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Dr Podcast Scripts for the Primary FRCA-Rebecca A. Leslie 2011-05-05 Dr Podcast (www.dr-podcast.com) is a great way to revise for the FRCA exams and has been met with widespread enthusiasm from candidates. It provides podcasts of questions and model answers with no redundant material. Dr Podcast scripts are now available in print format. Containing the scripts of all 90 individual podcasts from the Dr Podcast Primary FRCA collection, they also include diagrams the reader can draw to explain their answers. They cover the entire syllabus for the Primary FRCA, allowing the readers to experience the style of the questions likely to be asked and providing tips on how to excel in the exam. Each podcast is written by a successful candidate who has insight and experience of the exam, and all material has been reviewed by experienced consultants with detailed knowledge of the educational standards. For those preparing for the Primary FRCA exams, Dr Podcast scripts are a must.

Dr Podcast Scripts for the Final FRCA-Rebecca A. Leslie 2011-07-28 Dr Podcast (www.dr-podcast.com) is a great way to revise for the FRCA exams and has been met with widespread enthusiasm from candidates. It provides podcasts of questions and model answers with no redundant material. Dr Podcast scripts are now available in print format. Containing the scripts of all 103 individual podcasts from the Dr Podcast Final FRCA collection, they also include diagrams the reader can draw to explain their answers. They cover the entire syllabus for the Final FRCA, allowing the readers to experience the style of the questions likely to be asked and providing tips on how to excel in the exam. Each podcast is written by a successful candidate who has insight and experience of the exam, and all material has been reviewed by experienced consultants with detailed knowledge of the educational standards. For those preparing for the Final FRCA exams, Dr Podcast scripts are a must.

It's All in the Delivery-Anthony Orsini 2020-05-13 One of the greatest and most common criticisms of modern medicine is that physicians and healthcare providers communicate poorly with their patients. Based on decades of research, practical experience and interviews with real patients, Dr. Orsini uses his unique storytelling skills to provide practical communication techniques that help medical providers quickly build rapport and form relationships with patients and families even in the most difficult times. Developed by a practicing physician to help doctors better communicate with patients in any situation, *It's All in The Delivery* provides healthcare professionals with the tools necessary to: Deliver Tragic News in the most compassionate manner Build Rapport with patients and families instantly Navigate through difficult conversations such as discussing medical errors Improve patient satisfaction scores Avoid professional burnout *It's All in The Delivery* is a must-read for healthcare providers as well as any patient who wants to learn how to navigate through a sometimes complex healthcare system.

The Connected Parent-Lisa Qualls 2020-07-07 There Is Hope for Every Child, Every Parent, and Every Family Parenting under the best of circumstances can be difficult. And raising children who have come to your home from "hard places," who have their own set of unique needs, brings even more challenges. You may have discovered that the techniques that worked with your birth children are not working with your adopted or foster child. Renowned child-development expert Dr. Karyn Purvis gives you practical advice and powerful tools you can use to encourage secure attachment in your family. You will benefit from Karyn's decades of clinical research and real-world experience. Coauthor Lisa Qualls demonstrates how you can successfully implement these strategies in your home, just as she did in hers. You will learn how to simplify your approach using scripts, nurture your child, combat chronic fear, teach respect, and develop other valuable tools to facilitate a healing connection with your child. *The Connected Parent* will help you lovingly guide your children and bring renewed hope and restoration to your family.

When the World Feels Like a Scary Place-Abigail Gewirtz 2020-05-12 "A terrific book for parents who want to know how to talk about difficult, emotional issues with children."--Nancy Eisenberg, Regents' Professor of Psychology, Arizona State University "Remarkable... Compelling advice illustrated with memorable case examples."--Ann S. Masten, PhD, Irving B. Harris Professor of Child Development, University of Minnesota In a lifesaving guide for parents, Dr. Abigail Gewirtz shows how to use the most basic tool at your disposal--conversation--to give children real help in dealing with the worries, stress, and other negative emotions caused by problems in the world, from active shooter drills to climate change. But it's not just how to talk to your kids, it's also what to say: The heart of *When the World Feels Like a Scary Place* is a series of conversation scripts--with actual dialogue, talking points, prompts, and insightful asides--that are each age-appropriate and centered around different issues. Along the way are tips about staying calm in an anxious world; the way children react to stress, and how parents can read the signs; and how parents can make sure that their own anxiety doesn't color the conversation. Talking and listening are essential for nurturing resilient, confident, and compassionate children. And conversation will help you manage your anxieties too, offering a path of wholeness and security for everyone in the family.

