

The Ripple Effect Sleep Better Eat Better Move Better Think Better

As featured on BBC Radio 5 Live Birth is a feminist issue. It ' s the feminist issue nobody ' s talking about.

When their too-adult lives lead them down self-destructive paths, these broken teens find a way to heal in this YA novel perfect for fans of Ellen Hopkins With her impossible-to-please grandmother on her back about college and her disapproving step-dad watching her every move, Tessa would do anything to escape the pressure-cooker she calls home. So she finds a shot of much-needed power and confidence by hooking up with boys, even though it means cheating on her boyfriend. But when she's finally caught red-handed, she ' ll do anything she can to cover up what she's done. Jack is a prankster who bucks the system every chance he gets—each transgression getting riskier and riskier. He loves the thrill, and each adventure allows a little release because his smug smile and suave demeanor in the face of authority doesn ' t make life at home with his mom any less tough. He tries to take care of her, but the truth is he's powerless in the face of her fragile mental health. So he copes in his own way, by defacing public property and pulling elaborate pranks, though he knows in the end this ' ll only screw up his life even more. As they both try not to let their self-destructive patterns get the best of them, Tessa and Jack gravitate toward one another, discovering the best parts of themselves in the process. An honest portrayal of the urges that drive us and finding the strength to overcome them, Ripple is a stunning debut from a powerful new voice.

Good health doesn't have to be so complicated. The best diet for serious athletes is also the best diet for weight loss, heart health, cancer prevention, and just about everything else. In the spirit of those chefs, journalists, and food writers who have brought a spotlight to the importance of eating well, knowing source, and respecting traditions, Dr. Shanahan adds to this growing food revolution the voice of an experienced physician and scientist. Full of straightforward and memorable advice, Dr. Shanahan's Food Rules offers key details that even her most health-conscious patients had been missing—the details that may save your health.

Finally. The thinking woman's guide to great sex. Bookshelves sag under the weight of guides and manuals that tell readers that their sex lives will be transformed if only they are limber enough to hoist leg A into position B. Many women have found that transformation underwhelming to say the least. Sex is physical. But as best-selling author and television commentator Dr. Gail Saltz writes, "Seeing sex in only physical terms is an old-fashioned and ineffective approach that is based on a fundamental misunderstanding, like treating tuberculosis with breathing exercises, which we did before we knew that tuberculosis was caused by a bacterium. We know better now." With a dose of good humor, Dr. Saltz explains how women can approach their sexuality from the inside out and create a ripple effect that will change how they think, feel, and behave in every aspect of life.

Give Birth Like a Feminist

Policy and Practice

Using Step 10 to Work Steps 6 and 7 Every Day

The Authenticity Project

One Decision

Food Rules

When a woman learns her abusive husband is dead, it's only the beginning of her nightmare, in this twisting psychological thriller by the author of Her Final Victim. Ellie managed to escape from husband Kayden's vicious abuse—and since learning from her mother-in-law that he's taken his own life, she'll never have to worry about him again. But instead of relief, Ellie is now experiencing terror in the form of frightening phone calls, hostile strangers on the street, and what appears to be deliberate sabotage of her writing career. Thinking she's spotted a reflection of Kayden's face only makes her wonder if she's having a breakdown . . . again. With the help of a new man in her life, Ellie intends to head to Scotland and find out once and for all what is real and what is illusion—but the deeper her investigation goes, the darker the truth becomes . . .

In this book, realistic examples show both the situations where threading is valuable and the ways to use threads to improve the modularity and efficiency of a program. The author takes the user behind the scenes to show them how threads work, where to expect problems, and what performance issues exist. Chapters on DCE, real-time, and multiprocessing are included.

Most people wake up and drive to a job that they hate. Think about your five closest friends. Are they happy? Do they live their lives with purpose? Do you? We put on a fake front for what we want people to see and think about us, but the reality is most people aren't happy. We're lost. We settle. We aren't happy with where we are. You can't be happy if you don't know your purpose. It's not possible. You want more but you don't even know where to start. You know there is more out there. You see others having success and you want it, too; there is nothing wrong with that. You just need help finding your purpose so you can find the success you see all around you. You can be productive, crush your goals, pretend that all the things that you've acquired actually mean something...but at the end of the day, if you don't know your purpose, you'll always feel like there's something missing. You'll know that you're capable of more and that you're not living the life you should be. You might be fooling the world, but you're not fooling the person looking back at you in the mirror. You need to find your actual power source. Your purpose is your source of power. Once you find your purpose it'll fuel you for life. You'll do things that you never thought you were capable of. Achieving your purpose will force you to morph into a stronger version of yourself. You'll have to push through fears, insecurities, and doubts that held you back. But somehow it'll all feel possible and necessary because you're purpose-driven now...and that's the only thing you'll ever need.

