

Eat The Cookie Buy The Shoes Giving Yourself Permission To Lighten Up

This primer for social work students introduces the general definitions and concepts of economics and uses case studies in social work to develop applied knowledge. The case studies include stories of job training, substance abuse centers, counseling, therapy, child protective services, and services for the poor. The concluding chapters are devoted to topics directly related to social work: economics of poverty, health economics, household economics, the economics of labor, and government failure.

I have always had a special place in my heart for children and inventing stories to be enjoyed in the eyes of a child with magical illustrations and also to help children in knowing that just because you may have a disability of some sort you can do anything you set your mind to. I, myself have cerebral palsy which caused me to get special attention sometimes in a negative way, which made me feel inferior or feel different. Writing has helped me believe anything is possible. I hope this book is enjoyed as much as I have enjoyed as much as I have enjoyed writing it. I have applied different areas of situations and how to look at it in a positive way. I hope to make a difference in a child's life by bringing a laugh or a smile to his or her face.

"A lively, frugal-chic answer to the question "Make or Buy" about 120 different food staples"--

Eat the Cookie...Buy the ShoesGiving Yourself Permission to Lighten UpFaithWords

What the world needs more than anything else these days is a chuckle. The source of that chuckle may not be that important but the reality of that chuckle is. For many years, James has written a newspaper column across the United States entitled "Out to Pastor." His articles are filled with humorous snippets of banter with his wife, horseplay with his grandchildren, observations on today's politically correct culture as he mourns the good old days, and reflections on his own peculiar (so some would say) personality and preferences. Included is a verse from Scripture and a reflective thought at the end of each article. This book is a collection of fifty-two "Out to Pastor" articles-one for each week of the year. James hopes you will enjoy them and maybe even laugh sidesplittingly on occasion as you read. Most of all, he hopes you will find a fresh joy and an uplifted heart in the reflections of this country pastor.

How common and effortless it is to eat in an uncontrolled, unaware, mindless manner. If you've ever continued to snack when you were full, cut calories despite being hungry, or used guilt to guide your eating, you've experienced mindless eating firsthand. Let's face it. Deciding what to eat is not an easy task. It's so tricky that in the United States eating concerns and weight obsessions have reached epidemic proportions, with serious health consequences for a large part of the population. What turns an everyday activity like eating into such an overwhelming process? The answer to that question is, of course, a complex one. Throughout the book, we will return to that question with some answers. But the bottom line is this: To make smart, healthy eating choices, your body and mind work together to send you essential clues about what you need and want to eat. These clues give you information about "how much" and "what" to eat.

The sensations and emotions that signal when you're full, famished, or just wanting to eat something rich and delicious are a complex combination of bodily and emotional feelings. If you are attentive and responsive to these cues, your eating will be healthy, in control, and well regulated. Dieting and disliking your body are incredibly detrimental to your emotional, mental, and physical well-being. They inhibit your ability to accurately decode your body's messages and feedback. The dieting mindset is akin to taking a knife and cutting the connection that is your body's only line of communication with your head. The dieting mindset can skew your knowledge of healthy eating so badly that you have no idea of what to eat. Mindless eating is then manifested in two ways. You can either "obsess" or "ignore" internal feedback from both your body and mind, rather than responding thoughtfully to your hunger and to your concern about your health. In this book, you will learn how mindlessness unknowingly corrupts the way you eat a meal, and how it manifests in a variety of eating problems. You will gain insight into why mindfulness, which is, of course, the opposite of mindlessness, can provide you with valuable skills to control the way you eat.

The second edition of Play Therapy Techniques includes seven new chapters in addition to the original twenty-four. These lively chapters expand the comprehensive scope of the book by describing issues involved in beginning and ending therapy, using metaphors, playing music and ball, and applying the renowned "Color Your Life" technique. The extensive selection of play techniques described in this book will add to the clinical repertoire of students and practitioners of child therapy and counseling. When used in combination with formal education and clinical supervision, Play Therapy Techniques, Second Edition, can be especially useful for developing treatment plans to address the specific needs of various clinical populations. Students and practitioners of child therapy and counseling, including psychologists, psychiatrists, social workers, nurses, and child life specialists will find this second of Play Therapy Techniques informative and clinically useful.

Trying to make sense of the horrors of World War II, Death relates the story of Liesel--a young German girl whose book-stealing and story-telling talents help sustain her family and the Jewish man they are hiding, as well as their neighbors.