Essential Clinical Anesthesia-Charles Vacanti 2011-07-11 The clinical practice of anesthesia has undergone many advances in the past few years, making this the perfect time for a new state-of-the-art anesthesia textbook for practitioners and trainees. The goal of this book is to provide a modern, clinically focused textbook giving rapid access to comprehensive, succinct knowledge from experts in the field. All clinical topics of relevance to anesthesiology are organized into 29 sections consisting of more than 180 chapters. The print version contains 166 chapters that cover all of the essential clinical topics, while an additional 17 chapters on subjects of interest to the more advanced practitioner can be freely accessed at www.cambridge.org/vacanti. Newer techniques such as ultrasound nerve blocks, robotic surgery and transesophageal echocardiography are included, and numerous illustrations and tables assist the reader in rapidly assimilating key information. This authoritative text is edited by distinguished Harvard Medical School faculty, with contributors from many of the leading academic anesthesiology departments in the United States and an introduction from Dr S. R. Mallampati. This book is your essential companion when preparing for board review and recertification exams and in your daily clinical practice.

What to Say to Kids When Nothing Seems to Work-Adele Lafrance 2020-02-05 *What to Say to Kids When Nothing Seems to Work* offers parents an effective, step-by-step guide to some of the most common struggles for kids aged 5-12. Written by mental health professionals with over 30 years' experience listening to kids' thoughts and feelings, this book provides a framework to explore new ways of responding to your child that will help them calm down faster and boost their resilience to stress. With a dose of humor and plenty of real-life examples, the authors will guide you to "build a bridge" into your child's world to make sense of their emotions and behavior. Sample scenarios and scripts are provided for you to customize based on your caregiving style and your child's personality. These are then followed by concrete support strategies to help you manage current and future situations in a way that leaves everyone feeling better. Chapters are organized by common kid-related issues so you can quickly find what's relevant to you. Suitable for parents, grandparents, and other caregivers of children and pre-teens, as well as professionals working closely with families, *What to Say to Kids When Nothing Seems to Work* is an accessible resource for efficiently navigating the twists, turns, and sometimes total chaos of life with kids.

Love and Respect-Dr. Emerson Eggerichs 2004-09-05 A New York Times best-selling marriage book making a difference! More than one million copies sold! Based on over three decades of counseling, as well as scientific and biblical research, Dr. Emerson Eggerichs and his wife, Sarah, have already taken the Love & Respect message across America and are changing the way couples talk to, think about, and treat each other. What do you want for your marriage? Want some peace? Want to feel close? Want to feel valued? Want to experience marriage the way God intended? Then why not try some Love and Respect. A wife has one driving need?to feel loved. When that need is met, she is happy. A husband has one driving need?to feel respected. When that need is met, he is happy. When either of these needs isn't met, things get crazy. Love & Respect reveals why spouses react negatively to each other, and how they can deal with such conflict quickly, easily, and biblically. What readers say about Love & Respect "I've been married 35 years and have not heard this taught." "This is the key that I have been missing." "You connected all the dots for me." "As a counselor, I have never been so excited about any material." "You're on to something huge here." Partner Love & Respect with the Love & Respect Workbook for Couples, Individuals, and Groups for an added experience. Love & Respect is also available in Spanish, Amor y Respeto.

Black Faces in White Places-Randal Pinkett 2011 The first African-American winner of *The Apprentice* explains how black professionals can bust through racial barriers in order to climb the corporate ladder and reach their full potential.

Fundamentals of Anaesthesia-Colin Pinnock 2002-12 Provides a comprehensive but easily readable account of all of the information required by the FRCA Primary examination candidate.

Brain Wash-David Perlmutter 2020-01-14 Fight back against a modern culture that is rewiring our brains and damaging our health with this practical, doctor-approved plan for healing that includes a ten-day boot camp and forty delicious recipes. Contemporary life provides us with infinite opportunities, along with endless temptations. We can eat whatever we want, whenever we want. We can immerse ourselves in the vast, enticing world of digital media. We can buy goods and services for rapid delivery with our fingertips or voice commands. But living in this 24/7 hyper-reality poses serious risks to our physical and mental states, our connections to others, and even to the world at large. Brain Wash builds from a simple premise: Our brains are being gravely manipulated, resulting in behaviors that leave us more lonely, anxious, depressed, distrustful, illness-prone, and overweight than ever before. Based on the latest science, the book identifies the mental hijacking that undermines each and every one of us, and presents the tools necessary to think more clearly, make better decisions, strengthen bonds with others, and develop healthier habits. Featuring a 10-day bootcamp program, including a meal plan and 40 delicious original recipes, Brain Wash is the key to cultivating a more purposeful and fulfilling life.

