

A Theory Of Everything An Integral Vision For Business Politics Science Amp Spirituality Ken Wilber

Here is a concise, comprehensive overview of Wilber's revolutionary thought and its application in today's world. In *A Theory of Everything*, Wilber uses clear, nontechnical language to present complex, cutting-edge theories that integrate the realms of body, mind, soul, and spirit. He then demonstrates how these theories and models can be applied to real-world problems in areas such as politics, medicine, business, education, and the environment. Wilber also discusses daily practices that readers take up in order to apply this integrative vision to their own everyday lives.

An extraordinary and challenging synthesis of ideas uniting Quantum Theory, and the theories of Computation, Knowledge and Evolution, Deutsch's extraordinary book explores the deep connections between these strands which reveal the fabric of reality in which human actions and ideas play essential roles.

That elusive Holy Grail of modern physics, *A Theory of Everything* (ToE), would explain the universe in a single set of equations. Albert Einstein and Stephen Hawking tackled the problem during their lifetimes and the quest continues today in laboratories around the world. Leaving string theory, galaxy clusters, and supersymmetry to the Quantum Computer and Hadron Collider crowd, Pedersen has taken up the rest—that is, *A Theory of Everything Else* (ToEE), based on her own groundbreaking experiences as a dog walker, camp counselor, and Bingo caller. Pedersen's essays are a series of colorful helium balloons that entertain as well as affirm and uplift. Why, she ponders in one essay, are thousands perishing as a result of assault weapons, carbon emissions, forest fires, pesticides, and processed foods—and yet how lawn darts were banned in the 1980s after two people died? In *A Theory of Everything Else*, Pedersen vividly demonstrates how life can appear to grind us down while it's actually polishing us up—and why everyone wants to live a long time but no one wants to grow old.

A pop-culture presentation of the Integral Approach from visionary genius Ken Wilber, designed as an easy introduction to his work. What if we attempted to create an all-inclusive map that touches the most important factors from all of the world's great traditions? Using all the known systems and models of human growth—from the ancient sages to the latest breakthroughs in cognitive science—Ken Wilber distills their major components into five simple elements, ones that readers can relate to their own experience right now. With clear explanations, practical exercises, and familiar examples, *The Integral Vision* invites readers to share in the innovative approach to spiritual growth, business success, and personal relationships. This book has been adapted from the 2009 graphic edition. This book is part of the Shambhala Pocket Library series. The Shambhala Pocket Library is a collection of short, portable teachings from notable figures across religious traditions and classic texts. The covers in this series are rendered by Colorado artist Robert Spellman. The books in this collection distill the wisdom and heart of the work Shambhala Publications has published over 50 years into a compact format that is collectible, reader-friendly, and applicable to everyday life. A Finnish journalist, now a naturalized American citizen, asks Americans to draw on elements of the Nordic way of life to nurture a fairer, happier, more secure, and less stressful society for themselves and their children. Moving to America in 2008, Finnish journalist Anu Partanen quickly went from confident, successful professional to wary, self-doubting mess. She found that navigating the basics of everyday life—from buying a cell phone and filing taxes to education and childcare—was much more complicated and stressful than anything she encountered in her homeland. At first, she attributed her crippling anxiety to the difficulty of adapting to a freewheeling new culture. But as she got to know Americans better, she discovered they shared her deep apprehension. To understand why life is so different in the U.S. and Finland, Partanen began to look closely at both. In *The Nordic Theory of Everything*, Partanen compares and contrasts life in the United States with life in the Nordic region, focusing on four key relationships—parents and children, men and women, employees and employers, and government and citizens. She debunks criticism that Nordic countries are socialist “nanny states,” revealing instead that it is we Americans who are far more enmeshed in unhealthy dependencies than we realize. As Partanen explains step by step, the Nordic approach allows citizens to enjoy more individual freedom and independence than we do. Partanen wants to open Americans' eyes to how much better things can be—to show her beloved new country what it can learn from her homeland to reinvigorate and fulfill the promise of the American dream—to provide the opportunity to live a healthy, safe, economically secure, upwardly mobile life for everyone. Offering insights, advice, and solutions, *The Nordic Theory of Everything* makes a convincing argument that we can rebuild our society, rekindle our optimism, and restore true freedom to our relationships and lives.

