

BOOKS RECOMMENDED

Poland: Thirty Years of Radical Social Change

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Volume Editors
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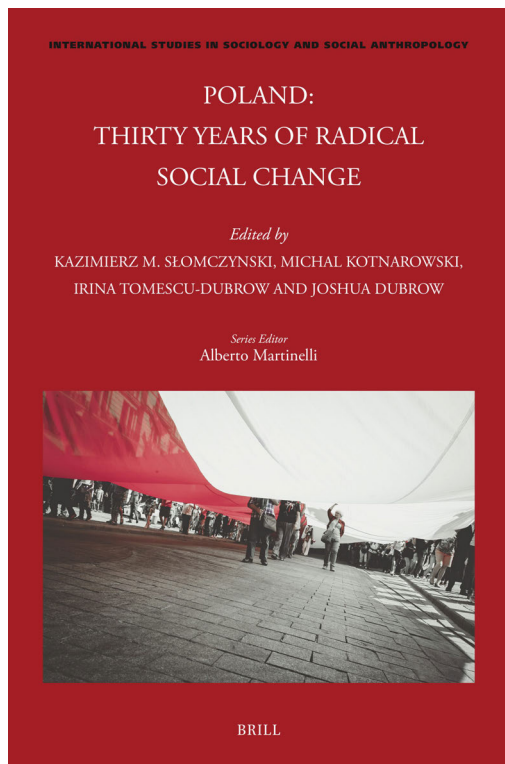
Leiden: BRILL, 2023, pp. 380

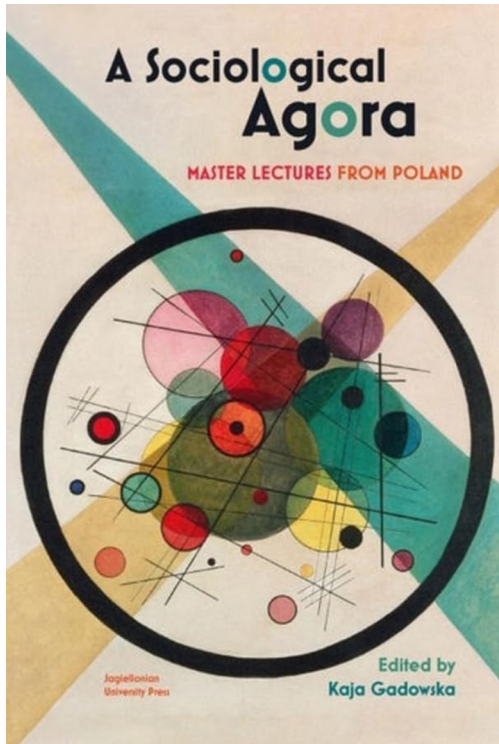
ISBN: 978-90-04-67866-8

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Uncover the surprising story of Poland's post-communist transformation. Using unique longitudinal data from the Polish Panel Survey spanning 30 years, the authors examine the country's transformation from one-party Communist rule, to shock therapy and accession to the European Union, to the rise of nationalist populism. Delve into the social, economic, and political legacies of the Communist era and explore the unequal fortunes of individuals and social groups, the shifting electoral realities of Polish politics, and more. This wide-ranging and insightful analysis offers a holistic understanding of Poland's remarkable journey over the past three decades. This book is intended for scholars, researchers, and advanced students in sociology, political science, economics, and post-Communist studies, and libraries.

Contributors are: Robert M. Kunovich, Marcin Ślarzyński, Dariusz Przybysz, Mikołaj Lewicki, Danuta Życzyńska-Ciołek, Małgorzata Mikucka, Nataliia Pohorila, Sandy Marquart-Pyatt, Aaron Ponce, Katarzyna Kopycka.





A Sociological Agora

Master Lectures From Poland

Edited by
Kaja Gadowska

Translated by Annamaria Orla-Bukowska

Krakow: Jagiellonian University Press, 2023,
pp. 200.

