

[Book] Dont Be So Angry Concepts And Strategies Of Effective Anger Management

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Don't Be So Angry!-Brian Walker, 2015-04-29 Imagine a world with much less destructive anger and hostility. People would be happier and their relationships would be healthier. There would be less fear, less crime, and more goodwill toward others. Impossible dream? Not anymore. *Don't Be So Angry!* is a must-read for anyone who struggles with out-of-control anger and is now ready to do something about it. In this highly instructive and often gently humorous book, Dr. Walker offers the gold standard for controlling your excessive anger and defusing the anger of others, which, in the past, may have only resulted in frustration, hopelessness, and even more anger. Written by an internationally-acclaimed lecturer and clinician, it presents a fresh, practical theory of anger arousal, anger management, and conflict resolution that focuses on building specific skills to help you regulate your feelings appropriately and express them most effectively in a wide range of situations. The lessons in this book will stay with you long after you're done reading, and you can literally carry them with you wherever you go. Included in the back of the book is a cut-out page containing summaries of the most important concepts and skills presented in the text.

The Handbook of Yoruba Religious Concepts-Baba Ifa Karade 1994-01-15 In this introductory volume, Baba Ifa Karade provides an easily understandable overview of the Yoruba religion. He describes 16 orisha and shows us how to work with divination, to use the chakras to internalize the teachings of Yoruba, and describes how to create a sacred place of worship. Includes prayers, dances, songs, offerings, and sacrifices to honor the orisha and egun. Illustrations, charts, glossary, bibliography, and index.

Hmong American Concepts of Health, Healing, and Conventional Medicine-Dia Cha 2003 America's healthcare system in the twenty-first century faces a variety of pressures and challenges, not the least of which is that posed by the increasingly multicultural nature of American society itself. Large numbers among the Hmong, immigrants from the landlocked Asian nation of Laos, continue to prefer their own ancient medical traditions. That these Hmong Americans should continue to adhere to a tradition of folk medicine, rather than embrace the modern healthcare system of America, poses questions that must be answered. This book takes up the task of examining Hmong American concepts of health, illness and healing, and looks at the Hmong American experience with conventional medicine. In so doing, it identifies factors that either obstruct or enable healthcare delivery to the Hmong, specifically a target sample of Hmong Americans resident in Colorado. Drawing upon scientific methods of data collection, the research reveals attitudes currently held by a group of American citizens toward health and medicine which run the gamut from the very modern to those which have prevailed in the highlands of Southeast Asia for centuries.

Concepts of Chemical Dependency-Harold E. Doweiko 2014-03-14 **CONCEPTS OF CHEMICAL DEPENDENCY**, Ninth Edition, provides comprehensive coverage and the latest information on a full spectrum of substance use disorders and the compounds commonly abused. Topics include the abuse of and addiction to alcohol; how the active agent in marijuana, THC, affects neural growth and development; the emerging body of evidence suggesting a relationship between marijuana abuse and psychotic disorders; the emerging body of evidence suggesting that marijuana is not as benign as it was thought to be a few years ago; and the abuse of cough syrups. Adding to the book's usefulness and relevance, Doweiko also covers topics not usually discussed in other substance abuse texts, including abuse of anabolic steroids, inhalants, infectious diseases associated with substance abuse, how the "war on drugs" has actually contributed to the problem of substance abuse/addiction in this country, and the "medical marijuana" debate. This edition includes new information on synthetic marijuana, mephredone, and dextromethorphan, among other substances; updates reflecting the new DSM-5; and a new chapter on the Biopsychosocial Model of Addiction. Students report that they appreciate the author's balanced approach, which allows them to form their own opinions, in contrast to some books that "preach" that "drugs are bad for you." Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

Key Philosophers in Conversation-Andrew Pyle 1999 *Key Philosophers in Conversation* is a fascinating collection of interviews presenting the ideas of some of the world's leading contemporary philosophers. Each interview features a discussion with a key philosopher looking at philosophical issues such as; the philosophy of mind, ethics, science, political philosophy and the history of philosophy. Those interviewed are; W.V.O Quine, Michael Dummett, Mary Warnock, Hilary Putnam, Alasdair MacIntyre, Daniel Dennett, Martha Nussbaum, Roger Scruton, Bernard Williams, Jean Hampton, Richard Dawkins, Derek Parfit, Peter Strawson, David Gauthier, Hugh Mellor, John Cottingham, Adam Morton, Stefan Korner, Richard Sorabji and Nancy Cartwright. This book offers an excellent insight to contemporary philosophy and is ideal for anyone seeking an introduction to what is happening in Philosophy today.

