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Get Some Headspace Andy Puddicombe 2012 'If you're thinking about trying mindfulness, this is the perfect introduction....I'm grateful to Andy for helping me on this journey.' BILL GATES 'It's kind of genius' EMMA WATSON Feeling stressed about Christmas/Brexit/everthing? Try this... Demystifying meditation for the modern world: an accessible and practical route to improved health, happiness and well

being, in as little as 10 minutes. Andy Puddicombe, founder of the celebrated Headspace, is on a mission: to get people to take 10 minutes out of their day to sit in the now. Here he shares his simple to learn, but highly effective techniques of meditation. * Rest an anxious, busy mind * Find greater ease when faced with difficult emotions, thoughts, circumstances * Improve focus and concentration * Sleep better * Achieve new levels of calm and

fulfilment. The benefits of mindfulness and meditation are well documented and here Andy brings this ancient practice into the modern world, tailor made for the most time starved among us. First published as *Get Some Headspace*, this reissue shows you how just 10 minutes of mediation per day can bring about life changing results. *The Artist's Way* Julia Cameron 2020-04-02 'A really good starting point to discover what lights you up' - Emma Gannon 'I love it. A practical, spiritual, nurturing book' - Russell Brand THE MULTI-MILLION-COPY WORLDWIDE BESTSELLER Since its first publication, *The Artist's Way* has inspired the genius of Elizabeth Gilbert, Tim Ferriss, Reese Witherspoon, Kerry Washington and millions of readers to embark on a creative journey and find a deeper connection to process and purpose. Julia Cameron guides readers in uncovering problems and pressure points that may be restricting their creative flow and offers techniques to open up

opportunities for growth and self-discovery. A revolutionary programme for personal renewal, *The Artist's Way* will help get you back on track, rediscover your passions, and take the steps you need to change your life. 'Each time I've learned something important and surprising about myself and my work ... Without *The Artist's Way*, there would have been no *Eat, Pray, Love*' - Elizabeth Gilbert

Rambles of a Southerner in Three Continents P. L. Groome 1889

The Woman's Book of Creativity C. Diane Ealy 1999 By inviting women to accept and nurture their own inherent ability to express their talents, the author offers guidance that can help to transform any woman's life from one of self-imposed limits to one of infinite freedom.

Lockdown Legacy Network She 2021-11-10 *The Lockdown Legacy* is a book of memories, inspirational extracts of an unprecedented time written by women and young people of all ages, race, creeds, colour, and

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backgrounds from all corners of the world. This time capsule ensures that future generations, and those too young now to remember in the years ahead, have a clear, true record of how the COVID-19 pandemic affected each and every one of us. We may not have all been in the same boat, but for once the world was sailing into the same storm. For some, the restrictions of lockdown have been nothing more than a government-imposed inconvenience. For others, it has been a life-changing tragedy, the memory of which will never leave them. Future generations will have no memory of the COVID-19 pandemic at all, some generations will choose not to remember, and others will never be allowed to forget.

Participatory Research for Health and Social Well-Being Tineke Abma

2018-11-22 This textbook is a comprehensive guide for students interested in using participatory research to improve people's health and well-being. It is especially

designed for those working in the fields of health and social welfare who are embarking on participatory research for the first time. It covers all phases in participatory research from "getting started," to "acting for change," "continuing the journey" and "articulating impact." Its unique format helps readers understand the essence of participatory research as a comprehensive approach for doing research which is underpinned by a set of fundamental values. The many real life examples of participatory research projects from around the world inspire readers to find creative ways to manage their own research while opening up new horizons in their work.