Concise Anatomy for Anaesthesia-Andreas G. Erdmann 2001-10-01 This 2002 text presents the core anatomical knowledge required for the Primary and Final FRCA examinations in a simple and straightforward manner. The many illustrations in the book are clear and designed to be easy to understand at a glance. Sample examination questions are included.

Dr. Wangari Maathai Plants a Forest-Rebel Girls 2020-03-10 From the world of Good Night Stories for Rebel Girls comes a historical novel based on the life of Dr. Wangari Maathai, the Nobel Peace Prize-winning activist and environmentalist from Kenya. Wangari lives in the lush, green, land of rural Kenya where the soil is perfect for planting, the trees tower into the sky, and the streams are full of mysterious creatures. All day, she plays beneath her favorite fig tree, and at night she gathers around the fire with her family to listen to her mother's stories. Then Wangari grows up and goes away to school, and things start changing at home. Farmers chop down the trees. Landslides bury the stream. The soil becomes overworked and dry, and nothing will grow. People go hungry. After all her studies, Dr. Wangari Maathai realizes there is a simple solution to these problems: plant a forest full of trees. Dr. Wangari Maathai Plants a Forest is the story of environmentalist and activist Dr. Wangari Maathai, who became the first African woman to receive the Nobel Peace Prize. It's also a story about the importance of making your voice heard, and using that voice to protect the natural world. This historical fiction chapter book includes additional text on Dr. Wangari Maathai's lasting legacy, as well as educational activities designed to encourage caring for the planet and believing in the power of one. About the Rebel Girls Chapter Book Series Meet extraordinary real-life heroines in the Good Night Stories for Rebel Girls chapter book series! Introducing stories based on the lives of extraordinary women in global history, each stunningly designed chapter book features beautiful illustrations from a female artist as well as bonus activities in the backmatter to encourage kids to explore the various fields in which each of these women thrived. The perfect gift to inspire any young reader!

ArtCurious-Jennifer Dasal 2020-09-15 A wildly entertaining and surprisingly educational dive into art history as you've never seen it before, from the host of the beloved ArtCurious podcast We're all familiar with the works of Claude Monet, thanks in no small part to the ubiquitous reproductions of his water lilies on umbrellas, handbags, scarves, and dorm-room posters. But did you also know that Monet and his cohort were trailblazing rebels whose works were originally deemed unbelievably ugly and vulgar? And while you probably know the tale of Vincent van Gogh's suicide, you may not be aware that there's pretty compelling evidence that the artist didn't die by his own hand but was accidentally killed--or even murdered. Or how about the fact that one of Andy Warhol's most enduring legacies involves Caroline Kennedy's moldy birthday cake and a collection of toenail clippings? ArtCurious is a colorful look at the world of art history, revealing some of the strangest, funniest, and most fascinating stories behind the world's great artists and masterpieces. Through these and other incredible, weird, and wonderful tales, ArtCurious presents an engaging look at why art history is, and continues to be, a riveting and relevant world to explore.

The Hidden Brain-Shankar Vedantam 2010-01-19 The hidden brain is the voice in our ear when we make the most important decisions in our lives—but we're never aware of it. The hidden brain decides whom we fall in love with and whom we hate. It tells us to vote for the white candidate and convict the dark-skinned defendant, to hire the thin woman but pay her less than the man doing the same job. It can direct us to safety when disaster strikes and move us to extraordinary acts of altruism. But it can also be manipulated to turn an ordinary person into a suicide terrorist or a group of bystanders into a mob. In a series of compulsively readable narratives, Shankar Vedantam journeys through the latest discoveries in neuroscience, psychology, and behavioral science to uncover the darkest corner of our minds and its decisive impact on the choices we make as individuals and as a society. Filled with fascinating characters, dramatic storytelling, and cutting-edge science, this is an engrossing exploration of the secrets our brains keep from us—and how they are revealed.

