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Hold on to Your Kids Gabor Maté 2019-01-03 'Maté's book will make you examine your behaviour in a new light' Guardian 'bold, wise and deeply moral. [Maté] is a healer to be cherished' Naomi Klein, author of No Logo and The Shock Doctrine Children take their lead from their friends: being 'cool' matters more than anything else. Shaping values, identity and codes of behaviour, peer groups are often far more influential than parents. But this situation is far from natural, and it can be dangerous - it undermines family cohesion, interferes with healthy development, and fosters a hostile and sexualized youth culture. Children end up becoming conformist, anxious and alienated. In Hold on to Your Kids, acclaimed physician and bestselling author Gabor Maté joins forces with Gordon Neufeld, a psychologist with a reputation for penetrating to the heart of complex parenting. Together they pinpoint the causes of this breakdown and offer practical advice on how to 'reattach' to sons and daughters, establish the hierarchy at home, make children feel safe and understood, and earn back your children's loyalty and love. This updated edition also addresses the unprecedented parenting challenges posed by the rise of digital devices and social media. By helping to reawaken our instincts, Maté and Neufeld empower parents to be what nature intended: a true source of contact, security and warmth for their children.

Scattered Minds Gabor Maté 2019-01-03 Scattered Minds explodes the myth of attention deficit disorder as genetically based - and offers real hope and advice for children and adults who live with the condition. Gabor Maté is a revered physician who specializes in neurology, psychiatry and psychology - and himself has ADD. With wisdom gained through years of medical practice and research, Scattered Minds is a must-read for parents - and for anyone interested how experiences in infancy shape the biology and psychology of the human brain. Scattered Minds: - Demonstrates that ADD is not an inherited illness, but a reversible impairment and developmental delay - Explains that in ADD, circuits in the brain whose job is emotional self-regulation and attention control fail to develop in infancy - and why - Shows how 'distractibility' is the psychological product of life experience - Allows parents to understand what makes their ADD children tick, and adults with ADD to gain insights into their emotions and behaviours - Expresses optimism about neurological development even in adulthood - Presents a programme of how to promote this development in both children and adults

Spark Joy Marie Kondo 2016-01-07 Marie Kondo will help you declutter your life with her new major Netflix series Organise the World with Marie Kondo Spark Joy is an in-depth, line illustrated, room-by-room guide to decluttering and organising your home, from bedrooms and kitchens to bathrooms and living rooms as well as a wide range of items in different categories, including clothes, photographs, paperwork, books, cutlery, cosmetics, shoes, bags, wallets and valuables. Charming line drawings explain how to properly organise drawers, wardrobes, cupboards and cabinets. The illustrations also show Ms Kondo's unique folding method, clearly showing how to fold anything from shirts, trousers and jackets to skirts, socks and bras. The secret to Marie Kondo's unique and simple KonMari tidying method is to focus on what you want to keep, not what you want to get rid of. Ask yourself if something 'sparks joy' and suddenly it becomes so much easier to understand if you really need it in your home and your life. When you surround yourself with things you love you will find that your whole life begins to change. Marie Kondo's first book, The Life-Changing Magic of Tidying, presents her unique tidying philosophy and introduces readers to the basics of her KonMari method. It has already transformed the homes and lives of millions of people around the world. Spark Joy is Marie Kondo's in-depth tidying masterclass, focusing on the detail of how to declutter and organise your home.

Agile Project Management with Scrum Ken Schwaber 2004-02-11 The rules and practices for Scrum—a simple process for managing complex projects—are few, straightforward, and easy to learn. But Scrum's simplicity itself—its lack of prescription—can be disarming, and new practitioners often find themselves reverting to old project management habits and tools and yielding lesser results. In this illuminating series of case studies, Scrum co-creator and evangelist Ken Schwaber identifies the real-world lessons—the successes and failures—culled from his years of experience coaching companies in agile project management. Through them, you'll understand how to use Scrum to solve complex problems and drive better results—delivering more valuable software faster. Gain the foundation in Scrum theory—and practice—you need to: Rein in even the most complex, unwieldy projects Effectively manage unknown or changing product requirements Simplify the chain of command with self-managing development teams Receive clearer specifications—and feedback—from customers Greatly reduce project planning time and required tools Build—and release—products in 30-day cycles so clients get deliverables earlier Avoid missteps by regularly inspecting, reporting on, and fine-tuning projects Support multiple teams working on a large-scale project from many geographic locations Maximize return on investment!