Op de vleugelen der inspiratie Roger Dillemans
1996

The ICT Malaise Nadine Fruin
2019-06-12 "A valuable, practical guide for navigating through ICT turbulence and dynamics. A lighthouse for the human side of ICT." Erik van de Loo, Director Executive Masters in Change, INSEAD

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Professor of Organisational Behaviour, INSEAD Business School "The ICT Malaise is a different and thorough point of view on the dysfunctional approach the world has taken to information and technology. In an era of exponential changes where humans are rendered obsolete at the same pace of technology, it is fundamental to go back to basics on why we lead and innovate in the first place." Silvio Rugolo, VP, Global Sales, BMC Software, Digital Service Operations We hurtle ahead with technology, apps, and the newest innovation in a world that already demands a constant online presence and availability. You are included if you quickly adapt the newest technology and excluded if you wait too long. Information and communication technology (ICT) service providers, suppliers, and customers all try to make sense and make the most money out of technology developments and constant innovation with the help of frameworks, methodologies, best-practice approaches, and

models. They continuously improve, align, integrate, and optimize, but unfortunately do not apply the same drive to safeguarding quality. This book leads the reader along a path of critical thinking, reflecting, and contemplating while offering alternative ways for service providers, customers, and suppliers to interact with each other. In addition, it encourages them to conduct their business in such a way that customers, service providers, and suppliers achieve satisfaction. The author implies a different mindset, a new way of interacting and a surprising approach to the many frameworks, models, and methodologies being introduced ceaselessly. While reading this book, IT professionals receive practical guidelines for using these newfound methodologies and models to help build and maintain healthy business relations while ensuring quality delivery of products and services. Readers will be surprised by how much more

satisfying and less stressful
their work environment
becomes!

*A Safe and Just Space for
Humanity: Can we live within
the doughnut?* Kate Raworth

Sapiens Yuval Noah Harari
2014-09-04 **THE MULTI-
MILLION COPY

BESTSELLER** 'Interesting
and provocative... It gives you a
sense of how briefly we've been
on this Earth' Barack Obama
What makes us brilliant? What
makes us deadly? What makes
us Sapiens? Yuval Noah Harari
challenges everything we know
about being human. Earth is
4.5 billion years old. In just a
fraction of that time, one
species among countless others
has conquered it: us. In this
bold and provocative book,
Yuval Noah Harari explores
who we are, how we got here
and where we're going. The
perfect gift for curious readers
this Christmas.

PRAISE FOR SAPIENS: 'Jaw-
dropping from the first word to
the last... It may be the best
book I've ever read' Chris
Evans 'Sweeps the cobwebs out
of your brain... Radiates power

and clarity' Sunday Times 'It
altered how I view our species
and our world' Guardian
'Startling... It changes the way
you look at the world' Simon
Mayo 'I would recommend
Sapiens to anyone who's
interested in the history and
future of our species' Bill Gates
**ONE OF THE GUARDIAN'S
100 BEST BOOKS OF THE 21st
CENTURY**

The Enchanted Life Sharon
Blackie 2018-02-27 A book of
natural wonders, practical
guidance and life-changing
empowerment, by the author of
the word-of-mouth bestseller *If
Women Rose Rooted*. 'To live
an enchanted life is to pick up
the pieces of our bruised and
battered psyches, and to offer
them the nourishment they
long for. It is to be challenged,
to be awakened, to be gripped
and shaken to the core by the
extraordinary which lies at the
heart of the ordinary. Above
all, to live an enchanted life is
to fall in love with the world all
over again.' The enchanted life
has nothing to do with
escapism or magical thinking:

it is founded on a vivid sense of

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belonging to a rich and many-layered world. It is creative, intuitive, imaginative. It thrives on work that has heart and meaning. It loves wild things, but returns to an enchanted home and garden. It respects the instinctive knowledge, ethical living and playfulness, and relishes story and art. Taking the inspiration and wisdom that can be derived from myth, fairy tales and folk culture, this book offers a set of practical and grounded tools for reclaiming enchantment in our lives, giving us a greater sense of meaning and of belonging to the world.

Transitions to Sustainable

Development John Grin

2010-05-26 Over the past few decades, there has been a growing concern about the social and environmental risks which have come along with the progress achieved through a variety of mutually intertwined modernization processes. In recent years these concerns are transformed into a widely-shared sense of urgency, partly due to events such as the

various pandemics threatening livestock, and increasing awareness of the risks and realities of climate change, and the energy and food crises.

