

## Find Your Focus Zone By Lucy Jo Palladino

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The Change Kirsten Miller 2022-05-03 GOOD MORNING AMERICA BOOK CLUB PICK "Miller triumphs...THE CHANGE is that rare treat: a suspenseful story with great pacing, memorable characters, and an engaging voice. Fantastic in every way, this fierce anthem against misogyny is a smash."--Publishers Weekly (starred review) "A pointed, punchy, and potent thriller...wry and clever, serious and exacting, and masterfully suspenseful."--Booklist (starred review) Big Little Lies meets The Witches of Eastwick—a gloriously entertaining and knife-sharp feminist revenge fantasy about three women whose midlife crisis brings unexpected new powers—putting them on a collision course with the evil that lurks in their wealthy beach town. In the Long Island oceanfront community of Mattauk, three different women discover that midlife changes bring a whole new type of empowerment... After Nessa James 's husband dies and her twin daughters leave for college, she 's left all alone in a trim white house not far from the ocean. In the quiet of her late forties, the former nurse begins to hear voices. It doesn ' t take long for Nessa to realize that the voices calling out to her belong to the dead—a gift she ' s inherited from her grandmother, which comes with special responsibilities. On the cusp of 50, suave advertising director Harriett Osborne has just witnessed the implosion of her lucrative career and her marriage. She hasn ' t left her house in months, and from the outside, it appears as if she and her garden have both gone to seed. But Harriett ' s life is far from over—in fact, she ' s undergone a stunning and very welcome metamorphosis. Ambitious former executive Jo Levison has spent thirty long years at war with her body. The free-floating rage and hot flashes that arrive with the beginning of menopause feel like the very last straw—until she realizes she has the ability to channel them, and finally comes into her power. Guided by voices only Nessa can hear, the trio of women discover a teenage girl whose body was abandoned beside a remote beach. The police have written the victim off as a drug-addicted sex worker, but the women refuse to buy into the official narrative. Their investigation into the girl ' s murder leads to more bodies, and to the town ' s most exclusive and isolated enclave, a world of stupendous wealth where the rules don ' t apply. With their newfound powers, Jo, Nessa, and Harriett will take matters into their own hands...

Parenting in the Age of Attention Snatchers Lucy Jo Palladino 2015-04-28 Are your kids unable to step away from the screens? Here is a practical, step-by-step guide that gives parents the tools to teach children, from toddlers to teens, how to gain control of their technology use. As children spend more of their time on tablets and smartphones, using apps specially engineered to capture their attention, parents are concerned about the effects of so much technology use--and feel powerless to intervene. They want their kids to be competent and competitive in their use of technology, but they also want to prevent the attention problems that can develop from overuse. Lucy Jo Palladino shows that the key is to help kids build awareness and control over their own attention, and in this guide she gives parents the tools to do exactly that, in seven straightforward, evidence-based steps. Parents will learn the best practices to guide children to understand and control their attention—and to recognize and resist when their attention is being "snatched." This approach can be modified for kids of all ages. Parents will also learn the critical difference between voluntary and involuntary attention, new findings about brain development, and what puts children at risk for attention disorders.

Room for You Beth Ehemann 2015-05-05 Kacie Jensen has one main priority in her life: raising her twin daughters, Lucy and Piper. Ever since her ex--the girls' father--vanished four years ago, Kacie's sworn to keep her head in her studies and her heart out of trouble. Moving back home to her mother's bed-and-breakfast had seemed like the best way to start over. But when hockey star Brody Murphy washes up on the front steps of the Cranberry Inn during a raging storm, he awakens a hunger in Kacie that she's long forgotten...and he opens her eyes to a life she never thought was possible. With so much more to lose this time around, can Kacie trust her heart to make the right decision? Room for You is the sweet, tantalizing first novel in bestselling author Beth Ehemann's heartwarming Cranberry Inn series.

