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Brain Hacks Oct 17 2021 Keith Barry is the world's leading TV Hypnotist, Mentalist And Brain Hacker. He has mastered the unique ability to hack into people's minds and rewire their subconscious. In this groundbreaking book, Keith reveals how, over the course of his astonishing career, he has developed a variety of techniques that will help you to cultivate a 'magical mindset' and develop mental toughness subconsciously. These are the very techniques he uses every day to achieve the life of his dreams. If you feel you are stuck in a rut or need help in life – whether that's with your career, your finances, your personal life or anything else – this book will help you to move forward. When you master these methods, you too will discover that anything is possible when you put your mind to it!

Awaken Your Power Within Jun 25 2022 THE PHENOMENAL NUMBER ONE BESTSELLER Gerry Hussey is Ireland's leading health and performance coach and founder of the incredible movement Soul Space. Here in his first book, *Awaken Your Power Within*, he brings us on an open, honest and mind-blowing human encounter that takes us inside the heart and mind of a young boy who dared to ask deeper questions about the mind and soul. With amazing insights, life lessons, and powerful meditations *Awaken Your Power Within* unlocks the truths about how we experience the world and shows us how we can break free from unconscious, self-limiting beliefs, habits, emotions and thinking patterns to reshape and reclaim our inner world, enabling us to live as our truest and most powerful self. From letting go of the fear of not being enough, to overcoming the dis-ease of distraction, to opening up to a deeper level of consciousness, *Awaken Your Power Within* is a powerful guide for all ages, one which takes us on a path of discovery to a deeper understanding of who we truly are and the limitless possibilities of which we are all capable. 'You are an infinite being with infinite potential. All you need to do is open yourself to a new consciousness, a true vision of who you really are and awaken to the power within' Gerry Hussey

Your One Wild and Precious Life Apr 23 2022 A unique whole-life plan for navigating these ever-changing times and living a happy, productive and successful life Centennials. Millennials. Gen X'ers. Baby boomers. Traditionalists. We are in an era that loves a label at a time when how we actually live has never been more fluid. Unlike previous generations, we no longer expect to leave education forever in our early twenties; to be ready for the mortgage and 2.4 children by the time we hit thirty; to remain in one career till retirement; to give up on love or adventure or intellectual challenge as we age. It's exciting, liberating . . . and also, unsettling. Drawing on fascinating psychological research on how we are affected by these ever-shifting goalposts *The Complete Life* is a radical new perspective on making the best of our lives. Distinguished psychologist Maureen Gaffney applies a unique full life approach to navigating these complicated times. In *The Complete Life* she: - explores how our past, present and future are inextricably linked and how they influence each other in surprising and complex ways; - explains what motivates us to grow and develop and be at our best at every age and stage; - suggests how we can sustain our most important relationships and also manage the key elements of our lives - learning, working, mental and physical wellbeing - in every decade. *The Complete Life* is full of lively examples and concrete strategies. It is an inspirational, timely and essential manual for 21st-century living by the renowned author of the Number One bestseller, *Flourishing*.

The Routledge Handbook of Research Methods for Social-Ecological Systems Oct 05 2020 The Routledge Handbook of Research Methods for Social-Ecological Systems provides a synthetic guide to the range of methods that can be employed in social-ecological systems (SES) research. The book is primarily targeted at graduate students, lecturers and researchers working on SES, and has been written in a style that is accessible to readers entering the field from a variety of different disciplinary backgrounds. Each chapter discusses the types of SES questions to which the particular methods are suited and the potential resources and skills required for their implementation, and provides practical examples of the application of the methods. In addition, the book contains a conceptual and practical introduction to SES research, a discussion of key gaps and frontiers in SES research methods, and a glossary of key terms in SES research. Contributions from 97 different authors,

situated at SES research hubs in 16 countries around the world, including South Africa, Sweden, Germany and Australia, bring a wealth of expertise and experience to this book. The first book to provide a guide and introduction specifically focused on methods for studying SES, this book will be of great interest to students and scholars of sustainability science, environmental management, global environmental change studies and environmental governance. The book will also be of interest to upper-level undergraduates and professionals working at the science–policy interface in the environmental arena.