This sense of urgency includes an awareness that our entire social system is in need of fundamental transformation.

But like the earlier transition between the 1750's and 1890's from a pre-modern to a modern industrial society, this second transition is also a contested one. Sustainable development is only one of many options.

This book addresses the issue on how to understand the dynamics and governance of the second transition dynamics in order to ensure sustainable development. It will be necessary reading for students and scholars with an interest in sustainable development and long-term transformative change.

The Age-Well Project

Annabel Streets 2019-05-02

'The essential mid-life mum makeover. From fitness to sleep and even your social life, a brilliant new book by two 50-something mothers reveals

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how to protect your health and happiness' Daily Mail
'Educational and informative' Woman's Way An essential handbook for making the second half of your life happy, healthy and disease-free. Diseases of older age take root decades before symptoms appear. For a longer, happier life, we need to plan ahead - but what exactly should we do? For five years, Annabel Streets and Susan Saunders immersed themselves in the latest science of longevity, radically overhauling their lives and documenting their findings on their popular blog. After reading hundreds of studies and talking to numerous experts, Annabel and Susan have compiled almost 100 short cuts to health in mid and later life, including: how, when and what to eat; the supplements worth taking; when, where and how to exercise; the most useful medical tests; how to avoid health-threatening chemicals; the best methods for keeping the brain sharp; and how to sleep better.

Art, Theory and Practice in the Anthropocene Julie Reiss

2019-03-31 Art, Theory and Practice in the Anthropocene contributes to the growing literature on artistic responses to global climate change and its consequences. Designed to include multiple perspectives, it contains essays by thirteen art historians, art critics, curators, artists and educators, and offers different frameworks for talking about visual representation and the current environmental crisis. The anthology models a range of methodological approaches drawn from different disciplines, and contributes to an understanding of how artists and those writing about art construct narratives around the environment. The book is illustrated with examples of art by nearly thirty different contemporary artists.

Writing the Great War

Christoph Cornelissen
2020-11-01 From the Treaty of Versailles to the 2018 centenary and beyond, the history of the First World War has been continually written

and rewritten, studied and contested, producing a rich historiography shaped by the social and cultural circumstances of its creation. Writing the Great War provides a groundbreaking survey of this vast body of work, assembling contributions on a variety of national and regional historiographies from some of the most prominent scholars in the field. By analyzing perceptions of the war in contexts ranging from Nazi Germany to India's struggle for independence, this is an illuminating collective study of the complex interplay of memory and history.

Better Minds Elke Geraerts 2018-06-08 The burnout epidemic is taking on unseen proportions. Our hectic lives and the extent of digitization form great challenges for the brain, which is showing serious signs of neglect. But there is a solution: the greater your mental resilience, the better you are protected against stress, burnout and other mental problems. In this revelatory book, brain expert

Elke Geraerts sets out the most important components of mental resilience on the basis of new insights from recent scientific research. She shows how we can better our minds, and how this helps us increase our own mental capital and that of our employees. The result is an absolute must-read for everyone who wants to prepare his or her brain for the challenges of the 21st century.

Europe's Growth Champion

Marcin Piatkowski 2018 What makes countries rich? What makes countries poor?

Europe's Growth Champion: Insights from the Economic Rise of Poland seeks to answer these questions, and many more, through a study of one of the biggest, and least heard about, economic success stories. Over the last twenty-five years Poland has transitioned from a perennially backward, poor, and peripheral country to unexpectedly join the ranks of the world's high income countries. Europe's Growth Champion is about the lessons learned from Poland's remarkable experience, the

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conditions that keep countries poor, and the challenges that countries need to face in order to grow. It defines a new growth model that Poland and its Eastern European peers need to adopt to grow and catch up with their Western counterparts. Poland's economic rise emphasizes the importance of the fundamental sources of growth- institutions, culture, ideas, and leaders- in economic development. It demonstrates that a shift from an extractive society, where the few rule for the benefit of the few, to an inclusive society, where many rule for the benefit of many, can be the key to economic success.

