

The Madonna Of Excelsior Zakes Mda

The Madonna of Excelsior Wayfarers Hymns / I Sometimes There Is a Void The Heart of Redness Welcome to Our Hillbrow Cion The Whale Caller She Plays with the Darkness Dance of Life Ways of Dying The Drama of South Africa The Native Commissioner Far from My Father Justify the Enemy The Smell of Apples Fools and Other Stories The Hours / Mrs. Dalloway Little Suns TANU Women The Zulus of New York A History of South African Literature Burger's Daughter William Kentridge Nelson Mandela He: Shorter Writings of Franz Kafka Relations and Networks in South African Indian Writing The Madonna of Excelsior Back to the Dirt Where There Was Fire Black Diamond One Mile and Two Days Before Sunset Media and Glocal Change Absolute Friends Before All the World Kittyhawk Down Take Up and Read A Detective's Complaint Knowing Differently Contaminations and Ethnographic Fictions Zakes Mda Zakes Mda Zakes Mda Zakes Mda Phaswane Mpe Zakes Mda Zakes Mda Zakes Mda Gail Fincham Zakes Mda Loren Kruger Shaun Johnson Véronique Tadjo Zakes Mda Mark Behr Njabulo Simakahle Ndebele Michael Cunningham Zakes Mda Susan Geiger Zakes Mda Christopher Heywood Nadine Gordimer William Kentridge Elleke Boehmer Franz Kafka Zakes Mda Frank Bill John Manuel Arias Zakes Mda Shimon Adaf Thomas Hylland Eriksen John Le Carré Moriel Rothman-Zecher Garry Disher Shimon Adaf Shimon Adaf G. N. Devy Oscar Hemer

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a new novel by a towering presence in contemporary south african literature in 1971 nineteen citizens of excelsior in south africa s white ruled

free state were charged with breaking apartheid's immorality act which forbade sex between blacks and whites taking this case as raw material for his alchemic imagination Zakes Mda tells the story of a family at the heart of the scandal and of a country in which apartheid concealed interracial liaisons of every kind Niki the fallen madonna transgresses boundaries for the sake of love her choices have repercussions in the lives of her black son and mixed race daughter who come of age in post apartheid south africa where freedom prompts them to reexamine their country's troubled history at first hand by turns earthy witty and tragic the madonna of excelsior is a brilliant depiction of life in south africa and of the dramatic changes between the 1970s and the present

infused with rhythm and melody Zakes Mda's new novel invites you to travel from Lesotho's mountain kingdom to the city of gold through the history of famo famo music was born in the drinking dens of migrant mineworkers in Lesotho where the men would sing to unwind after work accompanied by the accordion a drum and sometimes a bass meet the boy child Kheleke a wandering musician and his surprising sister Moliehi then sigh with pleasure at being reunited with Toloki the professional mourner from ways of dying and his beloved Noria passionate and ambitious Kheleke is a weaver of songs and his own story is intertwined with the incredible yet true social history of the music the time of the concertina and the accordion the wars of the famo gangs and the battle for control of illegal mines the end is always a journey and what a journey this is

a New York Times notable book of the year South African novelist and playwright Zakes Mda's remarkable life story of growing up in South Africa Lesotho and America told with style and gusto Zakes Mda is the most acclaimed South African writer of the independence era his novels tell stories that venture far beyond the conventional narratives of a people's struggle against apartheid in this memoir he tells the story of a life that intersects with the political life of his country but that at its heart is the classic adventure story of an artist lover father teacher and bon vivant Zakes Mda was born in 1948 into a family of lawyers and grew up in Soweto's ambitious educated black class at age fifteen he crossed the Telle River from South Africa into Basutoland Lesotho exiled like his father a founding spirit of the Pan Africanist Congress exile was hard but it was just another chapter in Mda's coming of age he served as an altar boy and was preyed on by priests flirted with Shebeen girls feared the racist Boers read comic books alongside the literature of the Pacific fell for the music of Dvorák and Coltrane wrote his first stories and felt the void at the heart of things that makes him an outsider wherever he goes the Soweto uprisings called him to politics playwriting brought him back to South Africa where he became writer in residence at the famed Market Theatre three marriages led him hither and yon acclaim brought him to America where he began writing the novels that are so thick with the life of his country in all this Mda struggled to remain his own man and with sometimes there is a void he shows that independence opened the way for the stories of individual South Africans in all their variety

