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**Dr. Mukungu Sharing Library for the Great
Courses:**

Guidelines and Procedures for Care and Handling of DVDs

November, 2021

Version 1

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1.1 Overview

Muni University is the 6th Public University established under the Universities and other Tertiary Institutions (Establishment of Muni University) Instrument No. 31 of 2013 as a model University to provide quality higher education. Through collaboration between the University and Books for Development, an international non-profit organisation based in the United States of America, ‘Dr. Mukungu Sharing Library for the Great Courses’ was established on 8th April 2021 by Memorandum of Understanding. It is a collection of teaching and learning resources recorded on DVDs (*with accompanying books*) by top professors covering a range of subjects (see appendix 1.9).

The Great Courses is a trademarked and copyrighted product of the Teaching Company of the United States of America in order to promote development and the broad dissemination of knowledge globally.

Muni University Library Department whose 2020–2025 Strategic Plan Objective is “to develop knowledge and information preservation and dissemination centre at the University” has continued to widen its information resources base for students, staff, and the general public. In addition to the existing information resources, the Library now provides the Great Courses DVDs to students and staff of Muni University and the collaborating institutions:

- 1.1 Arua Institute of Health Sciences,
- 1.2 Arua School of Comprehensive Nursing,
- 1.3 Arua Secondary School,
- 1.4 Koboko Institute of Health Sciences,
- 1.5 Kuluva School of Nursing & midwifery,
- 1.6 Maracha School of Nursing & midwifery, and
- 1.7 West Nile Library Association.

1.2 Eligibility

The Great Courses DVDs are meant to serve Muni University students and staff as well as the collaborating institutions. The Great Courses DVDs shall be checked out only to:

- 1.2.1** Muni University staff or student who shall surrender their IDs at the DVD Circulation Desk of Dr. Mukungu Sharing Library *Section* each time a DVD is borrowed.
- 1.2.2** Collaborating institutions' representatives registered with the Great Courses DVDs Coordinator in Muni University Library as the host.
- 1.2.3** Borrowers shall sign the Great Courses DVDs Borrowing Agreement (Refer to Appendix 1.8) if they are to borrow the Great Courses DVDs.

1.3 Check out

- 1.3.1** The Great Courses DVDs shall be checked out from the Library Circulation Desk during working hours.
- 1.3.2** The borrowing period for the Great Courses DVDs shall be one week (7 days) and renewable for 3 days.
- 1.3.3** The Great Courses DVDs shall be returned in person; thirty (30) minutes before 5:00 p.m. and the condition in which it is returned shall be verified.
- 1.3.4** The staff or student or representatives; for the case of collaborating institutions when borrowing the Great Courses DVDs shall present their IDs at the DVD Circulation Desk.
- 1.3.5** Borrowers shall not circulate or pass on the Great Courses DVDs in their custody to their colleagues but first return the DVD to DVD Circulation Desk except; institutions' representatives who shall keep records of such DVD circulation statistics within the institution.
- 1.3.6** Staff or student or representatives may reserve/place hold for the Great Courses DVDs in case a specific DVD has been lent out.

1.4 Responsibilities

When you borrow a DVD, you agree to observe the following:

- 1.4.1** DVDs shall be borrowed on a short-term basis by registered Library users for their own individual private study and non-commercial research.
- 1.4.2** DVDs shall be borrowed by university staff and shown to their audience (fellow University staff or students) for educational purposes only.
- 1.4.3** DVDs shall not be shown to the general public for monetary gain.
- 1.4.4** The Great Courses DVDs shall not be left unattended once borrowed. It shall be the responsibility of the borrower(s) to ensure safety of the DVD(s) under their custody.

- 1.4.5** The Coordinator of Dr. Mukungu Sharing Library for the Great Courses shall oversee the circulation of the Great Courses DVDs and may delegate.

1.5 Enforcement of the Guidelines and Procedures

- 1.5.1** Enforcement of the guidelines and procedures shall be conducted in a fair and reasonable manner.

1.6 Limitations on use

Failure to comply with Guidelines and Procedures by the borrowers may result in the suspension of their borrowing privileges.

- 1.6.1** The DVD Circulation Desk shall restrict the number of DVDs charged out at one time and may restrict the number of DVDs for a popular subject.

- 1.6.2** Copyright laws prohibit duplication of the Great Courses DVDs; No copies of a DVD shall be made in any format or media. Therefore, borrowers shall use the resources in their current form only.

Appendix 1.7: Quick Reference Guide and procedure for Care and Handling of DVDs

Do:

- 1.7.1** Handle DVDs by the outer edge or the centre hole.
- 1.7.2** Keep dirt or other foreign matter from the DVD.
- 1.7.3** Store DVDs upright (book style) in plastic cases specified for DVDs.
- 1.7.4** Return DVDs to storage cases immediately after use.
- 1.7.5** Leave DVDs in their packaging (or cases) to minimise the effects of environmental changes.
- 1.7.6** Store DVDs in a cool, dry, dark environment in which the air is clean.
- 1.7.7** Remove dirt, foreign material, fingerprints, smudges, and liquids by wiping with a clean cotton fabric in a straight line from the centre of the disc toward the outer edge.
- 1.7.8** Use only CD/DVD-cleaning detergent, isopropyl alcohol, or methanol to remove stubborn dirt or material.

Do not:

- 1.7.9** Touch the surface of the DVD.
- 1.7.10** Bend the DVD.
- 1.7.11** Use adhesive labels.
- 1.7.12** Store DVDs horizontally for a long time (years).
- 1.7.13** Expose DVDs to extreme heat or high humidity.
- 1.7.14** Write or mark in the data area of the DVD (the area the laser “reads”).
- 1.7.15** Clean by wiping in a direction going around the DVD.

Appendix 1.8: Dr. Mukungu Sharing Library for DVDs Borrowing Agreement

All staff or students of Muni University or collaborating institutions' representatives who wish to borrow the Great Courses DVDs must agree to sign and abide by this borrowing agreement.

I _____ agree to abide by the guidelines for borrowing the Great Courses DVDs from Muni University Library:

- 1.8.1** I am checking out the Great Courses DVD(s) against my valid Muni University staff or student Identification Card (ID) or my institutional identification card.
- 1.8.2** I am leaving my ID as a security, understanding it shall be returned to me when I return the Great Courses DVD(s) in a good condition as when I borrowed it.
- 1.8.3** I accept the responsibility for the check out and return of the DVD(s) in good/clean working condition.
- 1.8.4** I understand I shall only get my staff or student or institution ID back after the Great Courses DVD(s) has been inspected and verified to make sure that it is in the same condition as when I borrowed it, subject to natural wear and tear.
- 1.8.5** I shall use the Great Courses DVD(s) for the period stipulated in the guidelines and procedures.
- 1.8.6** I shall check the Great Courses DVD(s) and bring to the attention of the DVDs Circulation Desk any wear and tear while a DVD(s) is under my custody.
- 1.8.7** I understand besides following Guidelines and Procedures for Care and Handling of DVDs, I shall have to follow Muni University Library policy and Library Manual when borrowing and using the Great Courses DVDs. I understand that any violation of the Guidelines and Procedures, Library policy, and Library Manual may result in the suspension or revoking of borrowing privileges and if necessary legal action may be taken against me.

Borrower

Name: _____ Date: _____

Institution: _____

Signature: _____

Returned

Name: _____ Date: _____

Signature: _____

Appendix 1.9: List of Titles of the Great Courses DVDs

1. Biology and Human Behavior: The Neurological Origins of Individuality, 2nd Edition By [Professor Robert Sapolsky](#), [Stanford University](#)

DISC 1 Content

1. Biology and Behavior—An introduction
2. The basic Cells of the Nervous System
3. How Two Neurones Communicate
4. Learning and Synaptic Plasticity
5. The dynamics of interacting neurons
6. The Limbic System

DISC 2 Content

7. The Automatic Nervous System
8. The Regulation of Hormones by the Brain
9. The Regulation of the Brain by Hormones
10. The Evolution of Behavior
11. The Evolution of Behavior—Some Examples.
12. Cooperation, Competition, and Neuroeconomics

DISC 3 Content

13. What Do Genes Do? Microevolution of Genes
14. What Do Genes Do? Macroevolution of Genes
15. Behavior Genetics
16. Behavior Genetics and Prenatal Environment
17. An Introduction to Ethology
18. Neuroethology

DISC 4 Content

19. The Neurobiology of Aggression I
 20. The Neurobiology of Aggression II
 21. Hormones and Aggression
 22. Early Experience and Aggression
 23. Evolution, Aggression, and Cooperation
 24. A Summary
-

2. English Grammar Book Camp By [Professor Anne Curzan](#), [University of Michigan](#)

DISC 1 Content

1. Why Do We Care about Grammar?
2. Prescriptivism: grammar Shoulds and Shouldn'ts
3. Descriptivism: How Grammar really works
4. Re Phrasing
5. Fewer Octopuses or Less Octop?
6. Between You and Your Pronouns

DISC 2 Content

7. Which Hunting
8. A(n) Historical Issue
9. Funnest Lecture Ever
10. Going, Going, Went

11. Object Lessons

12. Shall We?

DISC 3 Content

13. Passive Voice Was Corrected

14. Only Adverbs

15. No Ifs, Ands, or Buts

16. However to Use *However*

17. Squirrels and Prepositions

18. Stranded Prepositions

DISC 4 Content

19. The dangers of Dangers

20. Navigating the Choppy Paragraph

21. What part of speech is *Um*?

22. Duck, Duck, Comma, and Duck

23. Its/It's Confusing

24. Trending Language

3. A Brief history of the World

By [Professor Peter N. Steams](#), [George Mason University](#)

DISC 1 Content

1. What and Why is World History?

2. The Neolithic Revolution

3. What is a Civilization?

4. The Classical Period in World History

5. Cultural Change in the Classical Period

6. Social Inequalities in Classical Societies

DISC 2 Content

7. The Roman Empire and Han China

8. The Silk Road: Classical Period Contacts

9. The Decline of the Classical Civilizations

10. The Postclassical Period, 500-1450

11. World Religions and Their Consequences

12. The Impact of Islam

DISC 3 Content

13. Postclassical trade and Contacts

14. The Postclassical Patterns of Imitation

15. Western Civilization in World Context

16. The Mongol Years

17. Civilizations in the Americas and in Africa

18. The World in 1450

DISC 4 Content

19. The early Modern period, 1450-1750

20. The world Economy, 1450-1750

21. Transformations in Western Europe

22. The Rise of Russia

23. Asian Empires and a Shogunate

24. The Long 19th Century

DISC 5 Content

25. Abolition of Slavery and Serfdom

26. Modernisation and Nationalism
27. Formation of Latin America Civilization
28. China and Japan – 19th century Pressures
29. The 20th – 21st Centuries as a New Period
30. The World Economy – change and Continuity

DISC 6 Content

31. An Age of Revolutions
32. The United States in World History
33. Contemporary Democracy
34. Contemporary Cultural Change
35. Gender in Contemporary World History
36. Globalization and World History

MODERN HISTORY

4. The African Experience: From “Lucy” To Mandela

By [Professor Kenneth P. VI](#)