Satipatthana Sutta Discourses (2nd Edition) S.N. Goenka A condensed version of S.N. Goenka's discourses from an eight-day course on the Mahasatipatthana Sutta. Goenkaji reads and interprets the sutta in his discourses, giving life and inspiring relevance to the primary text given by the Buddha about Vipassana meditation practice.

Twelve Years a Slave Solomon Northup 101-01-01 "Having been born a freeman, and for more than thirty years enjoyed the blessings of liberty in a free State—and having at the end of that time been kidnapped and sold into Slavery, where I remained, until happily rescued in the month of January, 1853, after a bondage of twelve years—it has been suggested that an account of my life and fortunes would not be uninteresting to the public." -an excerpt

Learn Python 3 the Hard Way Zed A. Shaw 2017-06-26 You Will Learn Python 3! Zed Shaw has perfected the world's best system for learning Python 3. Follow it and you will succeed—just like the millions of beginners Zed has taught to date! You bring the discipline, commitment, and persistence; the author supplies everything else. In Learn Python 3 the Hard Way, you'll learn Python by working through 52 brilliantly crafted exercises. Read them. Type their code precisely. (No copying and pasting!) Fix your mistakes. Watch the programs run. As you do, you'll learn how a computer works; what good programs look like; and how to read, write, and think about code. Zed then teaches you even more in 5+ hours of video where he shows you how to break, fix, and debug your code—live, as he's doing the exercises. Install a complete Python environment Organize and write code Fix and break code Basic mathematics Variables Strings and text Interact with users Work with files Looping and logic Data structures using lists and dictionaries Program design Object-oriented programming Inheritance and composition Modules, classes, and objects Python packaging Automated testing Basic game development Basic web development It'll be hard at first. But soon, you'll just get it—and that will feel great! This course will reward you for every minute you put into it. Soon, you'll know one of the world's most powerful, popular programming languages. You'll be a Python programmer. This Book Is Perfect For Total beginners with zero programming experience Junior developers who know one or two languages Returning professionals who haven't written code in years Seasoned professionals looking for a fast, simple, crash course in Python 3

An Arabic-English Vocabulary of the Colloquial Arabic of Egypt Socrates Spiro 1895

World of the Buddha Lucien Stryk 2007-12-01 Selections from the most significant texts in the body of Buddhist literature. For readers who want a deeper understanding of Buddhism, this is a rich, varied, and comprehensive collection in one volume. It includes the most significant texts from the vast body of Buddhist literature, and includes translations from Pali, Sanskrit, Tibetan, Chinese, Japanese, and Lao. For the benefit of the newcomer to Buddhism—or for those using it in an academic context—the pieces are arranged in chronological order, and each chapter is preceded by a separate commentary. In addition, there is a comprehensive description of life in India at the time of the Buddha and an outline of his life and mission. "The best available translations." —Library Journal

Babel in London John Haycraft 1965

Traction Gino Wickman 2012-04-03 Do you have a grip on your business, or does your business have a grip on you? All entrepreneurs and business leaders face similar frustrations—personnel conflict, profit woes, and inadequate growth. Decisions never seem to get made, or, once made, fail to be properly implemented. But there is a solution. It's not complicated or theoretical.The Entrepreneurial Operating System® is a practical method for achieving the business success you have always envisioned. More than 80,000 companies have discovered what EOS can do. In Traction, you'll learn the secrets of strengthening the six key components of your business. You'll discover simple yet powerful ways to run your company that will give you and your leadership team more focus, more growth, and more enjoyment. Successful companies are applying Traction every day to run profitable, frustration-free businesses—and you can too. For an illustrative, real-world lesson on how to apply Traction to your business, check out its companion book, Get A Grip.

When the Body Says No Gabor Maté 2019-01-03 Can a person literally die of loneliness? Is there a connection between the ability to express emotions and Alzheimer's disease? Is there such a thing as a 'cancer personality'? Drawing on deep scientific research and Dr Gabor Maté's acclaimed clinical work, When the Body Says No provides the answers to critical questions about the mind-body link - and the role that stress and our emotional makeup play in an array of common diseases. When the Body Says No: - Explores the role of the mind-body link in conditions and diseases such as arthritis, cancer, diabetes, heart disease, irritable bowel syndrome and multiple sclerosis. - Shares dozens of enlightening case studies and stories, including those of people such as Lou Gehrig (ALS), Betty Ford (breast cancer), Ronald Reagan (Alzheimer's), Gilda Radner (ovarian cancer) and Lance Armstrong (testicular cancer) - Reveals 'The Seven A's of Healing': principles in healing and the prevention of illness from hidden stress