Discusses current theories about the natural and physical world and shows how they developed as mankind explored the world around them.

Collector's Edition with Audiobook read by the Author Stephen Hawking is widely believed to be one of the world's greatest minds: a brilliant theoretical physicist whose work helped to reconfigure models of the universe and to redefine what's in it. Imagine sitting in a room listening to Hawking discuss these achievements and place them in historical context. It would be like hearing Christopher Columbus on the New World. Hawking presents a series of seven lectures covering everything from big bang to black holes to string theory that capture not only the brilliance of Hawking's mind but his characteristic wit as well. Of his research on black holes, which absorbed him for more than a decade, he says, It might seem a bit like looking for a black cat in a coal cellar. Hawking begins with a history of ideas about the universe, from Aristotle's determination that the Earth is round to Hubble's discovery, over 2000 years later, that the universe is expanding. Using that as a launching pad, he explores the reaches of modern physics, including theories on the origin of the universe (e.g., the big bang), the nature of black holes, and space-time.

In *Light of Today's Scientific Achievements, Do We Need God Anymore?* Einstein's revolutionary scientific ideas have transformed our world, ushering in the nuclear age. The current pace of scientific and technological progress is simply astounding. So is there any place for faith in such a world? Einstein himself gave careful thought to the deepest questions of life. His towering intellectual status means he is someone worth listening to when we think through the big questions of life: Can science answer all our questions? Why is religion so important in life? How can we hold together science and faith? In this book, McGrath examines the life and work of Einstein, explaining his scientific significance and considering what Einstein did and did not believe about science, religion, and the meaning of life. *A Theory of Everything (That Matters)* is a must-read for anyone who wants to understand the role of faith in a world where science and technology govern our lives.

We are programmed from birth to believe that our existence is an unsolvable riddle, but if we make an honest effort, we discover that mystery itself is the riddle. Not just what is the big mystery, but why is there any mystery at all? And what if

there isn't? What if the *Mysterium Tremendum* is just an internal belief without any external counterpart? What if the answers to life's biggest questions were all hidden in plain sight? "If man will strike, strike through the mask! How can the prisoner reach outside except by thrusting through the wall?" Herman Melville Those interested in striking through the mask will welcome a theory of everything that makes sense, doesn't rely on religious or scientific chicanery, and can be easily understood. And those familiar with Jed McKenna and the Enlightenment Trilogy will know that it's not just a theory.

Discusses the background of the superstring theory and shares interviews with some of the physicists working on a unified theory of nature

'*Einheitliche Feldtheorie*'. The final words of his dying mentor will change David Swift's life forever. Within hours of hearing those words, David is arrested, interrogated and almost assassinated. But he's too busy running for his life to work out what it all means. Has he accidentally inherited Einstein's Unified Theory -- a set of equations with the power to destroy the world? Einstein died without discovering the theory. Or did he? Teaming up with his ex-girlfriend and an autistic teenager addicted to video games, David must ensure he survives long enough to find out the truth -- and deal with the terrifying consequences.

Stephen Hawking was recognized as one of the greatest minds of our time and a figure of inspiration after defying his ALS diagnosis at age twenty-one. He is known for both his breakthroughs in theoretical physics as well as his ability to make complex concepts accessible for all, and was beloved for his mischievous sense of humor. At the time of his death, Hawking was working on a final project: a book compiling his answers to the "big" questions that he was so often posed--questions that ranged beyond his academic field. Within these pages, he provides his personal views on our biggest challenges as a human race, and where we, as a planet, are heading next. Each section will be introduced by a leading thinker offering his or her own insight into Professor Hawking's contribution to our understanding. The book will also feature a foreword from Academy Award winning actor Eddie Redmayne, who portrayed Hawking in the film *The Theory of Everything*, and an afterword by Hawking's daughter, Lucy Hawking, as well as personal photographs and additional archival material.

Physicist Stephen Hawking was a scientist for the modern age. He is as renowned for his theories on time and space as he is for his unique life story. Undeterred by a debilitating illness, he trained his mind to work in a new way to become the leading light in modern science. This carefully researched biography tells Hawking's story, highlighting his scientific breakthroughs and how, despite his struggle with a degenerative condition, he became the most celebrated and inspiring scientist of his generation. A beautiful design includes striking photographs, illuminating documents, and helpful sidebars that cast light on Hawking's intellectual achievements.