DISC 1

1. Finding the “Lost Continent”
2. Africa’s Many Natural Environments
3. A Virtual Tour of the Great Land
4. The Cradle of Human Kind
5. Crops, Cattle, Iron-Taming a Continent
6. Kinship and Community-Societies Take Shape

DISC 2

7. Like Nothing else- the Ancient Nile Valley
8. Soul and Spirit–Religion in Africa
9. Ethiopia –Outpost of Christianity
10. West Africa’s “Golden Age”
11. The Swahili Commercial World
12. Great Zimbabwe and the Cities of the South

DISC 3

13. The Atlantic Slave Trade-the Scope
14. The Atlantic Slave Trade–the Impact
15. South Africa–the Dutch cape Colony
16. South Africa-the Zulu Kingdom
17. South Africa–The Frontier and Unification
18. South Africa–Diamonds and Gold

DISC 4

19. Prelude to the “ Scramble for Africa”
20. European conquest and African resistance
21. Colonial Africa–New Realities
22. Colonial Africa–Comparisons and Change
23. The Lion Awakens-the Rise of Nationalism
24. The peaceful paths to independence

DISC 5

25. The Congo-Promise and Pain
26. Segregation to Apartheid in South Africa
27. The Armed Struggles for Independence
28. The First Taste of Freedom

29. The Taste Turns Sour
30. The World Turns Down- the “Permanent Crisis”

DISC 6

31. A new dawn? The Democratic Revival
 32. The South African Miracle
 33. The unthinkable –the Rwanda Genocide
 34. The New plague –HIV /AIDS in Africa
 35. Zimbabwe –Background to Contemporary Crisis
 36. Africa Found
-

5. *Influence: Mastering Life's Most Powerful Skill*

By [Professor Kenneth G. Brown](#), [the University of Iowa](#)

DISC 1 Content

1. A Model for Successful Influence
2. Characteristics of Influential Agents
3. The Dark Side of Influence
4. Characteristics of Suggestible Targets
5. Influence Tactics - Hard and Soft
6. How to make the Most of Soft Tactics

DISC 2 Content

7. How Context Shapes Influence
 8. Practicing Impression Management
 9. Selling and Being Sold
 10. Delivering Effective Speeches
 11. Developing Negotiation Skills
 12. Becoming a Transformational Leader
-

6. *The Great Ideas of Philosophy*, 2nd Edition

By [Professor Daniel N. Robinson](#), [Oxford University](#)

DISC 1 Content

1. From the Upanishads to Homer
2. Philosophy–Did the Greeks Invent it?
3. Pythagoras and the Divinity of Number
4. What is There?
5. The Greek Tragedians on Man's Fate
6. Herodotus and the Lamp of History

DISC 2 Content

7. Socrates on the Examined Life
8. Plato's Search for Truth
9. Can Virtue Be Taught?
10. Plato's *Republic*–Man Writ Large
11. Hippocrates and the Science of Life
12. Aristotle on the Knowledge

DISC 3 Content

13. Aristotle on Friendship
14. Aristotle on the Perfect Life
15. Rome, the Stoics, and the Rule of Law
16. The Stoic Bridge to Christianity

17. Roman Law–Making a City of the Once-Wide World
18. The Light within–Augustine on Human Nature

DISC 4 Content

19. Islam
20. Secular Knowledge–The idea of University
21. The Reappearance of Experimental Science
22. Scholasticism and the Theory of Natural Law
23. The Renaissance–Was There One?
24. Let Us Burn the Witches to save Them

DISC 5 Content

25. Francis Bacon and the Authority of Experience
26. Descartes and the Authority of Reason
27. Newton–The Saint of Science
28. Hobbes and the Social Machine
29. Locke’s Newtonian Science of the Mind
30. No Matter? The Challenge of Materialism

DISC 6 Content

31. Hume and the Pursuit of Happiness
32. Thomas Reid and the Scottish School
33. France and the Philosophes
34. The *Federalist Papers* and the Great Experiment
35. What is Enlightenment? Kant on Freedom
36. Moral Science and the Natural World

DISC 7 Content

37. Phrenology – A Science of the Mind
38. The Idea of Freedom
39. The Hegelians and History
40. The Aesthetic Movement - Genius
41. Nietzsche at the Twilight
42. The Liberal Tradition–J. S. Mill

DISC 8 Content

43. Darwin and the Nature’s Purposes
44. Marxism–Dead But Not Forgotten
45. The Freudian World
46. The Radical William James
47. William James’s Pragmatism
48. Wittgenstein and the Discursive Turn

DISC 9 Content

49. Alan Turing in the Forest of Wisdom
50. Four Theories of the Good Life
51. Ontology–What There “Reality” Is
52. Philosophy of Science–The Last Word?
53. Philosophy of Psychology and Related Confusions
54. Philosophy of Mind, If There Is One

DISC 10 Content

55. What Makes a Problem “Moral”
56. Medicine and the Value of Life
57. On the Nature of Law
58. Justice and Just Wars
59. Aesthetics–Beauty Without Observers

60. God–Really?

7. The Art of Teaching: Best Practices from a Master Educator

By [Professor Patrick N. Allitt](#), [Emory University](#)

DISC 1 Content x2

1. Successful Teaching
2. The Broad Range of Learners
3. Starting Out Right
4. The Teacher's Persona
5. Planning the Work
6. The Teacher–Student Relationship

DISC 2 Content x2

7. Dynamic Lecturing
8. Teaching with PowerPoint
9. Demonstrations, Old and New
10. Teaching the Critical Skills
11. Engaging with Discussion, Part 1
12. Engaging with Discussion, Part 2

DISC 3 Content x2

13. Cogent Thinking and Effective Writing
14. Teaching Revision and Editing
15. Coaching Students on Presentation Skills
16. One-on-One Teaching
17. The Learner's Perspective
18. Exams, Evaluation, and Feedback

DISC 4 Content x2

19. Maintaining Your Enthusiasm
 20. Managing the Challenges of Teaching
 21. Creativity and Innovation
 22. Myths, Lies, and Half-Truths
 23. The Anatomy of a Great Teacher
 24. Teaching and Civilization
-

8. The Great Tours: African Safari

By [James Currie](#), [Wilderness Safaris](#)

DISC 1 Content

1. The Evolution of the Modern Safari
2. Comparing Self-Drive and Guided safaris
3. Safaris in East Africa
4. Safaris in Southern Africa
5. Water Safaris
6. Desert Safaris

DISC 2 Content

7. Primate Safaris
8. Night Safaris
9. Photographic Safaris
10. Walking Safaris
11. African Predators

12. African Herbivores and Antelopes

DISC 3 Content

13. Giants of the African Bush
14. Africa's Great Apes and Other Primates
15. Africa's Small Mammals
16. Africa's reptiles and Amphibians
17. Key Birds of Africa
18. Top Birding Spots of Southern and East Africa

DISC 4 Content

19. Africa's Trees, Plants, and Flowers
20. Island and Beach Safaris
21. The Sounds of an African Safari
22. Safari Destinations off the Beaten Path
23. Cities and Other Safari Additions
24. Tips for a Sustainable Safari

9. *Big History: The Big Bang, Life on Earth, and the Rise of Humanity*

By [Professor David Christian](#), [San Diego State University](#)

DISC 1 Content

1. What is Big History?
2. Moving across Multiple Scales
3. Simplicity and Complexity
4. Evidence and the Nature of Science
5. Threshold 1—Origins of Big Bang Cosmology
6. How Did Everything Begin?

DISC 2 Content

7. Threshold 2—The First Stars and Galaxies
8. Threshold 3—Making Chemical Elements
9. Threshold 4—The Earth and the Solar System
10. The early Earth—A Short History
11. Plate Tectonics and the Earth's Geography
12. Threshold 5—Life

DISC 3 Content

13. Darwin and Natural Selection
14. The Evidence for Natural Selection
15. The Origin of Life
16. Life on Earth—Single-celled Organisms
17. Life on Earth—Multi-celled Organisms
18. Hominines

DISC 4 Content

19. Evidence on Hominine Evolution
20. Threshold 6—What Makes Humans Different?
21. *Homo sapiens*—The First Humans
22. Paleolithic Life Ways
23. Changes in the Paleolithic Era
24. Threshold 7—Agriculture

DISC 5 Content

25. The Origins of Agriculture
26. The First Agrarian Societies

- 27. Power and its Origin
- 28. Early Power Structures
- 29. From Villages to Cities
- 30. Sumer–The First Agrarian Civilization

DISC 6 Content

- 31. Agrarian Civilization in Other Regions
- 32. The World That Agrarian Civilization Made
- 33. Long Trends–Expansion and State Power
- 34. Long Trends–Rates of Innovation
- 35. Long Trends–Disease and Malthusian Cycles
- 36. Comparing the World Zones

DISC 7 Content

- 37. The America in the Later Agrarian Era
- 38. Threshold 8–The Modern Revolution
- 39. The Medieval Malthusian Cycle, 500-1350
- 40. The Early Modern Cycle, 1350-1700
- 41. Breakthrough–The Industrial Revolution
- 42. Speed of the Industrial Revolution to 1900

DISC 8 Content

- 43. The 20th Century
- 44. The World That the Modern Revolution Made
- 45. Human History and the Biosphere
- 46. The Next 100 Year
- 47. The Next Millennium and the Remote Future
- 48. Big History–Humans in the Cosmos

10. Understanding the Fundamentals of Music

By [Professor Robert Greenberg](#), [San Francisco Performances](#)

DISC 1 Content

- 1. The Language of Music
- 2. Timbre, Continued
- 3. Timbre, Part 3
- 4. Beat and Tempo

DISC 2 Content

- 5. Meter, Part 1
- 6. Meter, Part 2
- 7. Pitch and Mode, Part 1
- 8. Pitch and Mode, Part 2

DISC 3 Content

- 9. Intervals and Tunings
- 10. Tonality, Key Signature, and the Circle of Fifths
- 11. Interval Revisited and Expanded
- 12. Melody

DISC 4 Content

- 13. Melody, Continued
 - 14. Texture and Harmony, Part 1
 - 15. Harmony, Part 2–Function, Tendency, and Dominance
 - 16. Melody
-

11. Understanding Modern Electronics

By [Professor Richard Wolfson](#), [Middlebury College](#)

DISC 1 Content

1. Electricity and Electronics
2. Circuits and Symbols
3. Instruments and Measurement
4. AC versus DC
5. Up the Treble, Down the Bass!
6. Semiconductors – The Miracle Material

DISC 2 Content

7. Transistors and How They Work
8. Transistors as Amplifiers
9. Building an Audio Amplifier
10. The Ideal Amplifier
11. Feedback Magic
12. Electronic Feedback

DISC 3 Content

13. Amplifier Circuits Using Op-Amps
14. More Fun with Op-Amps
15. Using Op-Amps with Capacitors
16. Digital versus Analog
17. Electronics Goes Digital
18. Flip-Flop Circuits

DISC 4 Content

19. Shift and Divide—Your UBS and Your watch
20. Digital Memory
21. Digital Counters
22. Digital to Analog
23. Analog to Digital
24. Your Future in Electronics