As American women make decisions about anesthesia today, Deliver Me from Pain offers them insight into how women made this choice in the past and why each generation of mothers has made dramatically different decisions.

Mindful Leadership

My Dead Husband

A POSIX Standard for Better Multiprocessing

Superbodies

PThreads Programming

The Little Book of Gratitude

A book for anyone who has a passion to make the most of what they've been given.

The key to a better body is a healthy brain. CHANGE YOUR BRAIN, CHANGE YOUR BODY shows you how to take the very best care of your brain. With fifteen practical, easy-to-implement solutions involving nutritious foods, natural supplements and vitamins, positive-thinking habits, and, when necessary, highly targeted medications, Dr. Amen shows you how to: * Reach and maintain your ideal weight * Soothe and smooth your skin at any age * Reduce the stress that can impair your immune system * Sharpen your memory * Increase willpower and eliminate cravings * Enhance sexual desire and performance * Lower your blood pressure without medication * Avoid depression and elevate the enjoyment you take in life's pleasures. Whether you're just coming to realize that it's time to get your body into shape, or are already fit and want to take it to the next level, CHANGE YOUR BRAIN, CHANGE YOUR BODY is all you need to start putting the power of the brain-body connection to work for you today.

Modern-day pirates took more than Jori Virtanen's friends; they stole his face. Not only does the twenty-four-year-old former model have to confront months of reconstructive surgery, he discovers his previous life was as superficial as his looks. Up-and-coming talk

show host Olivia Howard wants an interview. She, like the rest of the press, expects a hero, but Jori knows the truth. His beauty masks a beast. In seclusion and evading the press, Jori struggles to make a new life as an artist. But he can't hide from himself; more than his face is damaged. How can Jori possibly make amends for all that he's broken? When Olivia finally tracks him down, he must decide if he can trust her. Could this unlikely woman be a key to freeing his heart and healing the beast?

I've experienced the ways love can change a poor man into a rich one, a sinner to a saint, and make people beg for redemption. Yet nothing I'd ever done was as profound as marrying the woman I love. Every mission I took was a risk worth taking knowing I'd go home to her loving arms. What I didn't know was in my quest to right all the wrongs of the world, I was destroying the only part of it I'd die for - my marriage. The ripple effect of miscommunication and the sin of my omissions would change all of our lives. And it would be my wife who would pay the price.

Deliver Me from Pain

Sleep Disorders in Children

Teach Yourself to Sleep

Change Your Brain, Change Your Body

Use your brain to get the body you have always wanted

The First Step to a Better Life

A New York Times Bestseller From Dr. Phil show regular and author of the New York Times bestselling Best Self: Be You, Only Better, a plan for taking immediate steps to improving your life Foreword by Dr. Phil McGraw It is estimated that we make 35,000 decisions every day. Right now, at least one decision we make will have a powerful ripple effect across all aspects of our life. But One Decision isn't about taking one overwhelming big step; it's about starting with a single, important choice we can make every day: the decision to be authentic. It is the decision to know who you are, to be who you are, and express yourself authentically. Whether you find yourself up against a new challenge, deciding on a change in direction, or in need of a total reinvention, Coach Mike has created a powerful blueprint to help you connect with your authenticity so that your life reflects who you truly are. With the tools in this book, you can transform what the obstacles in your life into new opportunities. He shows you how to stop constantly over-thinking the "big" decisions and reconnect with your gut instincts and make all of your decisions with confidence and peace of mind. And, this book helps you navigate the forces that routinely drive your decision making, ensuring that you're motivated by facts instead of fears, clarity over confusion, and evidence over emotion. One Decision is an inspiring and practical action plan to help you improve your life, find your purpose, improve your mental health and relationships, work on your physical health, and even make more money. Drawing on twenty years of experience helping individuals from all walks of life make real and lasting change, Coach Mike has a refreshing approach for motivating you to take a risk, be bold, and take real action toward a better life. A PENGUIN LIFE TITLE

Fifteen-year-old Jay Hunter has but one goal in life: to get out of the Falls. Life in the blue-collar tourist town doesn't hold much promise for a teenage boy. But all that begins to change when his mother reveals a remarkable family history: Jay's great-grandfather was one of the most famous river men who ever lived, saving people who'd jumped into the Falls, even going over the Falls himself numerous times. Suddenly, life in Niagara Falls holds new meaning for Jay--and a new challenge.

