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VW Golf, GTI, Jetta and Cabrio, 1999 Thru 2002 - Jay Storer 2003-01
Every Haynes manual is based on a complete teardown and rebuild, contains hundreds of "hands-on" photos tied to step-by-step instructions, and is thorough enough to help anyone from a do-it-your-selfer to a professional.

Cannonball! - Brock Yates 2003-10-12

This first book of its kind tells the behind-the-scenes story of the incredibly illegal Cannonball rally. This best seller is now available in paperback! In the early 1970s, Brock Yates, senior editor of Car and Driver Magazine, created the now infamous Cannonball Sea-to-Shining-Sea Memorial Trophy Dash; a flat out, no-holds-barred race from New York City to Redondo Beach, California. Setting out to prove that well trained drivers could safely navigate the American highways at speeds in excess of the posted limits, Mr. Yates created a spectacle reminiscent of the glory days of the barnstorming pilots. Filled with fascinating unpublished stories, nostalgic and modern-day photographs, inside information and hilarious stories from this outrageous and incredibly immoral rally. Brock is one of the best-known, most respected automotive journalists in the world today.

Follow Me - Francesca Riley 2019

Radio Frequency and Microwave Electronics Illustrated - Matthew M. Radmanesh 2001

Foreword by Dr. Asad Madni, C. Eng., Fellow IEEE, Fellow IEE Learn the fundamentals of RF and microwave electronics visually, using many thoroughly tested, practical examples RF and microwave technology are essential throughout industry and to a world of new applications-in wireless communications, in Direct Broadcast TV, in Global Positioning System (GPS), in healthcare, medical and many other sciences. Whether you're seeking to strengthen your skills or enter the field for the first time, Radio Frequency and Microwave Electronics Illustrated is the fastest way to master every key measurement, electronic, and design principle you need to be effective. Dr. Matthew Radmanesh uses easy mathematics and a highly graphical approach with scores of examples to bring about a total comprehension of the subject. Along the way, he clearly introduces everything from wave propagation to impedance matching in transmission line circuits, microwave linear amplifiers to hard-core nonlinear active circuit design in Microwave Integrated Circuits (MICs). Coverage includes: A scientific framework for learning RF and microwaves easily and effectively Fundamental RF and microwave concepts and their applications The characterization of two-port networks at RF and microwaves using S-parameters Use of the

Smith Chart to simplify analysis of complex design problems Key design considerations for microwave amplifiers: stability, gain, and noise Workable considerations in the design of practical active circuits: amplifiers, oscillators, frequency converters, control circuits RF and Microwave Integrated Circuits (MICs) Novel use of "live math" in circuit analysis and design Dr. Radmanesh has drawn upon his many years of practical experience in the microwave industry and educational arena to introduce an exceptionally wide range of practical concepts and design methodology and techniques in the most comprehensible fashion. Applications include small-signal, narrow-band, low noise, broadband and multistage transistor amplifiers; large signal/high power amplifiers; microwave transistor oscillators, negative-resistance circuits, microwave mixers, rectifiers and detectors, switches, phase shifters and attenuators. The book is intended to provide a workable knowledge and intuitive understanding of RF and microwave electronic circuit design. Radio Frequency and Microwave Electronics Illustrated includes a comprehensive glossary, plus appendices covering key symbols, physical constants, mathematical identities/formulas, classical laws of electricity and magnetism, Computer-Aided-Design (CAD) examples and more. About the Web Site The accompanying web site has an "E-Book" containing actual design examples and methodology from the text, in Microsoft Excel environment, where files can easily be manipulated with fresh data for a new design.

