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How to Drive

2016-05-03

here s the ultimate guide to being the best and safest driver possible and an absolute must for everyone with a learner s permit former top gear stig and professional driver ben collins shares expert skills culled from a twenty year career as one of the best drivers in the world famous for racing in the le mans series and nascar piloting the batmobile and dodging bullets with james bond refined over thousands of hours of elite level performance in the physics of driving his philosophy results in greater control and safer more efficient and fun driving for all skill levels

How Can a Post-2015 Agreement Drive Real Change? Revised Edition

2012

is your company delivering products to customers at the right time place and price with the best possible availability and lowest possible cost and working capital if not you re probably alienating your customers and suppliers eroding shareholder value and losing control of your fixed costs these dangerous mistakes can put you out of business in the new supply chain agenda reuben slone j paul dittmann and john mentzer explain how to reinvent your supply chain to avoid those errors and turn your supply chain into a competitive weapon that produces unprecedented economic profit for your firm drawing on a wealth of company examples the authors show how to activate the five levers of supply chain excellence putting the right people with the right skills in the right jobs leveraging supply chain technologies such as system optimization and visibility tools eliminating cross functional disconnects including sku proliferation collaborating with suppliers and customers to generate a seamless flow of information and supply chain improvements managing supply chain projects skillfully apply the steps in this book and you build a supply chain that delivers as it should without leaving money on the table

New Supply Chain Agenda

2010-04-27

we know that the primary reason we eat is because our body needs fuel to survive yet our relationship with food extends far beyond that it s not just about what we should or shouldn t be eating it incorporates aspects of our physiology emotions behaviors and thought patterns and how we feel about our lives all rooted in a culture that supports and fosters an unhealthy disordered relationship with food despite our repeated efforts many of us find ourselves falling back into the same habitual patterns around food habits that keep us overweight and unhappy lara dawn sheds light on how we get hooked on the food struggle from six primary perspectives environmental physiological behavioral mental emotional and spiritual and provides concrete steps you can take to unhook yourself from the struggle with food unhooked cuts through the over complex and contradictory dieting information flooding the market and provides a clear blueprint for people to step onto the path of vibrant health and freedom from the struggle unhooked approaches the pertinent topic of overeating from a multi dimensional holistic and mindfulness based approach that encompasses the broader perspective of healing our relationship with food from the inside out drawing on a range of easy to understand information lara dawn consistently points to nature to science to the wisdom traditions and personal experience for the answers so many seek unhooked offers a unique framework of solutions practical tips a wealth of wisdom and easy to implement advice for anyone struggling with food whether it be chronic overeating incessant cravings food addiction yo yo dieting disordered eating the inability to eat certain foods in moderation obsession with weight and preoccupation with food that so many millions of people experience each and every day unhooked empowers readers to shift their perspective from food as enemy to food as friend fueling the transformation to vibrant health and reminds us that we are all worthy to live the healthy lives of our dreams

Unhooked

2015-01-06

this is an innovative scholarly and original study of the ethics of modern japanese aesthetics from the 1930s through the second world war and into the post war period nina cornyetz embarks on new and unprecedented readings of some of the most significant literary and film texts of the japanese canon for instance works by kawabata yasanari mishima yukio abe kôbô and shinoda masahiro all renowned for their texts aesthetic and philosophic brilliance cornyetz uniquely opens up the field in a fresh and controversial way by showing how these authors and filmmakers concepts of beauty and relation to others were in fact deeply impacted by political and social factors probing questions are asked such as how did japanese fascism and imperialism ideologically politically and aesthetically impact on these literary cinematic giants how did the emperor as the nodal point for japanese national identity affect their ethics what were the repercussions of the virtual collapse of the marxist movement in the 1960s what are the similarities and differences between pre war wartime and post war ideals of beauty and those of fascist aesthetics in general this ground breaking work is truly interdisciplinary and will appeal to students and scholars of japanese literature film gender culture history and even psychoanalytic theory