12. Critical Business Skills for Success

By [Professors Thomas J. Goldsby](#), [Ryan Hamilton](#), [Clinton O. Longenecker](#), [Michael A. Robert](#), and [Eric Sussman](#)

DISC 1: Strategy

1. Strategy Is Making Choices
2. How Apple Raises Competitive Barriers
3. The Danger of Straddling
4. What Trader Joe's Doesn't Do
5. First Movers versus First Followers
6. When Netflix Met Blockbuster

DISC 2:

7. Anticipating Your Rival's Response
8. Why Did Disney Buy Pixar?
9. The Diversification Discount
10. Forward and Backward Integration
11. Mergers and Acquisition-The Winner's Curse
12. Launching a Lean Start-Up

DISC 3: Operations

- 13. The Power of Superior Operations
- 14. Leaner, Meaner Production
- 15. Refining Service Operations
- 16. Matching Supply and Demand
- 17. Rightsizing Inventory
- 18. Managing Supply and Suppliers

DISC 4: Operations

- 19. The Long Reach of Logistics
- 20. Rethinking Your Business Processes
- 21. Measuring Operational Performance
- 22. Keeping an Eye on Your Margins
- 23. Leveraging Your Supply Chain
- 24. Reducing Risk, Building Resilience

DISC 5: Finance and Accounting

- 25. Accounting and Finance – Decision-Making Tools
- 26. How to interpret a Balance Sheet
- 27. Why the Income Statement Matters
- 28. How to Analyze a Cash Flow Statement
- 29. Common Size, Trend, and Ratio Analysis
- 30. Cost-Volume-Profit Analysis

DISC 6: Finance and Accounting

- 31. Understanding the Time Value of Money
- 32. The Trade-Off between Risk and Return
- 33. How Investors Use Net Present Value
- 34. Alternatives to Net Present Value
- 35. Weighting the Costs of Debt and Equity
- 36. How to Value a Company's Stock

DISC 7: Organizational Behavior

- 37. Achieving Results in Your Organization
- 38. The Value of Great Leadership
- 39. Emotional Intelligence in the Workplace
- 40. The art of Effective Communications
- 41. The Motivation-Performance Connection
- 42. Winning with Teamwork

DISC 8: Organizational Behavior

- 43. Coaching-From Gridiron to Boardroom
- 44. Understanding Power Relationships
- 45. Handling Work place Conflict
- 46. Ethics and the Bathsheba Syndrome
- 47. Leading Real Organizational Change
- 48. Lifelong Learning for Career Success

DISC 9: Marketing

- 49. What is Marketing?
- 50. How to Segment a Market
- 51. Targeting a Market Segment
- 52. Positioning Your Offering
- 53. Identifying Sources of Sales Growth
- 54. Deriving Value from Your Customers

DISC 10: Marketing

55. Creating Great Customer Experiences
56. The Tactics of Successful Branding
57. Customer-Focussed Pricing
58. Marketing Communications That Work
59. The Promise and Perils of Social Media
60. Innovative Marketing Research Techniques

13. The Psychology of Performance: How to Be Your Best in Life

By [Eddie O'Connor, Ph.D.](#), [Clinical Sport Psychologist](#)

DISC 1

1. Sport and Performance Psychology
2. Deliberate Practice: Essential for Experts
3. How Values and Goals Drive Performance
4. The Benefit of Mindfulness in Performance
5. When Positive Thinking Doesn't Work
6. Acceptance and the Willingness to Feel

DISC 2

7. Commitment Means "No Matter What"
8. Finding Internal Motivation
9. Using Imagery to Prepare for Action
10. Confidence and Self-Talk
11. Developing Focused Attention
12. Superstitions, Rituals, and Routines

DISC 3

13. Peak Performance: Getting in the Zone
14. Performance Anxiety and Choking
15. Being the Perfect Perfectionist
16. Self-Compassion for Self-Improvement
17. Burnout and the Need for Recovery
18. Pain Tolerance and Injury Rehabilitation

DISC 4

19. The Dangerous Pursuit of the Ideal Body
20. Fan Psychology, Identification, and Violence
21. Four Qualities of a Successful Team
22. Talent: A Developmental Process
23. How to Be a Great Sport Parent
24. Aging Athletes: Competing and Retiring

14. Modern History: The African Experience: From "Lucy" to Mandela

By [Professor Kenneth P. Vickery](#), [North Carolina State University](#)

DISC 1

1. Finding the "Lost Continent"
2. Africa's Many Natural Environments
3. A Virtual Tour of the Great Land
4. The Cradle of Humankind
5. Crops, Cattle, Iron-Taming a Continent
6. Kinship and Community-Societies take Shape

DISC 2

7. Like Nothing Else-The Ancient Nile Valley
8. Soul and Spirit-Religion in Africa
9. Ethiopia-Outpost of Christianity
10. West Africa's "Golden Age"
11. The Swahili Commercial World
12. Great Zimbabwe and the Cities of the South

DISC 3

13. The Atlantic Slave Trade-The Scope
14. The Atlantic Slave Trade-The Impact
15. South Africa-The Dutch Cape Colony
16. South Africa-The Zulu Kingdom
17. South Africa-The Frontier and Unification
18. South Africa-Diamonds and Gold

DISC 4

19. Prelude to the "Scramble for Africa"
20. European Conquest and African Resistance
21. Colonial Africa-New Realities
22. Colonial Africa-Comparisons and Change
23. The Lion Awakens-The Rise of Nationalism
24. The Peaceful Paths to Independence

DISC 5

25. The Congo-Promise and Pain
26. Segregation to Apartheid in South Africa
27. The Armed Struggles for Independence
28. The First Taste of Freedom
29. The Taste Turns Sour
30. The World Turns Down-The "Permanent Crisis"

DISC 6

31. A New Dawn? The Democratic Revival
32. The South African Miracle
33. The Unthinkable-The Rwanda Genocide
34. The New Plague-HIV/AIDS in Africa
35. Zimbabwe- Background to Contemporary Crisis
36. Africa Found

15. How to Build a Thriving Workplace: A Leader's Guide

By [Beth Cabrera](#), [George Mason University](#)

DISC 1

1. Workplace Well-Being: The New Frontier
2. Mindfulness at Work: the power of Presence
3. Positive Outlook, Positive Performance
4. Fostering Employee Optimism and Hope
5. The Advantage of Workplace Relationships
6. Encouraging Generosity and Compassion

DISC 2

7. Creating an Inspiring Learning Environment
8. Engaging Your Workforce: The power of Flow
9. The Need for Meaning: Making Work Matter
10. Promoting Workplace Resilience

11. Strategies for Employee Health
12. Autonomy: Empowering Employees to Succeed

16. *Building Your Resilience: Finding Meaning in Adversity*

By [Molly Birkholm](#), [Trauma Specialist](#)

DISC 1

1. The Foundation of Resilience
2. The Hero's Journey
3. The Resilient Human Spirit
4. The Consequences of Stress
5. Mastering Physical Resilience
6. Improving Emotional Resilience

DISC 2

7. Strengthening Mental Resilience
8. The Practice of Self-Care
9. The Rewards of Sleep
10. Finding Equanimity with Mindfulness
11. Understanding Trauma
12. Discovering Post-Traumatic Growth

DISC 3

13. Suzi Landolphi on Post-Traumatic Growth
14. Cultivating Community and Connection
15. Finding Safety
16. Opening to Joy and Gratitude
17. Practice 1: Building Resilience
18. Practice 2: De-stressing with Your Breath

DISC 4

19. Practice 3: Promoting Sleep
20. Practice 4: Relaxing Yoga for Self-Care
21. Practice 5: Practicing Mindfulness
22. Practice 6: Evoking the Relaxation Response
23. Practice 7: Finding safety with Yoga Nidra
24. Your Hero's Journey

17. *The History and Achievements of the Islamic Golden Age*

By [Professorial Lecturer Eamonn Gearon](#), [Johns Hopkins University](#)

DISC 1

1. From Camels to Stars in the Middle East
2. Ibn Battuta's Search for Knowledge
3. *Arabian Nights* Caliph: Harun al-Rashid
4. The Arab World's **Greatest** Writer: al-Jahiz
5. Algebra, Algorithms, and al-Khwarizmi
6. Baghdad's House of Wisdom

DISC 2

7. Mohammad, the Hadith, and Imam Bukhari
8. Interpreting and Defending the Quran
9. The Arab Herodotus: al-Masudi
10. Cairo, al-Haytham, and the *Book of Optics*

11. Master Muslim Scholar: al-Biruni
12. Astronomy in the Islamic Golden Age

DISC 3

13. Medieval Muslim Medicine and Hospitals
14. Alchemy and Chemistry in Early Baghdad
15. The Fertile Crescent: Water, and al-Jazari
16. Jewish Scholar in Cairo: Moses Maimonides
17. The Banu Musa's Inventions and Automata
18. Mosques, Architecture, and Gothic Revival

DISC 4

19. Arabic Verse, Love Poetry, and Wine Songs
20. Medieval Mastermind: Avicenna (Ibn Sina)
21. Entertaining in the Time of the Abbasids
22. Calligraphy, carpets, and the Arabic Arts
23. When did the Islamic Golden Age End?
24. Ibn Khaldun on the Rise and Fall of Empire

18. Building Great Sentences: Exploring the Writer's Craft

By [Professor Brooks Landon](#), [the University of Iowa](#)

DISC 1

1. A Sequence of Words
2. Grammar and Rhetoric
3. Propositions and Meaning
4. How Sentences Grow
5. Adjectival Steps
6. The Rhythm of Cumulative Syntax

DISC 2

7. Direction of Modification
8. Coordinate, Subordinate, and Mixed Patterns
9. Coordinate Cumulative Sentences
10. Subordinate and Mixed Cumulatives
11. Prompts of Comparison
12. Prompts of explanation

DISC 3

13. The Riddle of Prose Rhythm
14. Cumulative Syntax to Create Suspense
15. Degrees of Suspensiveness
16. The Mechanics of Delay
17. Prefab Patterns for Suspense
18. Balanced Sentences and Balanced Forms

DISC 4

19. The Rhythm of Twos
 20. The Rhythm of Threes
 21. Balanced Series and Serial Balance
 22. Master Sentences
 23. Sentences in Sequence
 24. Sentences and Prose Style
-

19. *Human Prehistory and the First Civilizations*

By [Professor Brian M. Fagan](#), [University of California at Santa Barbara](#)

DISC 1

1. Introducing Human Prehistory
2. In the Beginning
3. Our Earliest Ancestors
4. The First Human Diaspora
5. The First Europeans
6. The Neanderthals

DISC 2

7. The Origins of *Homo sapiens*
8. The Great Diaspora
9. The World of the Cro-Magnons
10. Artists and Mammoth Hunters
11. The First Americans
12. The Paleo-Indians and Afterwards

DISC 3

13. After the Ice Age
14. The First Farmers
15. Why Farming?
16. The First European Farmers
17. Farming in Asia and Settling the Pacific
18. The Story of Maize

DISC 4

19. The Origin of States and Civilization
20. Sumerian Civilization
21. Ancient Egyptian Civilization to the Old Kingdom
22. Ancient Egypt-Middle and New Kingdoms
23. The Minoan Civilization of Crete
24. The Eastern Mediterranean World