in a new novel by one of the premier writers of the new South Africa an exile returns from America where he fled during the apartheid regime to

find his newly democratic country in a shambles reprint 15 000 first printing

welcome to our hillbrow is an exhilarating and disturbing ride through the chaotic and hyper real zone of hillbrow microcosm of all that is contradictory alluring and painful in the postapartheid south african psyche everything is there the shattered dreams of youth sexuality and its unpredictable costs aids xenophobia suicide the omnipotent violence that often cuts short the promise of young people s lives and the africanist understanding of the life continuum that does not end with death but flows on into an ancestral realm infused with the rhythms of the inner city pulsebeat this courageous novel is compelling in its honesty and its broad vision which links hillbrow rural tiragalong and oxford it spills out the guts of hillbrow living with the same energy and intimate knowledge with which the drum writers wrote sophiatown into being

a picador paperback original the hero of zakes mda s beloved ways of dying toloki sets down with a family in middle america and uncovers the story of the runaway slaves who were their ancestors toloki the professional mourner has come to live in america lured to athens ohio by an academic at the local university toloki makes friends with an angry young man he meets at a halloween parade and soon falls in love with the young man s sister toloki endears himself to a local quilting group and his quilting provides a portal to the past a story of two escaped slaves seeking freedom in ohio making their way north from virginia with nothing but their mother s quilts for a map the boys hope to find a promised land where blacks can live as free men their story alternates with toloki s as the two narratives cast a new light on america in the twenty first century and on an undiscovered legacy of the underground railroad

a voice for which one should feel not only affection but admiration the new york times the whale caller zakes mda s fifth novel is his most enchanting and accessible book yet a romantic comedy of sorts in which the changing face of post apartheid south africa is revealed through prodigious lyrical storytelling as the novel opens the seaside village of hermanus on the country s west coast is overrun with whale watchers foreign tourists wearing floral shirts and toting expensive binoculars determined to see whales in their natural habitat but when the tourists have gone home the whale caller lingers at the shoreline wooing a whale he calls sharisha with cries from a kelp horn when sharisha fails to appear for weeks on end the whale caller frets like a jealous lover oblivious to the fact that the town drunk saluni a woman who wears a silk dress and red stiletto heels is infatuated with him after much ado which mda relates with great relish the two misfits fall in love but each of them is ill equipped for romance and their on again off again relationship suggests something of the fitful nature of change in post apartheid south africa where just living from one day to the next can be challenge enough mda has spoken of the end of apartheid as a lifting of the south african novelist s burden to write on political subjects with the whale caller he has written a tender charming novel the work of a virtuoso among international writers

in a mountain village in lesotho the beautiful dikosha lives for setting herself apart from her fellow villagers her brother radisene struggles amid

political upheaval to find a life for himself as the years pass radisene's fortunes rise and fall in the city while dikosha remains in the village never leaving and never aging

in recent years the work of zakes mda novelist painter composer theater director and filmmaker has attracted worldwide critical attention gail fincham's book examines the five novels mda has written since south africa's transition to democracy ways of dying 1995 the heart of redness 2000 the madonna of excelsior 2002 the whale caller 2005 and cion 2007 dance of life explores how refigured identity is rooted in mda's strongly painterly imagination that creates changed spaces in memory and culture through a combination of magic realism african orature and intertextuality with the western canon mda rejects dualistic thinking of the past and the present the human and the nonhuman the living and the dead the rural and the urban he imbues his fictional characters with the power to orchestrate a reconfigured subjectivity that is simultaneously political social and aesthetic

ways of dying tells the story of the eccentric but dignified professional mourner toloki his odyssey takes him from a rural village community to the shabby vibrant outskirts of a contemporary south african city where the tenderness that springs up between him and the beautiful and tragic noria helps them to heal the past by turns magical brutal and funny this compelling work is a major new contribution to south african writing