The Ethics of Aesthetics in Japanese Cinema and Literature

2006-11-22

turkey is witnessing an era of political upheaval from the gezi protests in 2013 to the attempted military coup of 2016 the concept of post truth plays a significant role in turkish politics today in the chaos of conspiracy theories hidden enemies and post coup purges the unreal merges with the real fuelling political repression and anti government sentiment alike julian de medeiros here analyses the many unfolding challenges of erdogan s new turkey and shows how a fixedly turkish style of post truth has taken root examining the relationship between conspiracy theory and post truth this book sheds light on the strategies of political paranoia that threaten to undermine the success of turkey s democratic model de medeiros argues that both the gezi protests and the failed coup attempt need to be considered alongside the emerging anti democratic and conspiratorial tendencies of an increasingly authoritarian turkish government as turkish democracy continues to evolve with breath taking speed and unpredictable outcomes de medeiros shows how the rise of paranoid politics in turkey constitutes part of a global trend towards post truth narratives he situates turkish democracy as subject to a global resurgence of strongman leadership and antagonistic populism conspiracy theory in turkey presents the very first critical account of the turkish model of a post truth politics through a counter intuitive analysis of conspiracy theory and paranoid politics the book disentangles the real from the unreal and chronicles the emergence of post truth in turkey today

Conspiracy Theory in Turkey

2018-05-21

welcome to bavaria germany to the third european cars trucks simulation symposium that schliersee traditional workshop type meeting is a follow up to the first and the second symposia which took place in may 1984 and may 1989 respectively the objective of gathering together is to cover most of the aspects of automotive mathematical modelling and simulation in theory and practice to promote the exchange of knowledge and experience between different national and international research groups in that field taking into consideration that every seventh german employee is related to the automotive industry this effect is also in power at least with the traditional detroit u s a automotive industries and the growing up japanease as well futhermore there is to strenghten the international contact between developers and users of modelling and simulation techniques considering the new world order started in 1991 with no borders between west and east affected by the golf war and followed up by the open european community borders of 1992 vi the traditional international conference jointly promoted by asimuth applied simulation

technology and some other members of the society of computer simulation created an interest to publish new projects including their results a large number of contributed papers has been strictly examined and selected by the editorial committee to guarantee a high international technical standard

Automotive Simulation '91

2012-12-06

we examine the role of money in three environments the new keynesian model with separable utility and static money demand a nonseparable utility variant with habit formation and a version with adjustment costs for holding real balances the last two variants imply forward looking behavior of real money balances with forecasts of future interest rates entering current portfolio decisions we conduct a structural econometric analysis of the u s and euro area economies firm estimates confirm the forward looking character of money demand a consequence is that real money balances are valuable in anticipating future variations in the natural interest rate resumen de autor

Money and the Natural Rate of Interest

2008

this book presents a step by step process aimed at helping you create the most successful business possible in the 21st century competitive landscape empowering corporate citizenship professionals to accelerate their credibility within their company as an effective contributor who understands their company s strategy and who creates value

21st Century Corporate Citizenship

2017-03-27

this could be heaven or this could be hell the eagles each one of them stood silently at the gravesite wondering what would happen next terri saw the woman in the cotton dress reach into her purse she expected her to pull out her gun the girl s gaze narrowed as the woman a special agent with the dea finally took a step forward and pulled out a tissue requiem roads is the story of a group of characters each with their own fatal flaws suddenly carried along by events until they arrive at the mission a place shrouded by a devastating earthquake and by a violent and murderous past even as the mission is slowly and faithfully being reconstructed such a place is filled with history and history can easily be repeated yet the human heart still seeks to find its path even while dodging firestorms tornados hired assassins and the ghostly remnants of our own personal disasters