The Book of Proverbs Dec 27 2019

What Makes Health Public? Jun 01 2020 John Coggon argues that the important question for analysts in the fields of public health law and ethics is 'what makes health public?' He offers a conceptual and analytic scrutiny of the salient issues raised by this question, outlines the concepts entailed in, or denoted by, the term 'public health' and argues why and how normative analyses in public health are inquiries in political theory. The arguments expose and explain the political claims inherent in key works in public health ethics. Coggon then develops and defends a particular understanding of political liberalism, describing its implications for critical study of public health policies and practices. Covering important works from legal, moral, and political theory, public health, public health law and ethics, and bioethics, this is a foundational text for scholars, practitioners and policy bodies interested in freedoms, rights and responsibilities relating to health.

Dark Matters Sep 16 2021 An intellectual history of the philosophers who grappled with the problem of evil, and the case for why pessimism still holds moral value for us today In the seventeenth and eighteenth centuries, philosophers engaged in heated debates on the question of how God could have allowed evil and suffering in a creation that is supposedly good. Dark Matters traces how the competing philosophical traditions of optimism and pessimism arose from early modern debates about the problem of evil, and makes a compelling case for the rediscovery of pessimism as a source for compassion, consolation, and perhaps even hope. Bringing to life one of the most vibrant eras in the history of philosophy, Mara van der Lugt discusses legendary figures such as Leibniz, Hume, Voltaire, Rousseau, Kant, and Schopenhauer. She also introduces readers to less familiar names, such as Bayle, King, La Mettrie, and Maupertuis. Van der Lugt describes not only how the earliest optimists and pessimists were deeply concerned with finding an answer to the question of the value of existence that does justice to the reality of human suffering, but also how they were fundamentally divided over what such an answer should look like. A breathtaking work of intellectual history by one of today's leading scholars, Dark Matters reveals how the crucial moral aim of pessimism is to find a way of speaking about suffering that offers consolation and does justice to the fragility of life.

The Source Aug 15 2021 For the first time, a Neuroscientist and Senior Lecturer at MIT reveals the surprising science that supports The Law of Attraction as an effective tool for self-discovery and offers a guide to discovering your authentic self to access your best life now. Self-help books like The Secret show us that if we can tap into "The Law of Attraction," we have the power to change our destiny simply by reshaping our mind. Millions of people have used the ancient systems of manifestation and visualization to find health, success, love, friendship, wealth, and more. But does the "Law of Attraction" actually work? And more important, is this kind of life-changing philosophy within reach for everyone, even the most skeptical among us? As Dr. Tara Swart, psychiatrist, neuroscientist, and Senior Lecturer at MIT shows us in The Source, if we can strip away our skepticism, these ancient tools of manifestation and visualization are fundamentally powerful and incredibly effective at freeing us of self-limiting behaviors and propelling us toward our truest, most authentic selves. Swart reveals how and why these systems actually work by offering the latest breakthroughs in neuroscience and behavioral psychology, including lessons in neuroplasticity, magneticism, emotional and logical thinking, and even hydration, self-care, and relaxation. Next, she describes her own journey from skeptic to believer, and guides readers through the scientific breakthroughs and personal revelations that changed her from an unhappy, close-minded, and disconnected woman wanting more from life, to a successful entrepreneur living with confidence, purpose, and joy. The truth is, most of the things we want—health, happiness, wealth, love—are governed by our ability to think, feel, and act—in other words, by our brain. Dr. Swart combines the insights and inspiration of The Secret with the practical lessons of The Master Key System to help a new generation fulfill their dreams. The Source is a rigorous, proven toolkit for unlocking our minds—and reaching our fullest potential.

Assigning Responsibility for Children's Health When Parents and Authorities Disagree: Whose Child? Dec 07 2020 This book provides a multidisciplinary analysis of the potential conflict between a government's duty to protect children and a parent(s)' right to raise children in a manner they see fit. Using philosophical, bioethical, and legal analysis, the author engages with key scholars in pediatric decision-making and individual and religious rights theory. Going beyond the parent-child dyad, the author is deeply concerned both with the interests of the broader society and with the appropriate limits of government interference in the private sphere. The text offers a balance of individual and population interests, maximizing liberty but safeguarding against harm. Bioethics and law professors will therefore be able to use this text for both a foundational overview as well as specific, subject-level analysis. Clinicians such as pediatricians and gynecologists, as well as policy-makers can use this text to achieve balance between these often competing claims. The book is written by a physician with practical and theoretical knowledge of the subject, and deep sympathy for the parental and family perspectives. As such, the book proposes a new way of evaluating parental and state interventions in children's' healthcare: a refreshing approach and a useful addition to the literature.