Yamaha YZ & WR 4-Stroke Motocross & Off-road Bikes, '98 to '08 - Editors of Haynes Manuals 2016-05-15

Complete coverage for your Yamaha YZ and WR 4-Stroke Motocross & Off-road Bikes for 1998 thru 2008: --Routine Maintenance and servicing --Tune-up procedures --Engine, clutch and transmission repair --Cooling system --Fuel and exhaust --Ignition and electrical systems --Brakes, wheels and tires --Steering, suspension and final drive --Frame and bodywork --Wiring diagrams --Reference Section With a Haynes manual, you can do it yourself...from simple maintenance to basic repairs. Haynes writes every book based on a complete teardown of the vehicle. We learn the best ways to do a job and that makes it quicker, easier and cheaper

for you. Our books have clear instructions and hundreds of photographs that show each step. Whether you're a beginner or a pro, you can save big with Haynes! Step-by-step procedures --Easy-to-follow photos -- Complete troubleshooting section --Valuable short cuts

A World of Imagination - Danielle Van Alst 2017-10-25

What would you do on a day off from school? Go on an adventure, of course! Meet Charlie, an eight-year-old boy with a flare for using his imagination. Join him as he turns his snow day into a day filled with fun, excitement, and fantasy. Travel with Charlie to the Wild West, the Amazon jungle, and into outer space. Ride along for the thrills as he becomes a race car driver, a pirate, a cowboy, and even a superhero! With a little creativity (and a basement full of junk), there is no limit to where your imagination can take you!

Large-Scale Cognitive Assessment - Débora B. Maehler 2020-07-27

This open access methodological book summarises existing analysing techniques using data from PIAAC, a study initiated by the OECD that assesses key cognitive and occupational skills of the adult population in more than 40 countries. The approximately 65 PIAAC datasets that has been published worldwide to date has been widely received and used by an interdisciplinary research community. Due to the complex structure of the data, analyses with PIAAC datasets are very challenging. To ensure the quality and significance of these data analyses, it is necessary to instruct users in the correct handling of the data. This methodological book provides a standardised approach to successfully implementing these data analyses. It contains examples of and tools for the analysis of the PIAAC data using different statistical approaches and software, and it offers perspectives from various disciplines. The contributing authors have hands-on experience of using PIAAC data, and/or they have conducted data analysis workshops with these data.

Hand Bookbinding - Aldren A. Watson 2012-04-20

DIVExpert, illustrated guide to creating fine books by hand. Materials and equipment, basic procedures, rebinding an old book, more, plus 8 projects: dust jacket, folio, music binding, manuscript binding, 4 others. /div

Automotive Control Systems - A. Galip Ulsoy 2012-04-30

This textbook introduces advanced control systems for vehicles, including advanced automotive concepts and the next generation of vehicles for ITS.

A Secondhand Lie - Pamela Crane 2018-04-01

Sometimes you know things you're not supposed to know. Things that you can never un-know. Things that will change the course of your life...and the fate of the ones you love. I found her in our living room, bleeding and close to death, but alive. Barely. Until morning stole her last breath. The media called her killer the "Triangle Terror" ... and then forgot about her. But I never forgot—my murdered sister, and an investigation that led to my own resurrection from the dead. Twenty-two years ago, on a cold February night, Landon Worthington lost his father for the last time. After an armed robbery gone wrong, evidence and witness testimony pointed a shaky finger at Dan Worthington—deadbeat dad and alcoholic husband. But before the dust could settle over the conviction, Landon's preteen sister, Alexis, is murdered in their home, plunging Landon's life into further despair. Two decades and a cold case later, Landon is dogged by guilt over their estranged relationship and decides to confront his incarcerated father about what really happened the night of the robbery. But the years of lies are hard to unravel. And the biggest question of all haunts him: How does everything tie into his sister's murder? And so begins Landon's journey to piece together the puzzle of secrets, lies, and truths that can free his father, avenge his sister, and perhaps save himself. A short story mystery perfect for fans of Robert Dugoni's *Third Watch* and Dean Koontz's *The Neighbor*. Read as a standalone or as the companion book to *A Secondhand Life*.