The Definitive Guide to DAX Alberto Ferrari 2015-10-14 This comprehensive and authoritative guide will teach you the DAX language for business intelligence, data modeling, and analytics. Leading Microsoft BI consultants Marco Russo and Alberto Ferrari help you master everything from table functions through advanced code and model optimization. You'll learn exactly what happens under the hood when you run a DAX expression, how DAX behaves differently from other languages, and how to use this knowledge to write fast, robust code. If you want to leverage all of DAX's remarkable power and flexibility, this no-compromise "deep dive" is exactly what you need. Perform powerful data analysis with DAX for Microsoft SQL Server Analysis Services, Excel, and Power BI Master core DAX concepts, including calculated columns, measures, and error handling Understand evaluation contexts and the CALCULATE and CALCULATETABLE functions Perform time-based calculations: YTD, MTD, previous year, working days, and more Work with expanded tables, complex functions, and elaborate DAX expressions Perform calculations over hierarchies, including parent/child hierarchies Use DAX to express diverse and unusual relationships Measure DAX query performance with SQL Server Profiler and DAX Studio

The Aquarian Teacher Yogi Bhajan 2010

A Course in Miracles 2005

Higher Order Thinking in Science Classrooms: Students' Learning and Teachers' Professional Development Anat Zohar 2004-01-31 How can educators bridge the gap between "big" ideas about teaching students to think and educational practice? This book addresses this question by a unique combination of theory, field experience and elaborate educational research. Its basic idea is to look at science instruction with regard to two sets of explicit goals: one set refers to teaching science concepts and the second set refers to teaching higher order thinking. This book tells about how thinking can be taught not only in the rare and unique conditions that are so typical of affluent experimental educational projects but also in the less privileged but much more common conditions of educational practice that most schools have to endure. It provides empirical evidence showing that students from all academic levels actually improve their thinking and their scientific knowledge following the thinking curricula, and discusses specific means for teaching higher order thinking to students with low academic achievements. The second part of the book addresses issues that pertain to teachers' professional development and to their knowledge and beliefs regarding the teaching of higher order thinking. This book is intended for a very large audience: researchers (including graduate students), curricular designers, practicing and pre-service teachers, college students, teacher educators and those interested in educational reform. Although the book is primarily about the development of thinking in science classrooms, most of it chapters may be of interest to educators from all disciplines.

Yoga Your Home Practice Companion Sivananda Yoga Vedanta Centre 2018-04-03 Achieve a healthy body, mental alertness, and inner serenity through the practice of hatha yoga. Introducing Yoga Your Home Practice Companion, an all-encompassing yoga guide combining step-by-step asanas, detailed illustrations, programmes, mindfulness techniques, diet advice, and recipes together, to achieve optimum health, wellness and mindfulness! In today's fast-paced world it's easy to lose the balance in our lives and the connection with our bodies. DK believes it's time to change that! This wonderful wellness book offers nurturing remedies to the stress and hustle of everyday life within a complete practice and lifestyle guide for students of all abilities. Dive straight in to discover: -Over 40 healthy plant-based recipes and curated expert diet advice -Top tips on handy mindfulness techniques to tailor to your individual environment -Detailed visual illustrations to accompany easy-to-follow guides to mindfulness Master breathing and mindfulness techniques to recharge your energy levels and combat stress. Embrace a healthier more yogic way of eating with diet advice and more than 40 nutritious plant-based recipes. Written by the experts from the world-renowned Sivananda Yoga Vedana Centres, Yoga: Your Home Practice Companion has everything you need in one complete package. Whether your goal is to create clean-eating habits going forward, or master the art of mindfulness, Yoga: Your Home Practice Companion is a one-stop guide to achieving a healthy mind, body and soul through the wide range of yoga poses, riveting recipes and mindfulness techniques it encompasses. Fancy a new you this New Year but don't know where to begin? No worries, we've got you covered! Why not stretch your limits and push yourself even further this New You by adopting a healthy and happy lifestyle and maximise your mindfulness? Perhaps your mind, body and soul will thank you!

Six Pixels of Separation Mitch Joel 2009-09-07 Is it important to be connected? Well, consider this: If Facebook were a country, it would have the sixth largest population in the world. The truth is, we no longer live in a world of six degrees of separation. In fact, we're now down to only six pixels of separation, which changes everything we know about doing business. This is the first book to integrate digital marketing, social media, personal branding, and entrepreneurship in a clear, entertaining, and instructive manner that everyone can understand and apply. Through the use of timely case studies and fascinating stories, SIX PIXELS OF SEPARATION offers a complete set of the latest tactics, insights, and tools that will empower you to reach a global audience and consumer base-and, best yet, you can do this pretty much for free. Digital marketing expert Mitch Joel unravels this fascinating world of new media-but does so with a brand-new perspective that is driven by compelling results. The smarter entrepreneurs and top executives are leveraging these digital channels to get their voice "out there"-connecting with others, becoming better community

citizens, and, ultimately, making strategic business moves that are increasing revenue, awareness, and overall success in the marketplace-without the support of traditional mass media. Everyone is connected. Isn't it time for you and your company to connect to everyone? SIX PIXELS OF SEPARATION will show you how.