A History of Reading Oct 25 2019 At one magical instant in your early childhood, the page of a book—that string of confused, alien ciphers—shivered into meaning, and at that moment, whole universes opened. You became, irrevocably, a reader. Noted essayist and editor Alberto Manguel moves from this essential moment to explore the six-thousand-year-old conversation between words and that hero without whom the book would be a lifeless object: the reader. Manguel brilliantly

covers reading as seduction, as rebellion, and as obsession and goes on to trace the quirky and fascinating history of the reader's progress from clay tablet to scroll, codex to CD-ROM.

Humanism, Capitalism, and Rhetoric in Early Modern England Dec 19 2021 This book offers an interdisciplinary approach to concepts of the self associated with the development of humanism in England, and to strategies for both inclusion and exclusion in structuring the early modern nation state. It addresses writings about rhetoric and behavior from 1495–1660, beginning with Erasmus' work on sermo or the conversational rhetoric between friends, which considers the reader as an 'absent audience', and following the transference of this stance to a politics whose broadening democratic constituency needed a legitimate structure for governance-at-a-distance. Unusually, the book brings together the impact on behavior of these new concepts about rhetoric, with the growth of the publishing industry, and the emergence of capitalism and of modern medicine. It explores the effects on the formation of the 'subject' and political legitimation of the early liberal nation state. It also lays new ground for scholarship concerned with what is left out of both selfhood and politics by that state, studying examples of a parallel development of the 'self' defined by friendship not only from educated male writers, but also from women writers and writers concerned with socially 'middling' and laboring people and the poor.

A Nurse at the Front Mar 10 2021 This, the first in a series of four unique War Diaries produced in conjunction with the Imperial War Museum, will tell a story that is rarely heard: the experiences of a nurse working close to the Western Front in the First World War. Incredibly, Edith Appleton served in France for the whole of the conflict. Her bravery and dedication won her the Military OBE, the Royal Red Cross and the Belgian Queen Elizabeth medal among others. Her diary details with compassion all the horrors of the 'war to end wars', including the first use of poison gas and the terrible cost of battles such as Ypres, but she also records what life was like for nurses and how she spent her time off-duty. There are moments of humour amongst the tragedy, and even lyrical accounts of the natural beauty that still existed amidst all the destruction.

Faithful Translators Sep 23 2019 With *Faithful Translators* Jaime Goodrich offers the first in-depth examination of women's devotional translations and of religious translations in general within early modern England. Placing female translators such as Queen Elizabeth I and Mary Sidney Herbert, Countess of Pembroke, alongside their male counterparts, such as Sir Thomas More and Sir Philip Sidney, Goodrich argues that both male and female translators constructed authorial poses that allowed their works to serve four distinct cultural functions: creating privacy, spreading propaganda, providing counsel, and representing religious groups. Ultimately, *Faithful Translators* calls for a reconsideration of the apparent simplicity of "faithful" translations and aims to reconfigure perceptions of early modern authorship, translation, and women writers.

Your One Wild and Precious Life Sep 28 2022 **SHORTLISTED FOR THE IRISH BOOK AWARDS 2021** Once you've got a few decades on the clock, life can seem sort of cross-roadsy. Once you're no longer thinking of yourself as 'young', you may be looking back, thinking 'How did I get here?' And also looking ahead, wondering: 'What do I do now?' This realization that neither time nor choices are limitless is both daunting and exciting. This is the moment to take stock and figure out how to make the best of every precious moment of the rest of your life. And to develop the tools to be able to do so again and again. *Your One Wild and Precious Life* is an eye-opening account of this surprisingly liberating process. Using the latest ground-breaking research, leading psychologist Maureen Gaffney has written an inspiring and practical guide for getting to grips with time. Taking the key stages of our life - from infancy to old age - she explores what we learn at each stage. And, crucially, she explains how, no matter what has happened in the past, and what age you are, you can find a better route forward. *Your One Wild and Precious Life* is both profound and reassuring. It will transform your thinking, connect you with who you truly are and help you to reclaim control over your life. Crucially, it will empower you to face the future with optimism. It is a book to fundamentally alter your relationship with time and show you that every age can be your best age. 'A profound, important work; simultaneously wise, instructive and a love letter to humanity' **IRISH TIMES**