Social Movements and Activism in the USA-Stephen Valocchi 2009-09-10 What can we learn when we listen closely to and engage in dialogue with social movement activists? *Social Movements and Activism in the USA* addresses this question for a group of progressive activists in Hartford, Connecticut, who do community, labor, feminist, gay and lesbian, peace, and anti-racist organizing. Situated within the twenty-first-century landscape of post-industrialism and neo-liberalism and drawing on oral histories, the book argues for a dialogic and integrative approach to social movement activism. The dialogue between scholar and activist captures the interpretive nature of activists' identity, the variable ways activists decide on strategies and goals, the external constraints on activism, and the creative ways activists manoeuvre around these constraints. This dialogic approach makes the book accessible and useful to students, scholars, and activists alike. The integrative nature of the text refers to its theoretical approach. Rather than advancing a new theory of social movements, it uses existing approaches as a tool kit to examine the what, how, who, and why of social movement activism.

Gut Reactions-Jesse J. Prinz 2004-08-12 *Gut Reactions* is an interdisciplinary defense of the claim that emotions are perceptions in a double sense. First of all, they are perceptions of changes in the body, but, through the body, they also allow us to literally perceive danger, loss, and other matters of concern. This proposal, which Prinz calls the embodied appraisal theory, reconciles the long standing debate between those who say emotions are cognitive and those who say they are noncognitive. The basic idea behind embodied appraisals is captured in the familiar notion of a "gut reaction," which has been overlooked by much emotion research. Prinz also addresses emotional valence, emotional consciousness, and the debate between evolutionary psychologists and social constructionists.

Conceptual Change-G.A. Pearce 2012-12-06 During Hallowe'en of 1970, the Department of Philosophy of the University of Western Ontario held its annual fall colloquium at London, Ontario. The general topic of the sessions that year was conceptual change. The thirteen papers composing this volume stem more or less directly from those meetings; six of them are printed here virtually as delivered, while the remaining seven were subsequently written by invitation. The programme of the colloquium was to have consisted of major papers delivered by Professors Wilfrid Sellars, Stefan Korner, Paul Ziff and Hilary Putnam, with shorter commentary thereupon by Professors Robert Binkley, Joseph Ullian, Jerry Fodor and Robert Barrett, respectively. And that is the way it happened, with one important exception: at the eleventh hour, Sellars and Binkley exchanged roles. This gave Binkley the rather unusual and challenging task of providing a suitable Sellarsian answer to a question not of his own asking - for Binkley's paper was written under Sellars' original title. Sellars' own contribution to the volume is perhaps more nearly what he would have presented as main speaker than a direct response to Binkley. However, it has seemed best, on balance, to attempt no further stylistic accommodation of the one paper to the other; their mutual philosophical relevance will be evident in any case. The editors would here like to extend special thanks to both Sellars and Binkley for their extraordinary efforts under the circumstances.

Business Communication: Concepts, Cases And Applications-Mukesh Chaturvedi 2004-09 Most Books On Business Communication Focus, Mainly, On What It Is Definition, Nature, Process, Form, Types, And So On. This Book, With Cases And Applications, Besides Concepts, Shows For The First Time, How Total Communication Skills Can Be Developed. The Book Propounds That Business Communication Skill Is Not Just A Managerial Ability; It Is Also An Extraordinary Trait. Effective Business Communication Is Not Just Purpose-Driven; It Is Also A Complete Strategy. Thus, It Is Not A Speaker Or Writer Who Communicates; It Is The Total Individual, A Personality . Presented In A Reader-Friendly Style, The Book Can Be Effectively Used By Students, Faculty And Executives For Teaching, Training And Self-Development Equally Comfortably.