Cosmology & the universe.

An illustrated, large-format edition of the best-seller has been expanded to encompass the remarkable advances that have occurred in science and technology over the past eight years, with a new chapter on Wormholes and Time Travel and more than 240 full-color, captioned illustrations. 100,000 first printing.

"God does not play dice with the universe." So said Albert Einstein in response to the first discoveries that launched quantum physics, as they suggested a random universe that seemed to violate the laws of common sense. This 20th-century scientific revolution completely shattered Newtonian laws, inciting a crisis of thought that challenged scientists to think differently about matter and subatomic particles. *The Dreams That Stuff Is Made Of* compiles the essential works from the scientists who sparked the paradigm shift that changed the face of physics forever, pushing our understanding of the universe on to an entirely new level of comprehension. Gathered in this anthology is the scholarship that shocked and befuddled the scientific world, including works by Niels Bohr, Max Planck, Werner Heisenberg, Max Born, Erwin Schrodinger, J. Robert Oppenheimer, Richard Feynman, as well as an introduction by today's most celebrated scientist, Stephen Hawking.

The Holy Grail of modern scientists is "The Theory of Everything," which will contain all that can be known about the Universe — the magic formula that Einstein spent his life searching for and failed to find. In this elegant and exciting book, first published in 1990, John Barrow challenges the quest for ultimate explanation. *The New Scientist* says of *The Theory of Everything*: [It is] "an exhilarating journey that cuts across a vast terrain of conceptual landmarks: from physics to metaphysics, mathematics to philosophy, and from mythology to theology . . . without a doubt an important, engaging and highly literate book."

The main purpose of this book is to introduce a broader audience to emergence by illustrating how discoveries in the physical sciences have informed the ways we think about it. In a nutshell, emergence asserts that non-reductive behavior arises at higher levels of organization and complexity. As physicist Philip Anderson put it, "more is different." Along the text's conversational tour through the terrain of quantum physics, phase transitions, nonlinear and statistical physics, networks and complexity, the author highlights the various philosophical nuances that arise in encounters with emergence. The final part of the book zooms out to reflect on some larger lessons that emergence affords us. One of those larger lessons is the realization that the great diversity of theories and models, and the great variety of independent explanatory frameworks, will always be with us in the sciences and beyond. There is no "Theory of Everything" just around the corner waiting to be discovered. One of the main benefits of this book is that it will make a number of exciting scientific concepts that are not normally covered at this level accessible to a broader audience. The overall presentation, including the use of examples, analogies, metaphors, and biographical interludes, is geared for the educated non-specialist.

Just because everyone else thinks you should be over it, doesn't mean you are Last year, Sarah's best friend, Jamie, died in a freak accident. Back then, everyone was sad; now they're just ready for Sarah to get over it and move on. But Sarah's not ready. She can't stop reliving what happened, struggling with guilt, questioning the meaning of life, and missing her best friend. Her grades are plummeting, her relationships are falling apart, and her normal voice seems to have been replaced with a snark box. Life just seems random: no pattern, no meaning, no rules—and no reason to bother. In a last-ditch effort to pull it together, Sarah befriends Jamie's twin brother, Emmett, who may be the only other person who understands what she's lost. And when she gets a job working for the local eccentric who owns a Christmas tree farm, she finally begins to understand the threads that connect us all, the benefit of giving people a chance, and the power of love.

The book unifies quantum theory and the general theory of relativity. As an unsolved problem for about 100 years and influencing so many

fields, this is probably of some importance to the scientific community. Examples like Higgs field, limit to classical Dirac and Klein–Gordon or Schrödinger cases, quantized Schwarzschild, Kerr, Kerr–Newman objects, and the photon are considered for illustration. An interesting explanation for the asymmetry of matter and antimatter in the early universe was found while quantizing the Schwarzschild metric. One part Libba Bray's *Going Bovine*, two parts *String Theory*, and three parts love story equals a whimsical novel that will change the way you think about the world. Sophie Sophia is obsessed with music from the late eighties. She also has an eccentric physicist father who sometimes vanishes for days and sees things other people don't see. But when he disappears for good and Sophie's mom moves them from Brooklyn, New York, to Havencrest, Illinois, for a fresh start, things take a turn for the weird. Sophie starts seeing things, like marching band pandas, just like her dad. Guided by Walt, her shaman panda, and her new (human) friend named Finny, Sophie is determined to find her father and figure out her visions, once and for all. So she travels back to where it began—New York City and NYU's Physics department. As she discovers more about her dad's research on M-theory and her father himself, Sophie opens her eyes to the world's infinite possibilities—and her heart to love. Perfect for fans of *Going Bovine*, *The Perks of Being a Wallflower*, *Scott Pilgrim vs. The World* and *The Probability of Miracles*.