Requiem Roads

2014-01-09

this uniquely accessible book helps readers use cabology to solve real world business problems and drive real competitive advantage it provides reliable concise information on the real benefits usage and operationalization aspects of utilizing the trio wave of cloud analytic and big data anyone who thinks that the game changing technology is slow paced needs to think again this book opens readers eyes to the fact that the dynamics of global technology and business are changing moreover it argues that businesses must transform themselves in alignment with the trio wave if they want to survive and excel in the future cabology focuses on the art and science of optimizing the business goals to deliver true value and benefits to the customer through cloud analytic and

big data it offers business of all sizes a structured and comprehensive way of discovering the real benefits usage and operationalization aspects of utilizing the trio wave

CABology: Value of Cloud, Analytics and Big Data Trio Wave

2018-06-22

brilliant mail on sunday take a trip back to the era of troubled teens and awesome soundtracks of reagan rap and ridgemont high of mtv vhs and axel f of outsiders lost boys and dead poets of bill and ted brooke shields and the brat pack of three porky s two coreys and one summer when everyone called her baby fast times and excellent adventures goes behind the scenes of a genre where cult hits mingled with studio blockbusters where giants like spielberg and coppola rubbed shoulders with baby faced first timers and where ambitious future superstars sean demi and tom all got their big break music comedy and politics all play a part in the surprisingly complex history of the 80s teen movie and while the films might have been aimed primarily at adolescents the best tackle universal issues and remain a magnet to all ages time of your life huh kid from a late 70s hollywood in flux to an early 90s indie scene that gave youth cinema a timely reboot respected film expert james king smartly highlights the personal struggles the social changes and the boardroom shake ups that produced an iconic time in movie history

Fast Times and Excellent Adventures

2018-03-01

this incisive book offers an epidemiological study of road users consumption of psychoactive substances in nigeria it examines psychoactive drug screening and the use of driving simulators to evaluate skills impairment after drinking alcoholic beverages portable electronic digital screening devices such as oral screen along with other screening devices were used to establish the prevalence of substances of abuse among road users in some selected cities in nigeria blood saliva urine and other biological fluids were screened skills impairment characterized by unsafe driving actions based on the level of blood alcohol concentration bac was evaluated using a driving simulator the findings were validated by application of a field impairment test fit or modified clinical test of impairment the implication of the results on everyday highway utilization and the best approach for research into screening for psychoactive drugs are highlighted along with several recommendations to enhance highway safety

Psychoactive Pharmacology

2014-08-28

the handbook of interior design explores ways of thinking that inform the discipline of interior design it challenges readers to consider the connections within theory research and practice and the critical underpinnings that have shaped interior design offers a theory of interior design by moving beyond a descriptive approach to the discipline to a why and how study of interiors provides a full overview of the most current interior design research and scholarly thought from around the world explores examples of research designs and methodological approaches that are applicable to interior design upper division and graduate education courses brings together an international team of contributors including well established scholars alongside emerging voices in the field reflecting mature and emergent ideas research and philosophies in the field exemplifies where interior design sits in its maturation as a discipline and profession through inclusion of diverse authors topics and ideas

The Handbook of Interior Design

2015-02-09

this is a rich and learned volume that has a story to tell to those seeking to understand contemporary southern california david johnson managing editor of the pacific historical review engagingly written and well researched california vieja is an intriguing persuasive examination of the politics of memory and the built environment in southern california vicki ruiz author of from out of the shadows mexican women in twentieth century america

California Vieja

2008-08-19

break through the barriers to get things done what s more frustrating than knowing how to do your job working hard making tough decisions and not getting results because some system procedure bureaucratic detail or difficult personality gets in the way in workarounds that work huffington post columnist russell bishop shows how to boost your productivity with a complete strategy for outmaneuvering anything that stands in your way the key is to know which procedures and people you can circumvent without causing even greater problems for yourself or coworkers bishop provides valuable insight into the workarounds that often hide in plain sight including bypassing key stakeholders who stand in the way preventing malicious people from shooting down good ideas handling misaligned leadership and unclear directions working around other groups or silos whose goals are at odds with yours managing the power plays going on above and around you by following the strategies in workarounds that work you will not only get the results you need you will also be perceived of as someone who can always be relied upon to get things done no matter what obstacles stand in the way