Fragile Nov 18 2021 Have we reached a point where anxiety is so common we consider it 'normal'? In this exploration of the rising anxiety epidemic, psychotherapist and bestselling author Stella O'Malley delves into why we are feeling more anxious, stressed and overwhelmed than ever. From looking at how our increasingly perfectionist and materialistic society is causing us to value all the wrong things, to practical tips for uncovering the roots of anxiety and strategies to ease it, this book is an essential tool for building resilience to stress. Anyone can experience anxiety at any time. *Fragile* arms us with the skills to move forward to a place where we can experience challenges to our mental health and feel adequately empowered to address them, allowing us to live calmer, more satisfying lives.

Good Data Feb 09 2021 Moving away from the strong body of critique of pervasive 'bad data' practices by both governments and private actors in the globalized digital economy, this book aims to paint an alternative, more optimistic but still pragmatic picture of the datafied future. The authors examine and propose 'good data' practices, values and principles from an interdisciplinary, international perspective. From ideas of data sovereignty and justice, to manifestos for change and calls for activism, this collection opens a multifaceted conversation on the kinds of futures we want to see, and presents concrete steps on how we can start realizing good data in practice.

The Science of Happiness Jan 20 2022 The science of happiness is a new and flourishing area of scientific research that provides us with a clear understanding of what actually makes us happy. In this timely book, leading psychiatrist Professor Brendan Kelly examines the most up-to-date findings to arrive at a comprehensive set of principles and strategies that are scientifically proven to increase happiness levels. Combining research evidence with scientific, psychological and even spiritual advice, it will enable us to chart a happier path through our complex world. Professor Kelly examines features of the brain that lead us to think the way we do, common misconceptions about happiness, interesting facts about happiness trends around the world and the research that can empower us to create the circumstances for happiness to flourish in our lives.

Does a superb job at tackling that most bedeviling of things – happiness. Reading this book will bring it a step closer in your life.’ Professor Luke O’Neill

Positive Education Jul 26 2022 As part of the Oxford Series in Positive Psychology, *Positive Education: The Geelong Grammar School Journey* is the story of one school's development of a more holistic approach to education: one with student wellbeing at its heart. Balancing academic findings from the thriving field of Positive Psychology, whilst exploring the adaptation of this science into an innovative radical new approach to teaching called Positive Education, *Positive Education: The Geelong Grammar School Journey* provides an explanation of the key tenets of Positive Psychology and examines the practical application of this research, leading to the Geelong Grammar School's cultivation of the ground-breaking Positive Education program. With a foreword by Martin Seligman and contributions from such well-recognised names in the field as Roy Baumeister, Tal Ben-Shahar, Barbara Fredrickson, Craig Hassed, Felicia Huppert, Sue Jackson, Nansook Park, Karen Reivich, Pninit Russo-Netzer, and George Vaillant, this book fills a crucial space between academic theory and practical application making it a landmark publication on Positive Education. *Positive Education: The Geelong Grammar School Journey* will provide academics and students of Positive Psychology with an invaluable resource. Moreover, the book offers educational practitioners the key facets of the approach so as to inspire them to embark on their own journey with Positive Education.

Practice Development in Nursing and Healthcare Aug 23 2019 In its first edition, *Practice Development in Nursing* made an important contribution to understanding practice development and its core components. Now fully updated to take into account the many developments in the field, the second edition continues to fill an important gap in the market for an accessible, practical text on what remains a key issue for all members of the healthcare team globally. *Practice Development in Nursing and Healthcare* explores the basis of practice development and its aims, implementation and impact on healthcare, to enable readers to be confident in their approaches to practice development. It is aimed at healthcare professionals in a variety of roles (for example clinical practice, education, research and quality improvement) and students, as well as those with a primary practice development role, in order to enable them to effectively and knowledgeably develop practice and the practice of others. Key features: New updated edition of a seminal text in the field, including significant new material
Relevance to the entire healthcare team
Accessible and practical in style, with case studies, scenarios and examples throughout
Edited by and with contributions from experts in the field
Fully updated to include the latest research
Supported by a strong evidence base