7-Minute Body Plan Lucy Wyndham-Read 2019-12-31 Whatever your body shape, fitness level, or age, feel amazing after just 1 week of 7-minute workouts, recipes, and Lucy's positive mindset to help you believe in yourself and love your body. Find just 7 minutes a day over a week and follow one of Lucy Wyndham-Read's workouts daily to shape up and feel your best self. Try her supporting recipes for even greater impact. No equipment is needed, the exercises are easy and effective whatever your body shape and fitness level, and "yes", you really do only need 7 minutes a day. Lucy wants us to all to love our bodies and feel our best quickly and easily. The seven workouts - all exclusive to the book - speak to real women: Melt Off Belly Fat, Little Black Dress Workout, Love My Legs, Super Health Fix. They are demonstrated with illustrations of women of all ages, shapes and sizes - no unattainable skinny models. Try one for a week and you will want to do more. Followers (Lucy has over 1 million across YouTube and Instagram) say of her routines, "Actually, I can do these for the rest of my life". The quick, healthy recipes (7 breakfasts, 7 lunches, 7 smoothies, 7 dinners) - which Lucy shares for the first time - are optional, but follow these too and your results will be even more impressive. Start now, believe in yourself, see the change, and love your body!

The Data Journalism Handbook Jonathan Gray 2012-07-12 When you combine the sheer scale and range of digital information now available with a journalist ' s "nose for news" and her ability to tell a compelling story, a new world of possibility opens up. With The Data Journalism Handbook, you ' ll explore the potential, limits, and applied uses of this new and fascinating field. This valuable handbook has attracted scores of contributors since the European Journalism Centre and the Open Knowledge Foundation launched the project at MozFest 2011. Through a collection of tips and techniques from leading journalists, professors, software developers, and data analysts, you ' ll learn how data can be either the source of data journalism or a tool with which the story is told—or both. Examine the use of data journalism at the BBC, the Chicago Tribune, the Guardian, and other news organizations Explore in-depth case studies on elections, riots, school performance, and corruption Learn how to find data from the Web, through freedom of information laws, and by "crowd sourcing" Extract information from raw data with tips for working with numbers and statistics and using data visualization Deliver data through infographics, news apps, open data platforms, and download links

The Edison Trait Lucy Jo Palladino 1997 A distinguished clinical psychologist explains how parents can identify and appreciate the Edison Trait--intelligence, active imagination, and a free-spirited approach to life--offering eight steps to help support its benefits and minimize its problems. 40,000 first printing. Tour.

The Stand Stephen King 2011 A monumentally devastating plague leaves only a few survivors who, while experiencing dreams of a battle between good and evil, move toward an actual confrontation as they migrate to Boulder, Colorado.

Practical Genius Gina Amaro Rudan 2013-01-08 Outlines a plan for tapping innate intelligence to unleash hidden potential for greater personal and professional success, providing a sequence of exercises designed to help readers identify personal talents and express them in everyday life.

Flesh and Blood Patricia Cornwell 2014-11-06 The legendary, No. 1 bestselling series following Dr. Kay Scarpetta

ADD-Friendly Ways to Organize Your Life Judith Kolberg 2012-01-04 Over 100,000 Copies Sold! Organizing books fall short of addressing the unique needs of adults with ADD. They fail to understand the clinical picture of ADD and how it impacts the organizing process often making their advice irrelevant or frustrating when put into application. Books about ADD may address organization/disorganization but do so in a cursory fashion and on a very small scale in what are usually long books on the subject. This is a book that has ADD-Friendly advice with the ADDer in mind. This collaboration brings forth the best underlying understanding with the most effective and practical remedy from ADD experts in two important fields -- professional organization and clinical psychology. Finally, it offers organizing advice that ranges from self-help to utilizing the help of non-professionals, to using professional assistance. Thus it permits the reader to decide where they are at personally in the organizing process, and what level of support will be most beneficial to their unique situation.

Dreamers, Discoverers & Dynamos Lucy Jo Palladino, Ph.D. 2010-12-01 Does your imaginative, computer-proficient daughter tune out in the classroom? Does your spirited son become headstrong and aggressive when faced with the simplest decisions? Does your bold, energetic child have trouble focusing on basic tasks? Millions of children--one in five--have what psychologist Lucy Jo Palladino, Ph.D., calls the Edison trait: dazzling intelligence, an active imagination, a free-spirited approach to life, and the ability to drive everyone around them crazy. Named after Thomas Edison--who flunked out of school only to harness his talents and give the world some of its finest inventions--the Edison trait is on the rise in our younger generation. The heart of the issue is that they think divergently--they overflow with many ideas--while schools, organized activities, and routines of daily living reward convergent thinking, which focuses on one idea at a time. Drawing on examples from more than two decades of private practice, Dr. Palladino helps us cope with this challenging aspect of our child's intellect and personality, explaining in clear terms: - The three Edison-trait personality types: dreamers, discoverers, and dynamos - The eight steps to understanding, reaching, and teaching your Edison-trait child - The connection between the Edison trait and A.D.D.