DISC 5

25. The Harappan Civilization of South Asia
26. South and Southeast Asia
27. Africa-A world of Interconnectedness
28. The Origin of Chinese Civilization
29. China-Zhou to the Han
30. Southeast Asian Civilization

DISC 6

31. Pueblos and Mound builders in North America
32. Ancient Maya Civilization
33. Highland Mesoamerican Civilization
34. The Origins of Andean Civilization
35. The Inka and Their Predecessors
36. Epilogue

20. *Writing Your Story with Joyce Maynard*

DISC 1 listing

1. What Happens When We Keep Secrets?

2. Name Your Obsessions
3. Stick to Your Story
4. Identify Your Journey
5. Take Your Story Apart
6. The Landing Space
7. The Honesty Question

DISC 2 *listing*

14. The Paragraph
15. Building the Arc
16. The Test of a Good Memoir
17. The Container
18. Two Containers from Scratch
19. Developing Your Container
20. Dissecting a Good Container Essay
21. The Writing Life
22. Creating a Writing Practice
23. What Gets in Your Way
24. The Not-Writing Process
25. Criticism and Rejection
26. What Happens When We Tell Our Truth

21. Anthropology and the Study of Humanity

By [Professor Scott M. Lacy, Fairfield University](#)

DISC 1

1. Why Anthropology Matters
2. Science, Darwin, and Anthropology
3. Our Primate Family Tree
4. Paleoanthropology and the Hominin Family
5. Tracing the Spread of Humankind
6. Anthropology and the Question of Race

DISC 2

7. Anthropology and human Tools
8. Agricultural Roots of Civilization
9. Rise of Urban Centers
10. Anthropological Perspectives on Money
11. Anthropological Perspectives on Language
12. Apocalyptic Anthropology

DISC 3

13. Cultural Anthropology and Human Diversity
14. Field research in Cultural Anthropology
15. Kinship, Family, and Marriage
16. Sex, Gender, and Sexuality
17. Religion and Spirituality
18. Art and Visual Anthropology

DISC 4

19. Conflict and Reconciliation across Cultures
20. Forensics and Legal Anthropology
21. Medical Anthropology
22. Anthropology and Economic Development

- 23. Cultural Ecology
 - 24. The Anthropology of Happiness
-

22. *The Catholic Church: A History*

By [Professor William R. Cook](#), [State University of New York at Geneseo](#)

DISC 1

- 1. From Jesus to the Creation of the Church
- 2. The First Christian Institutions
- 3. Christianities in the Early Church
- 4. Persecution and Saints
- 5. Peace between Empire and Church
- 6. Institutional and Doctrinal Developments

DISC 2

- 7. Latin Theology, Including Augustine
- 8. Popes and Bishops in the Early Middle Ages
- 9. Monasticism-Benedict and His Rule
- 10. Evangelizing Northern and Eastern Europe
- 11. The Germanization of Christianity
- 12. Charlemagne and the Church in Feudal Times

DISC 3

- 13. Monks and Hermits- New Forms of Monasticism
- 14. Papal Reform and Church State Controversies
- 15. Crusade, Heresy, Inquisition
- 16. The Papacy-Innocent III to Boniface VIII
- 17. Francis, Dominic, and the Mendicants
- 18. Flowering of Church Art in the Middle Ages

DISC 4

- 19. Scholastic Thought
- 20. Medieval Mysticism
- 21. The Great Schism and the Conciliar Age
- 22. The Renaissance Church
- 23. Luther, Calvin, and the Reformation
- 24. Catholic, Responses-The Council of Trent

DISC 5

- 25. The Jesuits
- 26. Catholicism in Asia and the New World
- 27. American Catholicism
- 28. The Church in the Age of Reason
- 29. Pius IX and Papal Infallibility
- 30. Leo XIII and the Modern World

DISC 6

- 31. The Eastern Catholic Churches
 - 32. The Second Vatican Council
 - 33. The Catholic Church Looks Outward
 - 34. The Challenges of New Theologies
 - 35. John Paul II and the 21st-Century Church
 - 36. One? Holy? Catholic? Apostolic?
-

23. *The Story of Human Language*

By [Professor John McWhorter](#), [Manhattan Institute](#)

DISC 1

1. What is Language?
2. When Language Began
3. How Language Changes-Sound Change
4. How Language Changes-Building New Material
5. How Language Changes-Meaning and Order
6. How Language Changes-Many Directions

DISC 2

7. How Language Changes-Modern English
8. Language Families-Indo-European
9. Language Families-Tracing Indo-European
10. Language Families-Diversity of Structures
11. Language Families-Clues to the Past
12. The Case Against the World's First Language

DISC 3

13. The Case For the World's First Language
14. Dialects-Subspecies of Species
15. Dialects-Where Do You Draw the Lines
16. Dialects-Two Tongues in One Month
17. Dialects-The Standard as Token of the Past
18. Dialects-Spoken Style, Written Style

DISC 4

19. Dialects-The Fallacy of Blackboard Grammar
20. Language Mixture-Words
21. Language Mixture-Grammar
22. Language Mixture-Language Areas
23. Language Develops Beyond the Call of Duty
24. Language Interrupted

DISC 5

25. A New Perspective on the Story of English
26. Does Culture Drive Language Change?
27. Language Starts Over-Pidgins
28. Language Starts Over-Creoles I
29. Language Starts Over-Creoles II
30. Language Starts Over-Signs of the New

DISC 6

31. Language Starts Over-The Creole Continuum
32. What is Black English?
33. Language Death-The Problem
34. Language Death-Prognosis
35. Artificial Languages
36. Finale-master Class

24. *The Entrepreneur's Toolkit*

By [Professor Michael G. Goldsby](#), [Ball state University](#)

DISC 1

1. How to Come Up with a Great Business Idea
2. Understanding Your Market
3. Prototypes-Making Your Idea a Reality
4. Defining Your Business Model
5. Picking Your Business Structure
6. Starting Your Business Plan

DISC 2

7. Market Analysis and Marketing Strategy
8. Business Logistics and Operations
9. Organizational Structure and Management Teams
10. Income Statements and Balance Sheets
11. Cash Flow Statements and Performance Measures
12. Conducting Risk Analysis

DISC 3

13. Finishing Your Business Plan
14. How to Finance Your Business
15. From Your Home Office to Social Media
16. Starting a Family Business
17. Buying a Franchise or Other Business
18. Understanding Intellectual Property

DISC 4

19. Managing Human Resources
20. The Customer's Experience and Your Brand
21. Entrepreneurial Perspectives
22. Entrepreneurial Exhaustion
23. Entrepreneurial Leadership
24. The Successful Entrepreneur

25. Peoples and Cultures of the World

By [Professor Edward Fisher](#), [Vanderbilt University](#)

DISC 1

1. The Study of Humanity
2. The Four Fields of Anthropology
3. Culture and Relativity
4. Fieldwork and the Anthropological Method
5. Nature, Nurture, and Human Behaviour
6. Languages, Dialects, and Social categories

DISC 2

7. Language and Thought
8. Constructing Emotions and Identities
9. Magic, Religion, and Codes of Conduct
10. Rites of Passage
11. Family, Marriage, and Incest
12. Multiple Spouses and Matrilineality

DISC 3

13. Gatherers and Hunters
14. Headmen and Horticulturists
15. Cannibalism and Violence
16. The role of Reciprocity

17. Chiefdoms and Redistribution
18. Cultural contact and Colonialism

DISC 4

19. Cultures of Capitalism
 20. Is Economics Rational?
 21. Late Capitalism-From Ford to Disney
 22. The Maya, Ancient and Modern
 23. Maya resurgence in Guatemala and Mexico
 24. The Janus Face of Globalization
-

26. *How We Learn*

By [Professor Monisha Pasupathi](#), [University of Utah](#)

DISC 1

1. Myths about learning
2. Why No Single Learning Theory Works
3. Learning as Information Processing
4. Creating Representations
5. Categories, Rules, and Scripts
6. What Babies Know

DISC 2

7. Learning Your Native Tongue
8. Learning a Second Language
9. Learning How to Move
10. Learning Our Way Around
11. Learning to Tell Stories
12. Learning Approaches in Math and Science

DISC 3

13. Learning as Theory Test
14. Integrating Different Domains of Learning
15. Cognitive Constraints of Learning
16. Choosing Learning Strategies
17. Source Knowledge and Learning
18. The Role of Emotion in Learning

DISC 4

19. Cultivating a Desire to Learn
 20. Intelligence and Learning
 21. Are Learning Styles Real?
 22. Different People, Different Interests
 23. Learning across the Lifespan
 24. Making the Most of How We Learn
-

27. *Argumentation: The Study of Effective Reasoning*, 2nd Edition

By [Professor David Zarefsky](#), [Northwestern University](#)

DISC 1

1. Introducing Argumentation and Rhetoric
2. Underlying Assumptions of Argumentation
3. Formal Informal Argumentation
4. History of Argumentation Studies

5. Argument Analysis and Diagramming
6. Complex Structures of Argument

DISC 2

7. Case Construction-Requirements and Options
8. Stasis-The Heart of the controversy
9. Attack and Defense I
10. Attack and Defense II
11. Language and Style in Argument
12. Evaluating Evidence

DISC 3

13. Reasoning from Parts to Whole
14. Reasoning with Comparisons
15. Establishing Correlations
16. Moving from Cause to Effect
17. Commonplaces and Arguments from Form
18. Hybrid Patterns of Inference

DISC 4

19. Validity and Fallacies I
20. Validity and Fallacies II
21. Arguments between Friends
22. Arguments among Experts
23. Public Argument and Democratic Life
24. The Ends of Argumentation

28. Effective Communication Skills

By [Professor Dalton Kehoe](#), [York University](#)

DISC 1

1. The Magic of Every Day Communication
2. The Complex Layers of Face-to-Face Talk
3. The Social Context That Shapes Out Talk
4. The Operations of the Cognitive Unconscious
5. The Conscious Mind in Perception
6. The Conscious Mind in Using Language

DISC 2

7. The Conscious Mind and Emotions
8. The Development of Our Sense of Self
9. Self, Attachment, and Self Esteem
10. Protecting the Self in Face-to-Face Talk
11. Conscious Self-Talk and Self-Management
12. Challenges to Effective Communication

DISC 3

13. Talking to Connect and Build Relationships
14. Differences, Disagreement, and Control Talk
15. Commands, Accusations and Blame
16. Healing Relationships with Dialogue Talk
17. Focus on the Other-The Heart Of Dialogue
18. Assertive Dialogue to Manage Disagreement

DISC 4

19. Compassionate Confrontation

20. Communication, Gender and Culture
21. Talking Our Way to Lasting Relationships
22. Leadership, Appreciation and Productivity
23. Dialogue and Appreciation- Engaged Employees
24. Dialogue –Ethical Choices Behind Our Talk

29. Analysis and critique: How to Engage and Write about Anything

By [Professor Dorsey Armstrong](#), [Purdue University](#)

DISC 1

1. How to Write about Anything
2. How to Be an Effective Reader
3. How Literature Can Help
4. Shaping Your Voice
5. Knowing your Reader
6. The Art of the Essay-How to Start