Let's Talk-Michelle PhD Watson Canfield 2020-08-04 Many great father-daughter books highlight the benefits of being an engaged father, cite statistics about the impact fathers have on a daughter's life, and give practical advice about how to foster such relationships. But once the stage has been set, many dads don't know what to say or how to approach conversations with their daughters. Using her decades of experience in counseling young women and coaching fathers, Michelle Watson has created a step-by-step template for having conversations that build a stronger bond through laughter, vulnerability, honesty, and self-disclosure. Let's Talk is filled with dozens of scripted questions that walk fathers through the levels of creating a heart-to-heart connection with their daughters by communicating the right way. Through this easy-to-read guide, dads will learn how to listen and build trust as they move from get-to-know-you chats to deep discussions that dive into their daughters' struggles, hurts, and hopes.

SAQs for the Final FRCA-James Shorthouse 2011-06-02 A concise, exam-orientated revision text that helps candidates prepare for the notoriously difficult SAQ paper for the Fellowship of the Royal College of Anaesthetists (FRCA) Final examination.

Returning to Work in Anaesthesia-Emma Plunkett 2016-10-20 Winner of the First Prize in Anaesthesia at the 2017 British Medical Association Book Awards! With the increasing frequency of breaks from practice, the importance of proper preparation and guidance for doctors returning to work has recently been recognised by the Royal College of Anaesthetists. This is the first dedicated resource to support anaesthetists returning to work after a significant break, and is designed to complement the growing range of regional and national return to work courses by gathering relevant information and advice into one easily accessible reference source. Divided into three parts, specific to different stages in the return to work process, this book offers information and advice about the practicalities of returning to work, 120 clinical scenarios to refresh the reader's knowledge, and useful guidelines and checklists for the first days and weeks back, forming a vital practical resource for anaesthetists in this situation and those supporting them.

Everything Happens for a Reason-Kate Bowler 2018 A divinity professor and young mother diagnosed with Stage IV cancer shares her perspectives on friendship, love, and death while describing her efforts to remain true to her faith in spite of impossible hardships.

The Way I Heard It-Mike Rowe 2019-10-15 NEW YORK TIMES BESTSELLER Executive producer and host Mike Rowe presents a delightfully entertaining, seriously fascinating collection of his favorite episodes from America's #1 short-form podcast, The Way I Heard It, along with a host of personal memories, ruminations, and insights. It's a captivating must-read. The Way I Heard It presents thirty-five mysteries "for the curious mind with a short attention span." Every one is a trueish tale about someone you know, filled with facts that you don't. Movie stars, presidents, bloody do-gooders, and villains—they're all here, waiting to shake your hand, hoping you'll remember them. Delivered with Mike's signature blend of charm, wit, and ingenuity, their stories are part of a larger mosaic—a memoir full of surprising revelations, sharp observations, and intimate, behind-the-scenes moments drawn from Mike's own remarkable life and career.

The Connected Child: Bring Hope and Healing to Your Adoptive Family-Karyn B. Purvis 2007-03-16 "An extremely useful parenting handbook... truly outstanding ... strongly recommended." --Library Journal (starred review) "A tremendous resource for parents and professionals alike." --Thomas Atwood, president and CEO, National Council for Adoption The adoption of a child is always a joyous moment in the life of a family. Some adoptions, though, present unique challenges. Welcoming these children into your family--and addressing their special needs--requires care, consideration, and compassion. Written by two research psychologists specializing in adoption and attachment, The Connected Child will help you: Build bonds of affection and trust with your adopted child Effectively deal with any learning or behavioral disorders Discipline your child with love without making him or her feel threatened "A must-read not only for adoptive parents, but for all families striving to correct and connect with their children." --Carol S. Kranowitz, author of The Out-of-Sync Child "Drs. Purvis and Cross have thrown a life preserver not only to those just entering uncharted waters, but also to those struggling to stay afloat." --Kathleen E. Morris, editor of S. I. Focus magazine "Truly an exceptional, innovative work . . . compassionate, accessible, and founded on a breadth of scientific knowledge and clinical expertise." --Susan Livingston Smith, program director, Evan B. Donaldson Adoption Institute "The Connected Child is the literary equivalent of an airline oxygen mask and instructions: place the mask over your own face first, then over the nose of your child. This book first assists the parent, saying, in effect, 'Calm down, you're not the first mom or dad in the world to face this hurdle, breathe deeply, then follow these simple steps.' The sense of not facing these issues alone--the relief that your child's behavior is not off the charts--is hugely comforting. Other children have behaved this way; other parents have responded thusly; welcome to the community of therapeutic and joyful adoptive families." --Melissa Fay Greene, author of There is No Me Without You: One Woman's Odyssey to Rescue Africa's Children

