

Fight Or Flight 1 Jamie Canosa

"The universe is conspiring against Ava Breevort. When a last-ditch attempt to salvage her trip back home is thwarted by an arrogant Scotsman, their antagonism somehow lands them in bed for the steamiest layover Ava's ever had. And that's all it is--until Caleb Scott basically shows up on her doorstep. When pure chance pulls Ava back into Caleb's orbit, he proposes they enjoy their physical connection while he's stranded in Boston. Ava agrees, knowing her heart's in no danger since a) she barely likes Caleb and b) his existence in her life is temporary. But it turns out Caleb Scott isn't quite so unlikeable after all. When his stay in Boston becomes permanent, Ava must decide whether to fight her feelings for him or give into them. But even if she does decide to risk her heart on Caleb, there is no guarantee her stubborn Scot will want to risk his heart on her"--

A powerful workshop-in-a-book for healing from loss One day everything is fine. The next, you find yourself without everything you took for granted. Love has turned sour. The people you depended on have let you down. You feel you'll never love again. But there is a way out. In *The Abandonment Recovery Workbook*, the only book of its kind, psychotherapist and abandonment expert Susan Anderson explores the seemingly endless pain of heartbreak and shows readers how to break free—whether the heartbreak comes from a divorce, a breakup, a death, or the loss of friendship, health, a job, or a dream. From the first shock of despair through the waves of hopelessness to the tentative efforts to make new connections, *The Abandonment Recovery Workbook* provides an itinerary for recovery. A manual for individuals or support groups, it includes exercises that the author has tested and developed through her decades of expertise in abandonment recovery. Anderson provides concrete recovery tools and exercises to discover and heal underlying issues, identify self-defeating behaviors of mistrust and insecurity, and build self-esteem. Guiding you through the five stages of your journey—shattering, withdrawal, internalizing, rage, and lifting—this book (a new edition of Anderson's *Journey from Heartbreak to Connection*) serves as a source of strength. You will come away with a new sense of self—a self with an increased capacity to love. Praise for Susan Anderson's *The Journey from Abandonment to Healing*: "If there can be a pill to cure the heartbreak of rejection, this book may be it." — Rabbi Harold Kushner, bestselling author of *When Bad Things Happen to Good People*

In the past few years, going cloud native has been a big advantage for many companies. But it's a tough technique to get right, especially for enterprises with critical legacy systems. This practical hands-on guide examines effective architecture, design, and cultural patterns to help you transform your organization into a cloud native enterprise—whether you're moving from older architectures or creating new systems from scratch. By following Wealth Grid, a fictional company, you'll understand the challenges, dilemmas, and considerations that accompany a move to the cloud. Technical managers and architects will learn best practices for taking on a successful company-wide transformation. Cloud migration consultants Pini Reznik, Jamie Dobson, and Michelle Gienow draw patterns from the growing community of expert practitioners and enterprises that have successfully built cloud native systems. You'll learn what works and what doesn't when adopting cloud native—including how this transition affects not just your technology but also your organizational structure and processes. You'll learn: What cloud native means and why enterprises are so interested in it Common barriers and pitfalls that have affected other companies (and how to avoid them) Context-specific patterns for a successful cloud native transformation How to implement a safe, evolutionary cloud native approach How companies addressed root causes and misunderstandings that hindered their progress Case studies from real-world companies that have succeeded with cloud native transformations

For more than 40 years, Computerworld has been the leading source of technology news and information for IT influencers worldwide. Computerworld's award-winning Web site (Computerworld.com), twice-monthly publication, focused conference series and custom research form the hub of the world's largest global IT media network.