With information for patients and practitioners on optimizing mitochondrial function for greater health and longevity Why do we age? Why does cancer develop? What's the connection between heart failure and Alzheimer's disease, or infertility and hearing loss? Can we extend lifespan, and if so, how? What is the Exercise Paradox? Why do antioxidant supplements sometimes do more harm than good? Many will be amazed to learn that all these questions, and many more, can be answered by a single point of discussion: mitochondria and bioenergetics. In Mitochondria and the Future of Medicine, Naturopathic Doctor Lee Know tells the epic story of mitochondria, the widely misunderstood and often-overlooked powerhouses of our cells. The legendary saga began over two billion years ago, when one bacterium entered another without being digested, which would evolve to create the first mitochondrion. Since then, for life to exist beyond single-celled bacteria, it's the mitochondria that have been responsible for this life-giving energy. By understanding how our mitochondria work, in fact, it is possible to add years to our lives, and life to our years. Current research, however, has revealed a dark side: many seemingly disconnected degenerative diseases have tangled roots in dysfunctional mitochondria. However, modern research has also endowed us with the knowledge on how to optimize its function, which is of critical importance to our health and longevity. Lee Know offers cutting-edge information on supplementation and lifestyle changes for mitochondrial optimization, such as CoQ10, D-Ribose, cannabinoids, and ketogenic dietary therapy, and how to implement their use successfully. Mitochondria and the Future of Medicine is an invaluable resource for practitioners interested in mitochondrial medicine and the true roots of chronic illness and disease, as well as anyone interested in optimizing their health.

Drop the Rock—The Ripple Effect provides multiple perspectives from people successfully working a Twelve Step Program, showing Step 10 as a key to a sober life free of fear and resentment and filled with serenity and gratitude. When Drop the Rock: Removing Character Defects was first published in 1999, it quickly became the standard resource for working Steps 6 and 7, two of the most challenging of the Twelve Steps for many people in recovery. Learning what it means to fully surrender character defects frees you to make amends with Steps 8 and 9, realize the Big Book's "Promises," and move on to Step 10. In this new follow-up resource, Fred H. explores what he calls "the ripple effect" that can be created by using Step 10 to practice Steps 6 and 7 every day and avoid picking up "the rock" again. Drawing on his years of lecturing on the Big Book of Alcoholics Anonymous and Twelve Steps and Twelve Traditions, he reveals Step 10 as the natural culmination of working the previous Steps. providing a crash course on renewing your recovery program through the daily practice of Twelve Step principles. Like its predecessor, Drop the Rock—The Ripple Effect provides multiple perspectives from people successfully working a Twelve Step Program, showing Step 10 as a key to a sober life free of fear and resentment and filled with serenity and gratitude. Fred H. has worked in the field of addiction and recovery for over three decades and is the director of the retreat center for a leading addiction treatment program. He is a popular international speaker on the Big Book and the principles of the Twelve Steps.

Torn Canvas

Handbook for Online Learning Contexts: Digital, Mobile and Open

10 Simple Ways to Feel Great Every Day

The Gutenberg Galaxy

Safe Harbors #2

Ripple

Decades of research have demonstrated that the parent-child dyad and the environment of the family—which includes all primary caregivers—are at the foundation of children's well-being and healthy development. From birth, children are learning and rely on parents and the other caregivers in their lives to protect and care for them. The impact of parents may never be greater than during the earliest years of life, when a child's brain is rapidly developing and when nearly all of her or his experiences are created and shaped by parents and the family environment. Parents help children build and refine their knowledge and skills, charting a trajectory for their health and well-being during childhood and beyond. The experience of parenting also impacts parents themselves. For instance, parenting can enrich and give focus to parents' lives; generate stress or calm; and create any number of emotions, including feelings of happiness, sadness, fulfillment, and anger. Parenting of young children today takes place in the context of significant ongoing developments. These include: a rapidly growing body of science on early childhood, increases in funding for programs and services for families, changing demographics of the U.S. population, and greater diversity of family structure. Additionally, parenting is increasingly being shaped by technology and increased access to information about parenting. *Parenting Matters* identifies parenting knowledge, attitudes, and practices associated with positive developmental outcomes in children ages 0–8; universal/preventive and targeted strategies used in a variety of settings that have been effective with parents of young children and that support the identified knowledge, attitudes, and practices; and barriers to and facilitators for parents' use of practices that lead to healthy child outcomes as well as their participation in effective programs and services. This report makes recommendations directed at an array of stakeholders, for promoting the wide-scale adoption of effective programs and services for parents and on areas that warrant further research to inform policy and practice. It is meant to serve as a roadmap for the future of parenting policy, research, and practice in the United States.