The End of Mental Illness-Daniel G. Amen 2020 New hope for those suffering from conditions like depression, anxiety, bipolar disorder, addictions, PTSD, ADHD and more. Though incidence of these conditions is skyrocketing, for the past four decades standard treatment hasn't much changed, and success rates in treating them have barely improved, either. Meanwhile, the stigma of the "mental illness" label--damaging and devastating on its own--can often prevent sufferers from getting the help they need. Brain specialist and bestselling author Dr. Daniel Amen is on the forefront of a new movement within medicine and related disciplines that aims to change all that. In *The End of Mental Illness*, Dr. Amen draws on the latest findings of neuroscience to challenge an outdated psychiatric paradigm and help readers take control and improve the health of their own brain, minimizing or reversing conditions that may be preventing them from living a full and emotionally healthy life. *The End of Mental Illness* will help you discover: Why labeling someone as having a "mental illness" is not only inaccurate but harmful Why standard treatment may not have helped you or a loved one--and why diagnosing and treating you based on your symptoms alone so often misses the true cause of those symptoms and results in poor outcomes At least 100 simple things you can do yourself to heal your brain and prevent or reverse the problems that are making you feel sad, mad, or bad How to identify your "brain type" and what you can do to optimize your particular type Where to find the kind of health provider who understands and uses the new paradigm of brain health

Change Maker-John Berardi, PhD 2019-11-05 The health and fitness industry is huge, highly competitive, and often confusing to navigate. This one-of-a-kind book helps you make sense of the chaos, laying out a clear roadmap for career success—for both established professionals and anyone just getting started. With thousands of certifications, seminars, websites, and gurus promising advice, it's difficult for even the best pros to turn their passion for health and fitness into meaningful—and measurable—success. Enter *Change Maker*. In this definitive career guide, John Berardi—co-founder of Precision Nutrition, founder of Change Maker Academy, and one of the most successful people in the history of the health and fitness industry—shares his blueprint for becoming the ultimate change maker, one with a powerful purpose, an enthusiastic client base, and the ability to fund your own ideal lifestyle. Whether you're new to the industry and looking for a head-start, or you're already an expert but need a fresh approach, consider this your go-to career guide. With six helpful steps, this book covers the range of logistical, financial, psychological, and practical issues that every health and fitness pro needs to know, including how to: Choose your specialty based on your unique strengths Identify what your clients really want and deliver it every time Build new relationships and become a next-level coach Get new clients, make more money, and manage a thriving business Nurture and protect your most precious asset, your reputation Create a life-long, growth-oriented continuing education plan If you work as a trainer, nutritionist, functional medicine doctor, group instructor, rehab specialist, or health coach—or you eventually want to—this step-by-step guide will help you turn your passion for health and fitness into work you find joy in, your clients into raving fans, and your career into something powerful, meaningful, and change-making.

Thrive Medicine-Colin Zhu 2017-12-15 Do you feel like there is more to the default life? Are you seeking what else is out there in the world? Do you want to spend more time with your soul purpose? We live in a world where the majority of people maintain the status quo: you grow up, study, work, raise a family, and then perish. We are told to do more, consume more, and achieve more without really questioning the motive behind it all. This book offers a different perspective: you don't have to drive on the main highway of life, or even in the fast lane, rather you can take more detours in your life. These detours may lead you somewhere completely different than where you had intended for your life to go. Give it a try, you might be pleasantly surprised. I dare you. Who knows? You just might end up thriving.

Black Acting Methods-Sharrell Luckett 2016-10-04 *Black Acting Methods* seeks to offer alternatives to the Euro-American performance styles that many actors find themselves working with. A wealth of contributions from directors, scholars and actor trainers address afrocentric processes and aesthetics, and interviews with key figures in Black American theatre illuminate their methods. This ground-breaking collection is an essential resource for teachers, students, actors and directors seeking to reclaim, reaffirm or even redefine the role and contributions of Black culture in theatre arts.

