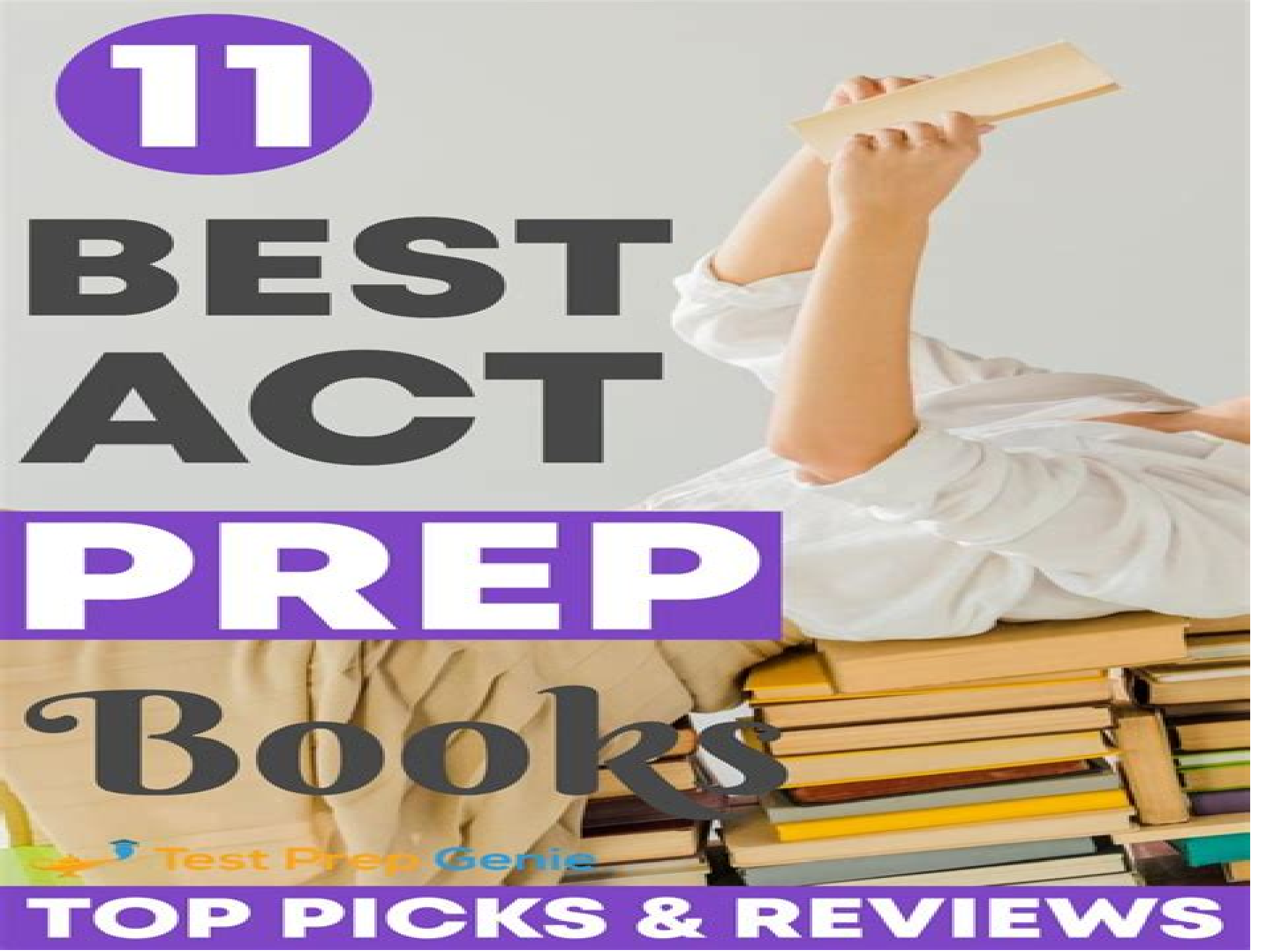


A person wearing a white long-sleeved shirt is shown from the chest down, holding a light-colored wooden board with both hands above a large stack of books. The books are of various colors and are stacked in a somewhat haphazard manner. The background is a plain, light gray.