Beautiful Trouble Andrew Boyd 2013-05-01 Banksy, the Yes Men, Gandhi, Starhawk: the accumulated wisdom of decades of creative protest is now in the hands of the next generation of change-makers, thanks to Beautiful Trouble. Sophisticated enough for veteran activists, accessible enough for newbies, this compact pocket edition of the bestselling Beautiful Trouble is a book that ' s both handy and inexpensive. Showcasing the synergies between artistic imagination and shrewd political strategy, this generously illustrated volume can easily be slipped into your pocket as you head out to the streets. This is for everyone who longs for a more beautiful, more just, more livable world -- and wants to know how to get there. Includes a new introduction by the editors. Contributors include: Celia Alario • Andy Bichbaum • Nadine Bloch • L. M. Bogad • Mike Bonnano • Andrew Boyd • Kevin Buckland • Doyle Canning • Samantha Corbin • Stephen Duncombe • Simon Enoch • Janice Fine • Lisa Fithian • Arun Gupta • Sarah Jaffe • John Jordan • Stephen Lerner • Zack Malitz • Nancy L. Mancias • Dave Oswald Mitchell • Tracey Mitchell • Mark Read • Patrick Reinsborough • Joshua Kahn Russell • Nathan Schneider • John Sellers • Matthew Skomarovsky • Jonathan Matthew Smucker • Starhawk • Eric Stoner • Harsha Walia

The Color Purple Alice Walker 2011-09-20 Winner of the Pulitzer Prize and the National Book Award, this novel about a resilient and courageous woman has become a

Broadway show and a cultural phenomenon. A PBS Great American Read Top 100 Pick *Celie* has grown up poor in rural Georgia, despised by the society around her and abused by her own family. She strives to protect her sister, Nettie, from a similar fate, and while Nettie escapes to a new life as a missionary in Africa, Celie is left behind without her best friend and confidante, married off to an older suitor, and sentenced to a life alone with a harsh and brutal husband. In an attempt to transcend a life that often seems too much to bear, Celie begins writing letters directly to God. The letters, spanning twenty years, record a journey of self-discovery and empowerment guided by the light of a few strong women. She meets Shug Avery, her husband's mistress and a jazz singer with a zest for life, and her stepson's wife, Sophia, who challenges her to fight for independence. And though the many letters from Celie's sister are hidden by her husband, Nettie's unwavering support will prove to be the most breathtaking of all. *The Color Purple* has sold more than five million copies, inspired an Academy Award-nominated film starring Oprah Winfrey and directed by Steven Spielberg, and been adapted into a Tony-nominated Broadway musical. Lauded as a literary masterpiece, this is the groundbreaking novel that placed Walker "in the company of Faulkner" (*The Nation*), and remains a wrenching—yet intensely uplifting—experience for new generations of readers. This ebook features a new introduction written by the author on the twenty-fifth anniversary of publication, and an illustrated biography of Alice Walker including rare photos from the author's personal collection. *The Color Purple* is the 1st book in the *Color Purple Collection*, which also includes *The Temple of My Familiar* and *Possessing the Secret of Joy*.

**Nomad James Swallow** 2018-09-11 New York Times bestselling author James Swallow begins his espionage thriller series with *Nomad* featuring British desk jockey intelligence operative turned active agent. Marc Dane is a MI6 field agent at home behind a computer screen, one step away from the action. But when a brutal attack on his team leaves Dane the only survivor—and with the shocking knowledge that there are traitors inside MI6—he's forced into the front line. Matters spiral out of control when the evidence points toward Dane as the perpetrator of the attack. Accused of betraying his country, he must race against time to clear his name. With nowhere to turn to for help and no one left to trust, Marc is forced to rely on the elusive Rubicon group and their operative Lucy Keyes. Ex US Army, Lucy also knows what it's like to be an outsider, and she's got the skills that Dane needs. A terrorist attack is coming, one bigger and more deadly than has ever been seen before. With the eyes of the security establishment elsewhere, only Keyes and Dane can stop the attack before it's too late. At the Publisher's request, this title is being sold without Digital Rights Management Software (DRM) applied.