The Rusty Nut Bible - Chas Newport 2014-12-15

If you enjoy a bit of DIY in the home or you maintain your own car, caravan, RV, motorbike or bicycle you will, sooner or later, come across something so rusty you think it's welded in place. You dangle from the longest spanner you own, maybe cheating a bit with a length of tube over the end and... SNAP! You have a sheared off shaft in a hole... The aim of this book is to provide you with a way to solve the first problem while

minimising the probability of the second. It walks you through a series of complementary techniques to clean and free the problem fastener with the minimum effort, risk and damage. Even if you already have a sheared stump to deal with we have techniques for that too.

The Bioarchaeology of Violence - Debra L. Martin 2013-10-01

"The tragedies of violence have seldom been told with such a compelling use of the biocultural perspective. Building on a solid methodological foundation, we are served theoretical perspectives that are unusually rich and nuanced in their application to the case studies. This collection of case studies is a valuable contribution to the bioarchaeological literature."--George Armelagos, Emory University Human violence is an inescapable aspect of our society and culture. As the archaeological record clearly shows, this has always been true. What is its origin? What role does it play in shaping our behavior? How do ritual acts and cultural sanctions make violence acceptable? These and other questions are addressed by the contributors to "The Bioarchaeology of Violence." Organized thematically, the volume opens by laying the groundwork for new theoretical approaches that move beyond interpretation; it then examines case studies from small-scale conflict to warfare to ritualized violence. Experts on a wide range of ancient societies highlight the meaning and motivation of past uses of violence, revealing how violence often plays an important role in maintaining and suppressing the challenges to the status quo, and how it is frequently a performance meant to be witnessed by others. The interesting and nuanced insights offered in this volume explore both the costs and the benefits of violence throughout human prehistory. Debra L. Martin, Lincy professor of anthropology at the University of Nevada, Las Vegas, is coeditor of "Troubled Times: Violence and Warfare in the Past." Ryan P. Harrod is assistant professor of anthropology at the University of Alaska, Anchorage. Ventura R. Perez is associate professor of anthropology at the University of Massachusetts Amherst and editor-in-chief of the online journal "Landscapes of Violence."

Samsung Galaxy S9 Plus Manual for Seniors - David Fame 2018-12-04

David Fame, a tech researcher and freelance writer, writes from the point of view of a new user who is baffled by the complexity of the documentation and online support that comes with the Samsung Galaxy S9/S9 Plus. In this book, you'd learn tips and tricks, best compatible apps, and solutions to common S9/ S9 Plus apps problems. To outline, you'll learn: (1) How to unlock your Samsung Galaxy S9/S9 Plus full potentials (2) How to resolve common Galaxy S9/S9 Plus operating problems (3) Managing the outlook of the home screen (4) Setting up intelligent scan (5) How to schedule software updates (6) Using super slo-mo (7) Over 30 Galaxy S9/S9+ tips and tricks . . And many more. To unveil the whole package, you simply have to hit the 'buy' button.

I Loved a Rogue - Katharine Ashe 2015-02-24

In the third in Katharine Ashe's Prince Catchers series, the eldest of three very different sisters must fulfill a prophecy to discover their birthright. But if Eleanor is destined to marry a prince, why can't she resist the scoundrel who seduced her? She can pour tea, manage a household, and sew a modest gown. In short, Eleanor Caulfield is the perfect vicar's daughter. Yet there was a time when she'd risked everything for a black-eyed gypsy who left her brokenhearted. Now he stands before her—dark, virile, and ready to escort her on a journey to find the truth about her heritage. Leaving eleven years ago should have given Taliesin freedom. Instead he's returned to Eleanor, determined to have her all to himself, tempting her with kisses and promising her a passion she's so long denied herself. But if he was infatuated before, he's utterly unprepared for what will happen when Eleanor decides to abandon convention—and truly live . . .