This book contains 51 chapters based on papers presented at the GALA (Generative Approaches to Language Acquisition) conference held in Thessaloniki, Greece, in 2011. It thus reflects the GALA 2011 scientific presentations and discussions and raises issues that are currently at the centre of language acquisition research. Such issues examined in this volume include first and second language acquisition and processing by children and adults; language acquisition by individuals with linguistic and/or cognitive impairment; and cross-linguistic comparisons in (a)typical language acquisition. As such, Advances in Language Acquisition constitutes a valuable reference guide for current work on the interdisciplinary research field of language acquisition.

At fourteen, David Saunders' father walks out of his life, leaving him to look after his mother and younger sister. Still reeling from his father's betrayal, a devastating accident snatches away David's mentor and the guidance he needs to grow into manhood. With nothing but Chet, an old '64 Chevy pickup that he doesn't even know how to drive, David and his family must hold things together in the face of the most brutal Idaho winter to come along in the last hundred years. With everything stacked against them, does Chet possess enough magic to bring about one more miracle? Publisher's note: Strength Beyond Our Own is the second in the Chet series of inspirational fiction books. This heart warming story shares Christian values in a coming of age setting that is suitable for adult and young adult readers alike. Larry Murray is a successful author who prides himself on writing values based novels that timelessly connect with people across generations. The Chet series is published by Sandy Cedars Publishing and is available as eBook and print editions.

Based on the premise that overeating is linked to emotional and spiritual deprivations, Love Hunger begins with a relationship inventory that will help you understand how disappointments with your family,

spouse, or self can result in obesity. It then provides a comprehensive program that helps identify whether or not you are using food as a substitute for love, career fulfillment, or friendship and shows you how to break that addiction. Once you begin dealing with the psychological basis for your eating problems, you'll be ready to lose weight healthfully, with a dietitian-designed food plan, that includes daily menus and recipes, as well as strategies for relapses, maintenance, motivation, and more. This is a complete plan for body, mind, and soul.

Make Workplace Positivity Pay Off ... For Individuals, Teams and Organizations Is it possible to create a positive workforce in negative times? Yes, it is, says speaker, strategist and consultant Liz Jazwiec, RN. But first you have to get real about how tough a job in healthcare really is. About the negative things you and your staff members do to make it even tougher. In her new book, *Eat THAT Cookie! How Workplace Positivity Pays Off...For Individuals, Teams and Organizations*, Liz gets real about all that and more. In her darkly humorous, ever-so-slightly sarcastic style -after all she was an ER nurse - she builds a case for the powerful benefits of a positive workplace. (Hint: better patient service, improved efficiencies and lower employee turnover all make the list.) Funny, inspiring and relatable, *Eat THAT Cookie!* is packed with realistic, down-to-earth tactics leaders can use right now to infuse positivity into their culture. Why hokeyness - in the form of giant smiley face cookies and no-negativity days - actually works. Readers will learn: How to decree and enforce mandatory fun so that it's really, well, fun Guidelines for doing celebrations the right way Strategies for dealing with queens, poisoners, complainers and other problem people How not to succumb to process paralysis Why victim thinking is so destructive, and how to eliminate it from the organization How to stop judging shoe-heel smashers, pants unzippers, and other irritating patients For the first 18 years of my career I used to say that if we could just get some decent patients I would love my work! says Liz. But the perfect clientele doesn't exist. And guess what? I can have a good day anyway. I've found that happiness is a decision anywhere, any time, in any economy. Put the tips in *Eat THAT Cookie!* into practice, you'll be amazed by the rapid improvements you see in your organization - in terms of energy, focus, productivity and yes, happiness.

In this paradigm-shattering book, leading behavioural economist and food psychologist Brian Wansink - dubbed the 'Sherlock Holmes of food' and the 'wizard of why' - offers a radical new philosophy for weight loss. The answer isn't to tell people what to do: it's to set up their living environments so that they will naturally lose weight. Using cutting-edge, never-before-seen research from his acclaimed Food and Brand Lab at Cornell University, Wansink reveals how innovative and inexpensive design changes - from home kitchens to restaurants, from grocery stores to schools and workplaces - can make it mindlessly easy for people to eat healthier and make it more profitable for the companies who sell the food. In *Slim by Design*, Wansink argues that the easiest, quickest and most natural way to reverse weight gain is to work with human nature, not against it. He demonstrates how schools can nudge kids to take an apple instead of a cookie, how restaurants can increase profits by selling half-size portions, how supermarkets can double the amount of fruits and vegetables they sell, and how anyone can cut plate refills at home by more than a third. Interweaving drawings, charts, floor plans and scorecards with new scientific studies and compelling insights that will make you view your surroundings in an entirely fresh way, this entertaining, eye-opening book offers practical solutions for changing your everyday environment to make you, your family and even your community slim by design.