Happiness is good for your health. Learn how to nurture yours. During his 20 years as a GP, Dr Rangan Chatterjee has seen first-hand how motivation isn't always enough for us to maintain a healthy lifestyle. It's only when we learn how to support our own mental wellbeing and cultivate core happiness that these choices become easy. In his latest book, Dr Chatterjee shares cutting-edge insights into the science of happiness and reveals 10 simple ways to put you back in control of your health. It features real-life case studies and over 20 practical exercises, including lessons on how to:

- Treat yourself with respect
- Improve your relationship with your phone
- Deal with criticism

Whether you are at a crisis point or simply want to experience more joy, this book will help you feel calmer, more confident, and able to live your life to the full. PRE-ORDER YOUR COPY OF THE LATEST BOOK FROM THE SUNDAY TIMES BESTSELLING AUTHOR OF FEEL BETTER IN 5

Become a true leader through Mindfulness If you thought leading a team or organization meant simply creating and implementing a financial plan, delegating responsibility, and watching the bottom line, well, you're only partly right. True leadership comes from within, a place of deep calm and focus, that allows you to respond to any situation as it arises. In *Mindful Leadership*, you'll learn how to draw on those inner reserves through Mindfulness Meditation, a tool you can use to achieve focus and clarity, reduce stress, and develop the presence of mind to meet any number of challenges. The book opens up a world of meditation exercises that can be done anywhere, anytime (no chanting or patchouli required!) and that are the gateway to improved judgment and decision making, improved time management, enhanced team effectiveness, greater productivity, and more on-the-job inspiration and innovation. Details the nine ways in which leaders can incorporate Mindfulness into every aspect of their lives Illustrates how meditation and business actually do mix Essential for anyone interested in anticipating and serving client needs The author coaches executives throughout North America and is quoted widely in the media Offering essential skills for both life and work, *Mindful Leadership* shows how it's possible to successfully lead a team, an entire organization—or just yourself.

The Gutenberg Galaxy catapulted Marshall McLuhan to fame as a media theorist and, in time, a new media prognosticator. Fifty years after its initial publication, this landmark text is more significant than ever before. Readers will be amazed by McLuhan's prescience, unmatched by anyone since, predicting as he did the dramatic technological innovations that have fundamentally changed how we communicate. The Gutenberg Galaxy foresaw the networked, compressed 'global village' that would emerge in the late-twentieth and twenty-first centuries – despite having been written when black-and-white television was ubiquitous. This new edition of *The Gutenberg Galaxy* celebrates both the centennial of McLuhan's birth and the fifty-year anniversary of the book's publication. A new interior design updates *The Gutenberg Galaxy* for twenty-first-century readers, while honouring the innovative, avant-garde spirit of the original. This edition also includes new introductory essays that illuminate McLuhan's lasting effect on a variety of scholarly fields and popular culture. A must-read for those who inhabit today's global village, *The Gutenberg Galaxy* is an indispensable road map for our evolving communication landscape.

The 22 Non-Negotiable Laws of Wellness

12 More Rules for Life

Learn Speed Reading & Advanced Memorization

*A Guide for Scholars, Researchers, and Wonks
Mitochondria and the Future of Medicine
Beyond Order*

Every time a lie is told, a raindrop falls. When the lie is revealed, a thunderstorm rages. When the lie is repaired, a flower appears. Yet, even when the sun is shining again, puddles still remain-- The Ripple of a Lie. This children's book is geared for ages Kindergarten through 3rd grade, when lies or half-truths are told on the playground and spread like wildfire. It includes a section with games to talk to your child about the consequences of lying.