Bound Feet Blues - Yang-May Ooi 2015-11-01

In Chinese tradition, women with tiny bound feet were desirable as wives and lovers, their delicate feet seen as objects of both status and sexual fetish. What can the ancient tradition of footbinding tell us about the role of women beneath the gaze of men and the relationship between mothers and daughters? Drawing on her own history, novelist and performer Yang-May creates a layered tapestry of meaning and exploration, deftly exploring themes of female desirability, identity and empowerment while

giving the reader a compelling insight into her own incredible story.

Identification of Parts Failures - Deere & Company 1991

30 Bangs - Roosh V 2012-03-01

Erotic memoir

ACTEX Study Manual for SOA Exam P - Samuel A. Broverman 2021

CH G Motors Buick Oldsmobile Pon 1975-90 - Chilton Automotive Books 1994

Covers all RWD models of Buick Electra, LeSabre, Estate Wagon; Oldsmobile Delta 88, Ninety-Eight, Custom Cruiser, Pontiac Bonneville, Catalina, Grand Ville, Parisienne, Safari.

Aesthetic Labour - Ana Sofia Elias 2017-01-18

This volume approaches questions about gender and the politics of appearance from a new perspective by developing the notion of aesthetic labour. Bringing together feminist writing regarding the 'beauty myth' with recent scholarship about new forms of work, the book suggests that in this moment of ubiquitous photography, social media, and 360 degree surveillance, women are increasingly required to be 'aesthetic entrepreneurs', maintaining a constant state of vigilance about their appearance. The collection shows that this work is not just on the surface of bodies, but requires a transformation of subjectivity itself, characterised by notions of personal choice, risk-taking, self-management, and individual responsibility. The book includes analyses of online media, beauty service work, female genital cosmetic surgery, academic fashion, self-help literature and the seduction community, from a range of countries. Discussing beauty politics, postfeminism, neoliberalism, labour and subjectivity, the book will be of interest to scholars and students with an interest in Gender, Media Studies, Cultural Studies, Sociology, Social Psychology and Management Studies. "This highly engaging, smart, and wide-ranging collection analyzes how, under the self-governing mandates of neoliberalism, the demands that girls and women regulate and control their bodies and appearance have escalated to new, unforgiving levels. A special strength of the book is its emphasis

on the rise of 'aesthetic labour' as a global, transnational and ever-colonizing phenomenon that seeks to sweep up women of all races, ages and locales into its disciplinary grip. Highly recommended." -Susan J Douglas, University of Michigan, USA the inherited responsibility that remains women's particular burden to manage." -Melissa Gregg, Intel Corporation, USA "This book incisively conceptualizes how neo-liberalist and postfeminist tendencies are ramping up pressures for glamour, aesthetic, fashion, and body work in the general public. In a moment when YouTube 'makeup how to' videos receive millions of hits; what to wear and how to wear it blogs clock massive followings; and staying 'on brand' is sold to us as the key to personal and financial success, 'aesthetic entrepreneurship' is bound to become a go-to concept for anyone seeking to understand the profound shifts shaping labor and life in the 21st century." -Elizabeth Wissinger, City University of New York, USA

Developmental Psychology - Marc H. Bornstein 1999

The fourth edition of *Developmental Psychology*: *illuminates substantive phenomena in development; *applies to the entire life span; *has relevance to everyday life; and *is comprehensively revised and updated. This textbook has been updated from the third edition to include the current status of scholarly efforts in all aspects of developmental psychology. Its purposes are to furnish inclusive developmental perspectives on major substantive areas in psychology and the substantial differences that underscore the dynamic and exciting status of contemporary developmental psychology. Developmental psychology is a major subdiscipline in its own right, with its own history and systems, perspectives, and methodologies. These perspectives, traditions, and approaches are thoroughly introduced and reviewed. In addition, many aspects of developmental psychology have obvious and immediate relevance to real-world issues and problems. Each chapter in this book exemplifies the relevance of developmental psychology through reviews of the history, theory, and substance of the subdiscipline.