11

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**Heinz Leitgöb, Tobias Wolbring, Dimitri
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Training For Life Hernani Ourique, 2022-06-01 Training for Life A Prescription for Fitness written by gym owner and fitness coach Hernani Ourique lives up to its title focusing on the steps to getting healthy and staying fit for the long term Unlike the myriad exercise books in the marketplace the aim of this guide is not to transform readers into ultra marathoners or gym rats The core focus of Training for Life is to help readers to start building better habits that fit their personal lifestyle The key goal is maintain a healthy lifestyle one that promotes movement whether you re eighteen or eighty Ourique s expertise coupled with a scientific and common sense approach results in an easy to read and non intimidating guide covering topics from improving strength and range of motion to setting goals and managing stress diet and sleep Each chapter is complemented with reader exercises both physical and mental geared at getting people moving with the long term goal of training for life

Mindfulness Meditation for Beginners: Daily Mindfulness and Guided Meditation Practices for Stress Reduction and Finding Inner Peace Patty Morgan, 2019-10-12 You want to quiet your mind and achieve a greater level of fulfillment and calmness without resorting to unhealthy lifestyle habits You want to stop thinking about what happened in the past or what may happen in the future and focus on the present moment You want to enjoy your life to the fullest without getting caught up in your feelings and thoughts If these questions relate to you your current struggles your desires and your needs then you are in the right place The truth is that everyone at some point in his or her life comes across extremely challenging and difficult to handle life events and circumstances which can put a strain on everybody s mental and physical health state While you cannot change what has happened in the past and while you cannot control certain things happening in the present you can change your perspective on your life you can change the way you see yourself the way you see others and the way you see the world around you This is exactly what ancient mindfulness meditation practices provide This ancient practice holds the amazing potential offered to every meditation practitioner no matters his or her age cultural or social background With mindfulness meditation practices you get to embrace a deeper unique unity between yourself other people and the world around you Moreover you get to transform your perspective on life strong build a stronger emotional state awaken your body and mind by coming back to your senses stabilize your awareness and attention and finally reclaim your inner potential power and wholeness by investing only several minutes daily to meditation Inside You Will Discover What is distracted living What are external and internal distractions and their importance What living in the age of information brings What is mindfulness and how it works What are the major mindfulness benefits to mental and physical health What is mindfulness meditation and how it works Why you should learn to meditate How to prepare for your meditation sessions Mindfulness breathing and body scan meditation guidelines And much much more Get this book NOW learn how to reclaim the present moment return to your awareness and build a more loving relationship with yourself and the world around you

Decolonization and Anti-colonial Praxis, 2019-06-07

Decolonization and Anti colonial Praxis presents research on contemporary forms of decolonization and anti colonialism in practice It pertains to the ways in which individuals groups and communities engage with the logic of epistemic colonial power within areas of citizenship migration education Indigeneity language land struggle and social work The contributions in this edited volume empirically document the conceptual and bodily engagement of racialized and violated individuals and communities as they use anti colonial principles to disrupt criminalizing institutional discourses and policies within various global imperial contexts The terms Decolonization and Anti colonialism are used in diverse and interdisciplinary academic perspectives They are researched upon and elaborated in necessary ways in the theoretical literature however it is rare to see these principles employed in applied forms Decolonization and Anti colonial Praxis provides a much needed contemporary and representative reclamation of these concepts from the standpoint of racialized communities It explores the frameworks and methods rooted in their indigeneity cultural history and memories to imagine a new future The research findings and methodological tools presented in this book will be of interdisciplinary interest to teachers graduate students and researchers Contributors are Harriet Akanmori Ayah Al Oballi Sevgi Arslan Jacqueline Benn John Lucy El Sherif Danielle Freitas Pablo Isla Monsalve Dionisio Nyaga Hoda Samater Rose Ann Torres Umar Umangay and Anila Zainub