**Find Your Focus Zone** Lucy Jo Palladino 2008 `{\rtf1\ansi\ansicpg1252\deff0\deflang2057\deflangfe2057{\fonttbl{\f0\fswiss\prq2\lcharset0 Arial;}{\f1\froman\prq2\lcharset0 Times New Roman;}} \viewkind4\uc1\pard\l0\fs18 B\fs20 eing able to perform any task with full attention has become one of the great unspoken-about challenges of modern life. As our culture has become more high-speed, techno-stressed, information-cluttered and media-saturated, we are getting pushed out of our focus zones without even realising it. If you work in a modern office, it is likely you are suffering from 'information fatigue syndrome', which means that even naturally bright and creative people are rendered incapable of making swift decisions, problem-solving efficiently or able to maintain appropriate energy levels. Award-winning psychologist Lucy Jo Palladino offers practical solutions for anyone juggling too much, who finds themselves in a state of 'continuous partial attention', seemingly unable to do any one task with full concentration. In order to help people combat the negative aspects of 'always-on' information culture, Palladino has come up with a new set of skills that will help readers beat distraction and win the fight against information overload. She provides eight sets of 'keys' that will unlock your best attention and help you balance adrenaline levels, even when you are under pressure or facing dull tasks. Rooted in sports performance psychology, yet practical and user-friendly, Palladino's cutting-edge methods will help you stay focused and enhance your performance in all areas of daily life where concentration is required. \par \f1\fs24 \par \par }`

**See You at Harry's** Jo Knowles 2012-05-08 Starting middle school brings all the usual challenges — until the unthinkable happens, and Fern and her family must find a way to heal. Twelve-year-old Fern feels invisible. It seems as though everyone in her family has better things to do than pay attention to her: Mom (when she's not meditating) helps Dad run the family restaurant; Sarah is taking a gap year after high school; and Holden pretends that Mom and Dad and everyone else doesn't know he's gay, even as he fends off bullies at school. Then there's Charlie: three years old, a "surprise" baby, the center of everyone's world. He's devoted to Fern, but he's annoying, too, always getting his way, always dirty, always commanding attention. If it wasn't for Ran, Fern's calm and positive best friend, there'd be nowhere to turn. Ran's mantra, "All will be well," is soothing in a way that nothing else seems to be. And when Ran says it, Fern can almost believe it's true. But then tragedy strikes— and Fern feels not only more alone than ever, but also responsible for the accident that has wrenched her family apart. All will not be well. Or at least all will never be the same.

**The Rainbow Way** Lucy H. Pearce 2013-12-13 Visioned as the guide and mentor that most creative women yearn for, but never find in their daily lives, *The Rainbow Way* explores the depths of the creative urge, from psychological, biological, spiritual and cultural perspectives. This positive, nurturing and practical book will help to empower you to unlock your creative potential within the constraints of your demanding life as a mother. Featuring the wisdom of over fifty creative mothers: artists, writers, film-makers, performers and crafters, including: Jennifer Loudon (multiple best-selling author), Pam England (author, artist and founder Birthing From Within), Julie Daley (writer, photographer, dancer and creator of Unabashedly Female), Indigo Bacal (founder of WILDE Tribe). Foreword by Leonie Dawson (author, artist, entrepreneur and women's business and creativity mentor).

**The Edison Gene** Thom Hartmann 2003-08-11 New scientific research shows how the ADHD gene has been critical to humanity's development for 40,000 years • Shows how artists, inventors, and innovators carry the gene necessary for the future survival of humanity | • Explains why children with the Edison gene are so often mislabeled in our public schools as having ADHD • By the creator of the "hunter/farmer hypothesis" of ADHD Thomas Edison was thrown out of school for behavior that today would label him as having ADHD, but his mother understood how to salvage his self-esteem and prepare him for a lifetime of success. The quick-thinking and impulsive characteristics of what we term ADHD (Attention Deficit Hyperactive Disorder) are not signs of a disorder at all, but rather are parts of a highly adaptive and useful skill set that served our hunting and gathering ancestors very well. In *The Edison Gene* Thom Hartmann shows that these characteristics have also been critical to the survival and development of our modern civilization and will be vital and necessary as humanity faces new challenges in the future. Hartmann, creator of the "hunter/farmer hypothesis" of ADHD, examines the latest discoveries confirming the existence of an ADHD gene and the earth-wide catastrophe 40,000 years ago that may well have triggered its development. Citing examples of significant innovators of our modern era, he argues that the brains of the children who possess the Edison gene are wired to give them brilliant success as innovators, inventors, explorers, and entrepreneurs, but that those same qualities often cause them problems in the context of our public schools. Hartmann offers concrete strategies for helping Edison-gene children to reach their full potential and shows that rather than being "problems," they are an important and vital gift to our society and world.