chronicles the development of dramatic writing and performance from the time south africa was established to post apartheid investigates the impact of sketches and manifestos and the oral preservation of scripts that could not be written

a welcome step towards the reconstitution of south african past

this novel by the poet and writer public intellectual and critic veronique tadjo from the ivory coast illuminates both the civil strife in that country and the tension between traditional mores and modern lifestyles the novel considers such issues as the evolving role of women the legacy of polygamy and the economic challenges of daily life in abidjan

this book is a collection of non fiction by the prolific author zakes mda it showcases his role as a public intellectual with the inclusion of public lectures essays and media articles mda focuses on south africa's history and the present identity and belonging the art of writing human rights global warming and why he is unable to keep silent on abuses of power some of his best known novels include ways of dying 1995 mnet book prize the heart of redness 2000 commonwealth writers prize africa and sunday times fiction prize the madonna of excelsior 2002 one of the top ten south african books published in the decade of democracy the whale caller 2005 cion 2007 black diamond 2009 the sculptors of mapungubwe 2013 rachel's blue 2014 and little suns 2015 sunday times literary award zakes mda was born in herschel in the eastern cape in

1948 and studied in south africa lesotho and the united states he wrote his first short story at the age of fifteen and has since won major south african and british literary awards for his novels and plays his writing has been translated into twenty languages mda is a professor of creative writing at ohio university subject zakes mda literature journalism media studies african studies current affairs history politics non fiction

this remarkable novel evokes the twilight of south africa s apartheid society in the early 1970s as seen through the eyes of a young afrikaner boy marnus erasmus from the story of a seemingly stable and affluent family whose self delusion and arrogance masks a troubling undercurrent comes a harrowing parallel tale of a childhood corrupted and a society beginning to crumble

ndebele evokes south african township life with humor and subtlety in this novel

michael cunningham brings together his pulitzer prize winning novel with the masterpiece that inspired it virginia woolf s mrs dalloway in the hours the acclaimed author michael cunningham draws inventively on the life and work of virginia woolf and the story of her novel mrs dalloway to tell the story of a group of contemporary characters struggling with the conflicting claims of love and inheritance hope and despair in this edition cunningham brings his own pulitzer prize winning novel together with woolf s masterpiece which has long been hailed as a groundbreaking work of literary fiction and one of the finest novels written in english the two novels published side by side with a new introduction by cunningham display the extent of their affinity and each illuminates new facets of the other in this joint volume in his introduction cunningham re creates the wonderment of his first encounter with mrs dalloway at fifteen as he writes i was lost i was gone i never recovered with this edition cunningham allows us to disappear into the world of woolf and into his own brilliant mind

there are many suns he said each day has its own some are small some are big i m named after the small ones it is 1903 a lame and frail malangana little suns searches for his beloved mthwakazi after many lonely years spent in lesotho mthwakazi was the young woman he had fallen in love with twenty years earlier before the assassination of hamilton hope ripped the two of them apart intertwined with malangana s story is the account of hope a colonial magistrate who in the late nineteenth century was undermining the local kingdoms of the eastern cape in order to bring them under the control of the british it was he who wanted to coerce malangana s king and his people the amampondomise into joining his battle a scheme malangana s conscience could not allow zakes mda s fine new novel little suns weaves the true events surrounding the death of magistrate hope into a touching story of love and perseverance that can transcend exile and strife

in this book susan geiger establishes gender as a category of analysis that not only situates women in african political life but also compels readers to reformulate concepts such as nationalism and the state by highlighting the key role women played in the nationalist struggle in tanganyika geiger dispels metanarratives of african nationalism that privilege western educated african male elites and generally conceive

