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Self-help Samuel Smiles 1866

Statistical Models in Epidemiology David Clayton 2013-01-17 This self-contained account of the statistical basis of epidemiology has been written for those with a basic training in biology. No previous knowledge of the subject is assumed and mathematics is deliberately kept at a manageable level. Based on a highly successful course, this book explains the essential statistics for all epidemiologists.

The Oxford Handbook of Suicide and Self-Injury Matthew K. Nock 2014-05-08
Suicide is a perplexing human behavior that remains among the leading causes of death worldwide, responsible for more deaths each year than all wars, genocide, and homicide combined. Although suicide and other forms of self-injury have baffled scholars and clinicians for thousands of years, the past few decades have brought significant leaps in our understanding of these behaviors. This volume provides a comprehensive summary of the most important and exciting advances in our understanding of suicide and self-injury and our ability to predict and prevent it. Comprised of a formidable who's who in the field, the handbook covers the full spectrum of topics in suicide and self-injury across the lifespan, including the classification of different self-injurious behaviors, epidemiology, assessment techniques, and intervention. Chapters probe relevant issues in our society surrounding suicide, including assisted suicide and euthanasia, suicide terrorism, overlap between suicidal behavior and interpersonal violence, ethical considerations for suicide researchers, and current knowledge on survivors of suicide. The most comprehensive handbook on suicide and self-injury to date, this volume is a must-read text for graduate students, fellows, academic and research psychologists, and other researchers working in the brain and behavioral sciences.

Forever Ari Stathopoulos 2015-11-18 "There are only two kinds of people who can tell you the truth about yourself. An enemy who has lost his temper and a friend who loves you dearly."-- Antisthenes, 445-365 B.C. Forever is the first part of the two-book Your Enemy, Your Friend series. It is about the relationship that you have with your life-partner today, despite aiming for

something a little different all those years ago. This is not a romance novel or an erotic escapade, and may not be easily digestible at times. It is neither safe nor is it politically symmetrical, but that is exactly how it must be - if it is going to make a difference. *Your Enemy, Your Friend - Forever*, is an impetuous and unashamed departure from conventional belief frameworks, insubstantial value systems and counter-productive behavioural doctrines that systematically rob us of the two things most of us are constantly trying to acquire: Personal happiness & Relationship Madness. Unfortunately, most of us remain buried under deeply engrained, artificial, erroneous, and even obsolete 'way of being' constraints that covertly prevent us from ever obtaining those goals and will continue to do so until we can see them for what they really are. But, to see them we must shift our perspective - and for most of us that does not occur easily. It will require a firm nudge in our awareness by way of a compelling jolt that provokes us into action. That is exactly what this book *Forever and the Your Enemy, Your Friend* series - actually are; a compelling jolt consisting of thought provoking behavioural insights that expose antiquated 'way of life' notions and frameworks so that you can see them. What you do with that information is then entirely up to you. Personal happiness and relationship madness are just around the corner; but to acquire these precious commodities: We must unlearn who we think we are - so that we can relearn who we can become.

The Cambridge Handbook of Applied Psychological Ethics Mark M. Leach
2018-03-15 The Cambridge Handbook of Applied Psychological Ethics is a valuable resource for psychologists and graduate students hoping to further develop their ethical decision making beyond more introductory ethics texts. The book offers real-world ethical vignettes and considerations. Chapters cover a wide range of practice settings, populations, and topics, and are written by scholars in these settings. Chapters focus on the application of ethics to the ethical dilemmas in which mental health and other psychology professionals sometimes find themselves. Each chapter introduces a setting and gives readers a brief understanding of some of the potential ethical issues at hand, before delving deeper into the multiple ethical issues that must be addressed and the ethical principles and standards involved. No other book on the market captures the breadth of ethical issues found in daily practice and focuses entirely on applied ethics in psychology.