Workarounds That Work: How to Conquer Anything That Stands in Your Way at Work

2011-01-07

boris psychoanalysis harvard medical school says that while we are going about our personal concerns pursuing pleasure and ego gratification we are also being influenced by a force that causes us to identify with the aims of the group even if it means we individually fail to thrive or even die he synthesizes three approaches classical psychology recent interpersonal and object relations psychology and current selectivistic evolutionary biology annotation copyright by book news inc portland or

Passions of the Mind

1993-10

the perfect notebook use it as a diary journal notebook makes a great gift 6x9 inches perfect size matte cover with no spiral high quality cream paper

Really In The Mood For a Long Drive With No Real Destination

2019-09-18

support the very best health well being and quality of life for older adults here s the ideal resource for rehabilitation professionals who are working with or preparing to work with older adults you ll find descriptions of the normal aging process discussions of how health and social factors can impede your clients ability to participate in regular activities and step by step guidance on how to develop strategies for maximizing their well being

ASEAN Economic Integration

2017-12-04

youth fantasies is a collection of studies conducted in cross cultural collaboration over the past ten years that theorizes youth fantasy as manifested through the media of tv film and computer games unlike other media studies and education books the authors employ both lacanian and kleinian psychoanalytic concepts to attempt to make sense of teen culture and the influence of mass media the collection includes case studies of x files fans the influence of computer games and the lara croft phenomenon and the reception of western television by tanzanian youth the authors see this book as a much needed reconciliation between cultural studies and lacanian psychoanalysis and attempt to highlight why lacan is important to note when exploring youth fantasy and interest in the media especially in shows like x files

Functional Performance in Older Adults

2004-08-20

the complete owner s manual details on how to unlock every secret car the best racing lines for all tracks expert racing lessons to help you dust your competition customization hints and tips to get the most out of your vehicles complete driving basics to bring you from beginner to expert

Youth Fantasies: The Perverse Landscape of the Media

2005

recent research suggests that black and minority ethnic bme academics remain underrepresented particularly at senior levels in higher education and tend to be concentrated in new post 1992 universities this book provides an original comparative study of bme academics in both the uk and the usa two different yet similar cultural and political climates considering issues of inequality difference and identity in the academy presenting a distinctive and engaging voice the book discusses the complexity of race gender and identity in the context of higher education an area that continues to appear to be dominated by white middle class values and perspectives chapters offer an up to date commentary on the purpose failures and potential of research on race gender and identity and its place within contemporary education and sociology the book broadens the understanding of educational research considering both sociological and cultural discourse as well as examining racialized and gendered identities from a theoretical and analytical standpoint the book closes by offering suggestions for viable policy shifts in this area the experiences of black and minority ethnic academics will be of key interest to researchers academics and postgraduate students in the field of education as well as sociologists wanting to learn more about black and minority academics in higher education

Gran Turismo 4

2015-06-26

this book represents the first serious consideration of the domestic noir phenomenon and by extension the psychological thriller the only such landmark collection since lee horsley s the noir thriller it extends the argument for serious academic study of crime fiction particularly in relation to gender domestic violence social and political awareness psychological acuity and structural and narratological inventiveness as well as this it shifts the debate around the sub genre firmly up to date and brings together a range of global voices to dissect and situate the notion of domestic noir this book is essential reading for students scholars and fans of the psychological thriller