african nationalism as an imported ideology

the great farini would stride on to the stage and announce ladies and gentlemen and now for the highlight of the day the ferocious zulus the impresario farini introduced em pee and his troupe to his kind of show business and now they must earn their bread in 1885 in a bustling new york city they are the performers who know the true zulu dances while all around them fraudsters perform silly jigs reports on the anglo zulu war portrayed king cetshwayo as infamous and audiences in london and new york flock to see his kin what the gawking spectators don't know is that em pee once carried nothing but his spear and shield when he had to flee his king but amid the city's squalid vaudeville acts appears a vision that leaves em pee breathless in a cage in madison square park is acol a dinka princess on display for em pee it is love at first sight though acol is not free to love anyone back

this book is a critical study of south african literature from colonial and pre colonial times onwards christopher heywood discusses selected poems plays and prose works in five literary traditions khoisan nguni sotho afrikaans english and indian the discussion includes over 100 authors and selected works including poets from mqhayi marais and campbell to butler serote and krog theatre writers from boniface and black to fugard and mda and fiction writers from schreiner and plaatje to bessie head and the nobel prizewinners gordimer and coetzee the literature is explored in the setting of crises leading to the formation of modern south africa notably the rise and fall of the emperor shaka's zulu kingdom the colenso crisis industrialisation the colonial and post colonial wars of 1899 1914 and 1939 and the dissolution of apartheid society in heywood's study south african literature emerges as among the great literatures of the modern world

a riveting history of south africa and a penetrating portrait of a courageous woman the new yorker a must read fiction of south africa from the winner of the nobel prize in literature this is the moving story of the unforgettable rosa burger a young woman from south africa cast in the mold of a revolutionary tradition rosa tries to uphold her heritage handed on by martyred parents while still carving out a sense of self although it is wholly of today burger's daughter can be compared to those 19th century russian classics that make a certain time and place come alive and yet stand as universal celebrations of the human spirit nadine gordimer winner of the 1991 nobel prize in literature was born and lives in south africa

south african artist william kentridge has produced an outstanding body of work in multiple mediums all of which trace the fraught political and cultural history of south africa this title explores kentridge's new series of 17 large scale tapestries created under his artistic direction by a team of south african weavers

very short introductions brilliant sharp inspiring a pathbreaking analysis of the relationship between mandela the myth and mandela the

historical figure looking at the way images stories and politics have been combined to create the iconic image of mandela that we know today boehmer explores the long trajectory of mandela s life explaining first the historical and political context of the struggle against apartheid in south africa and then the post apartheid period of difficult reconciliation including the shifts and changes in mandela s reputation since the millennium this innovative postcolonial reflection takes on board the more critical revisionist literature on mandela that has emerged since 2015 looking at responses to his death in 2013 and the 2018 commemorations of the 100th anniversary of his birth the first edition set a trend in scholarship on mandela by reading his character and achievements through the lens of his influences interests and leading ideas the second edition extends this focus with a far reaching critical look at meanings of reconciliation and mandela s ethic of reciprocity about the series the very short introductions series from oxford university press contains hundreds of titles in almost every subject area these pocket sized books are the perfect way to get ahead in a new subject quickly our expert authors combine facts analysis perspective new ideas and enthusiasm to make interesting and challenging topics highly readable

a new selection of franz kafka s shorter fiction and nonfiction work selected and with a preface by book of numbers author joshua cohen being asked to write about kafka is like being asked to describe the great wall of china by someone who s standing just next to it the only honest thing to do is point joshua cohen from his foreword to he shorter writings of franz kafka this is a kafka emergency kit a congregation of the brief the minor works that are actually major joshua cohen has produced a frame that refuses distinctions between what is a story a letter a workplace memo and a diary entry also including popular favorites like the bucket rider the penal colony and the burrow here we see kafka s preoccupations in writing about animals messiah variations food and exercise each in his signature style cohen s selection emphasizes the stately structure of utterly coherent logic within an utterly incoherent and illogical world showing how kafka harnessed the humblest grammar to metamorphic power until the predominant effect ceases to be the presence of an unreliable narrator but the absence of the universe s only reliable narrator god