Teaching Community bell hooks 2013-08-21 Ten years ago, bell hooks astonished readers with *Teaching to Transgress: Education as the Practice of Freedom*. Now comes *Teaching Community: A Pedagogy of Hope* - a powerful, visionary work that will enrich our teaching and our lives. Combining critical thinking about education with autobiographical narratives, hooks invites readers to extend the discourse of race, gender, class and nationality beyond the classroom into everyday situations of learning. bell hooks writes candidly about her own experiences. Teaching, she explains, can happen anywhere, any time - not just in college classrooms but in churches, in bookstores, in homes where people get together to share ideas that affect their daily lives. In *Teaching Community* bell hooks seeks to theorize from the place of the positive, looking at what works. Writing about struggles to end racism and white supremacy, she makes the useful point that "No one is born a racist. Everyone makes a choice." *Teaching Community* tells us how we

can choose to end racism and create a beloved community. hooks looks at many issues-among them, spirituality in the classroom, white people looking to end racism, and erotic relationships between professors and students. Spirit, struggle, service, love, the ideals of shared knowledge and shared learning - these values motivate progressive social change. Teachers of vision know that democratic education can never be confined to a classroom. Teaching - so often undervalued in our society -- can be a joyous and inclusive activity. bell hooks shows the way. "When teachers teach with love, combining care, commitment, knowledge, responsibility, respect, and trust, we are often able to enter the classroom and go straight to the heart of the matter, which is knowing what to do on any given day to create the best climate for learning."

Why Does He Do That? Lundy Bancroft 2003 A leading authority on abusive relationships offers women detailed guidelines on how to improve and survive an abusive relationship, discussing various types of abusive men, analyzing societal myths surrounding abuse, and answers questions about the warning signs of abuse, how to identify abusive behavior, how to know if one is in danger, and more. Reprint.

Teach Yourself Spanish Yeral E. Ogando 2016-08-27 Have you been struggling to learn and understand Spanish? Have you tried countless methods, phrase books with no results? If you are one of those still struggling after many years to understand your friends, family members and co-workers, after having studied so many materials. Then, Teach Yourself Spanish is the right tool for you. If you just want to learn phrases or new vocabularies in Spanish, this is definitely NOT the right book for you. This book is intended for serious mind people who want to learn and speak Spanish quasi as a native Spanish speaker. Teach Yourself Spanish is A complete Spanish course with Audio. That will take you gradually from learning how to read and write from the very first lesson, to the point of speaking basic Spanish after the first two lessons. No more headaches, no more hassles with books that claim to be the perfect tool, yet you are still struggling to learn. Teach Yourself Spanish is a comprehensive method, combining grammar, vocabularies and conversations to bring out of you the most unexpected result. After many years of teaching Spanish, thus watching the improvement in my student's skills in Spanish in a very short time, I have decided that it is time to share this incredible tool with others around the world. Speak Spanish today in a very short time. Audio BONUS INCLUDED.

101 Careers in Social Work R. Hal Ritter, Jr., PhD, LPC, LMFT 2008-12-08 "This is a vital and necessary guide to the social work profession. This book clarifies the social work mission, goals, and objectives, and strengthens and promotes them as well." --Carmen Ortiz Hendricks, MSW, DSW, ACSW, LCSW Associate Dean, Wurzweiler School of Social Work, Yeshiva University "The authors do an excellent job of illustrating the uniqueness, diversity, and richness of the profession. I strongly recommend this book for use in social work orientation, advising and education." --Saundra Starks, EdD, LCSW Western Kentucky University 101 Careers in Social Work serves as both a catalog of social work job descriptions as well as a guide to career planning. The authors highlight the interdisciplinary nature of social work, and include unconventional, cutting-edge career options such as forensic social work, entrepreneurship, working in political systems,

international careers, community planning, and more. Written in a user-friendly style, each chapter focuses on a specific social work career, and outlines the challenges, core competencies and skills, and educational requirements needed to succeed. This book also includes questionnaires and checklists to help readers choose a career tailored to their unique talents, interests, and passions. Key Features: A catalog of 101 social work careers, including careers in emerging fields Helpful career development tools, including self-assessment checklists, interviews with practicing social workers, and questionnaires Guidance on educational requirements, licensure, and continuing education An entire chapter dedicated to job-hunting tips and career planning advice

