the field, and methodologies, in order to reflect the growing diversity of methodological approaches to mobilities, from walk-alongs and critical cartography to the mobile arts. The book offers an accessible reading of the way mobility has been tackled and understood, neatly exploring and summarizing a topic that has exploded into different variations and nuances. The text allows scholars and students alike to grasp the central importance of 'mobility' to social, cultural, political, economic and everyday terrains by providing accessible writings on key authors within key ideas and case study boxes, suggested further readings and summaries, while at the same time making a significant contribution to scholarly writings and debates.

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