Way of the Wolf Jordan Belfort 2017-09-26 "What is your number one asset in business--and in life? Persuasion: your ability to sell your product or service effectively; to close the deals, both in your business and your personal life; to stand out, be seen, and prove your case to the world; and in doing so create your greatest destiny possible all boils down to your ability to persuade. Jordan Belfort, the famous Wolf of Wall Street, cracked the code on how to persuade anyone to do anything, as well as how to teach anyone, regardless of age, education, or skill level, to be a master salesperson, closer, negotiator, entrepreneur, or speaker. Now Jordan is showing readers how to create their own circumstances to allow themselves to shape their world the way they want. You're either a victim of circumstance or you're the creator of circumstance. Key points include: cracking the code for sales and persuasion; discovering the magic bullet; creating ethical presentations that actually close the deal; mastering the art of tonality; the art and science of qualifying. Written in his own inimitable voice, this book serves as the first definitive guide on the world-famous Straight Line Sales and Persuasion System, a scientifically proven system for dramatically increasing a person's ability to influence and persuade someone for a predetermined outcome in any setting, both business and personal."-- Jacket.

Korean Stories For Language Learners Julie Damron 2018-09-11 The most enjoyable way to learn about an unfamiliar culture is through its stories—especially when they're told in two languages! Korean Stories for Language Learners introduces 42 traditional Korean folktales with bilingual Korean and English versions, presented on facing pages, together with detailed notes and exercises aimed at beginning learners of the language. The book can be used as a reader in first- and second-year Korean language courses or by anyone who wishes to learn about Korean folktales and traditional Korean culture. This elegantly illustrated volume is designed to help language learners expand their vocabulary and to develop a basic familiarity with Korean culture. The stories gradually increase in length and complexity throughout the book as the reader improves their vocabulary and understanding of the language. After the first few stories, the reader is asked to use the vocabulary in speaking and writing exercises. By reading these classic stories, they also are given a window into Korean culture and learn to appreciate the uniqueness of the country—which provides greater motivation to continue learning the difficult language. Cultural notes and discussion questions further reinforce one's understanding of the stories, and bolster one's language skills. Korean-English and English-Korean glossaries are included as well as an overview of the Korean Hangeul script. Audio recordings by native speakers help readers improve their pronunciation and inflection.

Kultura i społeczeństwo 1989

Inner Engineering Sadhguru 2016-09-20 NEW YORK TIMES BESTSELLER • Thought leader, visionary, philanthropist, mystic, and yogi Sadhguru presents Western readers with a time-tested path to achieving absolute well-being: the classical science of yoga. "A loving invitation to live our best lives and a profound reassurance of why and how we can."—Sir Ken Robinson, author of The Element, Finding Your Element, and Out of Our Minds: Learning to Be Creative NAMED ONE OF THE TEN BEST BOOKS OF THE YEAR BY SPIRITUALITY & HEALTH The practice of hatha yoga, as we commonly know it, is but one of eight branches of the body of knowledge that is yoga. In fact, yoga is a sophisticated system of self-empowerment that is capable of harnessing and activating inner energies in such a way that your body and mind function at their optimal capacity. It is a means to create inner situations exactly the way you want them, turning you into the architect of your own joy. A yogi lives life in this expansive state, and in this transformative book Sadhguru tells the story of his own awakening, from a boy with an unusual affinity for the natural world to a young daredevil who crossed the Indian continent on his motorcycle. He relates the moment of his enlightenment on a mountaintop in southern India, where time stood still and he emerged radically changed. Today, as the founder of Isha, an organization devoted to humanitarian causes, he lights the path for millions. The term guru, he notes, means "dispeller of darkness, someone who opens the door for you. . . . As a guru, I have no doctrine to teach, no philosophy to impart, no belief to propagate. And that is because the only solution for all the ills that plague humanity is self-transformation. Self-transformation means that nothing of the old remains. It is a dimensional shift in the way you perceive and experience life." The wisdom distilled in this accessible, profound, and engaging book offers readers time-tested tools that are fresh, alive, and radiantly new. Inner Engineering presents a revolutionary way of thinking about our agency and our humanity and the opportunity to achieve nothing less than a life of joy.