This empirically robust resource examines multiple ways mindfulness can be harnessed to support self-regulation, in part as a real-world component of therapy. Its authoritative coverage approaches complex mind/brain connections from neuroscience, cognitive, personality, social, clinical, and Buddhist perspectives, both within and outside traditional meditation practice. In domains such as letting go of harmful habits and addictions, dealing with depression and anxiety, regulating emotions, and training cognitive function, contributors show how mindfulness-based interventions encourage and inspire change. In addition to scientific coverage, experts translate their methods and findings on mindfulness mechanisms in terms that are accessible to students and clinicians. Included in the *Handbook: Mindfulness and its role in overcoming automatic mental processes* Burning issues in dispositional mindfulness research Self-compassion: what it is, what it does, and how it relates to mindfulness Mindfulness-based cognitive therapy and mood disorders Mindfulness as a general ingredient of successful psychotherapy The emperor's clothes: a look behind the Western mindfulness mystique Heralding a new era of mind/brain research--and deftly explaining our enduring fascination with mindfulness in the process--the *Handbook of Mindfulness and Self-Regulation* will enhance the work of scholars and practitioners.

Karniol engagingly presents social development in children through the language of preference management. Conversational excerpts garnered from around the world trace how parents talk about preferences, how infants' and children's emergent language conveys their preferences, how children themselves are impacted by others' preferences, and how they in turn influence the preferences of adults and peers. The language of preferences is used to crack into altruism, aggression, and morality, which are ways of coming to terms with other people's preferences. Behind the scenes is a cognitive engine that uses transformational thought – conducting temporal, imaginal, and mental transformations – to figure out other people's preferences and to find more sophisticated means of outmanoeuvring others by persuading them and playing with one's own mind and other people's minds when preferences are blocked. This book is a unique and sometimes amusing must-read for anyone interested in child development, language acquisition, socialisation, and communication.

With English and Portuguese as parent languages; the significant lexical retention of African languages; and the relative isolation of its speakers, Saramaccan has always stood out among Creole languages. Yet despite its obvious interest Saramaccan received little in the way of scholarly study. This groundbreaking monograph dispels the mystery surrounding Saramaccan and provides strong evidence for a new approach to Creole origins. The study is carried out within the government-binding framework. The author shows how Saramaccan comes close to demonstrating what constitutes the irreducible minimum of building blocks with which a language can be constructed, and the types of structure which must develop under such conditions. In this work Frank Byrne combines the outcome of patient and persevering fieldwork with a firm grasp of current theoretical issues and provides us with the insights into the nature of universal grammar of which a Creole like Saramaccan is potentially capable.

Perfect for a tasty midday treat, or intricately gift wrapped for a special occasion, cookies are simple to bake yet sumptuous to eat, and with over 90 home-baked recipes you can celebrate the joy of indulging from the cookie jar. There's nothing quite like the irresistible smell and the mouth-watering taste of freshly baked cookies straight from the oven. Sometimes savory, but often wonderfully sweet, they are the ultimate bite-sized comfort food that everyone can bake and enjoy. In *The Cookie Jar*, author Liz Franklin combines classic recipes such as Gingerbread Men, Choc Chip Cookies, and Snickerdoodles with more contemporary creations like Peanut Crunch, Spiced Pumpkin, or Rosemary and Pine Nut Cookies to truly showcase the amazing variety of flavors you can savor yourself or, if you're happy to share, bake for a festive cookie exchange party with family and friends. With tips on hosting—including ideas for decorations, gift wrap, and even invitations—why not bake your favorite batch and create a cookie party for you and your loved ones to enjoy during the holiday season. From a Christmas Tree Stack to star-shaped Scandi Pepparkakor, these delicious recipes will get you ready to host a cookie exchange of your own. Of course, once the party is over and your guests have left with their goodies, you get to sample all the cookies gifted to you, and then spend the rest of the year practicing for the next one!

Chapters include: "Performance measurement and benchmarking", "Designing useful surveys for evaluation" and "Defensible program evaluations".