Being Me (and Loving It) - Naomi Richards 2016-04-21

With 29 real life and relatable stories at its heart, this practical resource

is designed to help build self-esteem and body confidence in children aged 5-11. Each story is the focus of a ready-to-use lesson plan, covering common issues that affect children such as a lack of body confidence, feeling pressured by peers and worries about puberty. The stories are preceded by guidance on how to introduce the topic and the learning outcomes, and they are followed by a range of activities to reinforce the messages being taught. The stories can either be read aloud to a class or group or photocopied and shared for individual reading. Perfect for use in PSHE lessons with groups of children, or in one-to-one settings in the therapy room or at home, this book is a useful resource for PSHE co-ordinators, teachers, school counsellors, pastoral care teams, youth workers as well as parents.

American Multinationals and Japan - Mark Mason 2020-03-23

"This pioneering study of United States direct investment in Japan will interest academic specialists, business managers, and government policymakers in America, Japan, and elsewhere. Drawing on rich historical materials from both sides of the Pacific, including corporate records and government documents never before made public, Mason examines the development of both Japanese policy towards foreign investment and the strategic responses of American corporations. This history is related in part through original case studies of Coca-Cola, Dow Chemical, Ford, General Motors, International Business Machines, Motorola, Otis Elevator, Texas Instruments, Western Electric, and Victor Talking Machine. The book seeks to explain why a little foreign direct investment has entered modern Japan. In contrast to the widely held view that emphasizes an alleged lack of effort on the part of foreign corporations, this study finds that Japanese restrictions merit greater attention. Many analysts of the modern Japanese political economy identify the Japanese government as the key actor in initiating such restrictions. Mason finds that the influence of Japanese business has often proved more potent than these analysts suggest. This book offers fresh insights into both the operation of the modern Japanese political economy and of its relations with the world economy."

GM Engine Performance Techbook - Editors of Haynes Manuals

2020-02-25

The mysteries of the versatile LS series engines are unlocked in this GM Engine Performance Techbook. Covering everything from engine overhaul, cylinder head selection and modification, induction and fuel systems, camshafts and valve train, to beefing-up the bottom end, turbo and supercharger add-ons, engine swaps and extreme builds, this Techbook will help you get the most from your LS-powered vehicle.

[Handbook of Child Psychology and Developmental Science, Cognitive Processes](#) - 2015-03-31

The essential reference for human development theory, updated and reconceptualized The Handbook of Child Psychology and Developmental Science, a four-volume reference, is the field-defining work to which all others are compared. First published in 1946, and now in its Seventh Edition, the Handbook has long been considered the definitive guide to the field of developmental science. Volume 2: Cognitive Processes describes cognitive development as a relational phenomenon that can be studied only as part of a larger whole of the person and context relational system that sustains it. In this volume, specific domains of cognitive development are contextualized with respect to biological processes and sociocultural contexts. Furthermore, key themes and issues (e.g., the importance of symbolic systems and social understanding) are threaded across multiple chapters, although every each chapter is focused on a different domain within cognitive development. Thus, both within and across chapters, the complexity and interconnectivity of cognitive development are well illuminated. Learn about the inextricable intertwining of perceptual development, motor development, emotional development, and brain development Understand the complexity of cognitive development without misleading simplification, reducing cognitive development to its biological substrates, or viewing it as a passive socialization process Discover how each portion of the developmental process contributes to subsequent cognitive development Examine the multiple processes - such as categorizing, reasoning, thinking, decision making and judgment - that comprise cognition The scholarship within this volume and, as well, across the four volumes of

this edition, illustrate that developmental science is in the midst of a very exciting period. There is a paradigm shift that involves increasingly greater understanding of how to describe, explain, and optimize the course of human life for diverse individuals living within diverse contexts. This Handbook is the definitive reference for educators, policy-makers, researchers, students, and practitioners in human development, psychology, sociology, anthropology, and neuroscience.

International Energy Conservation Code - International Code Council 2010-01

The Study Companion is a comprehensive self-study guide for the 2009 International Energy Conservation Code. Ten study sessions cover administration and enforcement as well as energy efficiency in residential and commercial structures. A 20-question quiz is provided at the end of each study session.

