

Unwind

Unwind

Shusterman Stack unwinding Unwind (Oleander album) (2001) Unwind (VanVelzen album) (2007) Unwind, album by Inasense (2003) "Unwind", song by Pink from

Unwind may refer to:

Unwind (novel), a 2007 science fiction novel by young adult literature author Neal Shusterman

Stack unwinding

Neal Shusterman

as a judge for the PEN/Phyllis Naylor Working Writer Fellowship in 2012. Unwind has won more than 30 awards and is in development with Constantin Film as

Neal Shusterman (born November 12, 1962) is an American writer of young adult fiction. He won the 2015 National Book Award for Young People's Literature for his book *Challenger Deep* and his novel, *Scythe*, was a 2017 Michael L. Printz Honor book.

He won the Margaret Edwards Award in 2024 "honoring his significant and lasting contribution to writing for teens."

Unwind (novel)

Unwind is a dystopian novel by Neal Shusterman. It takes place in the United States in the near future. After the Second Civil War ("The Heartland War")

Unwind is a dystopian novel by Neal Shusterman. It takes place in the United States in the near future. After the Second Civil War ("The Heartland War") was fought over abortion, a compromise was reached, allowing parents to sign an order for their children between the ages of 13 and 18 to be "unwound" — taken to "harvest camps" and dissected into their body parts for later use. The reasoning is that since 99.44% of the body is used, unwinds do not technically die because their individual body parts live on.

Unwind was met with positive reception upon release, with praise focusing on the novel's immersive environment and sociological implications. A film adaptation of Unwind was in production, but Shusterman announced in January 2020 that a television series would be developed instead. A second novel titled *UnWholly* was released in August 2012, a third titled *UnSouled* in December 2013, and a fourth titled *UnDivided* in October 2014. A novella, *UnStrung*, was also published. *UnBound* is the most recent addition to the Unwind series and was written by Shusterman, Michelle Knowlden, Jarrod Shusterman, Terry Black, and Brendan Shusterman. It was published December 15, 2015, by Simon & Schuster and is a collection of novellas that explore the secrets and lost stories of the Unwind world.

The Unwinding

The Unwinding: An Inner History of the New America is a 2013 non-fiction book by the American journalist George Packer. The book uses biographies of individual

The Unwinding: An Inner History of the New America is a 2013 non-fiction book by the American journalist George Packer. The book uses biographies of individual Americans as a means of discussing important

forces in American history from 1978 to 2012, including the subprime mortgage crisis, the decline of American manufacturing, and the influence of money on politics. The Unwinding includes lengthy profiles of five subjects: a Youngstown, Ohio factory worker turned community organizer, a biodiesel entrepreneur from North Carolina, a Washington lobbyist and Congressional staffer, the Silicon Valley entrepreneur Peter Thiel, and people involved in the distressed housing market in Tampa, Florida. Interspersed with these longer accounts are ten briefer biographical sketches of famous Americans such as the rapper Jay-Z, the politician Newt Gingrich, and the restaurateur and food activist Alice Waters.

In an interview with PBS NewsHour, Packer defined the book's theme as the unraveling of "a contract that said if you work hard, if you essentially are a good citizen, there will be a place for you, not only an economic place, you will have a secure life, your kids will have a chance to have a better life, but you will sort of be recognized as part of the national fabric." The Unwinding follows the decline of a number of American institutions that Packer believes underpinned this contract, including locally owned businesses, unions, and public schools. According to Packer, the "void" left by the decline of these institutions "was filled by the default force in American life, organized money."

The book's format and style were inspired by John Dos Passos' U.S.A. trilogy, a series of novels published in the 1930s. Like The Unwinding, the U.S.A. trilogy combined longer narrative accounts of its main characters with short biographies of influential figures of the time period and collections of newspaper headlines and song lyrics.

The Unwinding won the 2013 National Book Award for Nonfiction and was a finalist for the 2013 National Book Critics Circle Award.

Unwinding

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Unwinding may refer to:

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BBC Radio 3 Unwind

BBC Radio 3 Unwind is a British online-only radio stream, owned and operated by the BBC and run as a spin-off from BBC Radio 3. Launched in 2024, the station

BBC Radio 3 Unwind is a British online-only radio stream, owned and operated by the BBC and run as a spin-off from BBC Radio 3. Launched in 2024, the station plays a wide range of wellbeing and meditation focussed classical music both familiar and new, intertwined with voices and soundscapes.

The stream broadcasts exclusively on BBC Sounds, until a full launch on DAB+ is due to take place in 2025.

Unwind with ITV

Unwind with ITV is an ITV ambient television programme. It broadcasts footage of various peaceful environments and computer graphics, over ambient music

Unwind with ITV is an ITV ambient television programme. It broadcasts footage of various peaceful environments and computer graphics, over ambient music. It is produced by Plymouth-based Rock Oyster Media in collaboration with mental health charity Campaign Against Living Miserably, with music coming

from the libraries of the music conglomerate BMG. It started broadcasting on 2 October 2021.

The show is also available for late-night viewing on ITV channels 1–4 and ITV Quiz (formerly ITVBe). Select episodes previously broadcast on ITV1 are available on ITVMX under the title Unwind with ITV1. Indeed, unlike ITV Nightscreen, which presented the TV listings for ITV1 alone across the ITV network, distinct editions of Unwind with ITV air on the same night from channel to channel and are labeled accordingly on ITVMX's TV listings.

In November 2022, a round-the-clock feed of Unwind footage was made available as part of the line-up of FAST channels offered within the 'Live TV' section of ITVMX, although this has since closed. Also in November 2022, Unwind was discontinued on STV, with it being replaced by Night Vision, which features news, sport and weather from across Scotland. However, in July 2023, Unwind returned to STV following the collapse of Ideal World and shown alongside Night Vision. Unwind with ITVBe was discontinued in light of ITVBe's closure and replacement by ITV Quiz on 9th June 2025, with Unwind with ITV now broadcasting on the new channel.

Unwind (Oleander album)

Unwind is the second major label studio album from post-grunge band Oleander. The band's second album released on Universal Records, Unwind sold approximately

Unwind is the second major label studio album from post-grunge band Oleander. The band's second album released on Universal Records, Unwind sold approximately 250,000 copies. The album is noted for displaying both a wider range and softer music than its predecessor. It features three singles, "Are You There?," "Champion," "Halo," as well as "Jimmy Shaker Day," a re-recording of a song from their 1997 debut, Shrinking the Blob

The Unwinding Hours

The Unwinding Hours was a Scottish alternative rock band formed in 2008 by former Aereogramme members Craig B. and Iain Cook. The band released their

The Unwinding Hours was a Scottish alternative rock band formed in 2008 by former Aereogramme members Craig B. and Iain Cook. The band released their self-titled debut album on 15 February 2010 and Afterlives in 2012, as well as several tour/live EPs.

The duo announced their project in August 2009 with the following statement: "We used to play in a band called Aereogramme. That may or may not matter to you. Just thought I'd mention it".

Headspace (company)

with Headspace Guide to Sleep released in April 2021. The third title, Unwind Your Mind, was released in June 2021. Headspace has been featured on both

Headspace, a subsidiary of Headspace Health, is an English-American healthcare company specializing in mental health. It was incorporated in May 2010 in London, England by Andy Puddicombe and Richard Pierson. It is headquartered in Santa Monica, California, with offices in San Francisco and London.

The company mainly operates through its online platform, which provides online counseling and mental health coaching services as well as guided meditation through a paid subscription service model.

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