Nation Branding in Non-Western Societies Shantanu Chakrabarti, 2025-02-03 A country's stature in global politics is often determined by its popular image and public perceptions as reflected in global media While nation branding as a term and a tool of analysis in Social Sciences has emerged prominently since the 1990s the practice of positive projection of states regions and locality along with non state institutions has deeper historical roots Apart from nation branding the cultural turn in International Relations has led to popularisation of analytical concepts like soft power and civilisation or civilisational states The present work focuses on two of these concepts nation branding and civilisation state and traces the historical process of evolution in Indian nation building project It analyses the evolving concept of civilisation state and its association with the strong urge for autonomy along with the self perception of national and cultural greatness shared by the Indian elite leading to a search for identity and recognition of the intra regional and extra regional linkages in terms of shared cultural and historical identity It also looks into the process of continuity from independence to present times and to what extent this has influenced Indian elite thinking and conceptualisation of India's status in global affairs Print edition not for sale in South Asia India Sri Lanka Nepal Bangladesh Pakistan and Bhutan

Picking a Pedigree: How to Choose A Healthy Puppy or Kitten Emma Milne, 2018-11-02 Getting a new puppy or kitten is such an exciting time for any family and should be the start of a beautiful long friendship Picking a breed can be difficult and is sometimes a choice made on an impulse because a certain look or character seems to be just what you want Sadly a snap decision can turn into heartache if the breed you pick doesn't suit your lifestyle or has health issues that you didn't know about Some breeds of dogs and cats have body shapes that are not healthy and can cause a lifetime of discomfort Selective breeding has produced features like short faces tiny legs

long backs huge ears and lots of skin wrinkles Some breeds also have high levels of inherited disease like heart problems These unnatural exaggerations and inherited issues can not only mean big bills and frequent visits to the vet but also a less than ideal life for your pet This book will help you avoid the breeds most affected by health problems We look at what Mother Nature and evolution picked for cats and dogs compared to what man has done through breeding Hopefully you will start to see these odd body shapes not as normal for a breed but as unhealthy changes to our beautiful cats and dogs We ll also look at how you can try to find the best breeder possible and avoid the likes of puppy farmers who care more about money than their animals Somewhere out there a puppy or kitten is waiting to become a cherished part of your family and I hope this book will help you find the right one Dogs and cats are wonderful animals and enrich our lives so let s try and make sure that they are as healthy and happy as possible 5m Books Attention-Deficit Hyperactivity Disorder Russell A.

Barkley,2014-10-28 Widely regarded as the standard clinical reference this volume provides the best current knowledge about attention deficit hyperactivity disorder ADHD in children adolescents and adults The field s leading authorities address all aspects of assessment diagnosis and treatment including psychological therapies and pharmacotherapy Core components of ADHD are elucidated The volume explores the impact of the disorder across a wide range of functional domains behavior learning psychological adjustment school and vocational outcomes and health All chapters conclude with user friendly Key Clinical Points New to This Edition Reflects significant advances in research and clinical practice Expanded with many new authors and new topics Chapters on cutting edge interventions social skills training dietary management executive function training driving risk interventions complementary alternative medicine and therapies for adults Chapters on the nature of the disorder neuropsychological aspects emotional dysregulation peer relationships child and adult specific domains of impairment sluggish cognitive tempo and more *Raising Upright Kids* Dr. Ray Guarendi,2019-12-12 The barriers to raising