College Mathematics CLEP Study Guide - Ace the Clep 2015-11-17

This year, thousands of students will test out of classes by taking a CLEP test. With over 2900 colleges and universities that accept CLEP tests as credit, it has never been easier to complete your college education quickly. CLEP tests save you class time, money for books and tuition and shorten the path to your degree. Our study guides are a helpful way to learn the information for the CLEP test in the most condensed manner possible. This study guide is 102 pages long and includes 100 sample test questions. You too can pass this popular and easy CLEP test.

[Event Data Recorders](#) - Hampton Clay Gabler 2008

Quietly Visible - Carol Stewart 2020-01-28

Quietly Visible is written from the perspective of the lived experience of the author (herself an introvert), her clients, her research, and the many, many introverted women across the globe who regularly share their experiences and challenges with her.

[American Slave Coast](#) - Ned Sublette 2015-10-01

A wide-ranging, powerful, alternative vision of the history of the United States and how the slave-breeding industry shaped it The American Slave Coast tells the horrific story of how the slavery business in the

United States made the reproductive labor of "breeding women" essential to the expansion of the nation. The book shows how slaves' children, and their children's children, were human savings accounts that were the basis of money and credit. This was so deeply embedded in the economy of the slave states that it could only be decommissioned by Emancipation, achieved through the bloodiest war in the history of the United States. *The American Slave Coast* is an alternative history of the United States that presents the slavery business, as well as familiar historical figures and events, in a revealing new light.

The Spiritual Scientist - Maria Afentakis 2020-04-06

The Spiritual Scientist bridges the gap between science and spirituality to give the reader an understanding of how energy works and how one can balance and restore their energies to have a tranquil and peaceful life. The book covers the scientific concepts of energy and the human body and relates these concepts to their spiritual aspects. The scientific concepts will be written in an accurate and a simple fashion, so the reader will be able to understand these concepts without having a high degree of scientific knowledge. The book will discuss the scientific concept first then relate these to the spiritual aspect. The first chapter is an introduction to what energy is in basic terms with equations and diagrams so the reader can fully understand that every living thing has its own unique energy. Chapter 2 will describe energetic aura in detail as this is very important for the reader to fully understand, as the book will focus on spiritual practices that can be used to balance and restore energetic aura, including the chakra system. Chapter 3 will describe the basic anatomy of the human body and will describe the basic fundamental structures such as a cell and DNA, as well as organs and bodily systems including the endocrine system. Chapter 4 will focus on the 13 chakras in the body. The 13 chakras are represented in the spiritual scientist's logo. This chapter will help the reader understand the different chakras in the body and identify when there is a problem or if chakra is inactive, overactive or imbalanced. Chapters 5-7 will describe specific spiritual practices including crystal healing and aromatherapy that can be incorporated to ground, balance and restore ones' chakras.

Chapter 8 will describe the basic function and structure of the brain and how mindfulness techniques including meditations can be used to restore peace and tranquility in ones' everyday life. The final chapter will be a guided step-by step protocol combining all the knowledge learnt throughout the book to create their own meditation kits to balance specific auras. Throughout the book, there will be guided meditations and activities, so the reader will find it easier to understand the importance of these spiritual practices and incorporate them into everyday life.

Handbook of Child Psychology, Child Psychology in Practice - William Damon 2007-07-30

Part of the authoritative four-volume reference that spans the entire field of child development and has set the standard against which all other scholarly references are compared. Updated and revised to reflect the new developments in the field, the *Handbook of Child Psychology, Sixth Edition* contains new chapters on such topics as spirituality, social understanding, and non-verbal communication. Volume 4: *Child Psychology in Practice*, edited by K. Ann Renninger, Swarthmore College, and Irving E. Sigel, Educational Testing Service, covers child psychology in clinical and educational practice. New topics addressed include educational assessment and evaluation, character education, learning disabilities, mental retardation, media and popular culture, children's health and parenting.