writers of indian origin seldom appear in the south african literary landscape although the participation of indian south africans in the anti apartheid struggle was anything but insignificant the collective experiences of violence and the plea for reconciliation that punctuate the rhythms of post apartheid south africa delineate a national script in which ethnic class and gender affiliations coalesce and patterns of connectedness between diverse communities are forged relations and networks in south african indian writing brings the experience of south african indians to the fore demonstrating how their search for identity is an integral part of the national scene s project of connectedness by exploring how indianness is articulated in the south african national script through the works of contemporary south african indian writers such as aziz hassim ahmed essop farida karodia achmat dangor shamim sarif ronnie govender rubendra govender neelan govender tholsi mudly ashwin singh and imraan coovadia along with the prison memoirists dr goonam and fatima meer the book offers a theoretical model of south

south subjectivities that is deeply rooted in the indian ocean world and its cosmopolitanisms relations and networks demonstrates convincingly the permeability of identity that is the marker of the indian ocean space a space defined by relations and networks established within and beyond ethnic class and gender categories contributors isabel alonso breto m j daymond felicity hand salvador faura farhad khojraty esther pujolràs noguer j coplen rose modhumita roy lindy stiebel juan miguel zarandona

in 1971 nineteen citizens of excelsior a farming community in south africa s rural free states were charged with breaking apartheid s immorality act which forbade sexual relations between blacks and whites on the pretext of avoiding miscegenation the women were jailed as they awaited trial and their white counterparts were released on bail in the end the state withdrew the charges but the accused women s lives already complicated became harder than ever mda tells the story of a family at the heart of the scandal revealing a country in which apartheid even as it sought to keep the races apart concealed interracial liaisons of every kind niki the fallen madonna transgresses boundaries for the sake of love her choices have profound repercussions in the lives of her black son viliki and her mixed race daughter popi who come of age in the years after the end of apartheid when freedom allows them indeed compels them to figure out their racial identities for themselves as the story advances to the present the mixed society of excelsior comes to suggest south africa today a society far more complex and more dramatic than conventional notions of black and white will allow book jacket

frank bill is back with a gritty wrenching novel from deep inside the traumas of a broken american heartland miles is a vietnam veteran who s worried he s going to lose his job and with it his tenuous grasp on a stable life over a fight with a coworker his ptsd and struggles to control his steroid fueled violent tendencies also complicate his relationship with his girlfriend shelby a stripper who only occasionally displays the proverbial heart of gold she s certainly kinder and more generous than her brother wylie who has been implicated in the deaths of two local oxy dealers and is currently on the run when wylie kidnaps shelby and holes up in miles s country lair it all threatens to become a bit too much for miles as frank bill peels back the layers of miles s history going deep into his memories of the vietnam war back to the dirt gets to the root of the traumas that have caused miles and his community so much adversity in this blistering novel bill reaches for the core values living close to the land working with your hands that have been obscured by generations of neglect drug abuse and desperation this is a profound and important story of an america that is only beginning to get its due attention and frank bill is its most visceral essential chronicler

a lush and atmospheric novel about three generations of a costa rican family wrestling with a deadly secret from rising literary star john manuel arias an exciting new voice with a prowess for lyricism publishers weekly national bestseller a b n discover pick a gma buzz pick most anticipated book of 2023 crimereads debutiful good morning america library journal zibby mag the san francisco chronicle and more costa rica 1968 when a lethal fire erupts at the american fruit company s most lucrative banana plantation burning all evidence of a massive cover up and

her husband disappears the future of teresa s family is changed forever now twenty seven years later teresa and her daughter lyra are picking up the pieces lyra wants nothing to do with teresa but is desperate to find out what happened to her family that fateful night teresa haunted by a missing husband and the bitter ghost of her mother amarga is unable to reconcile the past what unfolds is a story of a mother and daughter trying to forgive what they do not yet understand and the mystery at the heart of one family s rupture brimming with ancestral spirits omens and the anthropomorphic forces of nature john manuel arias weaves a brilliant tapestry of love loss secrets and redemption in where there was fire