ISBN: 978-83-233-5100-9
e-ISBN (pdf): 978-83-233-7318-6

In the midst of a pandemic, the Jagiellonian University's Institute of Sociology in collaboration with its Interdisciplinary Center for Socio-Legal Analyses as well as the Polish Sociological Association organized a series of Master Lectures. Presented virtually and open to the general public, these meetings with eminent Polish scholars addressed the most crucial and tenacious issues of our times. Active in their homeland as well as globally, the

speakers are recognized specialists in sociology, jurisprudence, history, social work, gender studies, philosophy, theology, anthropology, and political science. The format encompassed a lecture followed by an online discussion with all interested attendees; the texts found herein comprise the fruits of those encounters. Disregarding geographic, temporal, and physical divides, this cyberagora created a space in which masters could find themselves amidst colleagues and students, sharing ideas, views, and experiences drawn from various academic disciplines and social milieu.

Piotr Sztompka, Ewa Łętowska, Jan Kubik, Małgorzata Fuszara, Jerzy Zajadło, Grażyna Skąpska, Marcin Kula, Krzysztof Frysztacki, and Tomasz Polak—all eminent representatives of contemporary social and humanistic thought—confront the most insistent and imperative problems of the early 21st century. In this volume, these outstanding social scientists confront issues most vital to contemporary society: trust and responsibility, populism and democracy, new social movements, interpretations of the law and legal nihilism, a sense of community, dilemmas and tensions inherent in the welfare state, and the social position of an ecclesiastical system. The series of master classes, which forms the basis of this book, was presented during the height of the COVID-19 pandemic, becoming a space for exchanges of thoughts and experiences among individuals epitomizing diverse academic disciplines and social milieux. *A Sociological Agora* is the voice of those not indifferent to the future of the world.

Experiencing the Body in Yoga Practice

Meanings and Knowledge Transfer

By
**Krzysztof Konecki,
Aleksandra Płaczek,
Dagmara Tarasiuk**

New York: Routledge, 2023, pp. 328
Pages 26 B/W Illustrations

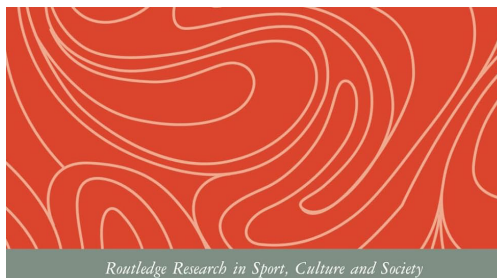
ISBN: 9781032543178

Experiencing the Body in Yoga Practice: Meanings and Knowledge Transfer inspires more mindful and contemplative qualitative research on body and knowledge transfer in bodily practices in hatha yoga. The book explores the work of the mind, as well as the role of emotions and body sensations in perceiving reality and in reflecting on it.

Procedures and research methods are an extension of our mind, which wants to reach into the social reality to describe it objectively. It usually refuses body and emotions. The techniques of sampling and representativeness are also tools of the mind. Using these tools, our contact with social reality produces emotions and feelings of the body. These phenomena surrounding the mind and body often go unnoticed during research and are only partially reported in the conclusions.

Experiencing the Body in Yoga Practice: Meanings and Knowledge Transfer examines this gap. It presents the application of a contemplative way of thinking and proceeding in qualitative social research and a first-person perspective, focusing on experiencing lived body and knowledge transfer in hatha yoga. It analyzes how the mind focuses and stops working, proceeds in the finite province of the meaning of yoga, how the body produces emotions and deals with them during yoga sessions, and how the knowledge is transferred by using the body in some linguistic and cultural context.

The book will be of interest to sociologists and social scientists who want to concentrate on and analyze the experiences of the body from contemplative and phenomenological perspectives. It is also key reading for all practitioners dealing with body and bodywork, such as in sports, recreational activities, physical education, rehabilitation, physical work, educational activities, etc.



EXPERIENCING THE BODY IN YOGA PRACTICE

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and Dagmara Tarasiuk