**Parenting in the Age of Attention Snatchers** Lucy Jo Palladino 2015-04-28 Are your kids glued to their screens? Here is a practical, step-by-step guide that gives parents the tools to teach children, from toddlers to teens, how to gain control of their technology use. As children spend more of their time on tablets and smartphones, using apps specially engineered to capture their attention, parents are becoming concerned about the effects of so much technology use—and they feel powerless to intervene. They want their kids to be competent and competitive in their use of technology, but they also want to prevent the attention and behavioral problems that can develop from overuse. In this guide, Lucy Jo Palladino doesn't demonize technology; instead she gives parents the tools to help children understand and control their attention—and to recognize and resist when their attention is being "snatched." Palladino's straightforward, evidence-based approach applies to kids of all ages. Parents will also learn the critical difference between voluntary and involuntary attention, new findings about brain development, and what puts children at risk for attention disorders.

**The Man in the High Castle** Philip K. Dick 2012-01 In a classic work of alternate history, the United States is divided up and ruled by the Axis powers after the defeat of the Allies during World War II. Reissue. Winner of the Hugo Award for Best Novel.

**Don't You Forget About Me** Mhairi McFarlane 2019-09-10 "Don't You Forget About Me is one of those books I couldn't put down. Cracking with energy and wit, I lost count of how many times I laughed out loud. Mhairi McFarlane's voice is as clear as a bell—she makes you laugh, but she also makes you feel. I adore her!" — Sally Thorne Internationally bestselling author Mhairi McFarlane delivers a funny, romantic, heartfelt novel perfect for fans of Josie Silver or Sally Thorne, and anyone who loves Bridget Jones or Fleabag! You always remember your first love... don't you? If there's anything worse than being fired from the worst restaurant in town, it's coming home early to find your boyfriend in bed with someone else. Reeling from the humiliation of a double dumping in one day, Georgina takes the next job that comes her way—bartender in a newly opened pub. There's only one problem: it's run by the guy she fell in love with years ago. And—make that two problems—he doesn't remember her. At all. But she has fabulous friends and her signature hot pink fur coat... what more could a girl really need? Lucas McCarthy has not only grown into a broodingly handsome man, but he's also turned into an actual grown-up, with a thriving business and a dog along the way. Crossing paths with him again throws Georgina's rocky present into sharp relief—and brings a secret from her past bubbling to the surface. Only she knows what happened twelve years ago, and why she's allowed the memories to chase her ever since. But maybe it's not too late for the truth... or a second chance with the one that got away?

**Relationship Breakthrough** Cloe Madanes 2009-09-29 Everyone faces the challenges of making relationships work. Whether with spouses, family members, friends, lovers, or colleagues, relationships have the power to make one feel happy, frustrated, or miserable. In *Relationship Breakthrough*, Cloe Madanes—an expert in creating healing, empowering relationships—gives readers vital tools to transform their relationships and their lives. Madanes's cutting-edge methods produce real results and create rewarding, sustainable relationships. Using simple, step-by-step exercises and drawing on the examples of clients who have benefited from this technique, *Relationship Breakthrough* teaches readers how to: - overcome life's inevitable losses - resolve long-standing family conflicts - synchronize their needs with those of others - create outstanding relationships in every area of their lives This is the only book that ties the guiding principles of Tony Robbins's work with Cloe Madanes's revolutionary approach to relationship therapy. Our connections with the people in our lives have the capacity to bring us great joy, if only we understood the fundamental needs we all have, but sometimes express differently. Drawing on her trademark wisdom, empathy, and extensive clinical experience, Madanes shows readers how to better understand their own needs and those of others, bringing clarity and insight into any relationship.