DISC 2

7. How to Organize an Argument
8. Supporting Your Argument
9. Finishing Strong
10. The Uses of Poetry
11. Poetic Diction and Syntax
12. Drama-Writing Out Loud

DISC 3

13. What You Can Learn from Autobiography
14. Writing and Leadership
15. The Rules of Rhetoric
16. Invention and Arrangement
17. Ethics and Pathos
18. Finding What You Need

DISC 4

19. Using What You Find
20. Getting Started-Writing First Drafts
21. Editing-Finding What's Wrong
22. Rewriting-Fixing What's Wrong
23. Avoiding Common Errors in grammar and Usage
24. The Power of Words

30. Building Great Sentences: Exploring the Writer's Craft

By [Professor Brooks Landon](#), [The University of Iowa](#)

DISC 1

1. A sequence of Words
2. Grammar and Rhetoric
3. Propositions and Meaning
4. How Sentences Grow
5. Adjectival Steps
6. The Rhythm of Cumulative Syntax

DISC 2

7. Direction of Modification

8. Coordinate, Subordinate, and Mixed Patterns
9. Coordinate Cumulative Sentences
10. Subordinate and Mixed Cumulative
11. Prompts of Comparison
12. Prompts of Explanation

DISC 3

13. The Riddle of Prose Rhythm
14. Cumulative Syntax to Create Suspense
15. Degrees of Suspensiveness
16. The Mechanics of Delay
17. Prefab Patterns for Suspense
18. Balanced Sentences and Balanced Forms

DISC 4

19. The Rhythm of Twos
20. The Rhythm of Threes
21. Balanced-series and serial balances
22. Master Sentences
23. Sentences in Sequence
24. Sentences and Prose Style

31. *The Art of Reading*

By [Professor Timothy Spurgin](#), [Lawrence University](#)

DISC 1x2

1. Artful Reading and Everyday Reading
2. Authors, Real and Implied
3. Narrators-Their Voices and Their Visions
4. Characters-Beyond Round and Flat
5. Descriptions-People, Places, and Things
6. Minimalists to Maximalists to Lyricists

DISC 2x2

7. Explosive Devices-Irony and Ambiguity
8. Reading for the Plot-Five simple Words
9. Master Plots-The Stranger and the Journey
10. The Game is Afoot-Sherlock Holmes
11. The Plot Thickens-Scott and Bronte
12. The Plot Vanishes-Faulkner and Woolf

DISC 3x2

13. Characters, Patterns, and Rhythms
14. Scene and Summary, Showing and Telling
15. Subtexts, Motives, and Secrets
16. Dialogue-The Good, the Bad, the Ugly
17. Metafiction-Fiction about Fiction
18. Adaptation-From Fiction to Film

DISC 4x2

19. Realism Times Four
20. Thumbs Up?-Interpretation and Evaluation
21. A Long Short story-“Runaway”
22. A Classic Novel-*The Age of Innocence*
23. A Baggy Monster-*War and Peace*

24. Picking Up the Tools

32. *Economics*, 3rd Edition

By [Professor Timothy Taylor](#), [Macalester College](#)

DISC 1

1. How Economists Think
2. Division of Labor
3. Supply and Demand
4. Price Floors and Ceiling
5. Elasticity
6. The Labor Market and wages

DISC 2

7. Financial Markets and Rates of Return
8. Personal Investing
9. From Perfect Competition to Monopoly
10. Antitrust and Competition Policy
11. Regulation and Deregulation
12. Negative Externalities and the Environment

DISC 3

13. Positive Externalities and Technology
14. Public Goods
15. Poverty and Welfare Programs
16. Inequality
17. Imperfect Information and Insurance
18. Corporate and Political Governance

DISC 4

19. Macroeconomics and GDP
20. Economic Growth
21. Unemployment
22. Inflation
23. The Balance of Trade
24. Aggregate Supply and Aggregate Demand

DISC 5

25. The Unemployment-Inflation Tradeoff
26. Fiscal Policy and Budget Deficits
27. Countercyclical Fiscal Policy
28. Budget Deficits and National Saving
29. Money and Banking
30. The Federal Reserve and its Powers

DISC 6

31. The Conduct of Monetary Policy
 32. The Gains of International Trade
 33. The Debates over Protectionism
 34. Exchange Rates
 35. International Financial Crashes
 36. A Global Economic Perspective
-

33. *Building a Better Vocabulary*

By [Professor Kevin Flanigan](#), [West Chester University of Pennsylvania](#)

DISC 1

1. Five Principles for Learning Vocabulary
2. The Spelling-Meaning Connection
3. Words for Lying, Swindling, and Conniving
4. Words that Express Annoyance and Disgust
5. Fighting Words and Peaceful Words
6. Going beyond Dictionary Meanings

DISC 2

7. Wicked Words
8. Words for Beginnings and Endings
9. Words Expressing Fear, Love, and Hatred
10. Words for the Everyday and the Elite
11. Words from Gods and Heroes
12. Humble Words and Prideful Words

DISC 3

13. High-Frequency Greek and Latin Roots
14. Words Relating to Belief and Trust
15. Words for the Way We Talk
16. Words for Praise, Criticism, and Nonsense
17. Eponyms from Literature and History
18. Thinking, teaching, and Learning Words

DISC 4

19. Words for the Diligent and the Lazy
20. Words That Break and Words That Join
21. Some High-Utility Greek and Latin Affixes
22. Cranky Words and Cool Words
23. Words for Courage and Cowardice
24. Reviewing Vocabulary through Literature

DISC 5

25. Words for Killing and Cutting
26. A Vocabulary Crab Bag
27. Words for Words
28. Speciality Words for Language
29. Nasty Words and Nice Words
30. Words for the Really Big and the Very Small

DISC 6

31. Spelling as a Vocabulary Tool
32. A Medley of New Words
33. Building Vocabulary Through Games
34. Words English Borrowed and Never Returned
35. More Foreign Loan Words
36. Forgotten Words and Neologisms

34. Music & Fine Arts: Art across the Ages

By [Professor Ori Z. Soltes](#), [Georgetown University](#)

DISC 1

1. Continuity and Transformation-What is Art?
2. Art as the Offspring of Religion

3. Professional Greek art
4. Towards the Classical Athenian Movement
5. Beyond the Borders of Classical Greek Art
6. The Birth of the New-Hellenistic Art

DISC 2

7. Hellenistic, Etruscan, and Early Roman Art
8. Roman and Judean Art
9. Early Christian Art and its Progeny
10. The Beginning of Jewish Art
11. Christian Medieval Art and Architecture
12. The Language of Romanesque and Gothic Art

DISC 3

13. Islamic Art from Abstract to Figurative
14. Jewish Medieval Art and Architecture
15. Early Renaissance Painting in Central Italy
16. 15th-Century Italian Renaissance Painting
17. Renaissance Painting beyond the Alps
18. Renaissance Sculpture-Toward Florence

DISC 4

19. Towards High Renaissance in Central Italy
20. High Renaissance in Central Italy
21. The rebirth of Classical Dynamism
22. The Light of the Veneto
23. 16th-Century Northern European Painting
24. Transformation of People, Objects, Ideas

DISC 5

25. The Reformation and the Mannerist Crisis
26. Baroque Shadows-Venice to Madrid to Rome
27. Shadow and Light from Rome to the Lowlands
28. Northern landscapes and Life Sweeps
29. The Counter Reformation from Italy Outward
30. Revolutions in Spanish and English Painting

DISC 6

31. France's Gold and Silver Ages
32. Politics and Romanticism
33. From Realism to Impressionism
34. From Paris to the East
35. American Romantic Realism and its Progeny
36. *Fin de Siecle* European Art Movements

DISC 7

37. Asia and Africa in the Western Mind
38. They All Came to Paris
39. Revolution in Early 20th-Century painting
40. Figuration and Abstraction-The Struggle
41. Development in Sculpture-Rodin to Judd
42. New Worlds of Architecture-Wright to Hadid

DISC 8

43. The Edges of West and East
44. Art, Trauma, and Politics
45. Defining Modern Jewish Art

46. The Problem of Categories in Modern Art
47. The Explosion of Modernist Media
48. Art, Politics, and Religion from Era to Era

35. Understanding the Human Body; An Introduction to anatomy and Physiology
By [Professor Anthony A. Goodman](#), [Montana State University](#)

DISC 1

1. Cardiovascular System-Anatomy of the Heart
2. Cardiovascular System-Physiology of the Heart
3. Cardiovascular System-Anatomy of the Great Vessels
4. Cardiovascular System-Physiology of the Great Vessels

DISC 2

5. Respiratory System- Anatomy of the Lungs
6. Respiratory System- Physiology of the Lungs
7. Respiratory System- Anatomy of the Brain
8. Respiratory System- Physiology of the Brain

DISC 3

9. Nervous System-Spinal cord and Spinal Nerves
10. Nervous System-Autonomic Nervous System
11. Nervous System-The Eyes
12. Nervous System-The Ears, Hearing, and Equilibrium

DISC 4

13. Nervous System-Memory
14. Digestive System-Anatomy of the Mouth, Esophagus, and Stomach
15. Digestive System- Physiology of the Mouth, Esophagus, and Stomach
16. Digestive System- Anatomy of the Pancreas, Liver, and the Biliary Tree

DISC 5

17. Digestive System-Physiology of the Liver, and the Biliary Tree
18. Digestive System-Anatomy of the Small Intestine, Colon, and Rectum
19. Digestive System-Physiology of the Small Intestine, Colon, and Rectum
20. Endocrine System-The Pituitary and Adrenal Glands

DISC 6

21. Endocrine System-Pancreas
22. Endocrine System-Thyroid and Parathyroid Glands
23. Urinary System-Anatomy of the kidneys, Ureters, and Bladder
24. Urinary System-Physiology of the kidneys, Ureters, and Bladder

DISC 7

25. Reproductive System-Male
26. Reproductive System-Female
27. Reproductive System-Physiology of Genetic Inheritance
28. Musculoskeletal System-Physiology and Physics

DISC 8

29. Musculoskeletal System-Anatomy of the Muscles
30. Musculoskeletal System-Bones
31. Immune System-Anatomy and Physiology
32. The Biology of Human Cancer

36. How the Earth Works

By [Professor Michael E. Wyession](#), [Washington University in St Louis](#)

DISC 1

1. Geology's Impact on History
2. Geologic History-Dating the earth
3. Earth's Structure-Journey to Earth's Center
4. Earth's Heart-Conduction and Convection
5. The basics of Plate Tectonics
6. Making matter-The Big Bang and Big Bangs

DISC 2

7. Creating Earth-Recipe for a Planet
8. The Rock Cycle-Matter in Motion
9. Minerals-The Building Blocks of Rocks
10. Magma-The Building Mush of Rocks
11. Crystallization-The Rock Cycle starts
12. Volcanoes_ Lava and Ash

DISC 3

13. Folding-Bending Blocks, Flowing Rocks
14. Earthquakes-Examining Earth's Faults
15. Plate Tectonics-Why Continents Move
16. The ocean Seafloor-Unseen lands
17. Rifts and Ridges-The Creation of Plates
18. Transform Faults-tears of a Crust