When Panic Attacks Feb 21 2022 Hundreds of thousands of people in Ireland suffer from panic attacks and anxiety; but many struggle to access any meaningful help for these conditions. Prompted by years of working with patients suffering from panic attacks and struck by just how common and debilitating they were, medical doctor and psychotherapist Dr Áine Tubridy first published *When Panic Attacks* in 2003. Grounded in years of clinical experience and research, it has been a bestseller ever since – because her methods work. A true visionary in the crusade for mental health, Dr Tubridy uses pioneering mind–body medicine methods to alleviate panic and anxiety, encouraging patients to understand the root cause of their symptoms and to make tangible and fundamental changes at every level of life – physical, emotional, mental and spiritual – opening up the possibility of extensive and permanent healing. In an increasingly fear-driven society, this book is more relevant than ever.

Architectural Rhetoric in Shakespeare and Spenser Jul 02 2020 Jennifer C. Vaught illustrates how architectural rhetoric in Shakespeare and Spenser provides a bridge between the human body and mind and the nonhuman world of stone and timber. The recurring figure of the body as a besieged castle in Shakespeare's drama and Spenser's allegory reveals that their works are mutually based on medieval architectural allegories exemplified by the morality play *The Castle of Perseverance*. Intertextual and analogous connections between the generically hybrid works of Shakespeare and Spenser demonstrate how they conceived of individuals not in isolation from the physical environment but in profound relation to it. This book approaches the interlacing of identity and place in terms of ecocriticism, posthumanism, cognitive theory, and Cicero's art of memory. *Architectural Rhetoric in Shakespeare and Spenser* examines figures of the permeable body as a fortified, yet vulnerable structure in Shakespeare's comedies, histories, tragedies, romances, and Sonnets and in Spenser's *Faerie Queene* and *Complaints*.

The Art of Being Brilliant Apr 30 2020 A pep talk in your pocket This short, small, highly illustrated book will fill you to the brim with happiness, positivity, wellbeing and, most importantly, success! Andy Cope and Andy Whittaker are experts in the art of happiness and positive psychology and *The Art of Being Brilliant* is crammed full of good advice, instructive case studies, inspiring quotes, some funny stuff and important questions to make you think about your work, relationships and life. You see being brilliant, successful and happy isn't about dramatic change, it's about finding out what really works for you and doing more of it! The authors lay down their six common-sense principles that will ensure you focus on what you're good at and become super brilliant both at work and at home. A richly illustrated, 2 colour, small book full of humour, inspiring quotes and solid advice A great read with a serious underlying message – how to foster positivity and bring about success in every aspect of your life Outlines six common-sense principles that will help you ensure you are the best you can be

The Rag and Bone Shop May 24 2022 'A must read' Philippa Perry 'Rich, revelatory and, in the best way, unsettling . . . the mixture of scientific curiosity, bookish thoughtfulness and medical compassion is reminiscent of Oliver Sacks' Sunday Times A twinge of sadness, a rush of love, a knot of loss, a whiff of regret. Memories have the power to move us, often when we least expect it, a sign of the complex neural process that continues in the background of our everyday lives. Memory is a process that shapes us: filtering the world around us, informing our behaviour and feeding our imagination. Drawing on the

poignant stories of her patients, from literature and fairy tales, Veronica O'Keane uses the latest neuroscientific research in this rich, fascinating exploration to ask, among other things, why can memories feel so real? How are our sensations and perceptions connected with them? Why is place so important in memory? Are there such things as 'true' and 'false' memories? And, above all, what happens when the process of memory is disrupted by mental illness? This book is a testament to the courage - and suffering - of those who live with serious mental illness, showing how their experiences unlock our understanding of everything we know and feel.

A Respectable Trade Apr 11 2021 Entering into an arranged marriage with an aspiring merchant in 1787 Bristol, Frances Scott is discouraged by her slavery-dependent lifestyle and unexpectedly falls for African slave and former Yoruba priest Mehuru. By the author of *The Other Boleyn Girl*. Reprint. 75,000 first printing.