Social neuroscience is a rapidly growing field which explains, using neural mechanisms, our ability to recognize, understand, and interact with others. Concepts such as trust, revenge, empathy, prejudice, and love are now being explored and unravelled by neuroscientists. This engaging and cutting-edge text provides an accessible introduction to the complex methods and concepts of social neuroscience, with examples from contemporary research and a blend of different pedagogical features helping students to engage with the material, including essay questions, summary and key points, and further reading suggestions. The second edition of this ground-breaking text has been thoroughly revised and expanded to reflect the growing volume of evidence and theories in the field. Notable additions include a greater emphasis on genetics and hormones, and the expansion of topics such as cultural neuroscience, emotion regulation, biological markers of autism, power and status, social categorization, and new accounts of mirror neuron functioning. The book is supported by a fully updated companion website, featuring student resources including lecture recordings, multiple choice questions and useful web links, as well as PowerPoint slides for lecturers. Richly illustrated in attractive full-color, with figures, boxes, and 'real-world' implications of research, this text is the ideal introduction to the field for both undergraduate and postgraduate students in fields such as psychology and neuroscience.

Love Inspired Suspense brings you three new titles at a great value, available now! Enjoy these suspenseful romances of danger and faith. **SMALL TOWN JUSTICE The Defenders** by Valerie Hansen Back in her hometown, Jamie Lynn Henderson is determined to help her brother get out of prison. But she'll need Shane Colton to keep her alive long enough to discover the truth: Did her brother really murder Shane's father? **COMPROMISED IDENTITY** by Jodie Bailey Someone is stealing military laptops containing top secret information—and it's Sean Turner's mission to catch the culprit. When an attempt is made on staff sergeant Jessica Dylan's life, Sean's even more determined to bring down the ring targeting soldiers—and to save Jessica. **THE LITTLEST WITNESS** by Jane M. Choate After Delta soldier Caleb Judd's nephew witnesses his parents' murders, Caleb hires bodyguard Shelley Rabb to protect the little boy while working to expose the killer.

Bill Warren's *Keep Watching the Skies!* was originally published in two volumes, in 1982 and 1986. It was then greatly expanded in what we called the 21st Century Edition, with new entries on several films and revisions and expansions of the commentary on every film. In addition to a detailed plot synopsis, full cast and credit listings, and an overview of the critical reception of each film, Warren delivers richly informative assessments of the films and a wealth of insights and anecdotes about their making. The book contains 273 photographs (many rare, 35 in color), has seven useful appendices, and concludes with an enormous index. This book is also available in softcover format (ISBN 978-1-4766-6618-1).

This book brings to life best practices of Human Simulation; maximizing the Standardized Patient (SP) methodology that has played a major role in health professions learning and assessment since the 1960s. Each chapter reflects the Association of SP Educators Standards of Best Practices (SOBPs) and provides guidance for implementation. Multiple insights are offered through

embedded interviews with international experts to provide examples illustrating successful strategies. The Human Simulation Continuum Model, a practical and theoretical framework, is introduced to guide educators in decision-making processes associated with the full range of human simulation. The Continuum Model spans improvisations, structured role-play, embedded participants, and simulated-standardized patients. This book also provides the full "how-to" for SP methodology covering topics including; case/scenario development, creating training material, training techniques for case portrayal, training communication and feedback skills, GTA/MUTA/PTA training, SP program administration and professional development for SP Educators. A pragmatic, user-friendly addition to the Comprehensive Healthcare Simulation series, *Implementing Best Practices in Standardized Patient Methodology* is the first book framed by the ASPE SOBPs, embracing best practices in human simulation and marshaling the vast expertise of a myriad of SP Educators.