moral and mature children are higher and more treacherous than ever In *Raising Upright Kids in an Upside Down World* acclaimed Catholic psychologist Dr Ray Guarendi offers parents a roadmap through this difficult and sometimes frightening terrain **Digital Culture in the Platform Era** Shane Tilton,2025-09-26 This book uses the roles of celebrities in society to frame discussions about digital culture in the platform era and helps us see how we have evolved online in our communication and cultural creations Focusing on the modern types of Internet celebrities influencers opinion leaders nanocelebrities and platform superstars allows us to discuss their online practices and how their work has significantly changed the ways we define our communities within increasingly fragmented digital audiences and platform users Through an exploration of the impact of social media and online communication the book highlights how we are impacted by those who dominate these platforms It identifies three essential components of digital celebrity culture personality reach and content while also providing an in depth analysis of the psychological profiles of four types of celebrities and their connection to audiences Internet celebrities can show us how to make our relationships more meaningful online by focusing on those

communication practices that we learned in public speaking with a focus on informing persuading and inspiring This understanding of purposeful content empowers the average Internet user to build authentic connections in an interconnected digital landscape Celebrities are finally models of good practices when it comes to how they reach their audience Their direct messaging tends to mimic the personal conversations that they have with friends group chats are likely part of the celebrity s inter circle public postings on social media become their announcements to the general public and streaming replicates the standards of traditional media broadcasts Examining these dynamics of personalities content and reach gives us valuable insights into how we can effectively navigate digital interactions and ensure that we can craft online works that resonate with the people that we care about This book gives us the model to use practical communication techniques to be more meaningful online

Universities as Living Labs for Sustainable Development Walter Leal Filho,Amanda Lange Salvia,Rudi W. Pretorius,Luciana Londero Brandli,Evangelos Manolas,Fatima Alves,Ulisses Azeiteiro,Judy Rogers,Chris Shiel,Armin da Do Paco,2019-04-30 This book fills an important gap in the literature and presents contributions from scientists and researchers working in the field of sustainable development who have engaged in dynamic approaches to implementing sustainability in higher education It is widely known that universities are key players in terms of the implementation and further development of sustainability with some having the potential of acting as living labs in this rapidly growing field Yet there are virtually no publications that explore the living labs concept as it relates to sustainability and in an integrated manner The aims of this book which is an outcome of the 4th World Symposium on Sustainable Development at Universities WSSD U 2018 held in Malaysia in 2018 are as follows i to document the experiences of universities from all around the world in curriculum innovation research activities and practical projects as they relate to sustainable development at the university level ii to disseminate information ideas and experiences acquired in the execution of projects including successful initiatives and good practice iii to introduce and discuss methodological approaches and projects that seek to integrate the topic of sustainable development in the curricula of universities and iv to promote the scalability of existing and future models from universities as living labs for sustainable development The papers are innovative cross cutting and many reflect practice based experiences some of which may be replicable elsewhere Also this book prepared by the Inter University Sustainable Development Research Programme IUSDRP and the World Sustainable Development Research and Transfer Centre WSD RTC reinforces the role played by universities as living labs for sustainable development

I Know I Should Exercise, But... Diana Hill,Katy Bowman,2025-03-04 The most insightful guide to getting moving I ve ever read Kelly McGonigal author of The Joy of Movement Break down the common everyday mental blocks to moving your body and turn your mind from an adversary into an ally in the quest to feel better in your body I know I should move my body more but I m on my feet all day for work and I m exhausted I m addicted to my phone I m great at starting movement programs just lousy at sticking with them My body jiggles and embarrasses me in public Movement is sooooo boring Sound familiar If not it probably means you