Enemies to lovers tale with an earth-shaking twist! When his mega-famous boy band AnyDayNow breaks up, international pop star RJ Contreras strikes out on his own. But when his solo career flops, RJ retreats to a no-frills apartment where he can hide out from the world and lick his festering wounds. But when the girl next door starts slipping 'good neighbor' contracts under his door and complaining about his behavior through strategically placed Post-it-Notes, RJ snaps out of his self-absorbed melancholy to wage war. Nothing short of an act of nature could repair the relationship between these two strong-willed enemies. But guess what Fate has in store?

Develop the Skills to Learn Anything Faster, Easier, and More Effectively Written by the creators of the #1 bestselling course of the same name, this book will teach you how to "hack" your learning, reading, and memory skills, empowering you to learn everything faster and more effectively. What Would You Do If You Could Learn Anything 3 Times Faster? In our rapidly changing and information-driven society, the ability to learn quickly is the single most important skill. Whether you're a student, a professional, or simply embarking on a new hobby, you are forced to grapple with an every-increasing amount of information and knowledge.

We've all experienced the frustration of an ever-growing reading list, struggling to learn a new language, or forgetting things you learned in even your favorite subjects. This Book Will Teach You 3 Major Skills: Speed reading with high (80%+) comprehension and understanding Memory techniques for storing and recalling vast amounts of information quickly and accurately Developing the cognitive infrastructure to support this flood of new information long-term However, the SuperLearning skills you'll learn in this course are applicable to many aspects of your every day life, from remembering phone numbers to acquiring new skills or even speaking new languages. Anyone Can Develop Super-Learning Skills This course is about improving your ability to learn new skills or information quickly and effectively. We go far beyond the kinds of "speed reading" (or glorified skimming) you may have been exposed to, diving into the actual cognitive and neurological factors that make learning easier and more successful. We also give you advanced memory techniques to grapple with the huge loads of information you'll soon be able to process. "This book should be the go-to reference for anyone looking to upgrade their mind's firmware!" -Benny Lewis, Language Learning Expert Learn How to Absorb and Retain Information in a Whole New Way - A Faster, Better Way The Authors' Proprietary Method for Teaching Speed Reading & Memory Improvement You may have even taken a normal speed reading course in the past, only to realize that you didn't retain anything you read. The sad irony is that in order to properly learn things like speed reading skills and memory techniques in the past, you had to read dozens of books and psychological journals to decode the science behind it. Or, you had to hire an expensive private tutor who specializes in SuperLearning. That's what I did. And it changed my life. Fortunately, my co-authors (experts and innovators in the fields of superlearning, memory improvement, and speed reading) agreed to help me transform their materials into the first ever digital course. Over 25,000 satisfied students later, we have transformed our course into a book you can enjoy anywhere. Our teaching methodology relies heavily on at-home exercises. The chapters themselves are only part of what you're buying. You will be practicing various exercises and assignments on a regular basis over the course a 7 week schedule. In addition to the lectures, there are hours of supplemental video and articles which are considered part of the curriculum. "This vital book contains all the tools needed to learn, memorize, and reproduce anything you want with the joy that ease brings. Don't take another class until you've read it!" -Dr. Anthony Metivier, Author & Memory Expert If you wish to improve memory and concentration, learn more effectively, read faster, and learn the techniques of memory champions - look no further! An awesome read that will push the limits of your brain. Levi does an incredible job of guiding you through, to bring your brain from average to UNSTOPPABLE!" -Nelson Dellis, 4-Time USA Memory Champion

In Clean Gut, Alejandro Junger, M.D, New York Times bestselling author of Clean and creator of the world-famous Clean Program, delivers a complete toolkit for reversing disease and sustaining life-long health. All of today's most-diagnosed ailments can be traced back to an injured and irritated gut. The gut is an intricate and powerful system, naturally designed to protect and heal the body every moment of every day And yet for far too many of us, this remarkable system is in disrepair, which leads to all kinds of health problems—from extra pounds, aches and pains, allergies, mood swings, and lack of libido, to heart disease, cancer, autoimmune disorders, insomnia, and depression. But we no longer have to be sick to get healthy. In this groundbreaking program, Alejandro Junger, M.D. explains how instead of treating the symptoms as they arise, we can preemptively attack disease before it takes root in the gut. No matter your current state of health, you will benefit from this program: Clean Gut will help you put an end to everyday ailments, reverse chronic disease, and achieve true, long-lasting health.