Cultural Perspectives on Globalisation and Ireland Sep 04 2020 In the space of a few short decades, Ireland has become one of the most globalised societies in the Western world. The full ramifications of this transformation for traditional Irish communities, religious practice, economic activity, as well as literature and the arts, are as yet unknown. What is known is that Ireland's largely unthinking embrace of globalisation has at times had negative consequences. Unlike some other European countries, Ireland has eagerly and sometimes recklessly grasped the opportunities for material advancement afforded by the global project. This collection of essays, largely the fruit of two workshops organised under the auspices of the Humanities Institute of Ireland at University College Dublin and the National Centre for Franco-Irish Studies in the Institute of Technology, Tallaght, explores how globalisation has taken such a firm hold on Irish society and provides a cultural perspective on the phenomenon. The book is divided into two sections. The first examines various manifestations of globalisation in Irish society whereas the second focuses on literary representations of globalisation. The contributors, acknowledged experts in the areas of cultural theory, religion, sociology and literature, offer a panoply of viewpoints of Ireland's interaction with globalisation.

Openhearted Mar 22 2022 **SHORTLISTED FOR TWO IRISH BOOK AWARDS 2021** 'Something they don't tell you about getting older is that you fall. Oh, you hear about it in passing, of course, "She had a fall, poor thing". Falling is not something you ever think about as a younger woman. You think about falling in love . . .' At 20 Londoner Ann Ingle fell madly in love with an Irish fellow she met on holiday in Cornwall. At the church to arrange their shotgun wedding she discovered that he hadn't even told her his real name. Sixty-odd years later Ann looks back on that first glorious fall and in a series of essays considers what she has learned from the life that followed - bringing eight children into the world, their father's years of mental illness and tragic death at 40, being a cash-strapped single mother in 1980s Dublin, coming into her own in her middle years - going to college, working and writing, and continuing to evolve and learn into her ninth decade, even as she accepts the realities of being 'old'. Candid about everything that matters - love, sex, heartbreak, money, class, religion, mental health, rearing children (and letting them go), reading and writing, ageing - *Openhearted* is a compelling story about living life in a spirit of curiosity and delight and with a willingness to look for good in others. _____ 'By some distance the most courageous, most poignant, most life-affirming memoir I've read in the last twenty years and more' Paul Howard 'Genuinely inspirational. I LOVE ANN INGLE' Marian Keyes 'What a beautiful openhearted, at times broken-hearted memoir ... honest, funny, searingly direct, a wonderful voice ... remarkable' Joe Duffy 'Really beautiful. Searingly honest, astonishingly frank and very, very funny' Maia Dunphy

What to Do when the Lights Go on Jan 28 2020 Designed as a handbook for educators who want to use media creatively with children.

Wasted Jul 22 2019 *Wasted* is an honest, unflinching, and humorous reflection on life as a problem drinker.

The Meaning of Things Mar 30 2020 A refreshing distillation of insights into the human condition, by one of the best-known and most popular philosophers in the UK. Thinking about life, what it means and what it holds in store does not have to be a despondent experience, but rather can be enlightening and uplifting. A life truly worth living is one that is informed and considered so a degree of philosophical insight into the inevitabilities of the human condition is inherently important and such an approach will help us to deal with real personal dilemmas. This book is an accessible, lively and thought-provoking series of linked commentaries, based on A. C. Grayling's 'The Last Word' column in the *GUARDIAN*. Its aim is not to persuade readers to accept one particular philosophical point of view or theory, but to help us consider the wonderful range of insights which can be drawn from an immeasurably rich history of philosophical thought. Concepts covered include courage, love, betrayal, ambition, cruelty, wisdom, passion, beauty and death. This will be a wonderfully stimulating read and act as an invaluable guide as to what is truly important in living life, whether facing success, failure, justice, wrong, love, loss or any of the other profound experience life throws out.