Spring in Action Craig Walls 2014-11-27 Brings readers up to speed with Spring 3.1 and then highlights some of the new Spring 3.2 features such as asynchronous Spring MVC Controllers, also covering testing support for Spring MVC controllers and RestTemplate-based clients. Original.

Zen Meditation for Christians Hugo Makibi Enomiya-Lassalle 1974

Road to Commonwealth Games, 2010 Sunil Yash Kalra 2010-01-01 About the Book : - The Commonwealth Games hold out many promises they will firmly establish Delhi's identity as a global city, promote sports among Indians, create job opportunities, increase tourism . . . But what is the reality behind these claims? Come October, when India hosts the Commonwealth Games 2010 in New Delhi, the country will unite in celebrating the biggest sports extravaganza in its history. The whole nation will share the emotions of sportspersons in their moments of triumph and failure during these twelve exciting days. The Games will impact on many different aspects of our lives, and the buzz has already begun. The book lays bare Delhi's level of preparedness for the Commonwealth Games 2010 by analyzing important indicators including the physical infrastructure, tourism, security arrangements, the creation of employment and the impact on the environment. Extensively researched, it provides readers with an interpretative and insightful account of the various aspects related to the Games from sports legacy to corporate sponsorship; from the socio-cultural impact of the Games to their effect on employment. The book also includes a survey of over 5,000 employers across the country on the long- and short-term impact that the Games will have on work opportunities in India.

Essentials of Psychological Testing Susana Urbina 2014-08-04 An easy-to-understand overview of the key concepts of psychological testing Fully updated and revised, the second edition of Essentials of Psychological Testing surveys the basic principles of psychometrics, succinctly presents the information needed to understand and evaluate tests, and introduces readers to the major contemporary reference works in the field. This engaging, practical overview of the most relevant psychometric concepts and techniques provides the foundation necessary for advanced study in the field of psychological assessment. Each clear, well-organized chapter includes new examples and references, featuring callout boxes highlighting key concepts, bulleted points, and extensive illustrative material, as well as "Test Yourself" questions that help gauge and reinforce readers' grasp of the information covered. The author's extensive experience and deep understanding of the concepts presented are evident throughout the book, particularly when readers are reminded that tests are tools and that, like all tools, they have limitations. Starting with a basic introduction to psychological tests, their historical development, and their uses, the book also covers the statistical procedures most frequently used in testing, the frames of reference for score interpretation, reliability, validity and test item considerations, as well as the latest guidelines for test selection, administration, scoring and reporting test results. Whether as an orientation for those new to the field, a refresher for those already acquainted with it, or as reference for seasoned clinicians, this book is an invaluable resource. SUSANA URBINA, PHD, is Professor Emeritus of Psychology at the University of North Florida, where she taught courses in psychological testing and assessment. A Diplomate of the American Board of Assessment Psychology and a licensed psychologist, Dr. Urbina practiced in the field of psychological assessment for over a decade. She coauthored the seventh edition of Psychological Testing with Anne Anastasi and has published numerous articles and reviews in the area of psychological testing.

Effective Kotlin Marcin Moskała Kotlin is a powerful and pragmatic language, but it's not enough to know about its features. We also need to know when they should be used and in what way. This book is a guide for Kotlin developers on how to become excellent Kotlin developers. It presents and explains in-depth the best practices for Kotlin development. Each item is presented as a clear rule of thumb, supported by detailed explanations and practical examples.

Android Development with Kotlin Marcin Moskala 2017-08-30 Learn how to make Android development much faster using a variety of Kotlin features, from basics to advanced, to write better quality code. About This Book Leverage specific features of Kotlin to ease Android application development Write code based on both object oriented and functional programming to build robust applications Filled with various practical examples so you can easily apply your knowledge to real world scenarios Identify the improved way of dealing with common Java patterns Who This Book Is For This book is for developers who have a basic understanding of Java language and have 6-12 months of experience with Android development and developers who feel comfortable with OOP concepts. What You Will Learn Run a Kotlin application and understand the integration with Android Studio Incorporate Kotlin into new/existing Android Java based project Learn about Kotlin type system to deal with null safety and immutability Define various types of classes and deal with properties Define collections and transform them in functional way Define extensions, new behaviours to existing libraries and Android framework classes Use generic type variance modifiers to define subtyping relationship between generic types Build a sample application In Detail Nowadays, improved application development does not just mean building better performing applications. It has become crucial to find improved ways of writing code. Kotlin is a language that helps developers build amazing Android applications easily and effectively. This book discusses Kotlin features in context of Android development. It demonstrates how common examples that are typical for Android development, can be simplified using Kotlin. It also shows all the benefits, improvements and new possibilities provided by this language. The book is divided in three modules that show the power of Kotlin and teach you how to use it properly. Each module present features in different levels of advancement. The first module covers Kotlin basics. This module will lay a firm foundation for the rest of the chapters so you are able to read and understand most of the Kotlin code. The next module dives deeper into the building blocks of Kotlin, such as functions, classes, and function types. You will learn how Kotlin brings many improvements to the table by improving common Java concepts and decreasing code verbosity. The last module presents features that are not present in Java. You will learn how certain tasks can be achieved in simpler ways thanks to Kotlin. Through the book, you will learn how to use Kotlin for Android development. You will get to know and understand most important Kotlin features, and how they can be used. You will be ready to start your own adventure with Android development with Kotlin.

