

SECOND EDITION

Rowing Faster

Serious training for
serious rowers



Volker Nolte
Editor

Rowing Faster 2nd Edition

**Scott Adams, Peter Z Orton, David H
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excerpts from the upcoming campaign setting *The Realm of Inyoka Yamanzi* *Rowing Science* Volker Nolte, 2023-06-08
Rowing Science explains and applies up to date scientific research across all aspects of the sport to optimize rowing skills and performance making it essential reading for serious rowers coaches and rowing scientists *Einstein for Anyone: A Quick Read [2nd Edition]* David Topper, 2020-10-06 This book seeks to fill a gap the need for a very short book on Albert Einstein that gives a brief but up to date story of his life and thoughts with a short and simple explanation of what he contributed to 20th century physics Here is the compact story of this famous scientist from the smiling contrarian in his grade school picture to the nonconformist adult who refused to groom his hair There is a chapter on his habitually thorny relationships with women and close relatives his first love his two wives his parents and his children none of which was a painless union The birth of an illegitimate daughter the estrangement of his sons after the divorce from his first wife his ever controlling mother all had a profound psychological effect on Einstein s personality Another chapter focuses on the young Jew struggling with his self identify who in adulthood was unwaveringly committed to social justice and democratic principles that he believed were rooted in Jewish ethical values It started with his early flirtation with Orthodox Judaism only to be vehemently rejected later when he became a science obsessed teenager His exposure to latent and overt anti Semitism when he moved to Germany in 1914 led to his subsequent espousal with misgivings of the Zionist movement When he moved to the USA in 1933 fleeing Nazi Germany he was confronted with the endemic racism against African Americans an issue he spoke out boldly against as a supporter of the burgeoning civil rights movement This work ignited the ire of FBI Director J Edgar Hoover who had already opened a file on Einstein in 1932 because of his pacifist activities in Germany When he moved to America Hoover suspected him of being a Communist spy Finally there is the scientist who expressed his ideals through his radical ideas about the physical world as he reworked our conceptions of space time and motion The result was a new cosmic model of the universe that is still being developed further today His commitment to an ordered and predictable universe was ultimately expressed in his final but still unfulfilled quest for a theory that unifies the forces of nature what he called his unified field theory Some non scientific topics not often found in biographies of Einstein even the hefty tomes A serious consideration of his extensive ruminations on matters of politics and society His social efforts for the plight of Eastern European Jews after World War I and the later work for refugees from Nazi Germany trying to immigrate to the USA A look at his close friendship with the African American singer Paul Robeson and others committed to civil rights The story of his acceptance and reception of an honorary degree from Lincoln University in May 1946 the first all black college in America His confrontation with the anti Communist movement during the McCarthy era especially Hoover and the FBI The key role the ideas of the 17th century Jewish philosopher Spinoza had on both Einstein s theology and his scientific thinking Some of the highlights of Einstein s scientific pursuits found in this book A clear explanation with helpful diagrams of Einstein s famous thought experiments The importance for Einstein of the interplay between theory and experiment in physics as well

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