The Craving Mind-Judson Brewer 2017-03-07 A leading neuroscientist and pioneer in the study of mindfulness explains why addictions are so tenacious and how we can learn to conquer them We are all vulnerable to addiction. Whether it's a compulsion to constantly check social media, binge eating, smoking, excessive drinking, or any other behaviors, we may find ourselves uncontrollably repeating. Why are bad habits so hard to overcome? Is there a key to conquering the cravings we know are unhealthy for us? This book provides groundbreaking answers to the most important questions about addiction. Dr. Judson Brewer, a psychiatrist and neuroscientist who has studied the science of addictions for twenty years, reveals how we can tap into the very processes that encourage addictive behaviors in order to step out of them. He describes the mechanisms of habit and addiction formation, then explains how the practice of mindfulness can interrupt these habits. Weaving together patient stories, his own experience with mindfulness practice, and current scientific findings from his own lab and others, Dr. Brewer offers a path for moving beyond our cravings, reducing stress, and ultimately living a fuller life.

Maximizing School Librarian Leadership- 2018

Parenting Made Easy-Sue Atkins 2012-04-05 Be the parent you want to be with *Parenting Made Easy*. Parenting coach Sue Atkins has helped thousands of parents build stronger relationships with their children using her straightforward strategies. In this practical guide she shares her positive methods to help you parent with confidence and raise motivated, well-behaved and happy kids. - Develop your children's self-esteem - Turn conflicts into conversations - Encourage independence and good behaviour - Be confident and positive in your abilities as a parent

Peaceful Parent, Happy Siblings-Laura Markham 2015-05-05 Popular parenting expert Dr. Laura Markham, author of *PEACEFUL PARENTS, HAPPY SIBLINGS*, has garnered a large and loyal readership around the world, thanks to her simple, insightful approach that values the emotional bond between parent and child. As any parent of more than one child knows, though, it's challenging for even the most engaged parent to maintain harmony and a strong connection when competition, tempers, and irritation run high. In this highly anticipated guide, Dr. Markham presents simple yet powerful ways to cut through the squabbling and foster a loving, supportive bond between siblings, while giving each child the vital connection that he or she needs. *PEACEFUL PARENT, HAPPY SIBLINGS* includes hands-on, research-based advice on: • Creating deep connections with each one of your children, so that each truly believes that you couldn't possibly love anyone else more. • Fostering a loving family culture that encourages laughter and minimizes fighting • Teaching your children healthy emotional self-management and conflict resolution skills—so that they can work things out with each other, get their own needs met and respect the needs of others • Helping your kids forge a close lifelong sibling bond—as well as the relationship skills they will need for a life of healthy friendships, work relationships, and eventually their own family bonds.

Dr. Format Tells All, 4th Edition-David Trottier 2019-05-15 DR. FORMAT has been the go-to authority on the fine points of spec screenplay formatting for over two decades, and now he "tells all." This book contains carefully selected columns and articles written mainly for *Script* magazine, and each has been revised and updated to today's conventions. In all, Dr. Format answers hundreds of questions, with concise answers and clear, illustrative, and entertaining examples that empower you to write with confidence. Do you have a question about formatting or spec writing? Now you can have all of Dr. Format's prescriptions in one place. With a humorous flair, he addresses such issues as • How do you format text messages and emails? • When can you "legally" use secondary scene headings? • How do you handle foreign languages? • What do Hollywood readers look for in a script? • How do you format text messages and emails? • How do you format flashbacks, montages, and intercuts? Dr. Format teaches you how to direct the camera without using camera directions, and how to apply formatting principles to develop your characters. And he provides expert guidance on formatting issues not found elsewhere. *Dr. Format Tells All* goes beyond the rules and gives you practical applications that will expand your writing skills. According to the doctor, "Understanding spec formatting and writing is a key to crafting a great screenplay." Let Dr. Format help you do just that.

The Daily Stoic-Ryan Holiday 2016-10-18 From the team that brought you *The Obstacle Is the Way* and *Ego Is the Enemy*, a beautiful daily devotional of Stoic meditations—an instant *Wall Street Journal* and *USA Today* Bestseller. Why have history's greatest minds—from George Washington to Frederick the Great to Ralph Waldo Emerson, along with today's top performers from Super Bowl-winning football coaches to CEOs and celebrities—embraced the wisdom of the ancient Stoics? Because they realize that the most valuable wisdom is timeless and that philosophy is for living a better life, not a classroom exercise. *The Daily Stoic* offers 366 days of Stoic insights and exercises, featuring all-new translations from the Emperor Marcus Aurelius, the playwright Seneca, or slave-turned-philosopher Epictetus, as well as lesser-known luminaries like Zeno, Cleanthes, and Musonius Rufus. Every day of the year you'll find one of their pithy, powerful quotations, as well as historical anecdotes, provocative commentary, and a helpful glossary of Greek terms. By following these teachings over the course of a year (and, indeed, for years to come) you'll find the serenity, self-knowledge, and resilience you need to live well.