*IEurope's Growth Champion asserts that a newly emerged inclusive society will support further convergence of Poland and the rest of Central and Eastern Europe with the West, and help to sustain the region's Golden Age. It also acknowledges the future challenges that Poland faces, and that moving to the core of the European economy will require further reforms and

changes in Poland's developmental character. **NUREG/CR.** U.S. Nuclear Regulatory Commission 1978 *EBOOK: Sexual Health: A Public Health Perspective* Kaye Wellings 2012-10-16 This timely book introduces social aspects of the study of sexual health and their application to public health practice. The book addresses five key themes: Conceptual and theoretical aspects of sexual health, Sexual health outcomes of Risk and Vulnerability, Improving sexual health status and Measuring and assessing sexual health status. The authors consider each of these themes within their cultural and historical context and illustrate topics with international examples and case studies. Key features of the book include: A spotlight on populations rather than individuals, and a focus on the prevention of ill health and promotion of well being. A global perspective; the book makes the distinction between developing and developed countries, but recognises that

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inequalities are to be found within as well as between countries. A view of sexual behaviour as socially learned rather than biologically given and so as amenable to change and intervention to improve sexual health status. An emphasis on ways in which risk and vulnerability are products, not only of individual behaviours, but of the social context in which they are practiced. Written by authors with a wide range of experience, this book will be a valuable resource for public health practitioners and those studying and working in the area of sexual health.

Understanding Public Health is an innovative series published by Open University Press in collaboration with the London School of Hygiene & Tropical Medicine. Series Editors: Ros Plowman and Nicki Thorogood Contributors: Sevgi O Aral, Chris Bonell, Helen Burchett, Joanna Busza, Martine Collumbien, Simon Forrest, Rebecca French, Claudia Garcia-Moreno, Anna Glasier, Jami Leichter, Kirstin

Mitchell, Will Nutland, Thomas Peterman, Elisabeth Pisani, Kaye Wellings, Meg Wiggins and Maria Zuurmond.

The No-Nonsense Meditation Book Steven

Laureys 2021-04-15

INTERNATIONAL

BESTSELLER 'Steven Laureys'

book opens up exciting

perspectives.' - Matthieu

Ricard, Buddhist monk &

translator of the Dalai Lama

'Clear, lively, rigorous and

authentic... [The] book we have

been waiting for.' - Dr Ilios

Kotsou, mindfulness and

wellbeing expert 'Not reading

this book is self-defeating' -

Paul Witteman Rigorously

researched and deeply

illuminating, world-leading

neurologist Dr Steven Laureys

works with celebrated

meditators to scientifically

prove the positive impact

meditation has on our brains.

Dr Steven Laureys has

conducted ground-breaking

research into human

consciousness for more than 20

years. For this bestselling

book, Steven to explores the

effect of meditation on the

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brain. He uses hard science to explain the benefits of a practice that was once thought of as purely spiritual. The result is a highly accessible, scientifically questioning guide to meditation, designed to open the practice to a broader audience. A mix of fascinating science, inspiring anecdote and practical exercises, this accessible book offers scientific evidence that meditation can have a positive impact on all our lives.

Sara Esther Hicks 2007-04-01
This book offers you, the reader, a thoughtful and inspired formula for generating appreciation, happiness, and good feelings—deftly blended into the uplifting story of a plucky, inquisitive girl named Sara; and her teacher, an ethereal owl named Solomon. There's something in Sara for any child, adult, or teen pursuing joy and meaning . . . and searching for answers about life, death, and the desires of the heart. It's filled with techniques and processes for making one's dreams come true . . . especially yours! Sara

and Solomon will delight and enchant you!