Engrained in our culture is the belief that unbending discipline is the only sure way to success. You must go to the gym five times a week, never order the dessert, and don't even think about buying that dress you keep staring at in the store window. Breaking from such a regimented lifestyle is a sign of weakness, right? Wrong!-and Joyce wants to tell us why... Though setting rules in our lives are important, it's just as important that we break them from time-to-time. Structure is a powerful tool, but when diverging from your own goals is seen as catastrophic, it can have a hugely negative effect on us. Balance is a core value in life and every once in awhile we deserve to indulge in a guilty pleasure or two. So don't feel bad about straying from your goals every once-in-awhile and in fact, embrace it: eat the cookie and buy the shoes!

Anyone who's tried to lose weight through sheer will power knows how difficult, if not impossible, it can be. In this practical and paradigm-shifting book, Dr. Jean Kristeller presents a new alternative--a program for weight loss based on her successful Mindfulness-Based Eating Awareness Training Program. Instead of frustration, depravation, backsliding, guilt, and a lack of results, The Joy of Half a Cookie provides simple, proven ways to lose weight and keep it off, using what we now know about the power of the mind. The first book to bring mindfulness to the dieting space in a truly accessible and mainstream way, The Joy of Half a Cookie will show readers how to lose weight while: ditching willpower, guilt, and cravings loving every bite, including favorite and previously "forbidden" foods tapping into the body's satiety signals Written for anyone who wants to lose weight – not just the meditation and yoga crowd – this accessible book delivers a proven way to find peace of mind and a healthier relationship with food, for life.

From USA Today bestselling author, Leslie Langtry comes another Merry Wrath Mystery that will leave you laughing 'til it hurts—scout's honor! Ex-CIA agent turned suburban scout leader, Merry Wrath, is just trying to live a normal, quiet life. But all that goes out the window when a convicted traitor (who's inconveniently not in his prison cell) dies on her doorstep, and an obese cat, who bears a disturbing resemblance to Hitler, decides to move in. To make things worse, it's time for the annual troop cookie sale, her new boyfriend's old college flame shows up to win him back, and someone's shooting at Merry in the frozen foods section of the grocery store. Is the assassin after her or the cat? Is Riley, her hot former CIA handler, hitting on her? Is Rex, her boyfriend, going to dump her? Will she sell enough cookies to take her troop to Winter Sniper Camp? If Merry doesn't find answer to these questions soon, it may be too late! Merry Wrath Mysteries: Merit Badge Murder – book #1 Mint Cookie Murder – book #2 Scout Camp Mystery – short story in the "Killer Beach Reads" collection Marshmallow S'More Murder – book #3 Movie Night Murder – book #4 Mud Run Murder – book #5 Fishing Badge Murder – short story in the "Pushing Up Daisies" collection Motto for Murder – book #6 Map Skills Murder – book #7 Mean Girl Murder – book #8 Marriage Vow Murder – book #9 Mystery Night Murder – book #10 What critics are saying about Leslie Langtry's books: "Darkly funny and wildly over the top, this mystery answers the burning question, 'Do assassin skills and Girl Scout merit badges mix...'" ~ RT BOOKreviews "Mixing a deadly sense of humor and plenty of sexy sizzle, Leslie Langtry creates a brilliantly original, laughter-rich mix of contemporary romance and suspense." ~ Chicago Tribune "Langtry gets the fun started from page one with a myriad of clever details." ~ Publisher's Weekly

This informative and humorous book blends solid diet advice along with the lighter side of dieting. It is full of weight-loss information, pertinent examples and true stories from Johnny T. Flynn's life, while at the same time recognizing the importance of keeping your sense of humor. Johnny analyzes the common pitfalls, the psychological struggles, the emotional eating behaviors and all the silly antics that are alive and well in the real world of dieting. Readers will learn to create new dieting strategies that makes sense for them by raising their awareness of how food (especially chocolate) can often control their minds, moods and lifestyles. Heavy Lettuce: Adventures of a Journeyman Dieter, is a book about our present and future, our dreams and reality, and, perhaps, fewer trips to the refrigerator.

A collection of quick-and-simple cookie recipes is tailored to families and provides for a range of needs, from birthday parties and bad weather activities to bake sales and gifts, in a hands-free volume that includes numerous options for classic, bar, and candy cookies.

Traditional Chinese edition of Kitchen Confidential: Adventures in the Culinary Underbelly by the famous Anthony Bourdain, host of Anthony Bourdain: No Reservations.