Live Sound Basics Ric Wallace 2012-03-01 This book is about the fundamentals of live sound engineering and is intended to supplement the curriculum for the online classes at the Production Institute (www.productioninstitute.com/students). Nonetheless, it will be invaluable for beginning sound engineers and technicians anywhere who seek to expand their knowledge of sound reinforcement on their own. Written with beginners and novices in churches and convention centers in mind, this book starts by teaching you professional terminology and the processes of creating production related documents used to communicate with other sound engineers, vendors and venues. Subjects such as Signal Path and AC (alternating current) power safety and distribution are closely examined. These two subjects are closely related to the buzzing, humming and other noise related phenomena that often plague sound reinforcement systems. Chapters include an in-depth review of both analog and digital mixing consoles, their differences and similarities, and the gain structure fundamentals associated with the proper operation of either type of mixing console. Audio dynamic processors such as compressors, limiters and noise gates and their operation are explained in detail. Audio effects like delay and reverb are examined so that you can learn the basics of "sweetening" the mix to create larger and more emotive soundscapes and achieve studio-like outcomes in a live sound environment. Advanced mixing techniques, workflow, and the conventional wisdom used by professional audio engineers are explained so you don't have to spend years trying to figure out how these processes are achieved. Last but not least, a comprehensive review of acoustic feedback, and how to eliminate it from stage monitors and main speaker systems are detailed in a step by step process. This book will be especially helpful to volunteer audio techs in houses of worship, convention centers and venues of all types. It will bridge the gap between the on-the-job training that beginners receive and the knowledge and conventional wisdom that professional sound engineers employ in their daily routine.

Prisons and Community Corrections Philip Birch 2020-08-09 This edited collection brings together leading international academics and researchers to provide a comprehensive body of literature that informs the future of prison and wider corrective services training, education, research, policy and practice. This volume addresses a range of 21st century issues faced by modern corrective services including, prison overcrowding, young and ageing offenders, mental health, sexual assault in corrective facilities, trans communities in corrective services and radicalisation of offenders within corrective services. Taking a multi-disciplinary approach and drawing

together theoretical and practice debates, the book comprehensively considers current challenges and future trajectories for corrective systems, the people within them and service delivery. This volume will also be a welcomed resource for academics and researchers who have an interest in prisons, corrective services practice and broader criminal justice issues. It will also be of interest to those who want to join corrective services, those who are currently training to become personnel in corrective services and related allied professions, and those who are currently working in the field.

Global and Regional Estimates of Violence Against Women Claudia García-Moreno 2013 "World Health Organization, London School of Hygiene and Tropical Medicine, South African Medical Research Council"--Title page.

Resources in Education 1978

Sophie's World Jostein Gaarder 2007-03-20 One day Sophie comes home from school to find two questions in her mail: "Who are you?" and "Where does the world come from?" Before she knows it she is enrolled in a correspondence course with a mysterious philosopher. Thus begins Jostein Gaarder's unique novel, which is not only a mystery, but also a complete and entertaining history of philosophy.

The Gumshoe Richard Rose 2017-02-13 Chicago, 1947. Private investigator "Matt" McBride runs afoul of corrupt politicians, vicious mobsters and a trigger-happy Texan femme fatale to prove that the "suicide" of his best friend was murder. Matt's perilous journey to track down the killer nearly dead-ends in a motor home on collision course with a cargo plane.

The Willpower Instinct Kelly McGonigal 2013-12-31 Based on Stanford University psychologist Kelly McGonigal's wildly popular course "The Science of Willpower," The Willpower Instinct is the first book to explain the science of self-control and how it can be harnessed to improve our health, happiness, and productivity. Informed by the latest research and combining cutting-edge insights from psychology, economics, neuroscience, and medicine, The Willpower Instinct explains exactly what willpower is, how it works, and why it matters. For example, readers will learn: • Willpower is a mind-body response, not a virtue. It is a biological function that can be improved through mindfulness, exercise, nutrition, and sleep. • Willpower is not an unlimited resource. Too much self-control can actually be bad for your health. • Temptation and stress hijack the brain's systems of self-control, but the brain can be trained for greater willpower • Guilt and shame over your setbacks lead to giving in again, but self-forgiveness and self-compassion boost self-control. • Giving up control is sometimes the only way to gain self-control. • Willpower failures are contagious—you can catch the desire to overspend or overeat from your friends—but you can also catch self-control from the right role models. In the groundbreaking tradition of Getting Things Done, The Willpower Instinct combines life-changing prescriptive advice and complementary exercises to help readers with goals ranging from losing weight to more patient parenting, less procrastination, better health, and greater productivity at work.