Now, available for the first time in a deluxe full-color edition with never-before-seen photos and illustrations, Hawking presents an even more comprehensive look at our universe, its creation, and how we see ourselves within it.

This Is The Story Of One Of The Most Remarkable Figures Of Our Time - Professor Stephen Hawking, The Cambridge Genius Who Has Earned An International Reputation As The Most Brilliant Theoretical Physicist Since Einstein. When Kitty Ferguson Approached Stephen Hawking With The Idea Of Writing A Book About Him And Asked Him To Help Her Make Certain She Understood His Theories, He Agreed To Do So And Also Supplied Her With Material About His Childhood And Life. This Book Is The Splendid Result. It Is Not A Biography Per Se. It Is Rather The Story Of One Man'S Quest To Find The 'Theory Of Everything'. In These Pages You Will Encounter A Multitude Of Amazing Paradoxes: Beginnings May Be Endings& Two Great Scientific Theories Taken Together Seem To Give Us Nonsense& Empty Space Isn'T Empty& Black Holes Aren'T Black& Cruel Circumstances Can Lead To Happiness, Although Fame And Success May Not& And A Man Whose Appearance Inspires Shock And Pity Takes Us Laughing To Where The Boundaries Of Space And Time Ought To Be - But Are Not.

This engaging and beautifully written book gives an authoritative but accessible account of some of the most exciting and unexpected recent developments in theoretical physics. – Professor Lionel J Mason, Mathematical Institute, University of Oxford String theory is often paraded as a theory of everything, but there are a large number of untold stories in which string theory gives us insight into other areas of physics. Here, Bill Spence does an excellent job of explaining the deep connections between string theory, particle physics, and the novel way of viewing space and time. – Professor David Tong, Department of Applied Mathematics and Theoretical Physics, University of Cambridge Foremost amongst Nature's closest-guarded secrets is how to unite Einstein's theory of gravity with quantum theory – thereby creating a 'quantum space-time'. This problem has been unsolved now for more than a century, with the standard methods of physics making little headway. It is clear that much more radical ideas are needed, and our front-line researchers are showing that string theory provides these. This book describes these extraordinary developments, which are helping us to think in entirely new ways about how physical reality may be structured at its deepest level. Amongst these ideas are that Everything can happen at the same time – it is all Now; Hidden spaces, large and small, are everywhere amongst us; The basic objects are 'membranes' that behave like soap bubbles and can explore the shape of spacetime in new ways; We are holographic projections from higher dimensions; You can take the 'square root' of gravity; Ideas from the ancient Greeks are resurfacing in a beautiful new form; And the very latest work shows that 'staying positive' is essential. The book is aimed at a general audience, using analogies, diagrams, and simple examples throughout. It is intended as a brief tour, enabling the reader to become aware of the main ideas and recent work. A full list of further resources is supplied. Bill Spence is the founding Director of the Centre for Research in String Theory at Queen Mary University of London. He has worked on string theory for over three decades.

"In Search of a Theory of Everything is an adventurous journey in space and time in search of a unified "theory of everything" (TOE) by means of a rare and agile interplay between the natural philosophies of influential ancient Greek thinkers and the laws of modern physics. For a TOE, all the phenomena of nature share a subtle underlying commonality and are explainable by a single overarching immutable principle. Reading the past for what it is, is of tremendous value, but so is its reading from the perspective of modern knowledge. Not to judge it for its flaws but to be inspired by its insights. This comparative study of the universe is the spirit of In Search of a Theory of Everything-to physics through philosophy, to the new via the old, and in a balanced way. A relatively "easier" analysis of nature, that of a major natural philosopher of antiquity, commences every chapter to fasten the bedrock for the more complex. The transition into the more complicated views of modern physics is gradual and systematic, entwining finely the two, the ancient with the new, the forgotten with the current, by unfolding a history and a philosophy of science, and connecting all the great feats of the mind and time. Those philosophers had ideas that resonate with aspects of modern science; puzzles that still baffle; and rationales that can be used to reassess completely anew fundamental but competing principles of modern physics, even to speculate about open physics problems. In Search of a Theory of Everything is a new kind of sight, is a philosophical insight of modern physics"--