Vauxhall/Opel Astra & Zafira Diesel - Martynn Randall 2001

50 Years of Road & Track - William A. Motta 1997

Chronicles the visual history of *Road & Track* magazine, including photographs, paintings, technical drawings, and cartoons.

Daddy Do My Hair: Beth's Twists - Tolá Okogwu 2022-05-26

A warm, rhyming celebration of Afro hair and father-daughter relationships, from hair care coach and author T?lá Okogwu It's Sunday evening and dinner is over. Beth is excited and heads to the sofa. Daddy is there with a smile and a chair. "Daddy," she asks, "will you please do my hair?" It's the evening before School Picture Day and Beth would like

a brand new hairdo! Join Daddy and Beth on a wonderful hair adventure in this heart-warming depiction of the quality time spent between parent and child. This joyful rhyming text is paired with bold and beautiful illustrations from Chanté Timothy (Hey You! by Dapo Adeola). Also includes haircare tips for Afro hair from the author!

MANScript - Julia Keys 2018-05-01

The MANScript is the ultimate guide to surviving and thriving after infidelity by Julia Keys (ex-wife of TV presenter Richard Keys) and Jacqui Coles. There is a script to infidelity, it's repeated time and time again, and this book will help you identify that script...and more. This is NOT a man-bashing book, the aim is to help those who have been cheated on to feel empowered rather than weakened by their experiences. Filled with real life testimonials, The MANScript will help you navigate the tumultuous times to come out stronger and happier.

Hard Child - Natalie Shapero 2017-04-11

Natalie Shapero spars with apathy, nihilism, and mortality, while engaging the rich territory of the 30s and new motherhood

Automotive Heating & Air Conditioning - Editors of Haynes Manuals 2011-05-01

Written for the do-it-yourselfer, good enough for the pro. Includes everything you wish to know about your vehicles heating and air conditioning. From simple adjustments, to complete tune-ups and troubleshooting.

Reconnecting with the Heart - Anne Dickson 2015-02-28

Reconnecting with the Heart offers a new theoretical and practical approach to understanding and managing feelings. We categorise feelings as either negative or positive, which means that we censor the expression of some while insisting on others. Learning to understand the whole range of emotions - what they are, where they come from, why we have them - helps us learn when and how to communicate them effectively. Feelings are not only mental events, but occur in our bodies

as well. Reconnecting with the Heart helps the reader to become more conscious of the mind-body link, both in terms of how to recognise emotions and also in their connection to various physical symptoms. Although we are accustomed to blaming others for causing our feelings, the reality is that our responses have a lot to do with our perceptions. Once we stop blaming others, we can learn how to communicate clearly, even in the most difficult situations. Specific suggestions and exercises enable the reader to use this as a workbook for individual and personal exploration. The book also demonstrates how to be less uncomfortable or anxious when someone bursts into tears or is angry: we can learn to be less anxious and more present in our relationships, even when strong emotions are existent. This book is intended as an initial guide to our feelings, charting the currents and movements of the heart, and makes it clear that emotion is part of everyday life and need not be seen as a problem. The theoretical input is balanced by many illustrations from Anne's working experience, which allow the reader to relate the theory to their own life experiences. Reconnecting with the Heart will help anyone who struggles to make sense of their feelings within the increasingly impersonal context of everyday life.

Conversations at the Pond - Henry Slator 2021-09-23

While undergoing chemotherapy after his colon cancer operation in early 2020, Henry Slator knew he was missing his usual light hearted outlook on life. But what to do if you're missing a little bit of humour? He found it by imagining conversations with creatures in and around his large garden pond and adding buckets of fun. He created the entertaining Conversations at the Pond with its mass of colourful illustrations. By taking you along his journey and through these enjoyable stories he hopes to inspire delight and cheer you up too. The book is perfect for anyone who might need a little laugh to get through tough times or simply to boost their spirit and take a different, more humorous approach to life.