Ending Campus Violence Brian Van Brunt 2012 "This book will assist college counselors, psychologists, social workers, and student affairs professionals increase their understanding of aggression and violence on college campuses"--

Varcarolis' Foundations of Psychiatric Mental Health Nursing
Jordan Halter 2013 Rev. ed. of: Foundations of psychiatric mental health
nursing / [edited by] Elizabeth M. Varcarolis, Margaret Jordan Halter. 6th
ed. c2010.

Margaret

Student Handbook; 1 Fitchburg State College 2021-09-09 This work has been selected by scholars as being culturally important and is part of the knowledge base of civilization as we know it. This work is in the public domain in the United States of America, and possibly other nations. Within the United States, you may freely copy and distribute this work, as no entity (individual or corporate) has a copyright on the body of the work. Scholars believe, and we concur, that this work is important enough to be preserved, reproduced, and made generally available to the public. To ensure a quality reading experience, this work has been proofread and republished using a format that seamlessly blends the original graphical elements with text in an easy-to-read typeface. We appreciate your support of the preservation process, and thank you for being an important part of keeping this knowledge alive and relevant.

Current Index to Journals in Education 1991

The Promise of Adolescence National Academies of Sciences, Engineering, and Medicine 2019-07-26 Adolescence“beginning with the onset of puberty and ending in the mid-20s”is a critical period of development during which key areas of the brain mature and develop. These changes in brain structure, function, and connectivity mark adolescence as a period of opportunity to discover new vistas, to form relationships with peers and adults, and to explore one's developing identity. It is also a period of resilience that can ameliorate childhood setbacks and set the stage for a thriving trajectory over the life course. Because adolescents comprise nearly one-fourth of the entire U.S. population, the nation needs policies and practices that will better leverage these developmental opportunities to harness the promise of adolescence“rather than focusing myopically on containing its risks. This report examines the neurobiological and socio-behavioral science of adolescent development and outlines how this knowledge can be applied, both to promote adolescent well-being, resilience, and development, and to rectify structural barriers and inequalities in opportunity, enabling all adolescents to flourish.

Overcoming Shyness M. Blaine Smith 1993 M. Blaine Smith shares his insights and counsel with all who struggle with shyness and fear that it is holding them back socially, in the workplace and even spiritually.

Guide for Aviation Medical Examiners 1992

Social Cohesion for Mental Well-being Among Adolescents World Health Organization 2008

Criminal Justice and Mental Health Jada Hector 2018-04-18 This textbook provides an overview for students in Criminology and Criminal Justice about the overlap between the criminal justice system and mental health. It provides an accessible overview of basic signs and symptoms of major mental illnesses and size of scope of justice-involved individuals with mental illness. In the United States, the criminal justice system is often the first public service to be in contact with individuals suffering from mental illness or in mental distress. Those with untreated mental illnesses are often at higher risk for committing criminal acts, yet research on this

population continues to shed light on common myths – such a prevailing assumption that those with mental illness tend to commit more violent crimes. Law enforcement agents may be called in as first responders for cases of mental distress; and due to a lack of mental health facilities, resources, and pervasive misconceptions about this population, those with mental illness often end up in the corrections system. In this environment, students in Criminology and Criminal Justice are likely to encounter those with mental illness in their future career paths, and need to be prepared for this reality. This timely work covers the roles of each part of the criminal justice system interacting with mentally ill individuals, from law enforcement and first responders, social services, public health services, sentencing and corrections, to release and re-entry. It also covers the crucial topic of mental health for criminal justice professionals, who suffer from high rates of job stress, PTSD, and other mental health issues. The final section of the book includes suggestions for future research. This work will be of interest to students of criminology and criminal justice with an interest in working in the professional sector, as well as those in related fields of sociology, psychology, and public health. It will also be of interest to policy-makers and practitioners already working in the field. The overall goal of this work is to inform, educate, and inspire change.

Discipline and Punish _____ Michel Foucault 2012-04-18 In this brilliant work, the most influential philosopher since Sartre suggests that such vaunted reforms as the abolition of torture and the emergence of the modern penitentiary have merely shifted the focus of punishment from the prisoner's body to his soul.