Dream Director

How Better Sex Can Lead to a Better Life

Supporting Parents of Children Ages 0-8

Work Better Together: How to Cultivate Strong Relationships to Maximize Well-Being and Boost Bottom Lines

Peak Performance Secrets From the World's Best Athletes

Feel, Think, and Live Better Than You Ever Thought Possible

Based on the wildly popular segments broadcast during the Vancouver Olympics, Superbodies explores how genetics and DNA, the brain, muscles, lungs, heart and blood work together in extreme conditions. It's an inside look that draws on Dr. Greg Wells' research at Sick Kids Hospital and the University of Toronto and more than fifteen years' experience working with Olympic athletes. Superbodies is a fascinating explanation of the human body and an easy-to-follow plan that shows how everyone can learn from the pros to improve their health and performance. Dr. Wells explains How the same training techniques that elite athletes follow can be even more effective for most people What's happening inside your body when you're exercising, and fighting illness What makes elite athletes such as pro-hockey players successful, and what you can learn from them Why little things can add up, and how simple choices can make a huge difference. Fascinating, easy-to-read and packed with full-colour illustrations and photographs, Superbodies shows how people of all ages and abilities can improve their

own health and performance.

Treat yourself to the warm, poignant and uplifting Radio 2 Book Club pick, loved by hundreds of thousands of readers. ***** 'Full of optimism . . . I defy anyone not to pick it up and be both transported and delighted' ***** 'An absolute gem of a book . . . brings both honesty and the perfect level of escapism to give you a warm fuzzy glow inside' 'Feel-good...full of hope. A quirky cast of characters you can't help but root for' Woman & Home, Book of the Month ----- Six strangers with one thing in common: their lives aren't always what they make them out to be. What would happen if they told the truth instead? Julian Jessop is tired of hiding the deep loneliness he feels. So he begins The Authenticity Project - a small green notebook containing the truth about his life. Leaving the notebook on a table in his friendly neighbourhood café, Julian never expects Monica, the owner, to track him down after finding it. Or that she'll be inspired to write down her own story. Little do they realise that such small acts of honesty hold the power to impact all those who discover the notebook and change their lives completely. ----- 'A joyous, funny read that leaves you all warm inside' Beth Morrey, author of Saving Missy Loved The Authenticity Project? Clare Pooley's new and brilliantly uplifting novel The People On Platform 5 is available for pre-order now.

Power your business culture with strong workplace relationships—and watch productivity and profitability soar For years, companies have been implementing programs that promote social responsibility and improve employee health, both of which benefit the financial bottom line. Now it's time to focus on positive social interactions and relationships in the workplace. Why? Research shows that authentic, trust-based relationships increase job satisfaction, engagement, productivity, and retention—and even decreased healthcare costs. In Work Better Together, two experts from Deloitte explain how working remotely, over-relying on digital communication, and always being “on” is fast-increasing feelings of isolation and burnout—and how a work culture driven by quality relationships can reverse these trends. The authors show how to cultivate positive relationships by: Focusing on self-care, such as physical health, quality sleep, and taking time off Tapping into human skills, such as empathy, authenticity, and communication Using technology with intentionality to strengthen relationships, while breaking the negative habits technology fosters Managing workplace relationships, whether you're in the office every day or telecommuting—or something in between Developing a culture of strong relationships that drive quality collaboration throughout the organization Work Better Together walks you through the process of implementing change and fueling a much-needed corporate movement towards humanity in the workplace. Based on the authors' 40+ combined years of experience, it helps you meet today's employees' most urgent needs, while benefitting your organization in real and measurable ways.

Arlo discovers that he can stop his dreams from being scary by becoming the Dream Director! Watch as Arlo's dreams go from frightening to funny. What kind of dreams could you direct?

Sleep Better, Eat Better, Move Better, Think Better

Parenting Matters

Become a SuperLearner

Better Presentations

The Key to Understanding Disease, Chronic Illness, Aging, and Life Itself

The author recounts her near-death experience, recounting the miraculous visions she saw, the emotions she experienced, and how it changed her subsequent life.