**Modern Loss** Rebecca Soffer 2018-01-23 Inspired by the website that the New York Times hailed as "redefining mourning," this book is a fresh and irreverent examination into navigating grief and resilience in the age of social media, offering comfort and community for coping with the mess of loss through candid original essays from a variety of voices, accompanied by gorgeous two-color illustrations and wry infographics. At a time when we mourn public figures and national tragedies with hashtags, where intimate posts about loss go viral and we receive automated birthday reminders for dead friends, it's clear we are navigating new terrain without a road map. Let's face it: most of us have always had a difficult time talking about death and sharing our grief. We're awkward and uncertain; we avoid, ignore, or even deny feelings of sadness; we offer platitudes; we send sympathy bouquets whittled out of fruit. Enter Rebecca Soffer and Gabrielle Birkner, who can help us do better. Each having lost parents as young adults, they co-founded *Modern Loss*, responding to a need to change the dialogue around the messy experience of grief. Now, in this wise and often funny book, they offer the insights of the *Modern Loss* community to help us cry, laugh, grieve, identify, and—above all—empathize. Soffer and Birkner, along with

forty guest contributors including Lucy Kalanithi, singer Amanda Palmer, and CNN's Brian Stelter, reveal their own stories on a wide range of topics including triggers, sex, secrets, and inheritance. Accompanied by beautiful hand-drawn illustrations and witty "how to" cartoons, each contribution provides a unique perspective on loss as well as a remarkable life-affirming message. Brutally honest and inspiring, Modern Loss invites us to talk intimately and humorously about grief, helping us confront the humanity (and mortality) we all share. Beginners welcome.

**Refugee** Alan Gratz 2017-07-25 A tour de force from acclaimed author Alan Gratz (Prisoner B-3087), this timely -- and timeless -- novel tells the powerful story of three different children seeking refuge. A New York Times bestseller! JOSEF is a Jewish boy living in 1930s Nazi Germany. With the threat of concentration camps looming, he and his family board a ship bound for the other side of the world. ISABEL is a Cuban girl in 1994. With riots and unrest plaguing her country, she and her family set out on a raft, hoping to find safety in America. MAHMOUD is a Syrian boy in 2015. With his homeland torn apart by violence and destruction, he and his family begin a long trek toward Europe. All three kids go on harrowing journeys in search of refuge. All will face unimaginable dangers -- from drownings to bombings to betrayals. But there is always the hope of tomorrow. And although Josef, Isabel, and Mahmoud are separated by continents and decades, shocking connections will tie their stories together in the end. This action-packed novel tackles topics both timely and timeless: courage, survival, and the quest for home.

**The Now Habit** Neil Fiore 2007-04-05 Learn how to overcome procrastination and enjoy guilt-free play! One of the most effective programs to combat procrastination, THE NOW HABIT has sold over 100,000 copies, has been translated into 11 languages, and is now revised and updated. Featuring a new introduction and a new section providing strategies to understand and deal with the role technology plays in procrastination today, THE NOW HABIT offers a comprehensive plan to help readers lower their stress and increase their time to enjoy guilt-free play. Dr. Fiore's techniques will help any busy person start tasks sooner and accomplish them more quickly, without the anxiety brought on by the negative habits of procrastination and perfectionism.

**The Killing Lessons** Saul Black 2015-09-22 In their isolated country house, a mother and her two children prepare to wait out a blinding snowstorm. Two violent predators walk through the door. Nothing will ever be the same.

**The Hating Game** Sally Thorne 2016-08-09 Now a movie starring Lucy Hale and Austin Stowell, USA Today bestselling author Sally Thorne's hilarious and sexy workplace comedy all about that thin, fine line between hate and love. Nemesis (n.) 1) An opponent or rival whom a person cannot best or overcome. 2) A person's undoing 3) Joshua Templeman Lucy Hutton and Joshua Templeman hate each other. Not dislike. Not begrudgingly tolerate. Hate. And they have no problem displaying their feelings through a series of ritualistic passive aggressive maneuvers as they sit across from each other, executive assistants to co-CEOs of a publishing company. Lucy can't understand Joshua's joyless, uptight, meticulous approach to his job. Joshua is clearly baffled by Lucy's overly bright clothes, quirkiness, and Pollyanna attitude. Now up for the same promotion, their battle of wills has come to a head and Lucy refuses to back down when their latest game could cost her her dream job...But the tension between Lucy and Joshua has also reached its boiling point, and Lucy is discovering that maybe she doesn't hate Joshua. And maybe, he doesn't hate her either. Or maybe this is just another game.

**Descartes' Error** Antonio Damasio 2005-09-27 Since Descartes famously proclaimed, "I think, therefore I am," science has often overlooked emotions as the source of a person's true being. Even modern neuroscience has tended, until recently, to concentrate on the cognitive aspects of brain function, disregarding emotions. This attitude began to change with the publication of Descartes' Error in 1995. Antonio Damasio—"one of the world's leading neurologists" (The New York Times)—challenged traditional ideas about the connection between emotions and rationality. In this wondrously engaging book, Damasio takes the reader on a journey of scientific discovery through a series of case studies, demonstrating what many of us have long suspected: emotions are not a luxury, they are essential to rational thinking and to normal social behavior.