Provides annotated entries for historical fiction titles, biographies, and multimedia items produced since 1990 which received at least one favorable review

The editors, Rosemary Gartner and Bill McCarthy, have assembled a diverse cast of criminologists, historians, legal scholars, psychologists, and sociologists from a number of countries to discuss key concepts and debates central to the field. The Handbook includes examinations of the historical and contemporary patterns of women's and men's involvement in crime; as well as biological, psychological, and social science perspectives on gender, sex, and criminal activity. Several essays discuss the ways in which sex and gender influence legal and popular reactions to crime. An important theme throughout *The Handbook* is the intersection of sex and gender with ethnicity, class, age, peer groups, and community as influences on crime and justice. Individual chapters investigate both conventional topics - such as domestic abuse and sexual violence - and topics that have only recently drawn the attention of scholars - such as human trafficking, honor killing, gender violence during war, state rape, and genocide. "This authoritative reference on complex traumatic stress disorders (CTSDs) and their assessment and treatment has now been significantly revised with more than 75% new material reflecting a decade of advances in the field. Leading experts delve into ways to understand, engage, assess, and treat adults with complex trauma histories, whose symptoms often include but may go well beyond those of posttraumatic stress disorder. The volume presents cutting-edge theory and research on CTSDs, considers diagnostic controversies, and identifies core elements of effective, culturally responsive treatment. Established and emerging therapies specifically tailored to this population are described and illustrated with vivid case examples. Other highlights are chapters on transtheoretical treatment, the crucial role of professionalism and training, and recognizing and managing vicarious traumatization. Subject areas/Key words: complex trauma, complex posttraumatic stress disorders, CPTSDs, developmental trauma disorder, interpersonal trauma, psychological trauma, child sexual abuse, childhood abuse, chronic maltreatment, disturbances of self-organization, dissociation, evidence-based treatments, assessments, diagnosis, psychotherapy, cognitive-behavioral therapy, CBT, developmental psychopathology, victimization, individual therapy, couple therapy, family therapy, borderline personality disorder, reactive attachment disorder, ICD-11-CM Audience: Clinicians and researchers in clinical psychology, psychiatry, social work, nursing, and counseling, and couple and family therapy"--

The world isn't the place you think it is. It's dark, it's secretive, and it's dangerous. When my sister returned from a party one night, I knew something was different--something was wrong. I was determined to find out what was going on before it was too late. My life as a small town high school student would soon be transformed as I discovered an entirely different world, one where Vampires, Guardians, and Hunters war over humanity. Read books 1-4 now, in this new collection! So You Think Your Sister's a Vampire?--Book 1 Don't trust anyone, not even yourself.... You think you know someone pretty well, until you're awoken in the middle of the night to the sound of unfamiliar voices and realize your sister's being swept away by some supernatural creatures who climb in and out of windows and leap from two-story houses like it's nothing. Now, her best friend is dead. Her ex-boyfriend is acting bizarre. And I'm afraid I might be next. My name is Cassidy Findley, and I'm pretty sure my sister is a vampire, despite her "co-worker" making every effort to brainwash me into believing otherwise. I can only hope that I'm not too late and that I can trust my own memories. Because I'm pretty sure my sister's friends are coming for me next. Who Wants to Be a Vampire Hunter?--Book 2 Secrets are like a spider's web, impossible to untangle.... My older sister Cadence has just embarked on a clandestine life, and no matter the questions I ask, she refuses to let me in. Now that her ex-boyfriend is dead, it's time for me to discover the truth--even if I have to go behind her back. The more I learn, the harder it is to believe any of this is real. Vampires exist? There are other creatures whose sole purpose is to destroy them? The more I learn, the more certain I become that it is my destiny to become a Vampire Hunter. I will find the truth—one way or another. How Not to Be a Vampire Hunter--Book 3 There are some mistakes in life you can never recover from.... Have you ever wanted something so badly, you'd do almost anything to get it? That's how I feel about becoming a Vampire Hunter. And even though I'm technically not old enough to go through the transformation process, I am ready to fulfill my destiny—one way or another. Unfortunately, going behind my sister's back and inserting myself into a dangerous situation doesn't go as planned, and before I know it, I'm no longer a would-be hunter; I'm the prey. Now, all I can do is hope that my sister and her teammates can get to me in time or else my career as a Vampire Hunter will be over before it's even started. And so will my life. My name is Cassidy Findley, and I'm about to find out the hard way how NOT to be a Vampire Hunter. My Life as a Teenage Vampire Hunter--Book 4 Sometimes following your dreams isn't all it's cracked up to be.... When I decided I'd stop at nothing to become a Vampire Hunter, I got myself into a whole lot of trouble. Now, I'll never be exactly what I wanted to be—and I'll never be the same as I was before either. There's a dangerous Vampire on the loose, and I know I'm the only one who can stop him from continuing to prey on the innocent. But since I've already broken my sister's trust, how can I prove to her that I'm more than just her little sister? I'm a weapon. The Chronicles of Cassidy is a retelling of *The Clandestine Saga* specifically for young adult/teen readers told from the perspective of high schooler Cassidy Findley.