In his new book, Dr. Greg Wells offers concrete strategies on how to get better and stay better—not just for a few weeks or a few months, but for life. Optimal well-being is obtained through a commitment to the “holy trinity” of healthy living—eating better, moving better, sleeping better. Together these lead to peak physical performance. With tremendous insight into the physiology of the human body and the reasons mankind has evolved the way it has, The Ripple Effect exposes exercise and diet myths, inspiring you and leading you on a clear path to achieving a health and fitness transformation. With small—and very achievable—daily changes in your life, you'll see the incredible effects of aggregate gains that professional athletes know. You'll learn how: Eating broccoli provides the body with more protein per calorie than eating steak Using one teaspoon less of sugar per day would help you lose four pounds of fat per year Walking for fifteen minutes per day decreases your risk of cancer by fifty per cent Playing games like tennis can prevent Alzheimer's disease Losing ninety minutes of sleep reduces daytime alertness by nearly a third Replacing an hour of television with an hour of sleep could help you lose over fourteen pounds in a year And much more.

PRACTICAL SOLUTIONS FOR QUALITY SLEEP 'In her brilliant new book Mikhail delivers accessible science to help you take back control of your bedtime and your sleep' Psychologies Are you suffering from chronic insomnia, an erratic sleep pattern or do you simply feel that your sleep isn't as deep and restorative as it should be? Then struggle no more. Teach Yourself to Sleep is the new, sustainable solution that you have been waiting for. After decades of trying traditional methods to cure her poor sleep, the chance reading of a book by her great-great uncle, a pioneer in cognitive therapy and clinical hypnosis, led chronic insomniac Kate Mikhail to research the science of sleep and the mind-body loop, and develop the tried-and-tested methods that have finally enabled her to take control of her sleep and wake up feeling rested and energised. In Teach Yourself to Sleep, Kate shares her approach, blending first-person experience with accessible sleep science and interviews with leading doctors, scientists and academics, as well as highly effective sleep 'scripts' provided exclusively for this book by sleep experts. Teach Yourself to Sleep will help you to view sleep in a wider, deeper context by revealing that its quality is inseparably woven into the way you spend your day - not an add-on that comes out of nowhere as night descends. Considering sleep from every angle - from the role of biology-based self-talk in reinforcing better sleep habits, to fixing your sleep-wake cycle through the right balance of light and darkness, and when, what and how to eat for the best sleep possible - this book will help you to understand your sleep better and give you the tools to take control and finally begin to get the sleep you need.

Ripley They call me RIP. I'm a killer. A murderer. A psychopath. In the eyes of the righteous, I'm a monster, born of sin and depravity. I want to protect her, but I'm not a good man. I want to love her, but I no longer feel. She gets under my skin, though, and has awakened something inside of me. Something I'd kill for. I'm not her savior-not even close. In fact, I'm worse than the hell she's already suffered. I'm her vengeance. Tit for tat, as they say. And if she's not careful, I'll be her

ruin. Dylan For months, I've watched him. I've fantasized him as my savior, my lover. My ticket out of the hell I've lived in for the last six years. I never dreamed he'd be my nightmare. Had I known what he really is, I'd have never gotten in the car that night, but life is full of cause and effect. And sometimes the choice on offer isn't a choice at all. It's the result of something already in motion, and we're merely left to survive the ripple effect.

Anesthesia and Birth in America

A Doctor's Guide to Healthy Eating

The Ripple of a Lie

An ex-insomniac's guide

Embraced by the Light

The Ripple Effect

A #1 New York Times and Sunday Times bestseller The long-awaited sequel to 12 RULES FOR LIFE, which has sold over 5 million copies around the world In 12 Rules for Life, acclaimed public thinker and clinical psychologist Jordan B. Peterson offered an antidote to the chaos in our lives: eternal truths applied to modern anxieties. His insights have helped millions of readers and resonated powerfully around the world. Now in this much-anticipated sequel, Peterson goes further, showing that part of life's meaning comes from reaching out into the domain beyond what we know, and adapting to an ever-transforming world. While an excess of chaos threatens us with uncertainty, an excess of order leads to a lack of curiosity and creative vitality. Beyond Order therefore calls on us to balance the two fundamental principles of reality - order and chaos - and reveals the profound meaning that can be found on the path that divides them. In times of instability and suffering, Peterson reminds us that there are sources of strength on which we can all draw: insights borrowed from psychology, philosophy, and humanity's greatest myths and stories. Drawing on the hard-won truths of ancient wisdom, as well as deeply personal lessons from his own life and clinical practice, Peterson offers twelve new principles to guide readers towards a more courageous, truthful and meaningful life.