DISC 4

19. Subduction Zones-Recycling Oceans
20. Continents Collide and Mountains Are Made
21. Intraplate Volcanoes-Finding the Hot Spots
22. Destruction from Volcanoes and Earthquakes
23. Predicting Natural Disasters
24. Anatomy of a Volcano-Mount St Helens

DISC 5

25. Anatomy of an Earthquake-Sumatra
26. History of Plate Motions-Where and Why
27. Assembling North America
28. The sun-driven Hydrologic Cycle
29. Water on Earth-The Blue Planet
30. Earth's Atmosphere-Air and Weather

DISC 6

31. Erosion- Weathering and Land Removal
32. Jungles and Deserts-Feast or Famine
33. Mass Wasting-Rocks Fall Down
34. Streams-Shaping the Land
35. Groundwater-The Invisible Reservoir
36. Shorelines- Factories of Sedimentary Rocks

DISC 7

37. Glaciers-The Power of Ice
38. Planetary Wobbles and the Last Ice Age
39. Long-Term Climate Change
40. Short-Term Climate Change
41. Climate Change and Human History
42. Plate Tectonics and natural Resources

DISC 8

- 43. Nonrenewable Energy Sources
- 44. Renewable Energy Sources
- 45. Humans-Dominating Geologic Change
- 46. History of Life-Complexity and Diversity
- 47. The Solar System-Earth's Neighborhood
- 48. The Lonely Planet-Fermi's Paradox

37. Ancient & Medieval History: World History: The Fertile Crescent to the American Revolution

By [Linwood Thompson](#), [Bellflower High School](#)

DISC 1

- 1. Civilization of the Fertile Crescent
- 2. Egypt-The Gift of the Nile
- 3. Early India and China
- 4. The Ancient Greeks
- 5. Ancient Rome

DISC 2

- 6. The Growth of Christianity
- 7. The Fall of Rome
- 8. The Byzantine Empire
- 9. The Rise of Islam
- 10. Early Russia and the Fall of Constantinople

DISC 3

- 11. The Early Christian Church
- 12. The Vikings
- 13. Medieval Life
- 14. The Crusades
- 15. The 1300's, The Age of Despair

DISC 4

- 16. The Renaissance
- 17. Africa-The Civilizations of the Sub-Sahara
- 18. China
- 19. The Mongols and Marco Polo
- 20. Early Japan through the Tokugawa Period

DISC 5

- 21. Discoverers and Conquistadors
- 22. North America Explorers
- 23. The Old World vs. The New World-Hazards and Benefits
- 24. Civilizations of America
- 25. The Protestant Reformation

DISC 6

- 26. Tudor England
 - 27. The English Civil war and Parliament
 - 28. The Monarchs of Europe
 - 29. The Growth of Democracy
 - 30. The American Revolution
-

38. *Scientific Secrets for a Powerful Memory*

By [Peter M. Vishton](#), [the College of William & Mary](#)

DISC 1(Only disc) x2

1. Your Amazing Prehistoric Memory
 2. Encoding Information with Images
 3. Maximizing Short-and Long-Term Memory
 4. Why and When We Forget
 5. Keeping Your Whole Brain in Peak Condition
 6. Human Memory is Reconstruction, Not Replay
-

39. *The Everyday Gourmet Essential Secrets of Spices in Cooking*

By [Bill Briwa](#), [Chef-Instructor](#), [the Culinary Institute of America](#)

DISC 1 (Only disc)

1. India-Heart of the Spice World
 2. China-From Peppercorns to Tea
 3. Mexico-Chiles for Every Palate
 4. Mediterranean Spices-Exotic Blends
 5. Treasured Spices in Northern Europe
 6. New American Cuisine-The Global Kitchen
-

40. *The Industrial Revolution*

By [Dr. Patrick N. Allitt](#), [Emory University](#)

DISC 1

1. Industrialization is Good for You
2. Why Was Britain First?
3. The Agricultural Revolution
4. Cities and Manufacturing Traditions
5. The Royal Shipyards
6. The Textile Industry

DISC 2

7. Coal Mining-Powering the Revolution
8. Iron-Coking and Puddling
9. Wedgewood and the Pottery Business
10. Building Britain's Canals
11. Steam Technology and the First Railways
12. The Railway Revolution

DISC 3

13. Isambard Kingdom Brunel-Master Engineer
14. The Machine Tool Makers
15. The Worker's Eye View
16. Poets, Novelists, and Factories
17. How Industry Changed Politics
18. Dismal Science-The Economists

DISC 4

19. American Pioneers-Whitney, and Lowell
20. Steamboats and Factories in America
21. Why Europe Started Late

22. Bismarck, De Lesseps, and Eiffel
23. John D. Rockefeller and Standard Oil
24. Andrew Carnegie and American Steel

DISC 5

25. American Industrial Labor
26. Anglo-American Contrasts
27. Electric Shocks and Surprises
28. Mass-Producing Bicycles and Cars
29. Taking Flight-The Dream Becomes Reality
30. Industrial Warfare, 1914-1918

DISC 6

31. Expansion and the Great Depression
32. Mass Production Wins World War II
33. The Information Revolution
34. Asian Tigers-The New Industrialized Nations
35. Environmental Paradoxes
36. The Benign Transformation

41. Physiology and Fitness

By [Dean Hodgkin](#), [University of Portsmouth](#)

DISC 1

1. Components of Fitness
2. How Fit Are You?
3. Overcome the Barriers to Exercise
4. Your Heart in Action
5. The Fitness of Breathing
6. You Can Reduce Stress

DISC 2

7. Fitness and Pregnancy
8. Refuel, Recover and Reenergize
9. Thinking-The Brain-Body Connection
10. Healthy Joints for Life
11. Protecting Yourself from Injury
12. The Amazing Benefits of Balance

DISC 3

13. Fueling Fitness
14. Why Everyone Should Exercise in Water
15. The Secret Life of Muscles
16. Strong to the Bone
17. Getting Your Back on Track
18. 21st Century Yoga

DISC 4

19. Walk Your Way to Fitness
20. The Amazing Benefits of Stretching
21. Stay Active-Defy the Aging Process
22. Sitting Disease
23. Exercise for Weight Loss
24. Mobilizers and Stabilizers-Managing Your Abs

DISC 5 work outs

25. Body Weight Workout
26. Medicine Ball Workout
27. Step and Interval Workout
28. Dumbbell Workout
29. Combat Workout
30. Fitness Ball Workout

DISC 6 workouts

31. Balance Board Workout
32. Kettlebell Workout
33. Plyometrics Workout
34. Resistance Band Workout
35. Training Bar Workout
36. Stretching Routine

42. Optimizing Brain Fitness

By [Professor Richard Restak](#), the George Washington University School of Medicine and Health Science

DISC 1

1. How Your Brain Works
2. How Your Brain Changes
3. Care and Feeding of the Brain
4. Creativity and the Playful Brain
5. Focusing Your Attention
6. Enhancing Your Memory

DISC 2

7. Exercising Your Working Memory
8. Putting Your Senses to Work
9. Enlisting Your Emotional Memory
10. Practicing for Peak Performance
11. Taking Advantage of Technology
12. Building Your Cognitive Reserve

43. Medical School for Everyone: Emergence Medicine

By [Dr. Roy Benarocht](#), Emory University School of Medicine

DISC 1

1. Triage in Emergency Medicine
2. Emergency Medicine Means Thinking Fast
3. Emergency Medicine Means Thinking Again
4. The Story Is The Diagnosis
5. Hidden Clues In The Emergency Department
6. Treat the Patient, Treat the Family

DISC 2

7. Chest Pain
8. Treat the Cause Not the Symptom
9. Who Needs the Emergency Department
10. Altered Mental Status
11. Simple Symptoms, Serious Illness
12. In an Emergency, Protect Yourself First

DISC 3

13. Treating Insect and Animal Bites
14. The Missing Piece in An Emergency Diagnosis
15. Healthy Paranoia In Emergency Medicine
16. Fever, Friend or Foe
17. Always Treat Pain
18. An Ounce Of Prevention

DISC 4

19. The Big Picture in Emergency Medicine
20. Is Exercise Good for Your Health?
21. Stay safe in the Emergency Department
22. Emergency Medicine For Travelers
23. Emergency Medicine Lessons from the Past
24. Lessons from the Emergency Department

44. Foundations of Organic Chemistry

By [Professor Ron B. Davis Jr.](#), [George University](#)

DISC 1

1. Why Carbon?
2. Structure of the Atom and Chemical Bonding
3. Drawing Chemical Structure
4. Drawing Chemical Reactions
5. Acid-Base Chemistry
6. Stereochemistry-Molecular Handedness

DISC 2

7. Alkanes-The Simplest Hydrocarbons
8. Cyclic Alkanes
9. Alkenes and Alkynes
10. Alkyl Halides
11. Substitution Reactions
12. Elimination Reactions

DISC 3

13. Addition Reactions
14. Alcohols and Ethers
15. Aldehydes and Ketones
16. Organic Acids and Esters
17. Amines, Imines, and Nitriles
18. Nitrates, Amino Acids, and Amides

DISC 4

19. Conjugation and the Diels-Alder Reactions
20. Benzene and Aromatic Compounds
21. Modifying Benzenes-Aromatic Substitution
22. Sugars and Carbohydrates
23. DNA and Nucleic Acids
24. Amino Acids, Peptides and Proteins

DISC 5

25. Metals in Organic Chemistry
26. Synthetic Polymers
27. UV-Visible Spectroscopy

28. Infrared Spectroscopy
29. Measuring Handedness with Polarimetry
30. Nuclear Magnetic Resonance

DISC 6

31. Advanced Spectroscopic Techniques
 32. Purifying by Recrystallization
 33. Purifying by Distillation
 34. Purifying by Extraction
 35. Purifying by Chromatography
 36. The Future of Organic Chemistry
-

45. Biochemistry and Molecular Biology: How Life Works

By [Professor Kevin Ahern](#), [Oregon State University](#)

DISC 1

1. Biochemistry Is the Science Of Us
2. Why Water Is Essential for Life
3. Amino Acids: 20 Building Blocks of Life
4. From Peptide Bonds to Protein Structure
5. Protein Folding, Misfolding , and Disorder
6. Hemoglobin Function Follows Structure

DISC 2

7. Enzymes' Amazing Speed and Specificity
8. Enzymes Regulation in Cells
9. Fatty Acids, Fats and Other Lipids
10. Sugars: Glucose and the Carbohydrates
11. ATP and Energy Transformations in Cells
12. Breaking Down Sugars and Fatty Acids

DISC 3

13. Metabolism Meets at the Citric Acid Cycle
14. Energy Harvesting in Animals and Plants
15. How Animals Make Carbs and Fats
16. Cholesterol, Membranes, Lipoproteins
17. Metabolic Control during Exercise and Rest
18. How Plants Make Carbs and Other Metabolites

DISC 4

19. Recycling Nitrogen: Amino Acids, Nucleotides
20. Eating, Antioxidants, and the Microbiome
21. Hormones, Stress, and Cell Division
22. Neurotransmitters, the Brain and Addiction
23. The Biochemistry of Our Senses
24. From Biochemistry to Molecular Biology

