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Reasons Self Awareness
Through Conscious Movement

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Movement
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*Rebecca Manley Pippert
invites you to join her on
a journey exploring the
region between faith and
unbelief where hope and*

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doubt mingle. Citing
freely from her own
experiences she addresses
the big questions of life
including questions about
our significance, meaning,
love, life and truth.

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The primary purpose of fitness and body composition standards in the U.S. Armed Forces has always been to select individuals best suited to the physical demands of

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*military service, based on
the assumption that proper
body weight and
composition supports good
health, physical fitness,
and appropriate military
appearance. The current*

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epidemic of overweight and obesity in the United States affects the military services. The pool of available recruits is reduced because of failure to meet body

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*composition standards for
entry into the services
and a high percentage of
individuals exceeding
military weight-for-height
standards at the time of
entry into the service*

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leave the military before completing their term of enlistment. To aid in developing strategies for prevention and remediation of overweight in military personnel, the U.S. Army

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*Medical Research and
Materiel Command requested
the Committee on Military
Nutrition Research to
review the scientific
evidence for: factors that
influence body weight,*

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*optimal components of a
weight loss and weight
maintenance program, and
the role of gender, age,
and ethnicity in weight
management.*

Introduces human

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*sexuality, describes the
changes brought about by
puberty, and discusses
sexual abuse, sexually
transmitted diseases,
AIDS, and pregnancy.
A Book about Changing*

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*Bodies, Growing Up, Sex,
and Sexual Health*

A Novel

*The Seine: The River that
Made Paris*

*It's Perfectly Normal
Caffeine for the*

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*Sustainment of Mental Task
Performance*

Reasons and Persons

This is not a story about love
but life. Obsessive love blinds
the senses while the heart
controls the body in search of

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its desperate longing.

NEW YORK TIMES

BESTSELLER • Bill Bryson,
bestselling author of A Short
History of Nearly Everything,
takes us on a head-to-toe tour
of the marvel that is the

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human body—with a new
afterword for this edition. Bill
Bryson once again proves
himself to be an incomparable
companion as he guides us
through the human body—how
it functions, its remarkable

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ability to heal itself, and (unfortunately) the ways it can fail. Full of extraordinary facts (your body made a million red blood cells since you started reading this) and irresistible Brysonesque anecdotes, The

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Body will lead you to a deeper understanding of the miracle that is life in general and you in particular. As Bill Bryson writes, "We pass our existence within this wobble of flesh and yet take it almost entirely for

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granted.” The Body will cure that indifference with generous doses of wondrous, compulsively readable facts and information. As addictive as it is comprehensive, this is Bryson at his very best, a must-

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read owner's manual for every
body.

In this compelling, cutting-
edge book, two generations of
science writers explore the
exciting science of "body
maps" in the brain—and how

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startling new discoveries about the mind-body connection can change and improve our lives. Why do you still feel fat after losing weight? What makes video games so addictive? How can

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“practicing” your favorite sport in your imagination improve your game? The answers can be found in body maps. Just as road maps represent interconnections across the landscape, your

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many body maps represent all aspects of your bodily self, inside and out. In concert, they create your physical and emotional awareness and your sense of being a whole, feeling self in a larger social world.

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Moreover, your body maps are profoundly elastic. Your self doesn't begin and end with your physical body but extends into the space around you. This space morphs every time you put on or take off clothes,

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ride a bike, or wield a tool.

When you drive a car, your personal body space grows to envelop it. When you play a video game, your body maps automatically track and emulate the actions of your

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character onscreen. When you watch a scary movie, your body maps put dread in your stomach and send chills down your spine. If your body maps fall out of sync, you may have an out-of-body experience or

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see auras around other people.
The Body Has a Mind of Its
Own explains how you can tap
into the power of body maps to
do almost anything
better—whether it is playing
tennis, strumming a guitar,

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riding a horse, dancing a waltz, empathizing with a friend, raising children, or coping with stress. The story of body maps goes even further, providing a fresh look at the causes of anorexia,

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bulimia, obsessive plastic surgery, and the notorious golfer's curse "the yips." It lends insights into culture, language, music, parenting, emotions, chronic pain, and more. Filled with illustrations,

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wonderful anecdotes, and even parlor tricks that you can use to reconfigure your body sense, The Body Has a Mind of Its Own will change the way you think—about the way you think. “The Blakeslees have

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taken the latest and most exciting finds from brain research and have made them accessible. This is how science writing should always be.”

-Michael S. Gazzaniga, Ph.D.,
author of The Ethical Brain

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“Through a stream of fascinating and entertaining examples, Sandra Blakeslee and Matthew Blakeslee illustrate how our perception of ourselves, and indeed the world, is not fixed but is

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surprisingly fluid and easily modified. They have created the best book ever written about how our sense of 'self' emerges from the motley collection of neurons we call the brain." -Jeff Hawkins, co-

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author of On Intelligence “The
Blakeslees have taken the
latest and most exciting finds
from brain research and have
made them accessible. This is
how science writing should
always be.” –Michael S.