Healing Haunted Histories tackles the oldest and deepest injustices on the North American continent. Violations which inhabit every intersection of settler and Indigenous worlds, past and present. Wounds inextricably woven into the fabric of our personal and political lives. And it argues we can heal those wounds through the inward and outward journey of decolonization. The authors write as, and for, settlers on this journey, exploring the places, peoples, and spirits that have formed (and deformed) us. They look at issues of Indigenous justice and settler "response-ability" through the lens of Elaine's Mennonite family narrative, tracing Landlines, Bloodlines, and Songlines like a braided river. From Ukrainian steppes to Canadian prairies to California chaparral, they examine her forebearers' immigrant travails and trauma, settler unknowing and complicity, and traditions of resilience and conscience. And they invite readers to do the same. Part memoir, part social, historical, and theological analysis, and part practical workbook, this process invites settler Christians (and other people of faith) into a discipleship of decolonization. How are our

histories, landscapes, and communities haunted by continuing Indigenous dispossession? How do we transform our colonizing self-perceptions, lifeways, and structures? And how might we practice restorative solidarity with Indigenous communities today? ALMOST 1000 PAGES OF EXPLOSIVE, EDGE OF YOUR SEAT THRILLER ACTION. ????? "If you're missing travel and love a good thriller, READ THIS SERIES!" Three gripping stories to transport you to the deadly backstreets of Kathmandu, the high-rise towers of Hong Kong and the techno nightclubs of Berlin. HAVE YOU MET LEO & ALLISSA? Leo's jobless, crippled by anxiety, and obsessed with a girl he hasn't seen in two years. Granted, disappearing on a Thai island isn't a normal break up. Allissa's on the run from her family. Travelling the world without a plan, she's finally found something of a home in Kathmandu. She just hopes the surrounding mountains can keep the world away. WHAT READERS THINK OF THE LEO & ALLISSA SERIES: ????? "Intense, thrilling, mysterious and captivating." ????? "Keeps you hooked until the final word." ????? "Just an amazing read and so well written. Made you feel as if you were actually there." ????? "Richardson captures the magic of Asia." ????? "Highly recommend to anyone who loves adventure and travel." ????? "I've never read a book like this. Shocking, exhilarating, heart-warming and encouraging." ????? "If you're missing travel at the moment and love a good thriller, I would definitely recommend this series." ????? "I love the combination of travel, relatable characters and interesting plots." THIS BOX SET INCLUDES: BOOK 1 – KATHMANDU Leo's jobless, crippled by anxiety, and obsessed with a girl he hasn't seen in two years. Just as things reach an all-time low, Leo's thrown a lifeline. A politician's missing daughter has been traced to Kathmandu. Leo must go there and find her, if his anxiety and the mysterious city will allow. In his bid to prove himself, Leo sets off on a twisting trail through Kathmandu's labyrinthine streets. But with a storm on the way, the city revealing a dark side, and unexpected danger around every corner, can he find Allissa and get out alive? BOOK 2 – HONG KONG When Jamie's colleague and former lover disappears, the police ask questions. Sure, a body's not been found, but there's plenty of evidence to land Jamie behind bars. Leo and Allissa take the case. In order to free a man charged with murder, they must find a woman who's supposed to be dead. BOOK 3 – BERLIN When a prominent fashion designer falls beneath a train on Berlin's U-Bahn, everything points to suicide. But the family isn't convinced. Keen to prove he's over his past and has a handle on his anxiety, Leo heads to Berlin alone. When the investigation leads from a late-night techno club to a shop run by gangsters and finally onto the sinister wreck of a Cold War spy station, it may be a decision he stands to regret. This collection includes the first three explosive novels in the Leo & Allissa international thriller series. If you're looking for nail biting adventures, unlikely heroes and international settings, then this has to be your next read! WHAT HAPPENED IN KOH TAO? No just satisfied with THREE full length novels, when you buy this box set, you'll get a free download link for the series prequel, Koh Tao. Leo's looking for the perfect place to propose to the love of his life. When they arrive in the Thai tropical paradise of Koh Tao, he thinks he's found it. But before he gets an answer, she's nowhere to be seen.