kristin uys a tough magistrate goes on a one woman crusade to wipe out prostitution in her town her reasons are personal and her zeal is fierce her main targets are the visagie brothers stevo and shortie who run a brothel and although she fails to take down the entire establishment she manages to nail stevo for contempt of court from diepkloof prison the outraged stevo orchestrates his revenge against the magistrate aided and abetted by his rather inept brother shortie and his erstwhile nanny aunt magda as kristin faces menacing phone calls and vandalism the chief magistrate has no choice but to assign a bodyguard to protect her to kristin s consternation security guard don mateza moves into her home and trails her everywhere this new arrangement doesn t suit don s longtime girlfriend tumi former model and successful businesswoman who is intent on turning don into a black diamond a member of the wealthy new black south african middle class and don soon finds that his new assignment has unexpected complications which tumi simply does not understand in black diamond zakes mda tackles every conceivable south african stereotype skillfully turning them upside down and exposing their ironies often hilariously this is a clever quirky novel in which mda captures the essence of contemporary life in a fast changing urban world

in shimon adaf s lost detective trilogy what begins as conventional mystery becomes by degrees a brilliant deconstruction not just of genre but of our own search for meaning both profound and compulsively readable these books demand to be devoured lavie tidhar at age thirty elish ben zaken has found himself in a life he never imagined as a university student elish was an esteemed rock music critic for local newspapers now disenchanted with an increasingly commercialized music scene he has joined a private investigation agency where he is content to be a clerk of small human sins a finder of stolen cars and wayward husbands but when a disconcertingly amiable detective asks him to look into the suicide of an infamous philosophy professor and the police file contains an unexpected allusion to dalia shushan a celebrated young rock singer whose recent murder remains unsolved elish s natural curiosity is piqued and when violence begins to dog the steps of his investigation he knows that dangerous secrets are at hand haunted by the ghost of dalia a true artist with a transformative voice whose dark brilliance elish was one of the first to recognize he must face the long buried trauma of his own past in order to unravel the intertwining threads of two lives and their ends in elish shimon adaf has created an unforgettable protagonist a former philosophy student with a questing mind born to moroccan parents and raised in an outlying town he is an eternal outsider in cosmopolitan tel aviv equally one mile and two days before sunset is a detective novel

unlike any other an incisive portrait of a man and a city and a meditation on disappointment on striving for beauty and for intensity of experience and on the futile desire to truly know another person

absolute friends is a superbly paced novel spanning fifty six years a theatrical masterstroke of tragi comic writing and a savage fable of our times almost of our hours the friends of the title are ted mundy british soldier s son born in 1947 in a shining new independent pakistan and sasha a refugee son of an east german lutheran pastor and his wife who have sought sanctuary in the west the two men meet first as students in riot torn west berlin of the late sixties again in the grimy looking glass of cold war espionage and most terribly in today s unipolar world of terror counter terror and the war of lies absolute friends presents us with magical writing characters to delight and a spellbinding story that enchants even as it challenges

an npr best book of the year a mesmerizing inventive story of three souls in 1930s philadelphia seizing new life while haunted by the old i do not believe that all the world is darkness in the swirl of philadelphia at the end of prohibition leyb meets charles they are at a former speakeasy called cricket s a bar that welcomes as charles says in his secondhand yiddish feygeles leyb is startled fourteen years in amerike has taught him that his native tongue is not known beyond his people and yet here is suave charles fingers stained with ink an easy manner with the barkeep a black man from the seventh ward a fellow traveler of red emma s speaking jewish to a young man he will come to call lion lion is haunted by memories of life before in zatelsk where everyone in his village everyone except the ten non jews a young poet named gittl and leyb himself was taken to the forest and killed then miraculously gittl is in philadelphia too thanks to a poem she wrote and the intervention of a shadowy character known only as the baroness of philadelphia and surrounding gittl are malokhim the spirits of her siblings flowing and churning and seething with a glorious surge of language carried along by questions of survival and hope and the possibility of a better world moriel rothman zecher s before all the world lays bare the impossibility of escaping trauma the necessity of believing in a better way ahead and the power that comes from our responsibility to the future it asks in the voices of its angels the most essential question what do you intend to do before all the world