The Experiences of Black and Minority Ethnic Academics

1981

this prestigious volume consists of the proceedings of the 1st ever water summit to be convened in the world under the theme water security leadership and commitment the 1st asia pacific water summit 1st apws convened political leaders of the region and high level dignitaries in december 2007 in beppu city oita prefecture in japan offering them a platform to make commitments and launch initiatives to tackle the water challenges the contents include speeches by his imperial highness the crown prince of japan chairman of the unsgab his royal highness prince willem alexander of the netherlands president of the asia pacific water forum mr yoshiro mori prime minister of japan mr yasuo fukuda ambassador at large of the republic of singapore professor tommy koh united nations secretary general mr ban ki moon and 10 heads of government from the region summaries of sessions cover matters relating to sanitation climate change water financing and capacity development water related disaster management water for development and ecosystems developing knowledge and lessons increasing local capacity monitoring investments and results and the ceo water mandate also included are the policy brief 2007 and the message from beppu the two seminal outcome documents of the 1st apws

Guidelines for Driver Instruction

2018-04-23

this book balances the behavioral and database aspects of customer relationship management providing students with a comprehensive introduction to an often overlooked but important aspect of marketing strategy baran and galka deliver a book that helps students understand how an enhanced customer relationship strategy can differentiate an organization in a highly competitive marketplace this edition has several new features updates that take into account the latest research and changes in organizational dynamics business to business relationships social media database management and technology advances that impact crm new material on big data and the use of mobile technology an overhaul of the social networking chapter reflecting the true state of this dynamic aspect of customer relationship management today a broader discussion of the relationship between crm and the marketing function as well as its implications for the organization as a whole cutting edge examples and images to keep readers engaged and interested a complete typology of marketing strategies to be used in the crm strategy cycle acquisition retention and win back of customers with chapter summaries key terms questions exercises and cases this book will truly appeal to upper level students of customer relationship management online resources including powerpoint slides an instructor s manual and test bank provide instructors with everything they need for a comprehensive course in customer relationship management

Domestic Noir

2008

artificial intelligence is a constantly advancing field that requires models in order to accurately create functional systems the use of natural acumen to create artificial intelligence creates a field of research in which the natural and the artificial meet in a new and innovative way critical developments and applications of swarm intelligence is a critical academic publication that examines developing research technologies and function regarding natural and artificial acumen specifically in regards to self organized systems featuring coverage on a broad range of topics such as evolutionary algorithms optimization techniques and computational comparison this book is geared toward academicians students researchers and engineers seeking relevant and current research on the progressive research based on the implementation of swarm intelligence in self organized systems

The Proceedings of the 1st Asia-Pacific Water Summit

2016-12-08

discourse particles discourse markers and pragmatic markers refer to phenomena that linguists have begun to probe only since the mid 1980s long ignored in traditional linguistics and textbook grammars and still relegated to marginal status in south slavic these linguistic phenomena have emerged as invaluable devices for cutting edge theories of the semantics pragmatics interface this book which is a pioneering study in such linguistic phenomena in south slavic languages is also among the first of its kind for a related group of languages it builds on the recent findings of some of the most influential linguistically oriented theories such as relevance theory argumentation theory and coherence based approaches to explain the meaning and use of certain discourse pragmatic particles markers in bulgarian macedonian serbian bosnian croatian and slovene these particles markers are part of the contemporary and historical lexicons of the south slavic languages varying across regions and time but also differing in origin this book which draws from naturally occurring data written media and constructed examples aims at a wider audience including scholars working in semantics pragmatics and slavic languages and applied specialists interested in this area of research the authors hope that this book will be conceived as a starting point for a structured inquiry into the flourishing field of discourse particles in south slavic

Customer Relationship Management

2018-02-28

awesome gear shifting notebook for your personal notes this awesome ruled composition notebook is perfect for anyone who loves racing and shifting cars keep the notebook with you at all times and write down your ideas thoughts and notes with 120 pages the notebook offers plenty of space for your notes at school university or at work features 120 ruled lined pages 6x9 inches college book school book personal notebook diary perfect for many occasions as well such as birthday gifts graduation gifts gifts for pupils and students dream journals school activity notebook vacation travel journal home school notebook boys write journal girls write journal