**The Glass Castle** Jeannette Walls 2006-01-02 Journalist Walls grew up with parents whose ideals and stubborn nonconformity were their curse and their salvation. Rex and Rose Mary and their four children lived like nomads, moving among Southwest desert towns, camping in the mountains. Rex was a charismatic, brilliant man who, when sober, captured his children's imagination, teaching them how to embrace life fearlessly. Rose Mary painted and wrote and couldn't stand the responsibility of providing for her family. When the money ran out, the Walls retreated to the dismal West Virginia mining town Rex had tried to escape. As the dysfunction escalated, the children had to fend for themselves, supporting one another as they found the resources and will to leave home. Yet Walls describes her parents with deep affection in this tale of unconditional love in a family that, despite its profound flaws, gave her the fiery determination to carve out a successful life. -- From publisher description.

**Find Your Focus** Lucy Jo Palladino 2008-09-04 Being able to perform any task with full attention has become one of the great unspoken-about challenges of modern life. As our culture has become more high-speed, techno-stressed, information-cluttered and media-saturated, we are getting pushed out of our focus zones without even realizing it. If you work in a modern office, it is likely you are suffering from 'information fatigue syndrome', which means that even naturally bright and creative people are rendered incapable of making swift decisions, problem-solving efficiently or able to maintain appropriate energy levels. Award-winning psychologist Lucy Jo Palladino offers practical solutions for anyone juggling too much, who finds themselves in a state of 'continuous partial attention', seemingly unable to do any one task with full concentration. In order to help people combat the negative aspects of 'always-on' information culture, Palladino has come up with a new set of skills that will help readers beat distraction and win the fight against information overload. She provides eight sets of 'keys' that will unlock your best attention and help you balance adrenaline levels, even when you are under pressure or facing dull tasks. Rooted in sports performance psychology, yet practical and user-friendly, Palladino's cutting-edge methods will help you stay focused and enhance your performance in all areas of daily life where concentration is required.

**Autism** Jessie Hewitson 2018-03-22 A wise SatNav for what is often a bewildering, or even scary, zone of parenting. The book offers real-world, road-tested, child-first and family-friendly advice; while also highlighting the twin truths that autism is not a tragedy, and that adaptation and acceptance are not resignation' David Mitchell, bestselling author and co-translator of *The Reason I Jump* 'A must-read for anyone with an autistic child in their life' Laura James, author of *Odd Girl Out* Written by Jessie Hewitson, an award-winning journalist at The Times, Autism is the book she wishes she had read when her son was first given the diagnosis of autism spectrum disorder. It combines her own experiences with tips from autistic adults, other parents - including author David Mitchell - as well as advice from autism professionals and academics such as Professor Simon Baron-Cohen. Autism looks at the condition as a difference rather than a disorder and includes guidance on: - What to do if you think your child is autistic - How to understand and support your child at school and at home - Mental health and autism - The differences between autistic girls and boys 'It is incredibly useful and informative, full of new research and interviews that put right an awful lot of misinformation. I cannot recommend this highly enough' The Sun 'Exceptionally useful and informative' Uta Frith, Emeritus Professor of Cognitive Development, UCL

**Time Management Ninja** Craig Jarow 2019-09-15 "This book will help you own your calendar, block time for what matters most and reclaim your life." —Paula Rizzo, author of *Listful Living: A List-Making Journey to a Less Stressed You* You want more time to spend with family, to achieve big goals, and to simply enjoy life. Yet, there seem to be more and more things competing for your time, and more distractions interrupting your day. Craig Jarow has spent many years testing time management tactics, tools, and systems and written hundreds of articles on productivity, goals, and organization. Through it all he's learned a simple truth: Time management should be easy, not complicated and unwieldy. And it shouldn't take up more of your precious time than it gives back! Time Management Ninja offers 21 rules that will show you an easier and more effective way to take control of your time and manage your busy life. Follow these simple principles and get more done with less effort. It's no-stress, uncomplicated time management that works. "Read this book, apply its rules, and you'll find freedom." —Hyrum Smith, bestselling author of *Purposeful Retirement*

**Designing Interfaces** Jenifer Tidwell 2005-11-21 Provides information on designing easy-to-use interfaces.

**Girls, Social Class, and Literacy** Stephanie Jones 2006 Presents a comprehensive study guide to help teachers deal with impact of poverty on elementary education, and draws upon the findings of her five-year study of eight girls from poorer backgrounds.