DISC 5

25. DNA and RNA: Information in Structure
26. DNA Replication in Bacteria: PCR in the Lab
27. Chromosome Replication, Telomeres, Aging
28. DNA Mismatch and Excision Repair
29. DNA Recombination, Gene Editing, CRISPR
30. Transcribing DAN to RNA

DISC 6

31. Translating RNA into Proteins
 32. Protein–Synthesis Controls and Epigenetics
 33. Human Genetic Disease and Gene Therapy
 34. Cancer Mechanisms and Treatments
 35. Biotechnology, Stem Cells, Synthetic Biology
 - 3.6 Omics: Genomics, Proteomics, Transcriptomics
-

46. *Nutrition Made Clear*

By [Professor Roberta H. Anding](#), [Baylor College of Medicine and Texas Children's Hospital](#)

DISC 1

1. Why We Eat What We Do
2. Sources of Nutrition Fact and Fiction
3. Our Underappreciated Digestive Tract
4. Wits All about the Calories
5. Hydration-You Are What You Drink
6. Not All Carbohydrates Are Created Equal

DISC 2

7. Facts on Fiber
8. Protein–An Indispensable Nutrient
9. Fat, Fat Everywhere
10. Vitamins-Spotlight on C
11. Vitamins A and K–Multi-Taskers
12. Vitamin E–Fallen Hero-Vitamin D-Rising Star

DISC 3

13. B Vitamins Basics
14. The Major Minerals
15. The Highs and Lows of Sodium and Potassium
16. Iron, Zinc, Selenium–Balance Is Everything
17. Cardiovascular Disease-What Are the Risks?
18. A Heart–Healthy Lifestyle

DISC 4

19. The DASH Diet–A Life Saver
20. Obesity–Public Health Enemy Number One
21. Healthy Weight Management
22. Metabolic Syndrome And Type 2 Diabetes
23. Dietary Approaches to Weight Management
24. Nutrition and Cancer Prevention

DISC 5

25. Nutrition and Digestive Health
26. Prebiotics and Probiotics in Your Diet
27. Food Safety–It's in Your Hands
28. Demystifying Food Labels
29. Facts on Functional Foods
30. A look at Herbal Therapy

DISC 6

31. Organic or Conventional–Your Choice
32. Fake or Real-Sugar and Facts
33. Creating Your Own Personal Nutrition Plan

34. Exercise and Nutrition-Partners for Life
 35. The Future of Nutrition-Science and Trends
 36. Nutrition Facts and FAQs
-

47. *How We Learn*

By [Professor Monisha Pasupathi](#), [University of Utah](#)

DISC 1

1. Myths About Learning
2. Why No Single Learning Theory Works
3. Learning as Information Processing
4. Creating Representations
5. Categories, Rules and Scripts
6. What Babies Know

DISC 2

7. Learning Your Native Tongue
8. Learning a Second Language
9. Learning How to Move
10. Learning Our Way Around
11. Learning to Tell Stories
12. Learning Approaches in Math and Science

DISC 3

13. Learning as Theory Testing
14. Integrating Different Domains of Learning
15. Cognitive Constraints On Learning
16. Choosing Learning Strategies
17. Source Knowledge and Learning
18. The Role of Emotion in Learning

DISC 4

19. Cultivating a Desire to Learn
 20. Intelligence and Learning
 21. Are Learning Styles Real?
 22. Different People, Different Interests
 23. Learning Across the Lifespan
 24. Making the Most of How We Learn
-

48. *The Science of Integrative Medicine*

By [Brent A. Bauer, M.D.](#), [Mayo Clinic](#)

DISC 1

1. Complimentary and Integrative Medicine
2. Making the Case for Integrative Medicine
3. Herbal Supplements
4. Supplements in Practice
5. Mind Body Medicine
6. Guided Imagery, Hypnosis and Spirituality

DISC 2

7. Practicing Meditation
8. Moving Meditation, Yoga, Tai Chi, and Qi Gong
9. Relaxation Therapies

10. Effective Acupuncture
11. Massage Therapy and Spinal Manipulation
12. Living Well

49. Medical School for Everyone: Grand Rounds Cases

By [Roy Benaroch M.D.](#), [Emory University School of Medicine](#)

DISC 1

1. Never Feel Good
2. A Persistent Fever
3. Puzzling Pain
4. Just Look at Me
5. Headaches in Wonderland
6. The Tennis Player

DISC 2

7. Sudden Collapse
8. School Failure
9. Dizzy Attacks
10. Weight Loss
11. I can't Walk
12. Learning from Failure

DISC 3

13. The Children Who Come and Go
14. Guardian's Day
15. Dickens's Diagnosis
16. Shaking Sammi
17. Hickam's Dictum
18. Forgetting Jerusalem

DISC 4

19. Sherlock's Investigation
20. The Boy Who Doesn't Speak
21. Antarctic Adventure
22. A Sunday Drive
23. Cough, Cough, Cough
24. A confused Father

50. Medical School for Everyone: Pediatrics Grand Rounds

By [Dr. Roy Benaroch](#), [Emory University School of Medicine](#)

DISC 1

1. Fever Then and Now
2. The Challenges of Pediatrics
3. Struggling with Ear Pain
4. The Allergic Match
5. Problems with Growth
6. Childhood Obesity

DISC 2

7. The Critically ill Child
8. Getting the Most Out of Checkups
9. Noise Breathing

10. Trouble in School
11. The Premature Baby
12. Pain as a Warning Sign

DISC 3

13. Better Sleep for the Whole Family
14. Developmental Delay
15. Is This Child Normal?
16. International Adoption
17. The Tools of Discipline
18. Psychiatry in Pediatrics

DISC 4

19. Scratching for Clues
20. Common Symptoms, Uncommon Diagnosis
21. Coping with Pediatric Tragedies
22. The Girl Who Turned Yellow
23. A Different Cause of Vomiting
24. Pediatrics of the Future

51. The Mayo Clinic Guide to Pain Relieve

By [Barbara K. Bruce, PhD, L.P.](#) [Mayo Clinic](#)

DISC 1

1. Why Pain Matters
2. What is Pain
3. Common Causes of Chronic Pain
4. Medication for Chronic Pain: Why and Why Not
5. How Exercise help with Chronic Pain
6. Manage Your Stress to Manage Your Pain

DISC 2

7. Social Support for Pain Management
8. How to Sleep When You Have Pain
9. The Vicious Circle of Pain and Mood
10. Building a Pain Management Team
11. Creating a Pain Management Plan
12. Active Sessions: Exercise and Relaxation

MODERN HISTORY

52. Doctors: The History of Scientific Medicine Revealed Through Biography

By Professor Sherwin B. Nuland, [Yale School of Medicine](#)

DISC 1

1. Hippocrates and The Origins of Western Medicine
2. The Paradox of Galen
3. Vesalius and the Renaissance of Medicine
4. Harvey, Discoverer of the Circulation
5. Morgagni and the Anatomy of Disease
6. Hunter, the Surgeon as Scientist

DISC 2

7. Laennec and the Invention of the Stethoscope

8. Morton and Origins of Anesthesia
9. Virchow and the Cellular Origins of Disease
10. Lister and the Germ Theory
11. Halsted and American Medical Education
12. Taussig and the Development of Cardiac Surgery

53. *Mind-Body Medicine: The New Science of Optimal Health*

By [Professor Jason M. Satterfield](#), [University of California, San Francisco](#)

DISC 1

1. Weaving the Biopsychosocial Braid
2. Vital Signs-Defining Health and Illness
3. Fight or Flight vs. Rest and Digest
4. Simmering Soup-The Neuroendocrine System
5. Deploying the Troops- Basic Immunology
6. Nature vs Nurture-Genes, Health and Disease

DISC 2

7. Forget Me Not-Cognitive Function
8. Mind Over Matter-Cognition in Everyday Life
9. Emotions Revealed-Psychology of Emotions
10. Agony and Ecstasy-Biology of Emotion
11. What's Your EQ, and How Can You Improve It
12. What's Your Type? Personality and Health

DISC 3

13. An apple a Day-Behavior and Disease Prevention
14. Staying on the Wagon-Making Changes That Last
15. Ease the Burn-Modern-Day Stress and Coping
16. The Iceberg-Visible and Hidden Identity
17. Ties That Bind-Relationships and Health
18. Building Bridges-Intimacy and Relationships

DISC 4

19. Touched by Grace-Spirituality and Health
20. A Matter of Class-Socioeconomics and Health
21. A Cog in the Wheel-Occupational Stress
22. The Power of Place-Communities and Health
23. The Master Plan- Public Health and Policy
24. Heart and Soul-Cardiovascular Disease 1

DISC 5

25. Heart and Soul-Cardiovascular II
26. The Big C- Cancer and Mind-Body Medicine
27. Bugs, Drugs and Buddha-Psychoneuroimmunology
28. Fire in the Belly-The GI System
29. Obesity-America's New Epidemic
30. The Strain in Pain Lies Mainly In the Brain

DISC 6

31. Catching Your Zs - Sleep and Health
32. Chasing Zebras-Somatoform Disorders
33. Seeing the Glass Half Empty-Depression
34. Silencing the Scream-Understanding Anxiety
35. Lingering Wounds-Trauma, Resilience, Growth

36. Tomorrow's Bio Psychosocial Medicine

54. *What Science Knows about Cancer*

By [Professor David Sadava](#), [City of Hope Medical Center and the Claremont Colleges](#)

DISC 1

1. Cancer is an Ongoing Challenge
2. Cancer is a Major Burden to the Society
3. Discovering Causes of Cancer in Populations
4. Some Causes of Cancer in Populations
5. DNA is the Key to Understanding Cancer
6. How Does DNA Change to Initiate Cancer?

DISC 2

7. How Do We Know if Something Causes Cancer?
8. How Do Normal Cells Function?
9. What is Different about Cancer Cells?
10. How Do Tumors Grow?
11. How Tumors Spread and Thrive
12. What Are Tumor Viruses?