Anger-Related Disorders-Eva Feindler, PhD 2006-04-11 In this ground-breaking exploration, a glittering array of specialists investigate how and why anger is viewed as a secondary emotion by most clinical theories and practitioners and seeks to answer the following questions: What are anger-related disorders? What do they have in common and how are they different? How do we treat the various anger-related disorders? Drawing on one case study, the top-notch contributors each present a different method of treatment for anger-related disorders. By taking into consideration the variety of perspectives and treatments available for anger-related disorders, this book provides an overview of how clinicians can implement each of these treatments as well as combine treatments to provide a tailored therapy for each individual client.

Where Metaphors Come From-Zoltán Kövecses 2015-02-12 In *Where Metaphors Come From*, Zoltán Kövecses proposes a metaphorical grounding that augments and refines conceptual metaphor theory according to which conceptual metaphors are based on our bodily experience. While this is certainly true in many cases of metaphor, the role of the body in metaphor creation can and should be reinterpreted, and, consequently, the body can be seen as just one of the several contexts from which metaphors can emerge (including the situational, discourse, and conceptual-cognitive contexts) - although perhaps the dominant or crucial one. Kövecses is a leader in CMT, and his argument in this book is more in line with what has been discovered about the nature of human cognition in recent years; namely, that human cognition is grounded in experience in multiple ways - embodiment, in a strict sense, being just one of them (see Barsalou, 2008; Gibbs, 2006; Pecher and Zwaan, 2005). In light of the present work, this is because cognition, including metaphorical cognition, is grounded in not only the body, but also in the situations in which people act and lead their lives, the discourses in which they are engaged at any time in communicating and interacting with each other, and the conceptual knowledge they have accumulated about the world in the course of their experience of it.

Critical Theory Today-Lois Tyson 2014-10-10 This thoroughly updated third edition of *Critical Theory Today* offers an accessible introduction to contemporary critical theory, providing in-depth coverage of the most common approaches to literary analysis today, including: feminism; psychoanalysis; Marxism; reader-response theory; New Criticism; structuralism and semiotics; deconstruction; new historicism and cultural criticism; lesbian, gay, and queer theory; African American criticism and postcolonial criticism. This new edition features: a major expansion of the chapter on postcolonial criticism that includes topics such as Nordicism, globalization and the 'end' of postcolonial theory, global tourism and global conservation an extended explanation of each theory, using examples from everyday life, popular culture, and literary texts a list of specific questions critics ask about literary texts an interpretation of F. Scott Fitzgerald's *The Great Gatsby* through the lens of each theory a list of questions for further practice to guide readers in applying each theory to different literary works updated and expanded bibliographies Both engaging and rigorous, this is a "how-to" book for undergraduate and graduate students new to critical theory and for college professors who want to broaden their repertoire of critical approaches to literature.

The Concepts of Criticism-L. Aschenbrenner 2012-12-06 This inquiry may be thought of as a sequel to *The Concepts of Value* and as an extension of the brief core-vocabulary of aesthetic concepts found in one of the appendices to it. In terms of sheer numbers, most of the value concepts of our language are to be found in the area of human relations and of the aesthetic. There are also other value vocabularies, shorter but equally important, for example, the cognitive and logical. These and other objects of philosophical study (for example, the question of "other minds") deserve the kind of empirical survey that has been made of moral and aesthetic notions, if only to test a priori approaches to them. In the present study an even more determined empirical approach than that adopted for the first has been found necessary. Once the moral or human value vocabulary has been identified, sentential contexts for the use of the terms readily come to mind. In a study of the language of criticism, however, the vocabulary has first to be sought in the utterances of critics themselves and quoted in sufficient context to make their critical intentions clear. The outcome is that the present study is of great length, about half of it being quotations from critics. The rule adopted for arriving at this length go on collecting quotations as long as new types of appraisal came was to light.