Smartphones debuted only ten years ago, but their impact has been immense. With up-to-the-minute updates on social media, email, and texts, people are more distracted than ever, which is affecting our psychological and physical well-being. To cut through the disruption, high-performing individuals must construct new practices that encourage focus, creativity, and effectiveness. Greg Wells and Bruce Bowser have perfected the art of unplugging from technology and plugging into reality. In The Focus Effect, they present techniques for sustainable, balanced, and successful routines in all areas of life.

With strategies ranging from practicing healthy mindfulness and meditation, reserving tech-free time, and performing power work, to a revolutionary plan for a hyperproductive workday, Wells and Bowser provide everything needed to activate The Focus Effect in your life. It's time for a worldwide revolution in how we live and work-and The Focus Effect is the jump start you need to be at the forefront of this future.

Everything we think, say, feel, and do has a direct impact on our physical and emotional health. And yet, we overlook this fundamental truth every day. A solution exists. The 22 Non-Negotiable Laws of Wellness advocates a holistic no-nonsense approach to health and well-being that is keenly sensitive to all facets of body, mind, and spirit. These twenty-two keys provide the definitive toolkit for achieving your own high-level wellness.

This book addresses the gap in the literature concerned with global case studies of successful Digital, Mobile and Open Education. The book shares experiences from international teaching and learning projects at all levels of Education, and provides advice for future policy and investment in digital teaching and learning and Open Education projects. It also provides an expectation on the future capacity and sustainability of Open Education.

Being Brilliant

The Breakthrough Plan for Eliminating the Root Cause of Disease and Revolutionizing Your Health

Clean Gut

Ripple Effect

Built to Serve

Drop the Rock--The Ripple Effect

Gratitude is the simple, scientifically proven way to increase happiness and encourage greater joy, love, peace, and optimism into our lives. Through easy practices, such as keeping a daily gratitude journal, writing letters of thanks, and meditating on the good we have received, we can improve our health and wellbeing, enhance our relationships, encourage healthy sleep, and heighten feelings of connectedness. Easily accessible and available to everyone, the practice of gratitude will benefit every area of your life and generate a positive ripple effect. This beautiful book, written by Dr Robert A Emmons, Professor of Psychology at UC Davis, California, discusses the benefits of gratitude and teaches easy techniques to foster gratitude every day.

This book is both an exam guide to children's sleep medicine and a practical manual for diagnosis and management of sleep disorders in children. An overview of the most frequent sleep disorders encountered in newborns, infants, children and adolescents is provided. This book discusses the main sleep disorders in detail, including insomnia, respiratory disturbances, movement disorders during sleep, circadian rhythm disorders, parasomnias, and disorders associated with increased sleepiness. It also covers sleep disorders associated with neurological, psychiatric, and medical diseases. This book is divided into two parts. The first part is an introduction to childhood sleep physiology and pathology, epidemiology of sleep disorders, and diagnostic procedures. The second part describes the most frequent sleep disorders in greater depth. Sleep Disorders in Children is aimed at sleep researchers, pediatricians, child neurologists and child psychiatrists, as well as patient organizations and families with affected children.

The Ripple Effect Sleep Better, Eat Better, Move Better, Think Better Collins

Whether you are a university professor, researcher at a think tank, graduate student, or analyst at a private firm, chances are that at some point you have presented your work in front of an audience. Most of us approach this task by converting a written document into slides, but the result is often a text-heavy presentation saddled with bullet points, stock images, and graphs too complex for an audience to decipher—much less understand. Presenting is fundamentally different from writing, and with only a little more time, a little more effort, and a little more planning, you can communicate your work with force and clarity.

Designed for presenters of scholarly or data-intensive content, Better Presentations details essential strategies for developing clear, sophisticated, and visually captivating presentations. Following three core principles—visualize, unify, and focus—Better Presentations describes how to visualize data effectively, find and use images appropriately, choose sensible fonts and colors, edit text for powerful delivery, and restructure a written argument for maximum engagement and persuasion. With a range of clear examples for what to do (and what not to do), the practical package offered in Better Presentations shares the best techniques to display work and the best tactics for winning over audiences. It pushes presenters past the frustration and intimidation of the process to more effective, memorable, and persuasive presentations.

The 9 Ways to Self-Awareness, Transforming Yourself, and Inspiring Others

Falls

Find Your Purpose and Become the Leader You Were Born to Be

Happy Mind, Happy Life

The feel-good novel you need right now

The Focus Effect: Change Your Work, Change Your Life