DISC 3

13. How Do Tumor Viruses Cause Cancer?
14. How Do Cancer-Causing Genes Work?
15. Can Cancer Be Inherited?
16. How Do Normal Genes Suppress Tumors?
17. How do Genetic Changes Result in Cancer?
18. Treating Cancer with Surgery

DISC 4

19. Treating Cancer with Radiation
 20. Treating Cancer with Drugs
 21. How Do Drugs Attack Cancer?
 22. Frontiers of Cancer Treatment
 23. Can Screening for Cancer Be Useful?
 24. Can Cancer Be Prevented?
-

55. *Understanding the Brain*

By [Professor Jeanette Norden](#), [Vanderbilt University School of Medicine](#)

DISC 1

1. Historical Underpinnings of Neuroscience
2. Central Nervous System-Gross Organizations
3. Central Nervous System-Internal Organizations
4. Central Nervous System-Subdivisions
5. Cortex-Lobes and Areas
6. Cortex- Sensory, Motor, and Association Areas

DISC 2

7. Central Nervous System-Development
8. Central Nervous System-Cellular Organization
9. Pathways and Synapses
10. Neurotransmitters
11. Stroke

12. The visual System-The eye

DISC 3

13. The Visual System-the Cortex

14. The Auditory System

15. The Somatosensory System

16. Agnosias

17. The Motor System-Voluntary Movement

18. The motor system-Coordinated Movement

DISC 4

19. Parkinson's Disease

20. Language

21. The Limbic System–Anatomy

22. The limbic system–Biochemistry

23. Depression

24. The Reward System–Anatomy

DISC 5

25. The Reward System–Drugs

26. Brain Plasticity

27. Emotion and Executive Function

28. Processing of Negative Emotions-Fear

29. Music and the Brain

30. Sexual Dimorphism of the Brain

DISC 6

31. Sleep and Dreaming

32. Consciousness and the elf

33. Alzheimer's Disease

34. Risk Factors for Alzheimer's Disease

35. Wellness and the Brain–Effects of Stress

36. Neuroscience–Looking Back and Looking a Head

56. The Learning Brain

By [Professor Thad A. Polk](#), [University of Michigan](#)

DISC 1

1. Learning 101

2. What Amnesia Teaches Us about Learning

3. Conscious, Explicit Learning

4. Episodic Memory and Eye Witness Testimony

5. Semantic Memory

6. The Neural Basis of Explicit Learning

DISC 2

7. Strategies for Effective Explicit Learning

8. Controversies in Explicit Learning Research

9. Unconscious, Implicit Learning

10. The Psychology of Skill Learning

11. Language Acquisition

12. The Neural Basis of Implicit Learning

DISC 3

13. Strategies for Effective skill learning

14. Learning Bad Habits: Addiction

15. Introduction to Working Memory
16. Components of Working Memory
17. The Neural Basis of Working Memory
18. Training Your Working Memory

DISC 4

19. How Motivation Affects Learning
20. How Stress and Emotion Affect Learning
21. How Sleep Affects Learning
22. How Aging Affects Learning
23. Dyslexia and Other Learning Disabilities
24. Optimizing Your Learning

57. Scientific Secrets for a Powerful Memory

By [Peter M. Vishton](#), [The college of William & Mary](#)

DISC 1

1. Your Amazing Prehistoric Memory
2. Encoding Information with images
3. Maximizing short and long term memory
4. Why and when we forget
5. Keeping your whole brain in peak condition
6. Human memory is reconstruction, not replay

58. Understanding the Human Body: An Introduction to Anatomy and Physiology

By [Professor Anthony A. Goodman](#), [Montana State University](#)

DISC 1

1. Cardiovascular System-Anatomy of the Heart
2. Cardiovascular System-Physiology of the heart
3. Cardiovascular System-Anatomy of the Great Vessels
4. Cardiovascular System-Physiology of the Great Vessels

DISC 2.

5. Respiratory System-Anatomy of the Lungs
6. Respiratory System-Physiology of the Lungs
7. Nervous System-Anatomy of the Brain
8. Nervous System-Physiology of the Brain

DISC 3

9. Nervous System-Spinal Cord and Spinal Nerves
10. Nervous System-Autonomic Nervous System and Cranial Nerves
11. Nervous System-The Eyes
12. Nervous System-The Ears, Hearing and Equilibrium

DISC 4

13. Nervous System-Memory
14. Digestive System-Anatomy of the Mouth, Esophagus and Stomach
15. Digestive System-Physiology of the Mouth, Esophagus and Stomach
16. Digestive System-Anatomy of the Pancreas, Liver and the Biliary Tree

DISC 5

17. Digestive System- Physiology of the Pancreas, Liver and The Biliary Tree
18. Digestive System-Anatomy of the Small Intestines, Colon And Rectum
19. Digestive System-Physiology of the Small Intestine, Colon And Rectum

20. Endocrine System–The Pituitary and Adrenal Glands

DISC 6

21. Endocrine System-Pancreas

22. Endocrine System-Thyroid and Parathyroid Glands

23. Urinary System-Anatomy of the Kidneys, Ureters and Bladder

24. Urinary System-Physiology of the Kidneys, Ureters And Bladder

DISC 7

25. Reproductive System-Male

26. Reproductive System-Female

27. Reproductive System–Physiology of Genetic Inheritance

28. Musculoskeletal system-Physiology And Physics Of The Muscles

DISC 8

29. Musculoskeletal System–Anatomy of the Muscles

30. Musculoskeletal System-Bones

31. Immune system–Anatomy and Physiology

32. The Biology of the Human Cancer

59. Understanding Genetics: DNA, Genes and Their Real-World Applications

By [Professor David Sadava](#), [the Claremont McKenna](#), [Pitzer](#) and [the Scripps Colleges](#)

DISC 1

1. Our Inheritance

2. Mendel and Genes

3. Genes and Chromosomes

4. The Search for the Gene –DNA

5. DNA Structure and Replication

6. DNA Expression in Proteins

DISC 2

7. Genes, Enzymes and Metabolism

8. From DNA to Protein

9. Genomes

10. Manipulating Genes-Recombinant DNA

11. Isolating Genes and DNA

12. Biotechnology–Genetic Engineering

DISC 3`

13. Biotechnology and the Environment

14. Manipulating DNA by PCR and Other Methods

15. DNA in Identification–Forensics

16. DNA and Evolution

17. DNA and Human Evolution

18. Molecular Medicine–Genetic Screening

DISC 4

19. Molecular Medicine –The Immune System

20. Molecular medicine–Cancer

21. Molecular Medicine–Gene Therapy

22. Molecular Medicine–Cloning and Stem Cells

23. Genetics and Agriculture

24. Biotechnology and Agriculture.

60. *Mysteries of the Microscopic World*

By [Professor Bruce E. Fleury](#), [Tulane University](#)

DISC 1

1. The Invisible Realm
2. Stone Knives to Iron Plows
3. The Angel of Death
4. Germ Therapy
5. The Evolutionary Arms Race
6. Microbial Strategies

DISC 2

7. Virulence
8. Death by Chocolate
9. Bambi's Revenge
10. The Germ of Laziness
11. The 1918 Flu-A Conspiracy of Silence
12. The 1918 Flu- The Philadelphia Story

DISC 3

13. The 1918 Flu –The Search for the Virus
14. Immunity –self versus non self
15. Adaptive immunity to the rescue
16. Aids the quiet killer
17. The deadly strategy of AIDS
18. Autoimmunity –self versus self

DISC 4

19. Allergies and Asthma
20. Microbes as Weapons
21. Pandora's Box
22. Old World to New
23. Close Encounters of the Microbial Kind
24. Microbes as Friends

61. *An Introduction to Infectious Diseases*

By [Barry C. Fox, M.D.](#), [University of Wisconsin School of Medicine and Public Health](#)

DISC 1

1. The Dynamic World of Infectious Disease
2. Bacteria: Heroes and Villains
3. Viruses: Hijackers of Your Body's Cells
4. Moldy Menaces and Fungal Diseases
5. Milestones in the Infectious Disease History
6. Antibiotics: A Modern Miracle Lost

DISC 2

7. Which Germs in Your Daily Life Matter?
8. Six Decades of Infectious Disease Challenges
9. Vaccines Save Lives
10. The Immune System: Our Great Protector
11. Zoonosis: Germs Leap from Animals to Humans
12. Tick-Borne Diseases: A Public Health Menace

DISC 3

13. Food-Borne Illness: What's Your Gut Feeling
14. Respiratory and Brain Infections
15. Flesh-Eating Bacteria and Blood Poisoning
16. STDs and Other Infections below the Belt
17. Stay Out of the Hospital
18. The Nemesis of Mankind: HIV and AIDs

DISC 4

19. Malaria and Tuberculosis: Global Killers
20. Global Travel, War and Natural Disasters
21. Influenza: Past and Future Threat
22. Bioterrorism: How Worried Should We Be?
23. Emerging and Reemerging Diseases
24. Outbreak Contagion: The Next Pandemic

62. *Secrets of Sleep Science from Dreams to Disorders*

By [Professor H. Craig Heller, Stanford University](#)

DISC 1

1. Sweet Sleep Essential for a Healthy Life
2. What is Sleep?
3. Sleep Across the Night
4. Sleep Across the Life Span
5. Who in the World Sleeps?
6. The Timing of Sleep

DISC 2

7. The Wheels of the Circadian Clock
8. The Deep Sleep of Hibernators
9. The Neuro-Anatomy and Neurochemistry of Sleep
10. The Neurophysiology of Sleep
11. Sleep Disorders-Narcolepsy
12. The Strange World of Dreams

DISC 3

13. Functions of Sleep-Fueling the Brain
14. The Timing and Function of REM Sleep
15. Sleep and Learning-Procedural Memory
16. Sleep and Declarative Memory
17. Sleep and Memory in Animals
18. Sleep and Learning Disability

DISC 4

19. When You Cannot Sleep-Insomnia
20. Sleep Apnea
21. Behavior During Sleep-Parasomnias
22. Sleep and the Rest of the Body
23. Improving Sleep
24. Sleep in the Future and the Future of Sleep

63. *The Science of Natural Healing*

By [Dr. Mimi Guarneri, Scripps Center for Integrative Medicine](#)

DISC 1

1. Shifting the Health Care Paradigm
2. Understanding the Holistic Integrative Medicine
3. You Are More Than Your Genes
4. Food Matters
5. Not all Foods are Created Equal
6. Natural Approaches to Inflammation

DISC 2

7. Food Sensitivity and the Elimination Diet
8. Vitamins and Supplements
9. Herbal Remedies
10. Lowering Cholesterol Naturally
11. Treating High Blood Pressure Naturally
12. Treating Diabetes Naturally

DISC 3

13. Stress and the Mind-Body Connection
14. Turning Stress into Strength
15. Meditation, Yoga, and Guided Imagery
16. Natural Approaches to Mental Health
17. Biofield Therapies
18. The Power of Love

DISC 4

19. Spiritually in Health
20. Components of Spiritual Wellness
21. Applying the Lessons of Natural Healing
22. Ecology and Health
23. Healthy People, Healthy Planet
24. You Are Your Own Best Medicine

64. The Human Body: How We Fail, How We Heal

By [Professor Anthony A. Goodman](#), [Montana State University](#)

DISC 1

1. How We Fail
2. Cell Biology-Introductions and Definitions
3. Inflammation-Basic Principles
4. The Inflammatory Response
5. Inflammation-Clinical Manifestations
6. The Immune Response

DISC 2

7. The Immune Response Continued
8. Hypersensitivity and the Allergic Response
9. Infectious Diseases-General Introduction
10. Bacteria
11. Viruses
12. Spirochetes, Rickettsiae, Chlamydiae, Prions

DISC 3

13. Malaria
14. Schistosomiasis, Filariasis, Tapeworms
15. Infectious Diseases-Treatment
16. Infectious Diseases-Triumph and Failure

17. Shock-Principles and Hypovolemic Shock

18. Categories of Shock

DISC 4

19. Cancer- The Enemy Within

20. Environmental Carcinogens

21. Mechanisms of Carcinogenesis

22. Invasion, Metastasis, and Angiogenesis

23. Treatment–Surgery, Radiation, Chemotherapy

24. How We Heal

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Sincerely,



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