Bereavement Institute of Medicine 1984-02-01 "The book is well organized, well detailed, and well referenced; it is an invaluable sourcebook for researchers and clinicians working in the area of bereavement. For those with limited knowledge about bereavement, this volume provides an excellent introduction to the field and should be of use to students as well as to professionals," states Contemporary Psychology. The Lancet comments that this book "makes good and compelling reading. . . . It was mandated to address three questions: what is known about the health consequences of bereavement; what further research would be important and promising; and whether there are preventive interventions that should either be widely adopted or further tested to evaluate their efficacy. The writers have fulfilled this mandate well."

Revolutionary Suicide Huey P. Newton 2009-09-29 The searing, visionary memoir of founding Black Panther Huey P. Newton, in a dazzling graphic package Tracing the birth of a revolutionary, Huey P. Newton's famous and oft-quoted autobiography is as much a manifesto as a portrait of the inner circle of America's Black Panther Party. From Newton's impoverished childhood on the streets of Oakland to his adolescence and struggles with the system, from his role in the Black Panthers to his solitary confinement in the Alameda County Jail, Revolutionary Suicide is unrepentant and thought-provoking in its portrayal of inspired radicalism. For more than seventy years, Penguin has been the leading publisher of classic literature in the English-speaking world. With more than 1,700 titles, Penguin Classics represents a global bookshelf of the best works throughout history and across genres and disciplines. Readers trust the series to provide

authoritative texts enhanced by introductions and notes by distinguished scholars and contemporary authors, as well as up-to-date translations by award-winning translators.

Prevent Suicide: the Smart Way _____ Jeanine Joy 2014-12-05 Suicide prevention efforts are aimed at identifying individuals at (or near) a crisis and attempting to stop an outcome for which momentum has already built to a point where significant psychological pain is the best expected outcome and death is the worst case outcome (unless you want to include the murder/suicide scenario) with its attendant outcomes. This is not good enough. It is far from the best we can do. Primary Prevention is where suicide prevention efforts should focus the majority of the resources. Primary Prevention aims to avoid any of the negative outcomes by avoiding the situation(s) that lead to them altogether. Examples of Primary Prevention include such things as washing ones hands to prevent the spread of illness and disease, clean drinking water and sanitary facilities to prevent the spread of disease, and vaccinations to prevent the spread of dread diseases. Primary Prevention is superior to crisis prevention because it takes fewer resources to do primary prevention than it does to attempt to stop something that has already begun its journey. I can stop a car from rolling down the hill from a stationary position by placing a single brick under the tire. I cannot stop a car moving at even 25 mph with that same brick. It would take a wall of bricks to stop a car. One of the key reasons individuals begin considering suicide is a lack of resilience. Building a more resilient population would greatly reduce the number of attempted and completed suicides annually. Increased resilience also benefits many other areas of life so while minimum efforts are required to prevent suicide using Primary Prevention, the benefits extend into many other areas of life. They include improved overall health, relationships, and success. "Prevent Suicide: The Smart Way" provides a cost effective method of building resilience as a suicide prevention strategy that is highly affordable and can be taught at any age. Individuals who have learned the strategy and applied it in their own lives can also apply it to a situation (their own or another's) should they encounter a crisis situation. The techniques, used by someone who uses them, have successfully thwarted individuals who were on the brink of suicide from completion of their plans. The techniques provided go well beyond typically recommended dose dependent stress reduction methods--getting at the real heart of stress and unhappiness. The techniques are so powerful that the author provides a money back guarantee on her classes where she teaches them. Anyone who can learn from a book can learn enough to improve their life significantly using the information held in these pages.

A Human Rights Approach to Prison Management _____ Andrew Coyle 2009

Houses of Healing _____ Robin Casarjian 1995

Dorothy Heathcote _____ Betty Jane Wagner 1999-01-01 This book gives us a close-up detailing of this gifted, dynamic teacher in a variety of classroom settings, along with analyses of Heathcote's remarkable improvisations with young people.

FIREARM SAFETY CERTIFICATE - M _____ California Department of Justice 2016-12-01 The growing concern over the number of accidental firearm shootings, especially those involving children, prompted passage of the initial handgun

safety law which went into effect in 1994. The stated intent of the California Legislature in enacting the current FSC law is for persons who obtain firearms to have a basic familiarity with those firearms, including, but not limited to, the safe handling and storage of those firearms. The statutory authority for this program is contained in Penal Code sections 26840 and 31610 through 31700. These statutes mandate DOJ to develop, implement and maintain the FSC Program. Pursuant to Penal Code section 26840, a firearms dealer cannot deliver a firearm unless the person receiving the firearm presents a valid FSC, which is obtained by passing a written test on firearm safety. Prior to taking delivery of a firearm from a licensed firearms dealer, the purchaser/recipient must also successfully perform a safe handling demonstration with that firearm..