Critical Developments and Applications of Swarm Intelligence

2010-05-19

a noted british cultural critic takes on some of the strangest works of art from the 20th century and dissects our fascination with the unsettling in popular music film and writing what exactly are

the weird and the eerie two closely related but distinct modes and each possesses its own distinct properties both have often been associated with horror but this genre alone does not fully encapsulate the pull of the outside and the unknown in several essays mark fisher argues that a proper understanding of the human condition requires examination of transitory concepts such as the weird and the eerie featuring discussion of the works of h p lovecraft h g wells m r james christopher priest joan lindsay nigel kneale daphne du maurier alan garner and margaret atwood and films by stanley kubrick jonathan glazer and christopher nolan

South Slavic Discourse Particles

2019-09-30

placing emphasis on practical how to guidance this cutting edge resource provides a first hand insider s perspective on the advent and evolution of smart grids in the 21st century this book presents engineers researchers and students with the building blocks that comprise basic smart grids including power plant transmission substation distribution and meter automation moreover this forward looking volume explores the next step of this technology s evolution it provides a detailed explanation of how an advanced smart grid incorporates demand response with smart appliances and management mechanisms for distributed generation energy storage and electric vehicles this updated second edition focuses on the disruptive impact of der this new edition also includes a glossary with well over 100 acronyms and terms acknowledging the tremendous challenge for a student of smart energy and smart grid to grasp this complex industry

Real Chicks Drive Sticks Notebook

2017-01-31

this volume brings together contributions on the major economic policy issues which have opened up as a result of the immanent process of european union enlargement the issues analyzed range from modelling and analyzing the costs and benefits of enlargement to challenges for macroeconomic policy both at the eu level and in the new member countries to the state of affairs in the new member countries with respect to sectoral policy reforms such as those undertaken in the financial sector and in competition policy and the impact of enlargement on europe s trade policy agenda

The Weird and the Eerie

2015-03-01

this lively and diverse bilingual collection of essays by writers and critics examines contemporary canadian literary arts the perspectives range from highly personal and introspective to scholarly and objective yet each adds significantly to an understanding of the dialogue between writers and readers proceedings from a workshop held at the calgary institute for the humanities during the summer of 1982 the volume includes such contributors as e d blodgett jacques brault richard giguère d g jones myrna kostash peter stevens aritha van herk and christopher wiseman the collection will naturally be of interest to any student of canadian literature but the essays also forcefully address both explicitly and implicitly the question of a nationalism of the arts an issue of great importance to performers and critics in many fields

The Advanced Smart Grid: Edge Power Driving Sustainability, Second Edition

2004-04-30

this book examines the numerous aspects of exchange rates and the dynamics of macroeconomics focusing on the ppp puzzle volatility levels with an exploration of the real exchange rate misalignment of the central european countries single equation approach an examination of the real equilibrium exchange rate in china exchange rate dynamics and pass through effects in russia and hungary and structural shocks on economies

Shaping the New Europe

2006-01-01

with over 132 practice tips and more than 100 illustrations reading this guide is like having a personal shooting coach this huge technical book teaches techniques of professional trap shooting singles handicap and double trap

Driving Home

2008-02-13

deadly drought near fatal accidents blizzards grasshopper plagues choking dust storms endless days of relentless toil for measly crop yields enchanting big skies an endless undulating prairie the spine tingling cry of midnight coyotes the self satisfaction of scratching sustenance from the earth this is the montana of calvin wall redekop s childhood a place at once what the neighbors labeled the most awful forsaken place god had ever created and a magical world for a wide eyed boy these background forces of hardship and wonder constituted redekop s earliest memories and in the retrospective vision of these remembrances he finds the subtle basis for his subsequent personal development and orientation the mutual interdependence in the homesteading community encountered in enchantment and despair a montana childhood 1925 1937 helped redekop see the significance and power of cooperative human ventures and recognize the importance of the environment in human survival awareness the author has acted upon throughout his life readers will be transported back in time by this vivid account of another age and like its author pass through despair to find themselves enchanted