The Russia Trap George S. Beebe 2019-09-03 "A must read for anyone who cares about our nation's security in these cyber-serious, hair-trigger times." - Susan Eisenhower Every American president since the end of the Cold War has called for better relations with Russia. But each has seen relations get worse by the time he left office. Now the two countries are facing off in a virtual war being fought without clear goals or boundaries. Why? Many say it is because Washington has been slow to wake up to Russian efforts to destroy democracy in America and the world. But a former head of Russia analysis at the CIA says that this misunderstands the problem. George Beebe argues that new game-changing technologies, disappearing rules of the game, and distorted perceptions on both sides are combining to lock Washington and Moscow into an escalatory spiral that they do not recognize. All the pieces are in place for a World War I-type tragedy that could be triggered by a small, unpredictable event. The Russia Trap shows that anticipating this danger is the most important step in preventing it.

In the Realm of Hungry Ghosts Gabor Maté, MD 2009-04-03 In this timely and profoundly original new book, bestselling writer and physician Gabor Maté looks at the epidemic of addictions in our society, tells us why we are so prone to them and what is needed to liberate ourselves from their hold on our emotions and behaviours. For over seven years Gabor Maté has been the staff physician at the Portland Hotel, a residence and harm reduction facility in Vancouver's Downtown Eastside. His patients are challenged by life-threatening drug addictions, mental illness, Hepatitis C or HIV and, in many cases, all four. But if Dr. Maté's patients are at the far end of the spectrum, there are many others among us who are also struggling with addictions. Drugs, alcohol, tobacco, work, food, sex, gambling and excessive inappropriate spending: what is amiss with our lives that we seek such self-destructive ways to comfort ourselves? And why is it so difficult to stop these habits, even as they threaten our health, jeopardize our relationships and corrode our lives? Beginning with a dramatically close view of his drug addicted patients, Dr. Maté looks at his own history of compulsive behaviour. He weaves the stories of real people who have struggled with addiction with the latest research on addiction and the brain. Providing a bold synthesis of clinical experience, insight and cutting edge scientific findings, Dr. Maté sheds light on this most puzzling of human frailties. He proposes a compassionate approach to helping drug addicts and, for the many behaviour addicts among us, to addressing the void addiction is meant to fill. I believe there is one addiction process, whether it manifests in the lethal substance dependencies of my Downtown Eastside patients, the frantic self-soothing of overeaters or shopaholics, the obsessions of gamblers, sexaholics and compulsive internet users, or in the socially acceptable and even admired behaviours of the workaholic. Drug addicts are often dismissed and discounted as unworthy of empathy and respect. In telling their stories my intent is to help their voices to be heard and to shed light on the origins and nature of their ill-fated struggle to overcome suffering through substance use. Both in their flaws and their virtues they share much in common with the society that ostracizes them. If they have chosen a path to nowhere, they still have much to teach the rest of us. In the dark mirror of their lives we can trace outlines of our own. —from In the Realm of Hungry Ghosts

Zoraida William Le Queux 1895

Lew Hunter's Screenwriting 434 Lew Hunter 2004-05-04 For decades, Lew Hunter's Screenwriting 434 class at UCLA has been the premier screenwriting course, launching a generation of the industry's most frequently produced writers. Here, he shares the secrets of his course on the screenwriting process by actually writing an original script, step by step, that appears in the book.