Suicide Prevention in Custody Joseph R. Rowan 1998 This course features current issues and procedures for dealing effectively with the threat of suicide in correctional facilities. The chapters explore the signs and symptoms of suicidal behavior and managing potentially suicidal behaviors. This course teaches you everything you need to know about preventing and handling suicide and suicidal inmates. Equivalent to 20 hours of in-service training. Final test, certificate.

Veterans Justice Outreach Program United States Government Accountability Office 2017-12-24 Veterans Justice Outreach Program: VA Could Improve Management by Establishing Performance Measures and Fully Assessing Risks

We Yevgeny Zamyatin 2013-01-15 Yevgeny Zamyatin's We is set in an urban glass city called OneState, regulated by spies and secret police. Citizens of the tyrannical OneState wear identical clothing and are distinguished only by the number assigned to them at birth. The story follows a man called D-503, who dangerously begins to veer from the 'norms' of society after meeting I-330, a woman who defies the rules. D-503 soon finds himself caught up in a secret plan to destroy OneState and liberate the city. The failed utopia of We has been compared to the works of H.G. Wells, George Orwell, and Aldous Huxley. It was the first novel banned by the Soviets in 1921, and was finally published in its home country over a half-century later. We is a part of Momentum's Classic Science Fiction series. "The best single work of science fiction yet written." — Ursula K. Le Guin

Aspiration Agnes Callard 2018-03-01 Becoming someone is a learning process; and what we learn is the new values around which, if we succeed, our lives will come to turn. Agents transform themselves in the process of, for example, becoming parents, embarking on careers, or acquiring a passion for music or politics. How can such activity be rational, if the reason for engaging in the relevant pursuit is only available to the person one will become? How is it psychologically possible to feel the attraction of a form of concern that is not yet one's own? How can the work done to arrive at the finish line be ascribed to one who doesn't (really) know what one is doing, or why one is doing it? In Aspiration, Agnes Callard asserts that these questions belong to the theory of aspiration. Aspirants are motivated by proleptic reasons, acknowledged defective versions of the reasons they expect to eventually grasp. The psychology of such a transformation is marked by intrinsic conflict between their old point of view on value and the one they are trying to acquire. They cannot adjudicate this conflict by deliberating or choosing or deciding—rather, they resolve it by working to

see the world in a new way. This work has a teleological structure: by modeling oneself on the person he or she is trying to be, the aspirant brings that person into being. Because it is open to us to engage in an activity of self-creation, we are responsible for having become the kinds of people we are.

Think and Grow Rich Napoleon Hill 2020-10-12 Ever wondered how life would be if we could condition our minds to Think and Grow Rich? Author Napoleon Hill claims to have based this book on twenty years of rigorous research on the lives of those who had amassed great wealth and made a fortune. Observing their habits, their ways of working and the principles they followed, Hill put together laws and philosophies that can be practiced in everyday life to achieve all-round success. The narrative is rich with stories and anecdotes, which not only inspire, but also show a way forward to take action. After all, riches are not just material, but also pertaining to the mind, body and spirit. Having sold more than fifteen million copies across the world, this book remains the most read self-improvement book of all times!

The War Within Rajeev Ramchand 2011 The increase in suicides among military personnel has raised concern. This book reviews suicide epidemiology in the military, catalogs military suicide-prevention activities, and recommends relevant best practices.

Change Forces Michael Fullan 2012-11-12 Knowledge of the processes of educational change is said to be the missing ingredient in attempts to bring about educational innovation and reform. Whether these efforts involve grass roots innovation or large-scale societal reform, failure to understand and act on existing knowledge of the change process has accounted for the widespread lack of success in making educational improvements. This volume analyzes what is known about successful or productive change processes, and identifies corresponding action strategies at the individual, school, local and state levels. Included in this book is a major treatment of the topic of the 'ethics of planned change', a neglected topic in recent literature, especially since strategies for intervening in the change process are receiving more attention. This book is intended to be used by teachers in training and in service, teacher trainers, educational researchers, education historians and administrators.