have another perfectly good excuse of your own We all have our reasons for not getting the physical activity we know is good for us reasons which stubbornly defy the same old tired prescriptive advice about hours of weekly cardio or numbers of steps Adding insult to injury these same excuses contribute to you feeling bad or guilty when you fail to move as much as you know you should That's why Diana Hill and Katy Bowman have put together this simple guide to changing the way you think to change how much you move Diana is a modern psychologist expert in Acceptance and Commitment Therapy ACT and host of the Wise Effort podcast Her mission is to help her clients and readers grow the psychological flexibility needed to get moving in directions that matter to them Katy is a biomechanist author and trailblazing movement teacher who has spent a career helping people integrate more movement into their lives In I Know I Should Exercise But the two join forces to help you challenge your barriers to movement in a new way Katy translates her understanding of the obstacles that keep people sedentary including dozens of real world examples from readers and clients into 44 essential impediments to movement Diana responds to those common barriers while introducing you to acceptance and commitment therapy ACT behavioral psychology and self compassion evidence based approaches for cultivating flexibility and aligning actions with values Whether your internal barrier is born of fear malaise inertia embarrassment or difficulty managing competing priorities you will learn how to disempower it by applying effective science based tools for changing the way you think You'll learn to identify your resistance whether it's an unhelpful thought a misplaced motivation or a contextual barrier and respond wisely and effectively using tools and techniques that can be applied to other areas of your life as well including urge surfing motivational interviewing behavioral stretching strengthening your acceptance muscle This is a must have book for anyone struggling with the mental barriers to moving more and an essential resource for personal trainers fitness instructors and mental health professionals wanting to better connect with their clients Stretch your mind connect with what is truly important to you and stop talking yourself out of the movement you need

Transmedia in Asia and the Pacific Filippo Gilardi, Celia Lam, 2021-03-06 Transmedia in Asia and the Pacific is a timely exploration of a global media phenomena that offers a unique perspective on the production consumption and use of transmedia storytelling in the Asia Pacific region Through close analysis of case studies from Australia Cambodia China Japan Malaysia South Korea and West Papua the chapters in this book provide insight into the cultural and transcultural contexts against which transmedia storytelling takes place in the region From community theatre and social media narratives in China to transcultural consumption of Japanese texts in French Spanish and English speaking countries to the use of transmedia for education in Japan and China examples highlight the diverse ways in which a global and commercialised media phenomenon is appropriated and recontextualised to local circumstances This volume questions the centre periphery dichotomy of understanding global media through perspectives that seek to enrich understanding and definitions of transmedia It is a valuable resource for scholars and students wishing to expand their engagement with the theory and practice of transmedia storytelling Chapters Chapter 1

Introduction to Transmedia in Asia and the Pacific Chapter 13 Teaching Transmedia in China Complexity Critical Thinking and Digital Natives and Chapter 14 Conclusions are available open access under a Creative Commons Attribution 4.0

International License via link [springer.com](https://www.springer.com) **The Khan** Saima Mir, 2021-03-04 Bold addictive and brilliant Stylist best fiction 2021 A Times Bestseller A Times Sunday Times Best Crime Books of 2021 A Waterstones Thriller of The Month Be twice as good as men and four times as good as white men Jia Khan has always lived like this Successful London lawyer Jia Khan is a long way from the Northern streets she knew as a child where her father Akbar Khan led the Pakistani community and ran the local organised crime syndicate Often his Jirga rule the old way was violent and bloody but it was always justice of a kind Now with her father murdered Jia must return to take his place Justice needs to be restored and Jia is about to discover that justice always comes at a cost A fascinating glimpse into a world rarely portrayed in fiction Guardian best crime and thrillers A once in a generation crime thriller A A Dhand author of Streets of Darkness **Raising Wise Kids in a**