#1 NEW YORK TIMES BESTSELLER When and how did the universe begin? Why are we here? What is the nature of reality? Is the apparent "grand design" of our universe evidence of a benevolent creator who set things in motion—or does science offer another explanation? In this startling and lavishly illustrated book, Stephen Hawking and Leonard Mlodinow present the most recent scientific thinking about these and other abiding mysteries of the universe, in nontechnical language marked by brilliance and simplicity. According to quantum theory, the cosmos does not have just a single existence or history. The authors explain that we ourselves are the product of quantum fluctuations in the early universe, and show how quantum theory predicts the "multiverse"—the idea that ours is just one of many universes that appeared spontaneously out of nothing, each with different laws of nature. They conclude with a riveting assessment of M-theory, an explanation of the laws governing our universe that is currently the only viable candidate for a "theory of everything": the unified theory that Einstein was looking for, which, if confirmed, would represent the ultimate triumph of human reason.

The author explores recent scientific breakthroughs in the fields of supergravity, supersymmetry, quantum theory, superstring theory, and p-branes as he searches for the Theory of Everything that lies at the heart of the cosmos.

Alexander Simon, a young scientist who is about to publish a unified theory of physics, finds his way of life shaken when his mother reappears after many years' absence and draws him into her world of palm readers and alchemists

For many years, scientists have attempted to unite the four fundamental forces the strong and weak nuclear forces, gravity, and electromagnetism. Many have tried uniting known theories, such as general relativity, with quantum mechanics, string theory, and even the standard model. These theories differ, and it seems difficult to find a link to connect them. In *The Theory of Everything, Solved* author and researcher Lawrence J. Wippler explains a new theory and provides an alternate understanding of the workings of the atom. He found that the four fundamental forces of nature can be united by just three particles the north and south magnetic monopoles and a particle of matter that represents an element. He describes how these particles interact with each other and how they are able to create all forms of energy, including magnetism and gravity. Setting aside the presently known theories and laws of physics and attacking the problem from a different perspective, Wippler kept his assumptions simple when developing the three-particle theory. In *The Theory of Everything, Solved* Wippler shows that the north and south monopoles and a particle of matter are the building blocks of the universe.

NEW YORK TIMES BEST SELLER • The epic story of the greatest quest in all of science—the holy grail of physics that would explain the creation of the universe—from renowned theoretical physicist and author of *The Future of the Mind* and *The Future of Humanity* When Newton discovered the law of gravity, he unified the rules governing the heavens and the Earth. Since then, physicists have been placing new forces into ever-grander theories. But perhaps the ultimate challenge is achieving a monumental synthesis of the two remaining theories—relativity and the quantum theory. This would be the crowning achievement of science, a profound merging of all the forces of nature into one beautiful, magnificent equation to unlock the deepest mysteries in science: What happened before the Big Bang? What lies on the other side of a black hole? Are there other universes and dimensions? Is time travel possible? Why are we here? Kaku also explains the intense controversy swirling around this theory, with Nobel laureates taking opposite sides on this vital question. It is a captivating, gripping story; what's at stake is nothing less than our conception of the universe. Written with Kaku's trademark enthusiasm and clarity, this epic and engaging journey is the story of *The God Equation*.

A concise, comprehensive overview of the "M Theory" and its application in today's world, by a renowned American philosopher Ken Wilber has long been hailed as one of the most important thinkers of our time, but his work has seemed inaccessible to readers who lack a background in consciousness studies or evolutionary theory—until now. In *A Theory of Everything*, Wilber uses clear, non-technical language to present complex, cutting-edge theories that integrate the realms of body, mind, soul, and spirit. He then demonstrates how these theories and models can be applied to real world problems and incorporated into readers' everyday lives. Wilber begins his study by presenting models like "spiral dynamics"—a leading model of human evolution—and his groundbreaking "all-level, all-quadrant" model for integrating science and religion, showing how they are being applied to politics, medicine, business, education, and the environment. He also covers broader models, explaining how they can integrate the various worldviews that have been developed around the world throughout the ages. Finally, Wilber proposes that readers take up an "integral transformative practice"—such as meditation—to help them apply and develop this integral vision in their personal, daily lives. A fascinating and easy-to-follow exploration of the "M Theory," this book is another tour-de-force from one of America's most inventive minds.