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Gazzaniga, Ph.D., author of
The Ethical Brain “A
marvelous book. In the last ten
years there has been a
paradigm shift in
understanding the brain and
how its various specialized

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regions respond to environmental challenges. In addition to providing a brilliant overview of recent revolutionary discoveries on body image and brain plasticity, the book is sprinkled

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with numerous insights.” -V.
S. Ramachandran, M.D.,
director, Center for Brain and
Cognition, University of
California, San Diego
Towards a Theological
Anthropology of the Heart

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Crimes, Terror, Repression
27 (Wrong) Reasons You're
Single
Voices and Visions

It's Not You

A vibrant, enchanting tour of the Seine

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from longtime New York Times foreign correspondent and best-selling author Elaine Sciolino. Elaine Sciolino came to Paris as a young foreign correspondent and was seduced by a river. In *The Seine*, she tells the story of that river from its source on a remote plateau of Burgundy to the wide estuary where its waters meet the

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sea, and the cities, tributaries, islands, ports, and bridges in between. Sciolino explores the Seine through its rich history and lively characters: a bargewoman, a riverbank bookseller, a houseboat dweller, a famous cinematographer known for capturing the river's light. She discovers the story of Sequana—the Gallo-Roman

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healing goddess who gave the Seine its name—and follows the river through Paris, where it determined the city's destiny and now snakes through all aspects of daily life. She patrols with river police, rows with a restorer of antique boats, sips champagne at a vineyard along the river, and even dares to go for a swim. She finds

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the Seine in art, literature, music, and movies from Renoir and Les Misérables to Puccini and La La Land. Along the way, she reveals how the river that created Paris has touched her own life. A powerful afterword tells the dramatic story of how water from the depths of the Seine saved Notre-Dame from destruction during the

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devastating fire in April 2019. A “storyteller at heart” (June Sawyers, Chicago Tribune) with a “sumptuous eye for detail” (Sinclair McKay, Daily Telegraph), Sciolino braids memoir, travelogue, and history through the Seine’s winding route. The Seine offers a love letter to Paris and the most romantic

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river in the world, and invites readers to explore its magic for themselves.

#1 New York Times bestseller “Essential reading for anyone interested in understanding and treating traumatic stress and the scope of its impact on society.”

—Alexander McFarlane, Director of the Centre for Traumatic Stress Studies A

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pioneering researcher transforms our understanding of trauma and offers a bold new paradigm for healing in this New York Times bestseller Trauma is a fact of life. Veterans and their families deal with the painful aftermath of combat; one in five Americans has been molested; one in four grew up with alcoholics; one in three

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couples have engaged in physical violence. Dr. Bessel van der Kolk, one of the world's foremost experts on trauma, has spent over three decades working with survivors. In *The Body Keeps the Score*, he uses recent scientific advances to show how trauma literally reshapes both body and brain, compromising sufferers'

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capacities for pleasure, engagement, self-control, and trust. He explores innovative treatments—from neurofeedback and meditation to sports, drama, and yoga—that offer new paths to recovery by activating the brain's natural neuroplasticity. Based on Dr. van der Kolk's own research and that of other leading specialists, *The Body*

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Keeps the Score exposes the tremendous power of our relationships both to hurt and to heal—and offers new hope for reclaiming lives.

With this book James Hillman initiated the "soul movement" in psychotherapy more than fifty years ago. Soul and suicide are dominant issues of this new millennium;

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soul because it cannot be reduced to genes and chromosomes; suicide because it raises fundamental religious, political, and legal conflicts. As Hillman writes in the Postscript to the second edition: "The individual consists of more than his or her personal individuality. Something besides 'myself' inhabits the soul, takes part in its

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life and has a say in its death... We need a...definition of self as the interiorization of community. Suicide, literally 'self-killing, ' now would mean both a killing of community and involvement of community in the killing."Hillman's book tries to carry Jung's ideas of a soul-informed psychology into the most

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wrenching agony of therapeutic practice:
the suicide of the patient. It goes to the
heart of therapy. Since we are each in a
silent therapy with ourselves, the issue of
suicide reaches into the heart of each of
us. Suicide and the Soul resurrects "soul"
from its reliquary in spiritual churchiness
and instills the idea with the passion-laden

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daily life of soul food, soul music, soul brother, soul sister, and soul death. This new edition is introduced by the eminent psychiatrist and pioneering social critic Thomas Szasz

The American Architect and Building News

Brain, Mind, and Body in the Healing of

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Trauma

Faith Has Its Reasons

State of the Science and Opportunities for
Military Programs

Movement as a Way to Agelessness

Formulations for Military Operations

For every woman who's struggled to
link her experience of the female body

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with her desire for Christian spirituality.

This book is part of the TREDITION CLASSICS series. The creators of this series are united by passion for literature and driven by the intention of making all public domain books

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available in printed format again - worldwide. At tradition we believe that a great book never goes out of style. Several mostly non-profit literature projects provide content to tradition. To support their good work, tradition donates a portion of the proceeds from

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each sold copy. As a reader of a
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support our mission to save many of
the amazing works of world literature
from oblivion.