A Question of Voice Ron Scapp 2020-12-07 A Question of Voice: Philosophy and the Search for Legitimacy offers an explicit and comprehensive consideration of voice as a complex of rethinking aspects of the history of philosophy through issues of power, as well as contemporary issues that include and involve the desire for and the dynamics of legitimacy, for individuals and communities. By identifying voice as a significant theme and means by which and through which we might better engage some important philosophical questions, Ron Scapp hopes to expand traditional philosophical discussion and discourse regarding questions about validity, legitimacy, empathy, and solidarity. He offers an innovative perspective that is informed and guided by multiculturalism, ethnic studies, queer studies, feminism, and thinkers and critics such as bell hooks, Barbara Christian, Angela Davis, Jacques Derrida, Michel Foucault, among others. A Question of Voice is an American investigation, but also suggests questions that emanate from contemporary continental thought as well as issues that arise from transnational perspectives—an approach that is motived by doing philosophy in an age of multiculturalism.

The Compact Edition of the Oxford English Dictionary: Complete Text Reproduced Micrographically: P-Z, Supplement and bibliography 1971 Micrographic reproduction of the 13 volume Oxford English dictionary published in 1933.

Home Staging Klaudia Leszczyńska 2019-11-01 What you'll learn? - How to choose the type of rent that is suited to your needs, plan your strategy and define your target group. - How to evaluate your property and define the areas that need work. - A step by step guide to Staging your property, yourself. - How to set the scope of needed work, your budget and realistically estimate potential profits. - The main rules of Home Staging & how to combine colors, patterns and fabrics. - How to furnish and visually enlarge small rooms. - How to photograph your property expertly, as an amateur, and write good ads. - What to do if the property remains on the market after Home Staging. What else will you find in the e-book? - A detailed description of each of the stages of Home Staging - Case Studies that will help you find unique solutions to problems with the property's appearance - Checklists - Workbooks that will help you specify which precise rules can be applied to your property - A list of Home Staging inspirations - Recommendations for the development of your real estate knowledge - Photos and themed mood boards that will inspire changes in your own property - My favorite

support programs that will help you implement Home Staging

Comprehensive Ruby Programming Jordan Hudgens 2017-06-30 This book will provide you with all of the tools you need to be a professional Ruby developer. Starting with the core principles, such as syntax and best practices, and up to advanced topics like metaprogramming and big data analysis. About This Book Provides the core skills required to become a Ruby programmer Covers how to use the most popular Ruby Gem libraries Includes details on regular expressions Who This Book Is For This is a complete course written from the ground up for beginners wanting to gain a solid understanding of the Ruby language. It starts at the beginning with how to install Ruby and work with it on multiple machines, so simply have a computer that's connected to the Internet and you'll be ready. What You Will Learn Learn how to use Ruby code effectively, picking the right tool for the job and not duplicating built-in functionality Gain best software development practices, and how to identify and fix common errors Absorb core programming skills, such as variables, strings, loops, conditionals, and much more Explore object-oriented programming and learn to create modular, reusable code that you can use across projects Build 10 practical Ruby programs as you work through the book on topics such as big data analysis and solving Euler equations In Detail Ruby is a powerful, general-purpose programming language that can be applied to any task. Whether you are an experienced developer who wants to learn a new language or you are new to programming, this book is your comprehensive Ruby coding guide. Starting with the foundational principles, such as syntax, and scaling up to advanced topics such as big data analysis, this book will give you all of the tools you need to be a professional Ruby developer. A few of the key topics are: object-oriented programming, built-in Ruby methods, core programming skills, and an introduction to the Ruby on Rails and Sinatra web frameworks. You will also build 10 practical Ruby programs. Created by an experienced Ruby developer, this book has been written to ensure it focuses on the skills you will need to be a professional Ruby developer. After you have read this book, you will be ready to start building real-world Ruby projects. Style and approach This is a comprehensive course for learning the Ruby programming language that works methodically through everything that you need to know. It begins with the basics of the language and then works through some complete projects to apply your skills and ensure that you have fully absorbed them and can use them in the real world.