Finally, a book that breaks down everything we've heard and gets straight to the fundamentals of what we eat and how we feel. This book will not only open your eyes to what we eat, how it is grown, manufactured, and packaged but also the impact it has on our health, and then goes one step further and actually tells us what we can do about it. Whether you're ready to take baby steps or make major changes, this book tells you how— plain and simple. "Let's Get Real about Eating keeps it simple, clear, and honest. It's not about being alternative or holistic or organic, it's about being "right" and speaking the truth regarding our food. – Randy Naidoo, M.D. "Laura's extensive in depth knowledge for nutrition is remarkable! Let's Get Real About Eating could add years to your life." – Melissa Irvin, mother of two "Laura Kopec has expertly guided our family through practical steps to better health. Her wealth of education has helped us develop a healthy eating plan and get on the right track." – Hillary Jarrard, mother of three "This book is a must-have! Laura found a way to teach us in an easy, non-confrontational way of the dangers and concerns we should have regarding the foods we eat." – Karimen Montero, mother of two "Laura gave us freedom from being trapped in the same cycle and taught us how to look outside the box. To open adult's minds and to instill this knowledge is a true God given talent and we are forever grateful!" - Jennifer Goodman, mother

Few creations are more associated with joy or more symbolic of the sweet life than cake. After all, it is so much more than dessert. As a book about cake would demand, this one is a multilayered, amply frosted, delicious concoction with a slice (or more) for everyone. Let Me Eat Cake is not a book about baking cake, but about eating it. Author Leslie F. Miller embarks on a journey (not a journey cake, although it's in there) into the moist white underbelly of the cake world. She visits factories and local bakeries and wedding cake boutiques. She interviews famous chefs like Duff Goldman of Food Network's Ace of Cakes and less famous ones like Roland Winbeckler, who sculpts life-size human figures out of hundreds of pounds of pound cake and buttercream frosting. She takes decorating classes, shares recipes, and samples the best cakes and the worst. The book is held together by the hero on a quest, one that traces cake history and tradition. If we were to bake a cake to celebrate the birth of cake (cake is an Old Norse word, first used around 1230), it is hard to say how many candles would go on top. Though the meaning of the word (originally "lump of something"), not to mention our expectations of its ingredients, has changed over time, we now celebrate cake as the coming together of flour, sugar, butter, eggs, vanilla, baking powder, and a pinch of salt. And what a celebration. Baking a cake is hard work, but tasting it is pure pleasure. So put on some elastic-waist pants and grab a fork.

Are you on or off of the dieting yo-yo? I know from personal experience that there is hardly a sustainable moment where a person can relax and say that a lifestyle balance has been struck where the dieting yo-yo no longer exists. Or is there? This book helps readers along the journey towards making simple, enduring lifestyle changes that will help create a slimming impact on their weight and general fitness. It

is not a fad diet that is here today and gone tomorrow. It is sustainable. It helps incorporate changes into your lifestyle that are easy to make and easy to keep. There are no promise or guarantees for success. Just changes to improve your lifestyle and to become a healthier person. As with any lifestyle change, please consult your doctor before making the change. We want to make sure that you stay healthy throughout this journey. Kathleen had been chubby or fat all of her life. Moving from very skinny to very fat, tipping the scales at over two hundred pounds. Even during the dating years she had been exposed to cruel teasing, tricks and jokes. She tried one diet after another but nothing seemed to have the long lasting, enduring impact that she was seeking. She would try the grapefruit diet, the low fat diet, the protein diet and many others. Nothing seemed to have lasting effect. Kathleen now has found that she can make simple adjustments to her life style and can begin slimming. As an example, she exchanged the evening ice cream bowl with sherbet. Within 3 months Kathleen has lost ten pounds and has kept it off. You too can make simple, lifestyle adjusts and begin slimming. Read more about this in this book.

Everyone loves cookies. *Cookie: A Love Story: Fun Facts, Delicious Stories, Fascinating History, Tasty Recipes, and More About Our Most Beloved Treat* is a glorious celebration of America's favorite treat, a gleeful look at its history, impact, meaning, and deliciousness, filled with mouth-watering anecdotes and stories that will satisfy in a way no other book can. Special recipes, anecdotes, and everything you ever wanted to know about cookies are in its pages. Learn about the most popular cookie, the woman who invented the chocolate chip cookie, why we eat cookies at Christmas, when cookies were invented, how cookies impact elections, why Girl Scouts sell cookies and more. This romp through the cookie's past and its place in our lives today is a delicious sampler of the delights the cookie has given us.