So far, platform work has been an important laboratory for capital. Management techniques, like the use of algorithms, are being tested with a view to exporting across the global economy and it is argued that automation is undermining workers' agency. Although the contractual trick of self-employment has allowed platforms to grow quickly and keep their costs down, yet it has also been the case also that workers have also found they can strike without following the existing regulations. This book develops a critique of platforms and platform capitalism from the perspective of workers and contributes to the ongoing debates about the future of work and worker organising. It presents an alternative portrait returning to a focus on workers' experience, focusing on solidarity, drawing out a global picture of new forms of agency. In particular, the book focuses on three dynamics that are driving struggles in the platform economy: the increasing connections between workers who are no longer isolated; the lack of communication and negotiation from platforms, leading to escalating worker action around shared issues; and the internationalisation of platforms, which has laid the basis for new transnational solidarity. Focusing on transport and courier workers, online workers and freelancers author Jamie Woodcock concludes by considering how workers build power in different situations. Rather than undermining worker agency, platforms have instead provided the technical basis for the emergence of new global struggles against capitalism.

"This book brings performance and flight together in conversation as a means to explore the ways in which human heavier-than-air aviation and space travel have been fundamentally connected to images, gestures, narrative tropes, and performative acts. Performance has shaped the enterprise of flight in public perception and consciousness and in many cases has guaranteed its success as modes of entertainment, travel, research, and warfare. From the early professional aerial entertainers known as barnstormers, whose name was drawn from the itinerant theatre troupes of the nineteenth century, to the emerging industry of space tourism, which now uses performative means to cement its importance as both manifest destiny and an escape route from a failed planet, performance and flight have been inextricably linked in ways that have heretofore been underexamined"--

Looking back on a memorable career, Darren McCarty recounts his time as one of the most visible and beloved members of the Detroit Red Wings as well as his personal struggles with addiction, finances, and women and his daily battles to overcome them. As a member of four Red Wings' Stanley Cup-winning teams, McCarty played the role of enforcer from 1993 to 2004 and returning again in 2008 and 2009. His "Grind Line" with teammates Kris Draper and Kirk Maltby physically overmatched some of the best offensive lines in the NHL, but he was more than just a brawler: his 127 career goals included several of the highlight variety, including an inside-out move against Philadelphia in the clinching game of the 1997 Stanley Cup Finals. As colorful a character as any NHL player, he has arms adorned with tattoos, and he was the lead singer in the hard rock band Grinder during the offseason. Yet this autobiography details what may have endeared him most to his fans: the honest, open way he has dealt with his struggles in life off the ice. Whether dealing with substance abuse, bankruptcy, divorce, or the death of his father, Darren McCarty has always seemed to persevere.