**Evolve Your Brain** Joe Dispenza 2010-01-01 Why do we keep getting the same jobs, taking on the same relationships, and finding ourselves in the same emotional traps? Dr. Joe Dispenza not only teaches why people tend to repeat the same negative behaviors, he shows how readers can release themselves from these patterns of disappointment. With the dynamic combination of science and accessible how-to, Dispenza teaches how to use the most important tool in one's body and life—the brain. Featured in the underground smash hit of 2004, "What the Bleep Do We Know!?", Dispenza touched upon the brain's ability to become addicted to negative emotions. Now, in his empowering book *Evolve Your Brain* he explains how new thinking and new beliefs can literally rewire one's brain to change behavior, emotional reactions, and habit forming patterns. Most people are unaware of how addicted they are to their emotions, and how the brain perpetuates those addictions automatically. In short, we become slaves to our emotional addictions without even realizing it. By observing our patterns of thought, and learning how to 're-wire the brain' with new thought patterns, we can break the cycles that keep us trapped and open ourselves to new possibilities for growth, happiness and emotional satisfaction. Key Features A radical approach to changing addictive patterns and bad habits. Based on more than twenty years of research. Bridges the gap between science, spirituality and self-help—a formula that has proven success. Easy to understand and written for the average reader.

**The Secret Garden** Hodgson B.F. «

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**Reflective Practice in Nursing** Lioba Howatson-Jones 2016-02-27 Would you like to develop some strategies to manage knowledge deficits, near misses and mistakes in practice? Are you looking to improve your reflective writing for your portfolio, essays or assignments? Reflective practice enables us to make sense of, and learn from, the experiences we have each day and if nurtured properly can provide skills that will you come to rely on throughout your nursing career. Using clear language and insightful examples, scenarios and case studies the third edition of this popular and bestselling book shows you what reflection is, why it is so important and how you can use it to improve your nursing practice. Key features: - Clear and straightforward introduction to reflection directly written for nursing students and new nurses - Full of activities designed to build confidence when using reflective practice - Each chapter is linked to relevant NMC Standards and Essential Skills Clusters

**A Rogue of One's Own** Evie Dunmore 2020 "Readers guide included"--Page 4 of cover.

**The Center Cannot Hold** Elyn R. Saks 2007-08-14 A much-praised memoir of living and surviving mental illness as well as "a stereotype-shattering look at a tenacious

woman whose brain is her best friend and her worst enemy" (Time). Elyn R. Saks is an esteemed professor, lawyer, and psychiatrist and is the Orrin B. Evans Professor of Law, Psychology, Psychiatry, and the Behavioral Sciences at the University of Southern California Law School, yet she has suffered from schizophrenia for most of her life, and still has ongoing major episodes of the illness. *The Center Cannot Hold* is the eloquent, moving story of Elyn's life, from the first time that she heard voices speaking to her as a young teenager, to attempted suicides in college, through learning to live on her own as an adult in an often terrifying world. Saks discusses frankly the paranoia, the inability to tell imaginary fears from real ones, the voices in her head telling her to kill herself (and to harm others), as well as the incredibly difficult obstacles she overcame to become a highly respected professional. This beautifully written memoir is destined to become a classic in its genre.

**Behavioral Finance: The Second Generation** Meir Statman 2019-12-02 Behavioral finance presented in this book is the second-generation of behavioral finance. The first generation, starting in the early 1980s, largely accepted standard finance's notion of people's wants as "rational" wants—restricted to the utilitarian benefits of high returns and low risk. That first generation commonly described people as "irrational"—succumbing to cognitive and emotional errors and misled on their way to their rational wants. The second generation describes people as normal. It begins by acknowledging the full range of people's normal wants and their benefits—utilitarian, expressive, and emotional—distinguishes normal wants from errors, and offers guidance on using shortcuts and avoiding errors on the way to satisfying normal wants. People's normal wants include financial security, nurturing children and families, gaining high social status, and staying true to values. People's normal wants, even more than their cognitive and emotional shortcuts and errors, underlie answers to important questions of finance, including saving and spending, portfolio construction, asset pricing, and market efficiency.

*find-your-focus-zone-by-lucy-jo-palladino*

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