Sport Policy Nils Asle Bergsgard 2009-11-04
Sport Policy: a comparative analysis of stability and change builds on the growing general interest in the comparative study of sport policy and the more specific interest in processes of policy change and issues associated with policy convergence. In stark contrast to many other areas of public policy such as education, personal welfare and health care there is a paucity of theoretically informed comparative studies in sport. Over recent years there has been a steady increase in public investment in sport and frequently, as a consequence, a sharper debate about how public resources should be used. However, there has been little analysis of the factors that shape the generation of domestic sport policy and little attempt to identify the variables that might influence the policy process. Sport Policy: a comparative analysis of stability and change

provides a theoretically informed analysis of the sports systems in Canada, England, Germany and Norway. These economically advanced countries are carefully selected to enable the investigation of the significance of variables and because they share a number of socio-economic and sports-related characteristics, which provides the text with a unique breadth and depth of coverage. This text is a vital addition to the general paucity of literature in this area and is written by an internationally renowned author team.

The Penis Book Aaron Spitz, M.D. 2018-02-20 What's the weirdest thing you've ever wanted to know about the penis but were afraid to ask? Dr. Aaron Spitz has that answer—and many more. Let Dr. Spitz—who served as assistant clinical professor at UC Irvine's Department of Urology for 15 years and who is a regularly featured guest on The Doctors—become your best friend as he fearlessly guides you through the hairiest and the scariest questions in

The Penis Book. An unflinching, comprehensive guide to everything from sexually transmitted infections to the science of blood flow, The Penis Book prominently features an easy-to-follow holistic five-step plan for optimum penis health, including plant-based eating recommendations, information on some penis-healthy foods, and suggested exercises for penis wellbeing. Useful to men and women alike, The Penis Book is a one-stop-shop for the care and maintenance of the penis in your life.

Busy Tony Crabbe 2014-06-05 'Life-changing' Daily Express If you want to take control of your career - and your life - make sure you're not too busy to read this book. Today's world is one of too much: too much work to do, too much communication, too much competition, too much uncertainty and too much information. We are striving to keep up, but inevitably we're falling behind, leaving us with a nagging sense of failure that is hard to shake off. In Busy,

Tony Crabbe debunks the myth that satisfaction at work comes from getting everything done. Instead, he demonstrates that what will enable you to thrive is regaining a sense of mastery over your life, focusing on making an impact, engaging with loved ones and creating the momentum necessary to make changes. 'You'll want to ban "busy" from your vocabulary after reading this delightful takedown of busyness as an excuse . . . a very smart, fun and enlightening read' Success Magazine

52 Ways to Walk Annabel Streets 2022-02-17 'A delightful balance of ideas, inspiration and science' Tristan Gooley, author of *The Walker's Guide to Outdoor Clues & Signs*

'We can all learn something from 52 Ways to Walk. I know I can.' Michael Ball, BBC Radio 2

“Walking had become, once again, the great adventure of my life. But this time science could explain how and why”
Walking strengthens our

bodies, calms our minds and lifts our spirits. But it does so much more than this. Our vision, hearing, respiration, sleep, cognition, memory, blood pressure, sense of smell and balance (to name a few) are all enhanced by how we walk. For instance: · Walking in cold weather burns extra fat and builds more muscle. · Walking alone strengthens our memories. · Walking in woodland helps us sleep. · And there's nothing more restorative than a romantic night hike. Our choice of location, time, direction, duration, walking companion and gait, as well as the weather we opt to walk in, can transform our daily stroll. Here, Annabel Streets shares the thrill of 52 walking styles, explaining the latest science behind each one, and providing practical tips for making the most of your daily steps. 52 Ways to Walk is a revelatory and informative handbook for anyone stuck in a walking rut, curious about the lesser-known benefits of walking or merely in need of some on-foot novelty

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and adventure.