The Clinical Anaesthesia Viva Book-Julian M. Barker 2009-10-08 More than 120 short and long case questions and answers based on those given at recent Final FRCA viva examinations.

The Drama Book-Alice Savage 2019-04-22 Everything you need to get dramatic in the classroom This easy-to-use, comprehensive teacher-resource book has lesson plans and practical activities that integrate theater into language learning. Plus ten original scripts so you can put the activities into action immediately! Drama and play scripts can be used to teach pronunciation, pragmatics, and other communication skills, as well as provide grammar and vocabulary practice! Conveniently organized into two parts, Part 1 includes pragmatics mini-lessons, community builders, drama games, and pronunciation activities. There are also lesson plans for producing a play (either fully-staged or as Reader's Theater), as well as guidelines and activities for writing plays to use with (or without

students,) and suggestions for integrating academic content. You'll even find rubrics and evaluation schemes for giving notes and feedback. Part 2 includes 10 original monologues and scripts of varying lengths that can be photocopied and used in the classroom. Specifically designed to feature everyday language and high frequency social interactions, these scenes and sketches follow engaging plot arcs in which characters face obstacles and strive to achieve objectives. With a foreword by Ken Wilson, this book is a must-have for anyone interested in using the performing arts to help students become more confident and fluent speakers.

The Primary FRCA Structured Oral Exam Guide 1-Lara Wijayasiri 2017-05-12 The Primary FRCA Structured Oral Examination Study Guide 1 is the definitive revision aid to the Primary FRCA structured oral examination. This second edition is revised and updated in line with the new Royal College of Anaesthetists 'Guide to the Primary FRCA', with over 20 new topics to reflect changes to the RCoA's model questions and major revisions to graphs, diagrams and many of the pre-existing sections. Packed with new guidelines and current hot topics, this first volume covers physiology and physics. The nearly 50 physiology topics covered include lung function, hypoxia, acid-base balance, pain pathways, oxygen transport, cerebral blood flow and more. Nearly 30 physics topics are covered including gas laws, oxygen measurement, cardiac output monitoring, safety features of the anaesthetic machine, resuscitation bags and valves, depth of anaesthesia monitoring and more. The second edition of this hugely popular book is improved in clarity and content but stays true to the pragmatic approach adopted by the authors in the first edition.

How to Be Ultra Spiritual-JP Sears 2017-03-07 Welcome to the Glorious Grandeur of Ultra Spirituality In case you haven't noticed, the New Age has become the Old Age. But don't recycle your crystals just yet! His Enlightenedness JP Sears is ushering in the Newer Age, blinding us with the dawn-like brilliance that is Ultra Spirituality. How to Be Ultra Spiritual presents Ultra Spiritual JP's none-of-a-kind guidance, so you can better yourself through teachings on: • Competitive spirituality—the Ultra Spiritual foundation that the rest of your Ultra Spiritual path rests on • Why burying your feelings alive makes you thrive • Dreaming up your awakening—how to engineer your carefully contrived spiritual narrative • Rigidly yogic yoga—the moisture-filled cloud formation that drops rain upon your river so your flow can flow • Following the light to the greener spiritual pastures of veganism • He-ness, financial levity, deathliness, and other qualities of the quality guru • Mindfulness—all of the fullness of mindfulness with none of the mind • Merciless meditation—the most effective way to become more meditative (and, duh, more spiritual) • Accessing the forces of critical nonjudgment • Using plant spirit medicine to experience a degree of enlightenment that you aren't enlightened enough to experience without the spirit who lives inside its particular vegetation • Humbleness, and how to employ it in the most superior sense of the word With How to Be Ultra Spiritual, His Enlightenedness JP Sears brings the heart and soul of ancient spirituality back to life with a progressive aggression, replacing the diluted uselessness of modern spirituality with the waaay more spiritual wisdom of Ultra Spirituality. See if you can keep up . . .

