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Autore	Hossein-zadeh Ismael <1946->
Titolo	The Political Economy of U.S. Militarism // by I. Hossein-zadeh
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Nota di contenuto	Cover -- Contents -- Introduction -- Chapter 1 The Military-Industrial Giant: An Empire in Itself -- Chapter 2 Imperial Militarisms: Past and Present -- Chapter 3 The Rise of U.S. Militarism -- Chapter 4 Inventing "Threats to Our National Interests" -- Chapter 5 Militant Islam, Terrorism, and "Clash of Civilizations" -- Chapter 6 Behind the Invasion of Iraq -- Chapter 7 Waste, Inefficiency, and the Spoils of Military Spending -- Chapter 8 The Political Economy of U.S. Military Spending -- Chapter 9 Limits of U.S. Militarism -- Notes -- Bibliography -- Index -- A -- B -- C -- D -- E -- F -- G -- H -- I -- J -- K -- L -- M

-- N -- O -- P -- R -- S -- T -- U -- V -- W -- Z.

Sommario/riassunto

This wide-ranging, interdisciplinary analysis blends history, economics, and politics to challenge the prevailing accounts of the rise of U.S. militarism. While acknowledging the contributory role of some of the most widely-cited culprits, this study explores the bigger, but largely submerged, picture: the political economy of war and militarism.

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Autore

Toigo Marco

Titolo

Muscle Revolution : Concepts and Recipes for Building Muscle Mass and Force / / by Marco Toigo

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Disciplina

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Soggetti

Medical sciences
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Sports - Psychological aspects
Clinical health psychology
Exercise
Health Sciences
Sport Science
Sports Medicine
Sport Psychology
Health Psychology
Fitness and Exercise Culture

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Livello bibliografico

Monografia

Nota di bibliografia

Includes bibliographical references and index.

Nota di contenuto

What Are We Talking About? Clear Thinking Through Clear Terminology and Vice Versa -- All that Glitters Is Not Gold -- Thick and/or Long? A

Never Ending Question -- The Neuromuscular Origin of Muscle Force -- A Bouquet of Cellular Diversity -- Muscular Energy Bundles -- Why You Fatigue During Exercise -- The Molecular and Cellular Muscle Universe -- How You Can Influence Which Muscle Fibers Are Used in Training -- When Resistance Training Meets Muscle Plasticity -- How Is Skeletal Muscle Protein Built and Broken Down? -- Dietary Protein as an Anabolic Stimulus -- Resistance Training as an Anabolic Stimulus -- The Synergistic Relationship Between Resistance Exercise and Dietary Protein Intake -- Does Endurance Training Inhibit Muscle Growth? -- The Hunt for Hormonal Ghosts -- Men Are Not Martians And Women Are Not Venusians -- Specificity of Adaptation to Training -- Why Muscle Training Is Not Optional -- At the End of the Day, What Makes You Aesthetic? -- Nature's Whim: The Extent of Adaptation to Training Is Individual -- Neural Aspects of Resistance Training -- Anabolic Enhancers -- Go for It!

Sommario/riassunto

How to Effectively and Efficiently Build Muscle Mass and Muscle Force In this informative as well as practical book based on the latest integrative muscle research, Marco Toigo, PhD, describes which factors are crucial to successfully build muscle mass and muscle force through resistance training. In addition, he presents the practical and science-based consequences for your training and nutritional behavior with a focus on protein intake. This work thus offers both a practical guide and a scientific explanation of the "why" and "how" of effective and efficient resistance training. The Author Marco Toigo, PhD, is a renowned researcher in the field of integrative muscle physiology with an emphasis on neuromuscular, musculoskeletal and metabolic adaptation to training stimuli, taking into account modulating factors such as nutrition, age and (epi-)genetic predispositions. His work focuses on the science-based systematic development of the individual maximal athletic potential of elite athletes in various sport disciplines. This book is the English version of the very successful 2nd German edition of "MuskelRevolution" (ISBN: 978-3-662-54764-9). The translation was done with the help of artificial intelligence. A subsequent human revision was done primarily in terms of content.