Core Concepts in Health-Paul M. Insel 1988 Revised and updated (fifth edition, 1988) introductory textbook focuses on issues of concern to students--nutrition, weight control, contraception, exercise, intimate relationships, stress, AIDS, drugs, alcohol, etc.--and stresses personal responsibility and personal empowerment. Annotation copyrighted by Book News, Inc., Portland, OR

Writing: Ten Core Concepts-Robert P. Yagelski 2014-01-01 WRITING: TEN CORE CONCEPTS is based on ten fundamental lessons-the Core Concepts-that student writers must learn to become sophisticated writers. The thorough integration of these Core Concepts distinguishes the book from all other writing guides. Most composition textbooks present far more material than students could ever grasp and retain in a single semester. That approach ultimately waters down the most essential lessons students need to learn for their different writing tasks. Emphasizing writing as an interaction between a writer and a reader, WRITING: TEN CORE CONCEPTS offers students guidance in three main aims of writing and a way to participate in the important conversations that shape our lives. Each student text is packaged with a free Cengage Essential Reference Card to the MLA HANDBOOK, Eighth Edition. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

Hmong American Concepts of Health-Dia Cha 2004-03-01 America's healthcare system in the twenty-first century faces a variety of pressures and challenges, not the least of which is that posed by the increasingly multicultural nature of American society itself. Large numbers among the Hmong, immigrants from the landlocked Asian nation of Laos, continue to prefer their own ancient medical traditions. That these Hmong Americans should continue to adhere to a tradition of folk medicine, rather than embrace the modern healthcare system of America, poses questions that must be answered. This book takes up the task of examining Hmong American concepts of health, illness and healing, and looks at the Hmong American experience with conventional medicine. In so doing, it identifies factors that either obstruct or enable healthcare delivery to the Hmong, specifically a target sample of Hmong Americans resident in Colorado.

Drawing upon scientific methods of data collection, the research reveals attitudes currently held by a group of American citizens toward health and medicine which run the gamut from the very modern to those which have prevailed in the highlands of Southeast Asia for centuries.

Capital Ideas-Peter L. Bernstein 2012-09-11 *Capital Ideas* traces the origins of modern Wall Street, from the pioneering work of early scholars and the development of new theories in risk, valuation, and investment returns, to the actual implementation of these theories in the real world of investment management. Bernstein brings to life a variety of brilliant academics who have contributed to modern investment theory over the years: Louis Bachelier, Harry Markowitz, William Sharpe, Fischer Black, Myron Scholes, Robert Merton, Franco Modigliani, and Merton Miller. Filled with in-depth insights and timeless advice, *Capital Ideas* reveals how the unique contributions of these talented individuals profoundly changed the practice of investment management as we know it today.

Ideas for Development-Robert Chambers 2013-06-17 Our world seems entangled in systems increasingly dominated by power, greed, ignorance, self-deception and denial, with spiralling inequity and injustice. Against a backdrop of climate change, failing ecosystems, poverty, crushing debt and corporate exploitation, the future of our world looks dire and the solutions almost too monumental to consider. Yet all is not lost. Robert Chambers, one of the 'glass is half full?' optimists of international development, suggests that the problems can be solved and everyone has the power at a personal level to take action, develop solutions and remake our world as it can and should be. Chambers peels apart and analyses aspects of development that have been neglected or misunderstood. In each chapter, he presents an earlier writing which he then reviews and reflects upon in a contemporary light before harvesting a wealth of powerful conclusions and practical implications for the future. The book draws on experiences from Africa, Asia and elsewhere, covering topics and concepts as wide and varied as irreversibility, continuity and commitment; administrative capacity as a scarce resource; procedures and principles; participation in the past, present and future; scaling up; behaviour and attitudes; responsible wellbeing; and concepts for development in the 21st century.