Beautifully designed and pocket-sized, *52 Ways to Walk* is a love letter to walking. *The Noonday Demon* Andrew Solomon 2014-09-16 The author offers a look at depression, drawing on his own battle with the illness and interviews with fellow sufferers, researchers, and doctors to assess the disease's complexities, causes, symptoms, and available therapies.

Coaching Supervision David Clutterbuck 2016-03-31 Just like the coaching relationship, supervision is most successful when it is a collaborative endeavour, with both parties clear on their roles and the process. *Coaching Supervision* is an intensely practical book providing guidance on when, why and how to seek supervision, and on how coaches can make the most of the supervision they receive. Written by experienced supervisors who have a deep understanding of the field, and drawing on research into good

practice internationally, this book: Explains what supervision is and how it differs from other 'helping conversations' Provides a step by step approach to choosing a supervisor Advises on how to structure the coach/mentor development journey Explores a breadth of activities that enhance reflective practice Shows how supervision is an integral element of professional coaching and mentoring This practical guide will be vital reading for all established and trainee coaches and mentors participating in the supervision process, either as supervisors or supervisees.

Mental Health Awareness Shafiq Yasin *Mental Health Awareness* is a concise book of information on mental health issues. It has been written in a way that is easy to understand even if you have no prior knowledge about mental illness.

Learning Emotion-focused Therapy Robert Elliott 2004-01 "In Learning Process-
Experiential Therapy: The

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Process-Experiential Approach to Change, the originators of process-experiential therapy describe in detail the various tasks and techniques of this theoretically grounded, empirically supported humanistic therapy, while emphasizing the importance of the therapeutic relationship. The authors, Robert Elliott, Jeanne C. Watson, Rhonda N. Goldman, and Leslie S. Greenberg, well-respected scholars and leading figures in the field, discuss theory, case formulation, treatment, and research in a way that makes this complex form of therapy accessible to all readers. Particularly valuable are their careful moment-to-moment exchanges in extended case examples, which show the reader how deliberate and skillful use of these techniques can bring about change. This informative book will be of great practical value to therapists and students learning process-experiential therapy as well as to those who teach this mode of psychotherapy."--BOOK

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The End of Automobile Dependence

Peter Newman
2015-08-11 Cities will continue to accommodate the automobile, but when cities are built around them, the quality of human and natural life declines. Current trends show great promise for future urban mobility systems that enable freedom and connection, but not dependence. We are experiencing the phenomenon of peak car use in many global cities at the same time that urban rail is thriving, central cities are revitalizing, and suburban sprawl is reversing. Walking and cycling are growing in many cities, along with ubiquitous bike sharing schemes, which have contributed to new investment and vitality in central cities including Melbourne, Seattle, Chicago, and New York. We are thus in a new era that has come much faster than global transportation experts Peter Newman and Jeffrey

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Kenworthy had predicted: the end of automobile dependence. In *The End of Automobile Dependence*, Newman and Kenworthy look at how we can accelerate a planning approach to designing urban environments that can function reliably and conveniently on alternative modes, with a refined and more civilized automobile playing a very much reduced and manageable role in urban transportation. The authors examine the rise and fall of automobile dependence using updated data on 44 global cities to better understand how to facilitate and guide cities to the most productive and sustainable outcomes. This is the final volume in a trilogy by Newman and Kenworthy on automobile dependence (*Cities and Automobile Dependence* in 1989 and *Sustainability and Cities: Overcoming Automobile Dependence* in 1999). Like all good trilogies this one shows the rise of an empire, in this case that of the automobile, the peak of its power, and the decline of that empire.