In life he haunted her...in death she haunted him. Love is eternal... Weeks away from her twenty-first birthday, the date where she would assume control over her family legacy, a night terror robs Indie of the balance she was clinging to. Like the dream she had before she lost her family, it predicts a fatal catastrophe on the horizon. The fight between life and death, good and evil, began the moment her thundering heart awoke her. Everything changed after that dream. The one thing that keeps her curse at bay is stolen, and then her enigmatic boy arrives in the flesh. Face to face with her fiery born-again lover Indie realizes that the only way she can prevent the tragedy before her is to surrender everything she was, is, and could be. Can she bend the laws of nature and fight the improbability that fire and ice could ever be one? As far as Indie is concerned, there is not a myth, spoken fate, or curse that is stronger than her stubborn desire to have it all ... including him. COMBINED WEB OF HEARTS AND SOULS READING ORDER Insight Embody Image Whispers of the Damned Witness Vital Vindicate Synergy Enflame Redefined Rivulet Imperial Blakeshire

Derive Emanate Exaltation* Disavow The Witches Revolt Scorched Souls *If you are a fan of Adult Paranormal Edge can be read with the Web of Hearts, before of after Exaltation--the stories share the same characters. INSIGHT READING ORDER Insight Embody Image Vital Vindicate Enflame Rivulet Imperial Blakeshire (Drake's Story) Emanate Exaltation Disavow SEE READING ORDER Whispers of the Damned Witness of a Broken Heart Synergy of Souls Redefined Love Affair Derive (Aden's Beginning) A Lovers Revolt Scorched Souls EDGE SERIES READING ORDER Alphas Rise Dark Lure Sacred Betrayal Risen Lovers Fall of Kings Queens Rise Stolen Son Disloyal Souls Aftermath We all fell hard for Twilight. We lost ourselves in the teen angst of Vampire Diaries, Fallen, and Hush, Hush. We found courage in the pages of Hunger Games, Divergent, and the Maze Runner. Our imagination was on fire inside of Mortal Instruments, Throne of Glass, and The Red Queen. We fell back into our childhoods with the likes of Cinder. And now we have the compelling, enigmatic, character driven thrill ride of the long reaching contemporary fantasy series INSIGHT. Fans of contemporary and paranormal fantasy you cannot go wrong! Looking for ghosts? Angels? Demons & Devils? Witches? Gods? How about action and adventure wrapped around the romance of soul mates? Do you like to dive into the mystics? Science Fiction elements found in our own realm? Past lives or the zodiac? Ancient and modern civilizations? Spirituality? A setting that is contemporary, urban, and otherworldly? How do you feel about psychics? What about gothic elements? All of this and so much more is wrapped in this long reaching teen series. Insight is the foundation for not only its self titled series but also as a thread in the Web of Hearts and Souls Series, where several series intertwine to offer a mind-bending experience for the reader. If you're looking for originality and one hell of a deal this book is HIGHLY RECOMMENDED. SEE READING ORDER Whispers of the Damned Witness of a Broken Heart Synergy of Souls Redefined Love Affair Derive (Aden's Beginning) A Lovers Revolt Scorched Souls

In our image-based culture, people need to visualize something to understand it. This has never been more true about our communication of the gospel. But sometimes our understanding of the gospel gets stuck in a rut, and all we know is a particular outline or one-size-fits-all formula. While we hold to only one gospel, the New Testament uses a wealth of dynamic, compelling images for explaining the good news of Jesus, each of which connects with different people at different points of need. Neil Livingstone provides a guided tour of biblical images of the gospel and shows how each offers fresh insight into God's saving work. Walking through Scripture's gallery of pictures of salvation from new life to deliverance, from justification to adoption, Livingstone invites us to deepen our understanding of the gospel. By letting the truth and power of each permeate our lives, we will be better able to articulate the life-changing gospel of Christ to a world that needs to taste--and see--that the Lord is good.