Current Concepts in Clinical Nursing-Betty Serene Bergersen 1969

Using Concept Maps in Therapy with Substance Abusers in the Context of Gowin's Theory of Educating-Joan M. Mazur 1989

Evil-Luke Russell 2014-05-22 When asked to describe wartime atrocities, acts of terrorism, and serial killers, many of us reach for the word 'evil'. But what does it mean to say that an action or a person is evil? Some philosophers have claimed that there is no such thing as evil, and that thinking in terms of evil is simplistic and dangerous. In response to this sceptical challenge, Luke Russell shows that concept of evil has a legitimate place within contemporary secular moral thought. In this book he addresses questions concerning the nature of evil action, such as whether evil actions must be incomprehensible, whether evil actions can be banal, and whether there is a psychological hallmark that distinguishes evils from other wrongs. Russell also explores issues regarding the nature of evil persons, including whether every evil person is an evildoer, whether every evil person is irredeemable, and whether a person could be evil merely in virtue of having evil feelings. The concept of evil is extreme, and is easily misused. Nonetheless, Russell suggests that it has an important role to play when it comes to evaluating and explaining the worst kind of wrongdoing.

Basic Concepts in Music Education, II-Richard Colwell 1991 Providing the basics on aesthetic philosophy, of education, and of music education, this popular volume remained in print for twenty-five years. A continuation on the first edition, *Basic Concepts in Music Education, II* features revisions and updates by the living authors as well as contributions by new authors who delineate concepts of music education that are particularly important to the nineties and beyond. Concepts and Transformation- 2000

Reading Peirce Reading-Richard A. Smyth 1997 The founder of American pragmatism, C.S. Peirce, lived as an eccentric, but thought as a dedicated communitarian. In *Reading Peirce Reading*, Richard Smyth demonstrates that Peirce's early essays presuppose a very distinctive perspective on the history of

philosophy. One important mark of a major philosopher, Smyth argues, is that the philosopher causes us to read the history of thought in new ways. Smyth shows not only that Peirce passes that test, but that Peirce's philosophical practice actually did conform to his communal ideal for inquiry. Students and scholars interested in the history of philosophy and pragmatism will want to read this book.

Emotions in Crosslinguistic Perspective-Jean Harkins 2001-01-01 This volume aims to enrich the current interdisciplinary theoretical discussion of human emotions by presenting studies based on extensive linguistic data from a wide range of languages of the world. Each language-specific study gives detailed semantic descriptions of the meanings of culturally salient emotion words and expressions, offering fascinating insights into people's emotional lives in diverse cultures including Amharic, Chinese, German, Japanese, Lao, Malay, Mbula, Polish and Russian. The book is unique in its emphasis on empirical language data, analyzed in a framework free of ethnocentrism and not dependent upon English emotion terms, but relying instead on independently established conceptual universals. Students of languages and cultures, psychology and cognition will find this volume a rich resource of description and analysis of emotional meanings in cultural context.

Hospice Concepts-Shirley Ann Smith 2000 A comprehensive yet succinct overview of hospice care. The book covers everything from hospice philosophy to Medicare regulations, from criteria for determining prognosis to dealing with grief and bereavement. Recommendations focus on identifying and limiting futile treatments; on pursuing opportunities to better understand the pathophysiology of physical and emotional symptoms in patients with life-threatening illness; and on providing reliable, effective, and humane care at this point in the normal cycle of life. Ideal for orientation of new hospice or palliative care staff. The book is useful for self-study and group training or as a text for related college courses. Chapter tests and answer keys are included in two appendixes.

Other Worlds-Charlotte Hardman 2000-12 This important ethnographic study explores the world-view of the Lohorung Rai, a hill tribe of about 3,000 members living in Eastern Nepal. These rice farmers have a tradition of migration combined with hunting and gathering. By examining Lohorung concepts and their discourse on self and emotion, this book explores the way in which ancestral influence dominates the daily lives and rituals of the Lohorung. It explores the 'other world' of the Lohorung within which their concepts about the nature of the person and the natural world can be understood. This study will be relevant not only to Himalayan experts but to all anthropologists interested in culture, self and emotion.