Wellness 2017 Van Spronsen & Partners horeca-advies 2017
The Life of Moses 1835
The Edinburgh Review 1839
Responsive Teaching Harry Fletcher-Wood 2018-05-30 This essential guide helps teachers refine their approach to fundamental challenges in the classroom. Based on research from cognitive science and formative assessment, it ensures teachers can offer all students the support and challenge they need - and can do so sustainably. Written by an experienced teacher and teacher educator, the book balances evidence-informed principles and practical suggestions. It contains: A detailed exploration of six core problems that all teachers face in planning lessons, assessing learning and responding to students. Effective practical strategies to address each of these problems across a range of subjects. Useful examples of each strategy in practice and accounts from teachers already using these approaches. Checklists to apply each principle successfully and

advice tailored to teachers with specific responsibilities. This innovative book is a valuable resource for new and experienced teachers alike who wish to become more responsive teachers. It offers the evidence, practical strategies and supportive advice needed to make sustainable, worthwhile changes.

Factfulness Hans Rosling
2020-04-07 INSTANT NEW YORK TIMES BESTSELLER
"One of the most important books I've ever read—an indispensable guide to thinking clearly about the world." - Bill Gates
"Hans Rosling tells the story of 'the secret silent miracle of human progress' as only he can. But *Factfulness* does much more than that. It also explains why progress is so often secret and silent and teaches readers how to see it clearly." —Melinda Gates
"*Factfulness* by Hans Rosling, an outstanding international public health expert, is a hopeful book about the potential for human progress when we work off facts rather

than our inherent biases." - Former U.S. President Barack Obama
Factfulness: The stress-reducing habit of only carrying opinions for which you have strong supporting facts. When asked simple questions about global trends—what percentage of the world's population live in poverty; why the world's population is increasing; how many girls finish school—we systematically get the answers wrong. So wrong that a chimpanzee choosing answers at random will consistently outguess teachers, journalists, Nobel laureates, and investment bankers. In *Factfulness*, Professor of International Health and global TED phenomenon Hans Rosling, together with his two long-time collaborators, Anna and Ola, offers a radical new explanation of why this happens. They reveal the ten instincts that distort our perspective—from our tendency to divide the world into two camps (usually some version of us and them) to the way we consume media (where

fear rules) to how we perceive progress (believing that most things are getting worse). Our problem is that we don't know what we don't know, and even our guesses are informed by unconscious and predictable biases. It turns out that the world, for all its imperfections, is in a much better state than we might think. That doesn't mean there aren't real concerns. But when we worry about everything all the time instead of embracing a worldview based on facts, we can lose our ability to focus on the things that threaten us most. Inspiring and revelatory, filled with lively anecdotes and moving stories, *Factfulness* is an urgent and essential book that will change the way you see the world and empower you to respond to the crises and opportunities of the future. --- "This book is my last battle in my life-long mission to fight devastating ignorance...Previously I armed myself with huge data sets, eye-opening software, an energetic learning style and a Swedish bayonet for sword-

swallowing. It wasn't enough. But I hope this book will be." Hans Rosling, February 2017.

The Little Book of Colour

Karen Haller 2019-08-29 A
SUNDAY TIMES DESIGN
BOOK OF THE YEAR

The definitive guide for harnessing the power of colour to improve your happiness, wellbeing and confidence Wouldn't you like to boost your confidence simply by slipping on 'that' yellow jumper? Or when you get home after a stressful day, be instantly soothed by the restful green of your walls? The colours all around us hold an emotional energy. Applied Colour Psychology specialist, Karen Haller, explains the inherent power of colour; for example, looking closely at the colours we love or those we dislike can bring up deeply buried memories and with them powerful feelings. A revolutionary guide to boosting your wellbeing, *The Little Book of Colour* puts you firmly in the driver's seat and on the road to changing the colours in your

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world to revamp your mood and motivation. Illuminating the science, psychology and emotional significance of colour, with key assessments for finding your own true colour compatibility, this book will help you to rediscover meaning in everything you do through the joy of colour. Get ready to join the colour revolution, and change your life for the better.

Year of Yes Shonda Rhimes
2015-11-10 The creator of "Grey's Anatomy" and "Scandal" details the one-year experiment with saying "yes" that transformed her life, revealing how accepting unexpected invitations she would have otherwise declined enabled powerful benefits.