A new edition of the acclaimed novel about a Puerto Rican girl coming of age in New York City during WWII.

A feast for the eyes as well as the palate, this collection from media favorite Toba Garrett is available again. "The mouth-watering photos are enough to send you running to the store for baking equipment and ingredients...[these are] gorgeous works of art. A wealth of photographs and illustrations ensures that even novices will have success with their cookie-making marathons."--New York Daily News "Marvelous book...Superb photography shows the excellence of Ms. Garrett's work...A must for the cookie aficionado."--American Cake Decoration Toba Garrett--master baker, critically lauded author, and recent guest on Emeril Live--has devised cookies so delectable and exquisitely decorated that home chefs will be searching for occasions to make more. The simple recipes range from gingerbread to shortbread, from sugar cookies to chocolate. But what really makes these extra special are Garrett's clever techniques for turning the cookies into works of art that delight the eye as much as they please the palate. There are ruffled bibs in soft pastel hues for a baby shower, a white chocolate rose with eight petals, and a 3D bride and groom for wedding and anniversary celebrations. Anyone can create these effects with confidence thanks to the author's clarity and creativity. .

Examines the simultaneous acquisition of Norwegian and English by two first-born children each with one American and one Norwegian parent. Investigates the issue of language mixing in relation to language dominance and the child's differentiation between the two languages in relation to the communicative demands of the context. The paperback edition of Elizabeth Lanza's classic investigation of infant bilingualism includes a new section assessing recent research and contains an extensive updated bibliography.

Christmas Cookies for Dogs has delicious tasty treats recipes your dog will love. Imagine how happy your furbaby will become when you give them freshly handmade cookies! You'll be able to bond with your dog by treating them with delicious Christmas cookies specifically made for them. In this book, no longer will you be aimlessly searching the internet for cookies for dogs. We have compiled some of the best known Christmas Cookies for Dogs recipes that will satisfy your furbaby taste buds! These recipes are simple to make, and best of all, great for any holiday occasion. Are you looking for delicious holiday cookies recipes for your furbaby? Our pets are our family. This means we should extend our healthy lifestyle and beliefs to include them. We believe that treating your dog doesn't have to include a long list of unmentionable and unrecognizable ingredients. If we can't eat it, why should they? That's why we made sure to include only the BEST healthy recipes that would be beneficial to your furbaby health. Download: Christmas Cookies for Dogs: Share the Holiday Spirit with Your Beloved Furbaby with 20 Tasty Cookies Recipes They'll Love. Inside You Will Discover... *20 Christmas cookie recipes *Essential tools to get started *Step by step recipe instructions *Cookies recipe ingredient list *"Bonus" 5 Thanksgiving cookies recipes *Plus much, much, more! Click "BUY NOW" at the top of the page, and instantly Download Christmas Cookies for Dogs: Share the Holiday Spirit with Your Beloved Furbaby with 20 Tasty Cookies Recipes They'll Love.

Shows the process of getting cookies to the cookie jar, revealing how cows are milked, wheat is grown, and sugar cane is harvested by the many hands that work hard to provide the basic ingredients that go into making these treats.

Reports abound on the direct connection between how well kids eat and how successful they are at learning and competing in sports. But what should they eat? A nutritionist and an educator explain what to feed growing kids ages one to eighteen, including those with diabetes, food allergies, and AD/HD, to develop their maximum physical and mental potential. Meals plans and recipes showcase specific "brain stimulating" foods along with practical suggestions for preparing and serving brain foods (including snacks) that kids will actually eat.

Do you struggle to maintain good health? Are you tired of the onslaught of new technology invading your life? Do you long for the simplicity of the good old days? Are you troubled by social unrest in the world? And, perhaps most importantly, has the explosion of political and corporate lying made you distrustful and angry? You are not alone; many people feel the same way. The good news is, some of the problems are not that difficult. In fact, it's quite likely that you and a friend have sat at the kitchen table and solved most of them. The bad news is, many of your solutions are only opinions, and they count for precious little. This book offers scientific facts to replace rumors, lies, and opinions. Each short chapter shines a clear, mind-stretching light on today's mess of important topics that keep the reader turning the page. Here are a few of the ninety-two chapter headings: • The rise of women and decline of men • Are you old yet? • Big data • Music as medicine • Home-made anxiety relief • Wonderful sleep • Approach to death • Optimal health and PH level • How to make yourself happier • Empty memories • Conspiracy theorists • Lies and face management • The beauty of being alone • Your body: home to trillions of microbes

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