Gender Intelligence Jun 13 2021 World-renowned experts on gender intelligence Barbara Annis and Keith Merron suggest it's time to move beyond arguments based on politics and fairness, building an economic business case for gender diversity in the workplace. Despite forty years of laws, quotas, diversity training, and legal expenses aimed toward equalizing pay, opportunities, and working conditions between the sexes, the glass ceiling remains firmly intact. For too long, companies have played the "numbers game"—attempting to tackle gender imbalance by forcing affirmative action policies and numeric standards on organizations to increase the representation of women in management. Yet, these efforts have rarely been sustained. In this groundbreaking comprehensive analysis, based on more than twenty-five years of in-depth surveys involving 100,000 men and women across dozens of Fortune 500 companies, Barbara Annis and Keith Merron provide a deeper understanding of the multiplicity of forces that have combined to create and perpetuate gender inequality. *Gender Intelligence* exposes common false assumptions that prevent men and women from successfully performing together at work—myths exacerbated by worn-out theories of gender blindness and sameness thinking. It shows how a small but growing

number of courageous, leading-edge companies have broken through the barriers to successfully advance women, making the remarkable transformation from compliance to choice—from pressure to preference—and show how it can be done in any business. Gender Intelligence features 17 illustrations.

This Book Is for You Jan 08 2021 Beloved artist Worry Lines shares a sweetly funny and deeply relatable illustrated story about hope, worry, and chocolate chip cookies. Worry Lines has captured hearts around the world by posting daily drawings on Instagram. In this book, Worry Lines interweaves these fan-favorites into an entirely new story about the making of the book itself. Charting the creative process from its anxiety-riddled beginning to its (hopefully) hopeful end, *This Book Is for You* is a charming and honest portrait of worry. This book is for you if you are: 1. A Brave Worrier (BW) 2. An Absolute Legend (AL) 3. Anywhere from Mildly Concerned About Something (MCAS) to Deeply Anxious About Everything (DAAE)

The Art of London, 1830-1980 Nov 06 2020

Strategic Management and Business Policy Aug 03 2020 This text provides the Strategic Management and Business Policy student with a presentation of traditional and new strategic management topics. These topics include: corporate governance, hypercompetition, competitive strategy, outsourcing, mass customization, technology, international issues, environmental trends and ethics.

The Way We Live Now Aug 27 2022 In this selection of psychologist Maureen Gaffney's articles from 'The Irish Times', she writes about everyday problems and communicates up-to-date psychological findings in a popular and accessible way.

Rio 2016 May 12 2021 A clear-eyed, critical examination of the social, political, and economic costs of hosting the 2016 summer Olympics The selection of Rio de Janeiro as the site of the summer 2016 Olympic Games set off jubilant celebrations in Brazil—and created enormous expectations for economic development and the advancement of Brazil as a major player on the world stage. Although the games were held without major incident, the economic, environmental, political, and social outcomes for Brazil ranged from disappointing to devastating. Corruption scandals trimmed the fat profits that many local real estate developers had envisioned, and the local government was driven into bankruptcy. At the other end of the economic spectrum, some 77,000 residents of Rio's poorest neighborhoods—the favelas—were evicted and forced to move, in many cases as far as 20 or 30 miles to the west. Hosting the games ultimately cost Brazil \$20 billion, with little positive to show for the investment. *Rio 2016* assembles the views of leading experts on Brazil and the Olympics into a clear-eyed assessment of the impact of the games on Brazil in general and on the lives of Cariocas, as Rio's residents are known. Edited by sports economist Andrew Zimbalist, the other contributors include Juliana Barbassa, Jules Boykoff, Jamil Chade, Stephen Essex, Renata Latuf, and Theresa Williamson.

Functional Neurologic Disorders Nov 25 2019 *Functional Neurologic Disorders*, the latest volume in the *Handbook of Clinical Neurology* series, summarizes state-of-the-art research findings and clinical practice on this class of disorders at the interface between neurology and psychiatry. This 51-chapter volume offers an historical introduction, chapters on epidemiology and pathophysiology, a large section on the clinical features of different type of functional neurologic symptoms and disorders (including functional movement disorders, non-epileptic seizures, dizziness, vision, hearing, speech and cognitive symptoms), and then concluding with approaches to therapy. This group of internationally acclaimed experts in neurology, psychiatry, and neuroscience represent a broad spectrum of areas of expertise, chosen for their ability to write clearly and concisely with an eye toward a clinical audience. This HCN volume sets a new landmark standard for a comprehensive, multi-authored work dealing with functional neurologic disorders (also described as psychogenic, dissociative or conversion disorders). Offers a comprehensive interdisciplinary approach for the care of patients with functional disorders seen in neurologic practice, leading to more efficient prevention, management, and treatment Provides a synthesis of research efforts incorporating clinical, brain imaging and neurophysiological studies Fills an existing gap between traditional neurology and traditional psychiatry Contents include coverage of history, epidemiology, clinical presentations, and therapy Edited work with chapters authored by leaders in the field, the broadest, most expert coverage available