'Travelling to Infinity' is a moving and engaging memoir written by Stephen Hawking's first wife about the turbulent years of her marriage with the astro-physics genius, her traumatic divorce and their recent reconciliation.

How math helps us solve the universe's deepest mysteries One of the great insights of science is that the universe has an underlying order. The supreme goal of physicists is to understand this order through laws that describe the behavior of the most basic particles and the forces between them. For centuries, we have searched for these laws by studying the results of experiments. Since the 1970s, however, experiments at the world's most powerful atom-smashers have offered few new clues. So some of the world's leading physicists have looked to a different source of insight: modern mathematics. These physicists are sometimes accused of doing 'fairy-tale physics', unrelated to the real world. But in *The Universe Speaks in Numbers*, award-winning science writer and biographer Farmelo argues that the physics they are doing is based squarely on the well-established principles of quantum theory and relativity, and part of a tradition dating back to Isaac Newton. With unprecedented access to some of the world's greatest scientific minds, Farmelo offers a vivid, behind-the-scenes account of the blossoming relationship between mathematics and physics and the research that could revolutionize our understanding of reality. A masterful account of the some of the most groundbreaking ideas in physics in the past four decades. *The Universe Speaks in Numbers* is essential reading for anyone interested in the quest to discover the fundamental laws of nature.

A physicist uses science and philosophy to answer the ancient, unsolvable question: why does the universe exist?

A biography of one of the most remarkable figures in theoretical physics since Einstein describes Hawking's childhood, Cambridge days, and battle with his illness and discusses his theories. Reprint.

Theoretical physics has reached an impasse that many feel is a dead end. As the odds of finding evidence for supersymmetry starts to fade, "new" theories have emerged such as "The Multiverse", "Extra Dimensions", and "Dimensional Transmutation". These theories attempt to explain the inexplicable yet at the same time fail to explain the explainable. Many physicists are left frustrated and wondering aloud... How could we have travelled so far down the wrong path? "Any intelligent fool can make things bigger and more complex. It takes a touch of genius - and a lot of courage to move in the opposite direction." ~ Albert Einstein Engineers know that the right answer is usually a simple one. As Einstein would put it, "The grand aim of all science is to cover the greatest number of empirical facts by logical deduction from the smallest number of hypotheses or axioms." Gordon's theory of everything starts with only two postulates; the massless bosons called "Gordon Omnipresent Dots" or "GOD entities" and the E0 energy associated with their initial alignment. These primordial postulates are the only building blocks of a model that explains the inevitable course of events that created our universe. The mathematics created within this process corrects the postulates used to develop the theories of relativity and quantum mechanics which can finally be united and subsequently applied to the infinitesimally small and the infinitely large. We currently use parameters such as distance, time, straight lines, velocity, electric charge, energy fields, and mass. Gordon's theory of everything begins at a time when none of these parameters existed (prior to the Big Bang). It takes nothing for granted as a predestined process unfolds creating these parameters as they come into existence defined by the evolving mathematics. The Gordon model reveals that energy exists in three separate Gordon energy states described by "The GOD equation". The interaction between these energy states result in the formation of energy fields and the creation of all forces. Most importantly, the structure of space-time from the previously unrecognized G0 energy state provides the solid foundation upon which we are able to build a new understanding of everything in the universe. The simplicity and elegance of Gordon's theory of everything will astonish everyone as everything falls into place. The purpose of this book is to put the field of physics on a theoretically sound foundation. The structures of the first few fundamental particles and the energy fields they generate are just the beginning. You will have the opportunity to make major contributions. Starting where this book leaves off at the up quark and electron, the race is on to find the internal structure of a neutron and all the particles of the standard model. Don't be left behind...Be among the first to read Scott S Gordon's, "The GOD Entity: Gordon's Theory of Everything"

The author insists that our understanding of the World doesn't have to be based on mathematical formulas, but on deep understanding of the Physical processes of the Universe. He reveals how the correct understanding of what is a single