Collects X-Men (1963) #109, #120-121 and #139-140; X-Men And Alpha Flight (1985) #1-2; and X-Men/Alpha Flight (1998) #1-2. The X-Men and Alpha Flight have always had Wolverine in common, even when they're fighting over him! But when the stakes get too high, the mighty mutants and the defenders of Canada can set aside their differences and join forces to save the world! In an all-time classic, Alpha Flight and the X-Men face the mythical might of Loki — and it's a transformative experience! And in a blast from the past, Alpha Flight must ride to the rescue when the X-Men fall victim to Hydra! Plus: Alpha Flight's legendary first appearances — from the X-Men's furious encounter with Weapon Alpha (a.k.a. Guardian), to the public debut of Canada's premier super-team, to a savage showdown with the wicked Wendigo!

Leo & Allissa International Thrillers 1-3Richa Books

The CW's hit adaptation of Supergirl is a new take on the classic DC character for a new audience. With diverse female characters, it explores different versions of the female experience. No single character embodies a feminist ideal but together they represent attributes of the contemporary feminist conversation. This collection of new essays uses a similar approach, inviting a diverse group of scholars to address the many questions about gender roles and female agency in the series. Essays analyze how the series engages with feminism, Supergirl's impact on queer audiences, and how families craft the show's feminist narratives. In the ever-growing superhero television genre, Supergirl remains unique as viewers watch a female hero with almost godlike powers face the same struggles as ordinary women in the series.

This title features ethics from a moral nihilist perspective, spanning philosophy, psychology, psychology, sociology, science, and current events.

Learning Tracks is an assessment tool to support the planning and assessment of learning for children and young people with severe and complex learning disabilities (SCLD). It was designed by Lindy Furby and Jilly Catlow while teaching at St Crispin's School for children and young people with severe and complex learning disabilities. At the very early stages of learning, the steps that children and young people make can be small but incredibly significant for them and those who teach them. However, it can be problematic to evidence and formally recognise these achievements and plan next steps. Learning Tracks presents a framework to recognise achievement at these early levels and plan for progression through challenge, breadth and application. The Learning Tracks framework for recognising achievement at very early levels of learning: Can help teachers understand the way their children may be learning Offers a vocabulary for describing the learning Offers a structure for planning the learning When you purchase Learning Tracks, you receive the book that introduces you to the framework and theories underpinning Learning Tracks, describes the curriculum included and demonstrates how it can be implemented in your setting. In addition to this book you will also receive access to the complete ready-made Learning Tracks assessment tool that can be downloaded online. This is available as a PDF with editable elements and a template you can personalise it to suit your individual needs.

Stop living in the poor me world and take purposeful action with discipline and determination to practice self-care, no matter what your age. This book shows you how to become your own caregiver by tapping into your deep beauty and inner worth and transforming yourself through exercise, diet, meditation, and getting rid of toxic relationships.

Social and medical developments have recently led to a dramatic increase in life expectancy. This has inspired the study of organismic changes associated with healthy ageing, in particular the erosion of homeostatic capabilities in multiple endocrine systems. This book reviews advances in the understanding of endocrine facets of ageing. It considers the relative magnitudes and time courses of different endocrine adaptations in the ageing human and experimental animal, addressing the influence of external factors on the rates of progression of endocrine sequelae in ageing, the mechanisms that underlie the disarray of endocrine axes in ageing, and the implications of therapeutic reconstitution of hormones in ageing. This book: Considers the mechanisms of ageing and hormonal changes that occur with age. Discusses healthy ageing and the relationships between hormonal changes and pathophysiological conditions such as atherosclerosis and age-related bone loss. Draws together contributions from basic and clinical research, to identify and stimulate promising new research directions.

In its 114th year, Billboard remains the world's premier weekly music publication and a diverse digital, events, brand, content and

data licensing platform. Billboard publishes the most trusted charts and offers unrivaled reporting about the latest music, video, gaming, media, digital and mobile entertainment issues and trends.

When his father moves them halfway across Colorado, eleven-year-old Hugo O'Donnell is surprised that his remarkable talent for garbology makes him popular for the first time in his life.