Concepts and Case Studies in Threat Management-Frederick S. Calhoun 2018-01-03 Professionalization has come to the field of threat management. It has developed a systematic theory unique to the field, recognized authorities have emerged, and it is finding its own ethical code of conduct. It is also beginning to grow its own culture, complete with a vocabulary of its own. Although the field has a way to go, it is well along th

The Concept of Justice-Thomas Patrick Burke 2011-02-24 In The Concept of Justice, Patrick Burke explores and argues for a return to traditional ideas of ordinary justice in opposition to conceptions of 'social justice' that came to dominate political thought in the 20th Century. Arguing that our notions of justice have been made incoherent by the radical incompatibility between instinctive notions of ordinary justice and theoretical conceptions of social justice, the book goes on to explore the historical roots of these ideas of social justice. Finding the roots of these ideas in religious circles in Italy and England in the 19th century, Burke explores the ongoing religious influence in the development of the concept in the works of Marx, Mill and Hobhouse. In opposition to this legacy of liberal thought, the book presents a new theory of ordinary justice drawing on the thought of Immanuel Kant. In this light, Burke finds that all genuine ethical evaluation must presuppose free will and individual responsibility and that all true injustice is fundamentally coercive.

Man's Moral Nature-Richard Maurice Bucke 1879

Voices From the Holocaust-Harry James Cargas 2013-07-18 " Interviews with: Yitzhak Arad Leo Eitinger Emil Fackenheim Whitney Harris Jan Karski Arnost Lusting Mordecai Paldiel Marion Pritchard Dorothee Soelle Leon Wells Elie Wiesel Simon Wiesenthal The late Harry James Cargas was professor emeritus of literature and language at Webster University and author of thirty-two books, including Problems Unique to the Holocaust.

Understanding Nursing Research - E-Book-Susan K. Grove 2014-09-18 As the bestselling nursing research text, Understanding Nursing Research: Building an Evidence-Based Practice, 6th Edition offers unique insights into understanding, appraising, and applying published research to evidence-based practice. It is known for its authoritative content, time-tested systematic approach, and unique research example format newly redesigned for the sixth edition to better demonstrate how the steps of the research process relate to evidence-based nursing. "This would be excellent for student nurses, nurses new to research or any nurse with an interest in research." Reviewed by: Helen Reeves, St Giles Walsall Hospice on behalf of Nursing Times, December 2015 Authoritative content is written by two of the true pioneers in nursing research, who offer unique, first-hand insights into the field. Research examples provide practice in working with published studies, with many of the examples including Critical Appraisal and Implications for Practice sections. Clear, step-by-step organization introduces the research process and demonstrates how this systematic framework relates to evidence-based practice. Strong emphasis on evidence-based practice helps you develop skills in studying and appraising published research, so you are prepared for your role in working with research evidence. Critical Appraisal Guidelines boxes provide step-by-step guidance in appraising published research studies. Emphasis on critical appraisal versus critique reflects contemporary usage in nursing research and evidence-based practice. Balanced coverage of qualitative research prepares you to approach research questions and clinical questions with an unbiased view of the researcher's methodology. Presentation of two different appraisal processes covers both the traditional in-depth critical appraisal process that prepares you for graduate-level work in research, and the concise, practice-focused research appraisal process that equips you for quick and accurate evaluation of the applicability of research findings to clinical practice.

An Examination of the Apparent Conflicts Between the Concepts of Community Education and the Concepts of Other Phases of American Public Education-Thomas Herman Mayhew 1971

Concepts Basic to Nursing-Pamela Holsclaw Mitchell 1981

The Effects of a Psychological Education Program on the Self-concepts of Elementary School Children-Myra Helen Malmed 1974

Changing Concepts in Psychoanalysis-Sheila Klebanow 1981

Environmental Science-Daniel D. Chiras 2006 Completely updated, the seventh edition of 'Environmental Science' enlightens students on the fundamental causes of the current environmental crisis and offers ideas on how we, as a global community, can create a sustainable future.

Core Concepts in Health Brief with PowerWeb 2004 Update with HealthQuest, Learning to Go-Paul M. Insel 2003-07-01 This proven text provides a concise introduction to health topics, bringing students current information about health and wellness topics. An affordable alternative to larger health texts, it includes a built-in study guide. For the 2004 Update, the overall content, organization, and features of the ninth edition remain in place, but key topics and issues have been updated with the most recent information available.

New Concepts in Psychoanalytic Psychotherapy-John Munder Ross 1988

Behavioral Concepts and Nursing Intervention-Carolyn E. Carlson 1978

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