written by one of australia s finest crime writers kittyhawk down is the second and much anticipated inspector challis murder mystery like the dragon man which won the german crime fiction critics award 2001 and was short listed for the ned kelly award it is loaded with suspense action and intrigue

in shimon adaf s lost detective trilogy what begins as conventional mystery becomes by degrees a brilliant deconstruction not just of genre but of our own search for meaning both profound and compulsively readable these books demand to be devoured lavie tidhar author of by force alone in the summer of 2014 at the height of the gaza israel conflict elish ben zaken met the poet and librarian nahum farkash in the border

town of sderot they spoke only briefly but in that brief encounter elish might have missed the key to unraveling the case of a sderot woman who disappeared for two days only to reappear with no memory of her time away in take up and read shimon adaf returns to farkash s story attempting to defend the legacy of the singer dalia shoshan whose murder elish investigated several years before farkash tries to impede the production of a new documentary about her life meanwhile he reminisces about his past reflecting on his experiences as a young religious boy growing up in sderot fourteen years later in a militant israel that has been distorted by catastrophic war elish s niece and nephew are haunted by their uncle s death and the failure of his 2014 investigation as tanel and oshri conduct experiments in search of the truth they draw near to the heart of a great conspiracy in this masterful conclusion to the lost detective trilogy shimon adaf brings together futuristic biotechnology parallel universes and jewish mysticism take up and read addresses a central concern of the trilogy interrogating humankind s tenuous grasp on the boundaries of our selves and the arbitrary connections between the body consciousness and perception

in shimon adaf s sequel to one mile and two days before sunset elish ben zaken has retired from investigating and taken up writing detective novels but when a new case draws him to a town on the israel gaza border he faces an existential threat unlike any he s ever known

this book offers a bold and illuminating account of the worldviews nurtured and sustained by indigenous communities from across continents through their distinctive understanding of concepts such as space time joy pain life and death it demonstrates how this different mode of knowing has brought the indigenous into a cultural conflict with communities that claim to be modern and scientific bringing together scholars artists and activists engaged in understanding and conserving local knowledge that continues to be in the shadow of cultural extinction the book attempts to interpret repercussions on identity and cultural transformation and points to the tragic fate of knowing the world differently the volume inaugurates a new thematic area in post colonial studies and cultural anthropology by highlighting the perspectives of marginalized indigenous communities often burdened with being viewed as primitive it will be useful to scholars and students of anthropology sociology cultural studies history linguistics literature and tribal studies

in an unusual merging of academic and literary practices this volume attempts to identify a form or forms that is congenial with the subject of interrogation the world in transition with south africa as the main focal point approaching anthropology from the position of the literary writer oscar hemer here takes the reader through a kaleidoscope of perspectives a stream of consciousness understanding of writing the city of johannesburg embedding ethnography in subjectivity a challenge to binaries both temporal and gendered in examining the growth of the it metropolis bangalore to a combusting mega city an auto ethnographic interweaving of fictional reportage with a close reading of anthropological and philosophical treatises including mary douglas s purity and danger and edouard glissant s poetics of relation among others to interrogate themes of transition identity purity and variation in the western cape as the form transcends boundaries to create a

methodological hybrid creolization comes to the fore as a theoretical concept and as cultural practice

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The Chilling Truth About Cold Water Calories: Myth or Metabolic Miracle?

For years, whispers have circulated about the purported calorie-burning benefits of drinking cold water. Is this a simple myth perpetuated by fitness enthusiasts, or is there genuine scientific merit behind the idea that chilling your H₂O can contribute to weight management? The answer, as with many things in nutrition and fitness, is complex and nuanced. While cold water itself doesn't magically melt away fat, the thermoregulatory processes your body initiates to warm it up do contribute, albeit minimally, to your overall energy expenditure. Let's delve into the science behind this intriguing concept and explore its practical implications.