Defend against corporate espionage launched from social networks Protect your organization from devastating social media attacks with instruction from a team of information security experts. Securing the Clicks: Network Security in the Age of Social Media explains the latest threats along with detailed fixes, best practices, and "from the headlines" case studies. Find out how to analyze risk, implement robust security protocols, and enforce social media usage policies. Regulatory compliance, online reputation management, and incident response are also covered in this comprehensive volume. Assess your global social media presence and identify vulnerabilities Establish solid security policies at every level of your organization Allocate resources for planning, administration, and corrective action Monitor usage by employees, clients, competitors, and the public Block cyberstalking. phishing, malware, and identity theft exploits Guard intellectual property rights, trademarks, copyrights, and logos Preserve your brand image using online reputation management tools Gary Bahadur is the founder and CEO of KRAA Security [www.kraasecurity.com/social-media-security], which protects organizations from threats through a combination of prevention services. He was the cofounder and CIO of Foundstone, Inc. Jason Inasi is CEO and cofounder of The Factory Interactive {www.thefactoryi.com}, a digital design and marketing agency, and president of Inasi Group, an international, multidisciplinary, technology advisory firm. Alex de Carvalho is vice president of business development and community at VoxMed, cofounder of The Startup Forum, director of social media at Medimix International, and adjunct professor of social media at the University of Miami. Professionals working in a range of clinical settings are regularly called upon to work with angry clients, and they may find their skills and resources for working with this powerful emotion limited. Art Therapy and Anger demonstrates how the non-verbal medium of art therapy provides an ideal outlet for the expression of thoughts and feelings that are too complex and painful to put into words, presenting a new and practical approach to dealing with this area of need. Marian Liebmann argues that clients of all ages will benefit from the art-making process, which helps them to slow down and consider their emotions more calmly. The tangible product of their efforts allows clients to assess and react to what they have depicted, providing a lucid and safe framework for better understanding the causes and effects of their anger. This book draws together contributions from art therapists who work in a wide variety of contexts, including work with offenders, mental health clients, clients with brain injury and those with cancer, with the view of helping clients to manage their anger more constructively. This positive, practical volume will be of great interest to art therapists and students, as well as practitioners working with angry clients in various fields such as mental health, probation, counselling and medicine.

A revised collection of the biographies of the highest scoring Allied fighter pilots of World War II. All details of their combat are arranged in tabular form. Included are a selection of photographs from hitherto private collections.

The new third edition of A Critical Introduction to Sport Psychology is the only textbook in the field that provides a detailed overview of key theories, concepts and findings within the discipline of sport psychology, as well as a critical perspective that examines and challenges these core foundations. Fully revised and updated, the new edition covers key research findings affecting both participation and performance in sport, including topics such as motivation, anxiety, emotional coping, concentration, mental imagery, expertise and team cohesion. In addition, the book includes a range of helpful features that bring the science to life, including critical thinking exercises, suggestions for student projects and new "In the spotlight" boxes that highlight key advances in theory or practice. A comprehensive glossary is also included, whilst a final chapter examines some new horizons in sport psychology, including embodied cognition and socio-cultural perspectives. Sport is played with the body but often won in the mind; that is the theory. A Critical Introduction to Sport Psychology is the definitive textbook for anyone wishing to engage critically with this fascinating idea.

Calcium signaling contains a unique selection of chapters that cover a wide range of contemporary topics in this ubiquitous and diverse system of cell signaling. This book has the flavor of a primary text book, but it is much more than that. It covers topics ranging from the fundamental aspects of calcium signaling to its clinical implications, in a thoughtful and comprehensive way. It discusses cutting edge researches, and critical issues at depth, and it presents many testable hypotheses for future research. It includes the theoretical and the methodological topics as well as topics related to mathematical modeling, and simulations. If you want to read about calcium signaling in different mammalian cells, oocytes, Zebrafishes, and even in plants, in one and the same book, then this book will not disappoint you. From the beginners to the experts in the field of calcium signaling, everybody will find something useful in this very timely book.

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