Introduction to Sociology 2e Jun 20 2019 *Introduction to Sociology 2e* adheres to the scope and sequence of a typical, one-semester introductory sociology course. It offers comprehensive coverage of core concepts, foundational scholars, and emerging theories, which are supported by a wealth of engaging learning materials. The textbook presents detailed section reviews with rich questions, discussions that help students apply their knowledge, and features that draw learners into the discipline in meaningful ways. The second edition retains the book's conceptual organization, aligning to most courses, and has been significantly updated to reflect the latest research and provide examples most relevant to today's students. In order to help instructors transition to the revised version, the 2e changes are described within the preface. The images in this textbook are grayscale. Authors include: Heather Griffiths, Nathan Keirns, Eric Strayer, Susan Cody-Rydzewski, Gail Scaramuzzo, Tommy Sadler, Sally Vyain, Jeff Bry, Faye Jones

Feeding My Mother Feb 27 2020 #1 NATIONAL BESTSELLER Based on her hugely popular Facebook posts and Instagram photos, *Feeding My Mother* is a frank, funny, inspirational and piercingly honest account of the transformation in Jann Arden's life that has turned her into the primary "parent" to her mom, who is in the grip of Alzheimer's. Jann Arden moved in to a house just across the way from her parents in rural Alberta to be close to them but also so they could be her refuge from the demands of the music business and a performing career. Funny how time works. Since her dad died in 2015, Jann cooks for her mom five or six times a week. Her mom finds comfort in her daughter's kitchen, not just in the delicious food but also just sitting with her as she cooks. And Jann finds some peace in caring for her mom, even as her mom slowly becomes a stranger. "If you told me two years ago that I'd be here," Jann writes, "I wouldn't have believed it. And yet we still

fall into so much laughter, feel so much insane gladness and joy. It's such a contrast from one minute to the next and it teaches me constantly: it makes me stronger and more humble and more empathetic and caring and kind." The many people who are dealing with a loved one who is losing it will find inspiration and strength in Jann's wholehearted, loving response and her totally Jann take on the upside-down world of a daughter mothering her mother. *Feeding My Mother* is one heck of an affirmation that life just keeps on keeping on, and a wonderful example of how you have to roll with it.

Flourishing Oct 29 2022 'A realistic approach to positive thinking' Sunday Times Do you want to be better at pursuing goals, grasping opportunities and facing set-backs? Do you want to FLOURISH? Psychologist Maureen Gaffney believes that in an increasingly uncertain world it is not only possible for us to flourish but essential that we take steps to do so. In *Flourishing* she shows you how to: Achieve a deeper sense of well-being, meaning and purpose Use adversity as a positive turning point Train your mind to pay attention Master your emotions and focus on your goals This gripping, stimulating and inspiring book will help you change your life for the better. Get ready to flourish!

Undoing Aloneness and the Transformation of Suffering Into Flourishing Jul 14 2021 This book updates clinical guidance and theory for Accelerated Experiential Dynamic Psychotherapy (AEDP), an approach that gives patients corrective emotional and relational experiences that mobilize changes in the brain. Practitioners of AEDP understand psychopathology as a byproduct of internal working models, borne out of insecure attachment experiences, that now thwart adaptive functioning in adulthood. The goal of AEDP is to be therapeutically present with patients and their pain and to guide them to have a new experience--a good experience--thus rewiring memory and capacity to reflect. Updates to the AEDP approach (moving it into its second iteration, or "2.0") leverage emerging findings from the field of affective neuroscience to enhance individuals' healing and transformation. The authors demonstrate the power of relational work by sharing excerpts and analysis of clinical session transcripts. In each chapter, they engage different aspects of the AEDP model to show how emotional suffering can be transformed into adaptive connection, even for individuals with histories of neglect, abuse, and complex trauma.

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