The Thermic Effect of Food (TEF) and Cold Water

The foundation of understanding how cold water might contribute to calorie expenditure lies in the concept of the Thermic Effect of Food (TEF). TEF refers to the energy your body expends to digest, absorb, and process the nutrients in the food you consume. This process, requiring energy in the form of calories, accounts for a small percentage (around 10%) of your daily caloric expenditure. While cold water doesn't undergo digestion in the same way as food, it does trigger a similar, albeit smaller, energy expenditure. Your body maintains a core body temperature of around 98.6°F (37°C). When you consume cold water, your body must expend energy to heat it to this temperature. This process involves a metabolic response, increasing your resting metabolic rate (RMR) slightly. The energy needed for this heating is drawn from your overall energy stores, essentially contributing to a minor increase in calorie burn.

How Many Calories Are We Talking About?

Studies exploring the caloric expenditure associated with drinking cold water have yielded varied results, largely due to methodological differences. However, a general consensus suggests that the effect is relatively small. Estimates generally place the additional calorie burn per

liter of cold water consumed somewhere between 8 to 10 calories. This is a minuscule amount in the context of a typical daily caloric intake, which could range from 1500 to 3000 calories or more, depending on individual factors like activity level, age, and gender. Consider a real-world example: if you were to consume 2 liters (approximately 67 ounces) of cold water daily, you might burn an additional 16-20 calories. While this does contribute to your overall caloric expenditure, it's hardly a significant weight-loss strategy on its own.

Factors Influencing the Caloric Burn

The extent to which cold water contributes to calorie expenditure isn't solely determined by the water's temperature. Several other factors play a role: Individual Metabolism: People with higher metabolic rates will naturally burn more calories during the warming process. Water Temperature: The colder the water, the greater the energy expenditure, although this effect plateaus beyond a certain temperature. Ice-cold water is likely to yield a slightly higher effect compared to simply chilled water. Ambient Temperature: In colder environments, your body is already working harder to maintain core temperature, minimizing the additional effect of cold water.

Cold Water: A Complementary Strategy, Not a Miracle Cure

It's crucial to understand that while drinking cold water contributes slightly to calorie expenditure, it's not a standalone weight-loss solution. It should be viewed as a small, complementary strategy within a broader approach to weight management. A balanced diet, regular exercise, and sufficient sleep remain the cornerstones of successful and sustainable weight loss. Relying solely on cold water to achieve significant weight reduction is unrealistic.

Practical Implications and Considerations

While the calorie-burning effect is modest, incorporating cold water into a healthy lifestyle offers other benefits: Improved Hydration: Drinking sufficient water is essential for overall health and can aid in satiety, reducing overall caloric intake. Boosted Metabolism (Indirectly): Proper hydration supports optimal metabolic function, indirectly contributing to better calorie burning throughout the day. Increased Energy Levels: Dehydration can lead to fatigue, while adequate hydration can boost energy. Remember, drinking excessive amounts of water can be harmful. Always listen to your body's hydration cues and aim for a balanced fluid intake tailored to your individual needs and activity level.

Conclusion

The concept of "cold water calories" isn't a myth entirely, but it's crucial to manage expectations. While drinking cold water does slightly increase caloric expenditure due to the thermic effect, the impact is minimal. It shouldn't be seen as a primary weight-loss strategy but rather a small, complementary element within a holistic approach to health and well-being. Focus on a balanced diet, regular exercise, and sufficient hydration for optimal results.

FAQs

1. Is it better to drink ice water or just cold water? Ice water will likely yield a slightly higher caloric expenditure due to the greater temperature difference, but the effect is marginal. 2. Can drinking only cold water help me lose weight? No. Weight loss requires a calorie deficit achieved through a combination of diet and exercise. Cold water is a minor contributor at best. 3. How much cold water should I drink daily to maximize this effect? Focus on staying adequately hydrated throughout the day, rather than targeting a specific cold water intake for calorie burning. 4. Does the type of water (e.g., tap, bottled) affect the calorie burn? No, the type of water does not significantly influence the thermic effect. 5. Are there any negative effects associated with drinking excessive cold water? Yes, consuming excessive amounts of cold water can lead to hypothermia in extreme cases and can also strain your digestive system. Always moderate your intake.

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