Sexually Broken World Laurie Krieg, 2026-01-13 This book is a gift to all parents trying to navigate the complexity of raising children in today's world I wish I could make this book required reading for every parent Christine Caine founder of A21 and Propel Women How can you raise your children to not just to survive but to thrive in a world filled with complex and confusing conversations about gender sexuality and relationships Navigating the birds and bees is challenging enough for parents Kids today are faced with all sorts of complex issues and often at a very early age When is it too early to talk about sex How can we begin to view the gender conversation How do we help our kids not to approach the world fearfully but to walk into it confidently even in the world's most controversial spaces Laurie and Matt Krieg believe that as a Christian parent you can approach sexual topics with confidence and grace by laying a solid gospel centered foundation from early childhood onward Raising Wise Kids in a Sexually Broken World offers you theological guidance parenting principles and age appropriate insights for addressing complex issues in healthy ways issues like marriage and singleness God's design for sex same sex attraction and sexual orientation gender identity sexual abuse and pornography In Raising Wise Kids in a Sexually Broken World you'll learn to Present God's purpose for both marriage and singleness Explain God's design for sex with clarity Discuss gender identity from a biblical perspective Protect your children from sexual abuse Prevent porn addiction Promote online safeguards Raising Wise Kids in a Sexually Broken World is a timely and essential resource for today's Christian parents Rather than retreating in fear you can respond to the brokenness of the world with the goodness truth and beauty of the gospel and help your kids to do the same Cast a gospel vision for your kids so that no matter how they experience sexual brokenness within them or around them they have the tools they need to choose the way of Jesus no matter what

The Routledge Handbook of Digital Consumption Rosa Llamas, Russell Belk, 2022-09-26 Since the publication of the ground breaking first edition there has been an exponential growth in research and literature about the digital world and its enormous potential benefits and threats Fully revised and updated this new edition brings together an expertly

curated and authoritative overview of the impact and emerging horizons of digital consumption Divided into sections it addresses key topics including digital entertainment self representation communication Big Data digital spirituality online surveillance and algorithmic advertising It explores developments such as consumer data collection techniques peer to peer payment systems augmented reality and AI enhanced consumer well being as well as digital transgression secrecy crypto currencies NFTs and cultural concerns such as the spread of conspiracy theories and fake news From digital influencers digital nomads and digital neo tribalism to robots and cyborgs it explores existences that blur boundaries between humans and machines reality and the metaverse and the emerging technoculture a state of all encompassing digital being This unique volume is an essential resource for scholars practitioners and policy makers and will continue to provide a new generation of readers with a deep understanding of the universe of digital consumption *Strategic Social Media Management* Karen E. Sutherland, 2024-08-29 This textbook provides a lively introduction to the fast paced and multi faceted discipline of social media management with international perspectives AI approaches and tools to enhance the learning experience Aside from focusing on practical application the textbook takes readers through the process of strategy development and implementation ethical and accurate content curation and strategic content creation Combining theory and practice Strategic Social Media Management teaches readers how to take a strategic approach to social media from organisational and business perspectives and how to measure results Richly supported by robust and engaging pedagogy and case studies it integrates public relations marketing and advertising perspectives and examines key issues including risk ethics privacy consent copyright and crisis management Reflecting the demands of contemporary practice advice on self care is also provided helping to protect emerging Social Media Managers from the negativity they can experience online By the end readers will be able to develop a social media strategy understand accurate and relevant content curation and create engaging social media content that tells compelling stories connects with target audiences and supports strategic goals and objectives This is an ideal textbook for students learning social media strategy marketing and management at undergraduate level It is also essential reading for business owners marketing public relations advertising and communications professionals looking to hone their social media skills The first edition of this textbook won a Book Excellence Award a Silver International Stevie Award for Best Business Book and was named in the Best 100 Public Relations eBooks of All Time by the Book Authority Exploring Screen Culture via Apple's Mobile Devices Charles Soukup, 2016-12-13 Exploring Screen Culture via Apple s Mobile Devices Life through the Looking Glass explores the role of mobile technologies in everyday life via the extended case study of Apple s mobile operating system iOS for the iPhone iPad and iPod Via a detailed application including numerous extended examples of the experiences associated with Apple s iOS devices Charles Soukup examines contemporary screen culture and how individuals navigate it via mobile technologies Mobile devices provide a lifeline that sifts through limits and simplifies the complexities of rapid vast circulating information in postmodern culture Particularly simple game