The End of the Christian Life-J. Todd Billings 2020-09-15 We're all going to die. Yet in our medically advanced, technological age, many of us see death as a distant reality--something that happens only at the end of a long life or to other people. In *The End of the Christian Life*, Todd Billings urges Christians to resist that view. Instead, he calls us to embrace our mortality in our daily life and faith. This is the journey of genuine discipleship, Billings says, following the crucified and resurrected Lord in a world of distraction and false hopes. Drawing on his experience as a professor and father living with incurable cancer, Billings offers a personal yet deeply theological account of the gospel's expansive hope for small, mortal creatures. Artfully weaving rich theology with powerful narrative, Billings writes for church leaders and laypeople alike. Whether we are young or old, reeling from loss or clinging to our own prosperity, this book challenges us to walk a strange but wondrous path: in the midst of joy and lament, to receive mortal limits as a gift, an opportunity to give ourselves over to the Lord of life.

The Happiness Trap-Russ Harris 2013 A guide to ACT: the revolutionary mindfulness-based program for reducing stress, overcoming fear, and finding fulfilment - now updated. International bestseller, 'The Happiness Trap', has been published in over thirty countries and twenty-two languages. NOW UPDATED. Popular ideas about happiness are misleading, inaccurate, and are directly contributing to our current epidemic of stress, anxiety and depression. And unfortunately, popular psychological approaches are making it even worse! In this easy-to-read, practical and empowering self-help book, Dr Russ Harris, reveals how millions of people are unwittingly caught in the 'The Happiness Trap', where the more they strive for happiness the more they suffer in the long term. He then provides an effective means to escape through the insights and techniques of ACT (Acceptance and Commitment Therapy), a groundbreaking new approach based on mindfulness skills. By clarifying your values and developing mindfulness (a technique for living fully in the present moment), ACT helps you escape the happiness trap and find true satisfaction in life. Mindfulness skills are easy to learn and will rapidly and effectively help you to reduce stress, enhance performance, manage emotions, improve health, increase vitality, and generally change your life for the better. The book provides scientifically proven techniques to: reduce stress and worry; rise above fear, doubt and insecurity; handle painful thoughts and feelings far more effectively; break self-defeating habits; improve performance and find fulfilment in your work; build more satisfying relationships; and, create a rich, full and meaningful life.

Doctor Foster: the Scripts-Mike Bartlett 2016-05-05 Bartlett's complete scripts for his superb television drama series, winner of Best New Drama at the 2016 National Television Awards. Doctor Gemma Foster is a woman seemingly in control . . . but her life is about to explode. Suspecting her husband of having an affair, Gemma throws herself into an investigation that will propel her, her family, and her patients into chaos.

Agents of the Apocalypse-David Jeremiah 2014-10-07 Who Will Usher in Earth's Final Days? Are we living in the end times? Is it possible that the players depicted in the book of Revelation could be out in force today? And if they are, would you know how to recognize them? In *Agents of the Apocalypse*, noted prophecy expert Dr. David Jeremiah does what no prophecy expert has done before. He explores the book of Revelation through the lens of its major players—the exiled, the martyrs, the elders, the victor, the king, the judge, the 144,000, the witnesses, the false prophet, and the beast. One by one, Dr. Jeremiah delves into their individual personalities and motives, and the role that each plays in biblical prophecy. Then he provides readers with the critical clues and information needed to recognize their presence and power in the world today. The stage is set, and the curtain is about to rise on Earth's final act. Will you be ready?

The Primary FRCA Structured Oral Exam Guide 2-Kate McCombe 2017-05-12 The Primary FRCA Structured Oral Examination Study Guide 2 is the definitive revision aid to the Primary FRCA structured oral examination. This second edition is revised and updated in line with the new Royal College of Anaesthetists 'Guide to the Primary FRCA', with over 20 new topics to reflect changes to the RCoA's model questions and major revisions to graphs, diagrams and many of the pre-existing sections. Packed with new guidelines and current hot topics, this second volume covers pharmacology, special patient groups and critical incidents in depth. Over 37 pharmacology topics are covered including mechanisms of drug action, dose-response curves, drug interactions, half-life, variations in drug metabolism, opioids, neuromuscular blocking drugs and more. Twelve special patient groups topics are covered including paediatrics, elderly, pregnancy, diabetes, hypertension and more. Over 20 critical incidents topics are covered including aspiration, cyanosis, bradycardia, failed intubation, ST segment changes, hypoxia and more. The second edition of this hugely popular book is improved in clarity and content but stays true to the pragmatic approach adopted by the authors in the first edition.

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