Exchange Rates and Macroeconomic Dynamics

1997

follow your own nature to achieve clarity power and success the mushin way teaches tools and techniques to help you reach peak performance and transform your business and personal life regardless of what we want to achieve in business or in life transformation can be difficult and we tend to be our own worst enemies we hold ourselves back without even realizing what we are capable of in this book you ll learn how to break through the cycle of stress and setbacks to act with clarity purpose and direction achieving peak performance and transformation along the way you ll look deep inside to discover the natural leadership abilities lying dormant within you you ll wake them up make them stronger and learn to draw on the strengths of those around you instead of muscling through with brute force you ll discover how making the right choice is an empowering act and develop the strength and confidence to stop hesitating at every crossroad with pragmatic advice and wisdom drawn from the guiding principles of the japanese martial art of aikido you ll find your inner warrior and learn that even the most challenging battles can be won or may not even need to be fought when you set your sights high peak performance can feel like a constant uphill battle fraught with failures and disappointments what if success was more like a transformational river current that carries you along to your goal this book shows you how to come down off the hill into the refreshing waters of mindfulness to begin your journey to the top develop laser like focus even in high stress environments identify and develop your own innate leadership qualities turn setbacks into opportunities and defeat into victory achieve much

more than ever before with far less effort eastern philosophy teaches us to work in harmony with our own nature instead of fighting ourselves every step of the way the mushin way shows you just where your inner strengths lie and how to leverage them for success

Trap Shooting Secrets

2016-01-14

this comprehensive book provides a framework for healthcare providers working with the dual challenges and opportunities presented by the intersection of mental health and technology technology and adolescent mental health provides recent evidence based approaches that are applicable to clinical practice and adolescent care with each chapter including a patient case illustrating key components of the chapter contents early chapters address the epidemiology of mental health while the second section of the book deals with how both offline and online worlds affect mental health presenting both positive and negative outcomes and focusing on special populations of at risk adolescents the third section of the book focuses on technology uses for observation diagnosis or screening for mental health conditions the final section highlights promising future approaches to technology and tools for improving intervention and treatment for mental health concerns and illnesses this book will be a key resource for pediatricians family physicians internal medicine providers adolescent medicine and psychiatry specialists psychologists social workers as well as any other healthcare providers working with adolescents and mental health care

Enchantment and Despair

2017-01-17

in 2016 americans fed up with the political process vented that frustration with their votes republicans nominated for president a wealthy businessman and former reality show host best known on the campaign trail for his sharp rhetoric against immigration and foreign trade democrats nearly selected a self described socialist who ran on a populist platform against the influence of big money in politics while it is not surprising that americans would channel their frustrations into votes for contenders who pledge to end business as usual the truth is that we don t have to pin our hopes for greater participation on any one candidate all of us have a say if we learn master and practice the skills of effective citizenship one of the biggest roadblocks to participation in democracy is the perception that privileged citizens and special interests command the levers of power and that everyday americans can t fight city hall that perception is undoubtedly why a 2015 pew charitable trusts survey found that 74 percent of those americans surveyed believed that most elected officials didn t care what people like them thought graham and hand intend to change that conventional wisdom by showing citizens how to flex their citizenship muscles they describe effective citizenship skills and provide tips from civic experts even more importantly they offer numerous examples of everyday americans who have used their skills to make democracy respond the reader will see themselves in these examples of citizens who chose to be victorious participants rather than tranquil spectators in the arena of democracy by the end of the book you will have new confidence that citizen participation is the lifeblood of america and will be ready to make governments work for you not the other way around

The Mushin Way to Peak Performance

2018-03-01

Technology and Adolescent Mental Health

2016-07-15

America, the Owner's Manual

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