Two Captains Veniamin Kaverin 2003-08-01 Two Captains is the most renowned novel of the Russian writer Veniamin Kaverin. The plot spans from 1912 to 1944. For more than half a century the book has been loved by children and adults alike. The novel has undergone more than 100 printings, including translations into other languages. Based on its story, plays have been staged and an opera has been written. The plot of the book also became the basis of two movies of the same title in 1955 and 1976. In 1995 in Pskov, the home town of the author, a monument was erected to the characters of the book and a "Two Captains" museum was opened. The real prototype for Captain Tatarinov was Lieutenant Georgii Brusilov, who in 1912 organized a privately funded expedition seeking a west-to-east Northern sea route. The steamship "St. Anna," specially built for the expedition, left Petersburg on 28 July 1912. Near the shores of Yamal peninsula it was seized by ice and carried in the ice drift to the north of the Kara Sea. The expedition survived two hard winters. Of the 14 people who left the stranded steamship in 1914, only two made it to one of the islands of Frants-Joseph Land and were spotted and taken aboard "St. Foka," the ship of the expedition of G. Y. Sedov. The ship log they had kept with them contained the most important of the scientific data, after the study of which Sedov's expedition found the previously unknown island in the Kara Sea, Vize Island. The ultimate fate of "St.Anna" and its remaining crew is still unknown. Veniamin Kaverin (1902-1989) wrote novels, short stories, fairy tales, memoirs, and biographies. In the early 1920s, Veniamin Kaverin was a member of experimental literary group "Serapionovi bratya." In 1946 his novel Two Captains became the winner of the USSR State Literature Award.

Russian Nationalism Marlene Laruelle 2018-10-10 This book, by one of the foremost authorities on the subject, explores the complex nature of Russian nationalism. It examines nationalism as a multilayered and multifaceted repertoire displayed by a myriad of actors. It considers nationalism as various concepts and ideas emphasizing Russia's distinctive national character, based on the country's geography, history, Orthodoxy, and Soviet technological advances. It analyzes the ideologies of Russia's ultra-nationalist and far-right groups, explores the use of nationalism in the conflict with Ukraine and the annexation of Crimea, and discusses how Putin's political opponents, including Alexei Navalny, make use of nationalism. Overall the book provides a rich analysis of a key force which is profoundly affecting political and societal developments both inside Russia and beyond.

The Thank You Economy (Enhanced Edition) Gary Vaynerchuk 2011-03-08 If this were 1923, this book would have been called "Why Radio Is Going to Change the Game" . . . If it were 1995, it would be "Why Amazon Is Going to Take Over the Retailing World" . . . The Thank You Economy is about something big, something greater than any single revolutionary platform. It isn't some abstract concept or wacky business strategy—it's real, and every one of us is doing business in it every day, whether we choose to recognize it or not. It's the way we communicate, the way we buy and sell, the way businesses and consumers interact online and offline. The Internet, where the Thank You Economy was born, has given consumers back their voice, and the tremendous power of their opinions via social media means that companies and brands have to compete on a whole different level than they used to. Gone are the days when a blizzard of marketing dollars could be used to overwhelm the airwaves, shut out the competition, and grab customer awareness. Now customers' demands for authenticity, originality, creativity, honesty, and good intent have made it necessary for companies and brands to revert to a level of customer service rarely seen since our great-grandparents' day, when business owners often knew their customers personally, and gave them individual attention. Here renowned entrepreneur Gary Vaynerchuk reveals how companies big and small can scale that kind of personal, one-on-one attention to their entire customer base, no matter how large, using the same social media platforms that carry consumer word of mouth. The Thank You Economy offers compelling, data-driven evidence that we have entered into an entirely new business era, one in which the companies that see the biggest returns won't be the ones that can throw the most money at an advertising campaign, but will be those that can prove they care about their customers more than anyone else. The businesses and brands that harness the word-of-mouth power from social media, those that can shift their culture to be more customer-aware and fan-friendly, will pull away from the pack and profit in today's markets. Filled with Vaynerchuk's irrepressible candor and wit, as well as real-world examples of companies that are profiting by putting Thank You Economy principles into practice, The Thank You Economy reveals how businesses can harness all the changes and challenges inherent in social media and turn them into tremendous opportunities for profit and growth.

The Medicinal Chef Dale Pinnock 2021-03-04 In this best-selling cookbook, TV's nutrition expert Dale Pinnock presents his unique and inspiring approach to healthy cooking. With 80 simple, tasty recipes, Dale shows how easy it can be to use food to benefit your health and complement conventional treatment. Alongside the recipes there is a glossary of key ingredients and the nutritional benefits they can bring, as well as advice on how food can make a real difference to more than thirty ailments and nine key bodily systems. Dale's delicious dishes, such as his date and walnut Energy Bombs and Pineapple Zing Smoothie, really can help give a boost to all of your body's systems and improve energy levels. Try the filling Tuna Steaks with Sweet Potato Wedges and Spring Greens packed full of Omega 3 which reduces inflammation caused by arthritis and even helps alleviate depression. From the The Famous Flu Fighter soup to Greek Pitta Pizza, and even decadent desserts such as Cheating Chocolate-Orange Delight, every recipe is easy to shop for and quick to prepare. With simple symbols to indicate which conditions each recipe can help, eating your way to good health has never been easier or more delicious.