Act Like a Coach Ronnie Leten
2017-08 -Coaching lessons from top level sports and business managers -While these lessons are designed for use in a business/sports-orientated environment, they are equally applicable to every day life -Learn how to 'coach' those around you, from employees to children, partners

and friends Often, managing and coaching employees is made out to be much more complex than it actually is. You don't need difficult words, whether in sport or in business, to motivate people to do better and to enjoy what they do. Just apply a few simple principles from daily life and you'll find that you can accomplish wonders. The authors have compiled a key selection of coaching principles in this book, sharing their own perspectives and experience. Former CEO of Atlas Copco Ronnie Leten, and sports coach Paul Van Den Bosch understand that there is a huge similarity between coaching skills in sport and in business. This isn't strange - pressures in the business world and in our society in general are continually increasing. More than ever, we are expected to be flexible, to demonstrate resilience and to stay focused, even when confronted with problems and stress. Talent must have the chance to shine; we must build more trust; we must communicate more and

communicate better. An experienced sports coach and a manager each have these key skills, and between them they cover all bases.

The Transport System and Transport Policy Bert van Wee

2013 ÔThis very interesting book provides an excellent multi-disciplinary introduction into the functioning of transport systems and the interaction with their environments.Õ Ð Erik Verhoef, VU University Amsterdam, The Netherlands ÔThe editors of this important book have clearly identified that few writings on transport treat the transport system as a whole. Implicit in this is a need for a genuinely multidisciplinary approach. An impressive list of contributors ensures that the book draws on the latest research whilst providing new insights into some of the key challenges facing transport students and researchers, transport providers and policy makers.Õ Ð Roger Vickerman, University of Kent, UK ÔSince ancient times transportation has

brought our world together. But the need for connectivity and accessibility in a spatially differentiated world has prompted the emergence of very complex transportation systems. This book offers a fresh and operational contribution to a better understanding of the complexity and manageability of a mobile world, by addressing in a balanced way both conceptual and applied or policy aspects of modern transportation systems.Õ Ð Peter Nijkamp, Free University of Amsterdam, The Netherlands Transportation impacts on people and businesses in many different ways, and presents some of the key problems that decision-makers need to address. This comprehensive textbook introduces the transport system in a holistic and multidisciplinary way, bringing together the myriad components of transport. This textbook is written for an international readership of undergraduate and postgraduate students in

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transport and related subjects, as well as for professionals and policy decision-makers across both public and private sectors. Key features include: ¥ Discussion of the importance of transport accessibility and the impacts of transport on the environment and safety ¥ Policy issues relating to all of the discussed issues and prescribed future options. ¥ Transport evaluation methods and modelling approaches. ¥ Examples to highlight the linkages between components of the transport system Ð for example infrastructures, land-use, vehicle technologies Ð and the relevance of these linkages for decision making.

Housing Estates in Europe

Daniel Baldwin Hess

2018-08-14 This open access book explores the formation and socio-spatial trajectories of large housing estates in Europe. Are these estates clustered or scattered? Which social groups originally had access to residential space in housing estates? What is the size, scale and geography of housing estates, their

architectural and built environment composition, services and neighbourhood amenities, and metropolitan connectivity? How do housing estates contribute to the urban mosaic of neighborhoods by ethnic and socio-economic status? What types of policies and planning initiatives have been implemented in order to prevent the social downgrading of housing estates? The collection of chapters in this book addresses these questions from a new perspective previously unexplored in scholarly literature. The social aspects of housing estates are thoroughly investigated (including socio-demographic and economic characteristics of current and past inhabitants; ethnicity and segregation patterns; population dynamics; etc.), and the physical composition of housing estates is described in significant detail (including building materials; building form; architectural and landscape design; built environment characteristics; etc.). This book is timely because the recent

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global economic crisis and Europe's immigration crisis demand a thorough investigation of the role large housing estates play in poverty and ethnic concentration. Through case studies of

housing estates in 14 European centers, the book also identifies policy measures that have been used to address challenges in housing estates throughout Europe.