like applications with clear rules and numerical outcomes exceptionally focus frame and filter an overwhelming media saturated culture Rather than merely outlining the problems associated with a world dominated by digital screens Exploring Screen Culture via Apple s Mobile Devices offers a means for understanding screen culture as well as viable solutions to the challenges facing contemporary social life **The Routledge Handbook of Mobile Socialities** Annette Hill,Maren Hartmann,Magnus Andersson,2021-05-06 This is a state of the art survey of an emerging area of study in media communication and cultural studies mobility studies and mobile communications Mobile socialities demarcates a new area of research that captures people s various and contrary experiences of media in relation to their mobilities and socialities The chapters in this volume are written by a range of international scholars offering a comprehensive overview and source of inspiration for a diverse range of topics on the contingent practices and finite resources of people and media on the move The book demonstrates through empirical and theoretical research how mobile socialities is a generative concept for thinking through power identity and the contexts of media in public and mediated spaces work and everyday life addressing a spectrum of mobile socialities and lived politics The research and various cases make visible previously hidden or obscured social practices and allow us to rethink the meanings of mobility digital media or the home in these examples of people living within the centre and peripheries of society The Handbook establishes mobile socialities as a new area of academic enquiry ideal for advanced undergraduate students and scholars across the disciplines of media communication and cultural studies anthropology cultural geography and sociology **Email and the Everyday** Esther Milne,2024-07-02 An exploration of how email is experienced understood and materially structured as a practice spanning our everyday domestic and work lives Despite its many obituaries email is not dead As a global mode of business and personal communication email outstrips newer technologies of online interaction it is deeply embedded in our everyday lives And yet perhaps because the ubiquity of email has obscured its study this is the first scholarly book devoted to email as a key historical social and commercial site of digital communication in our everyday lives In Email and the Everyday Esther Milne examines how email is experienced understood and materially structured as a practice spanning the domestic and institutional spaces of daily life Email experiences range from the routine and banal to the surprising and shocking Drawing on interviews and online surveys Milne focuses on both the material and the symbolic properties of email She maps the development of email as a technology and as an industry considers institutional uses of email including bureaucratic intensity of workplace email and the continuing vibrancy of email groups and examines what happens when private emails end up in public archives discussing the Enron email dataset and Hillary Clinton s infamous private server Finally Milne explores the creative possibilities of email connecting eighteenth century epistolary novels to contemporary email novels discussing the vernacular expression of ASCII art and mail art and examining email works by Carl Steadman Miranda July and others **Strategic Social Media** L. Meghan Mahoney,Tang Tang,2024-02-27 Learn to utilize social media strategies that inspire behavior change in any

landscape Strategic Social Media From Marketing to Social Change Second Edition combines best social media marketing practices with the application of traditional communication behavior change and marketing theories More than a basic how to guide this innovative resource balances social media theory and real world practice in a variety of areas including advocacy public health entertainment and education With a clear and readable style the authors explain the power and possibilities of social media to influence personal relationships and social change The media environment of today is more mobile visual and personalized than ever before In the second edition of Strategic Social Media the authors incorporate advances in the field such as enhanced visual communication digital experience sharing omnichannel marketing IoT artificial intelligence mass personalization and social e commerce An entirely new chapter on utilizing social media for personal branding efforts is accompanied by new and updated examples action plans business models and international case studies throughout Covers all key aspects of strategic social media landscape messages marketing and business models social change and the future Highlights opportunities to break down barriers with institutions of power achieve greater transparency and mobilize users through social media Contains social media strategies readers can apply to any past present or future social media platform Helps practitioners make better decisions about brand objectives and evaluate and monitor social media marketing efforts Provides clear guidance on crafting social media messages that reach intended audiences and ignite dialogue and behavior change Offering comprehensive coverage of both the theory and practice of facilitating behavior change in social media audiences Strategic Social Media From Marketing to Social Change Second Edition is essential reading for undergraduate and graduate students in digital and social media marketing courses social media practitioners entrepreneurs digital content creators journalists activists and marketing and public relations professionals **Big data and machine learning in sociology** Heinz Leitgöb,Tobias Wolbring,Dimitri Prandner,2023-06-05

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