Society does not make it easy for
young people, regardless of their

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sexual orientation, to find accurate, nonjudgmental information about homosexuality. It makes it even more difficult for young homosexuals to find positive role models in fiction either written or published expressly for them or - if published for adults -

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relevant to them and their lives. This book examines these issues and critically evaluates the body of literature published for young adults that offers homosexual themes and characters.

The Body

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The Heart Has Its Reasons

Naturalism and Religion

Close Encounters with Addiction

Women and a Spirituality of the Body

Pre-scholastic and scholastic
philosophy

Collects and analyzes seventy years

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of communist crimes that offer details on Kim Sung's Korea, Vietnam under "Uncle Ho," and Cuba under Castro.

"Why am I still single?" If you're single and searching, there's no end to other people's explanations, excuses, and criticism explaining

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why you haven't found a partner:

"You're too picky. Just find a good-enough guy and you'll be fine."

"You're too desperate. If men think you need them, they'll run scared."

"You're too independent. Smart, ambitious women always have a harder time finding mates." "You

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have low self-esteem. You can't love someone else until you've learned to love yourself." "You're too needy. You can't be happy in a relationship until you've learned to be happy on your own." Based on one of the most popular Modern Love columns of the last decade, Sara Eckel's It's Not You

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challenges these myths, encouraging singletons to stop picking apart their personalities and to start tapping into their own wisdom about who and what is right for them. Supported by the latest psychological and sociological research, as well as interviews with people who have

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*experienced longtime singledom,
Eckel creates a strong and
empowering argument to understand
and accept that there's no one
reason why you're single—you just
are.*

*This book explores a hitherto
neglected area of theological*

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*anthropology: the unity of human
emotionality and rationality
embodied in the biblical concept of
the heart. While the theological
contours of human reason have for
long been clearly drawn and
presented as the exclusive seat of the
image of God, affectivity has been*

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*relegated to a secondary position.
With the reintegration of the body
into recent philosophical and
theological discourses, a number of
questions have arisen: if the image
(also) resides in the body, how does
this change one's view of the
theological significance of human*

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affectivity? In what way is our likeness to God realized in the whole of what we are? Can one overcome the traditional dissociation between intellect and affectivity by a renewed theory of love? In conversation with patristic and medieval authors (e.g., Irenaeus, Tertullian, Gregory of

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Nyssa, Maximus, Aquinas) and in dialogue with more recent interlocutors (Pascal, Ricoeur, Marion, Milbank, John Paul II), this work pursues a novel theological vision of the essential unity of our humanity.

The Search to Satisfy Our Deepest

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Longings

*The Secret Language of Your Body
embody*

*The Past Has Its Reasons, for the
Present to Uncover*

Anti-exercises and Self-awareness

The Body Keeps the Score

Embody: A Guide to

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Celebrating Your Unique
Body (and quieting that
critical voice!) brings to
life the work of The Body
Positive, a non-profit
organization founded in
1996 by Connie Sobczak and

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Elizabeth Scott, LCSW.

This book's message is rooted in the philosophy that people inherently possess the wisdom necessary to make healthy choices and to live in

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balance. It emphasizes that self-love, acceptance of genetic diversity in body size, celebration of the unique beauty of every individual, and intuitive self-care are fundamental

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to achieving good physical and emotional health. It encourages readers to shift their focus away from ineffective, harmful weight-loss efforts towards improving and

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sustaining positive self-care behaviors. Initial research indicates that this work significantly improves people's ability to regulate eating, decreases depression and

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anxiety, and increases
self-esteem—all critical
resources that promote
resiliency against eating
and body image problems.
Embodiment guides readers step-
by-step through the five

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core competencies of the
Body Positive's model:
Reclaim Health, Practice
Intuitive Self-Care,
Cultivate Self-Love,
Declare Your Own Authentic
Beauty, and Build

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Community. These competencies are fundamental skills anyone can practice on a daily basis to honor their innate wisdom and take good care of their whole

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selves because they are motivated by self-love and appreciation. Rather than dictating a prescriptive set of rules to follow, readers are guided through patient, mindful inquiry

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to find what works
uniquely in their own
lives to bring about—and
sustain—positive self-care
changes and a peaceful
relationship with their
bodies. Through workshops,

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lectures, and leadership trainings, Sobczak and Scott have helped thousands of people of all sizes, ages, sexual orientations, genders, ethnicities, and

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socioeconomic levels to
lead healthier and more
meaningful lives by
learning how to cherish
their unique bodies—no
small task given today's
barrage of thin images and

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emphasis on dieting.

Embody offers practical tools as well as personal stories to bring Sobczak and Scott's work into one's own life. It is a resource that can be read

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cover to cover as well as
revisited time again while
moving through the
inevitable changes that
come with personal growth.
A lifeboat in the sea of
messages that demean the

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bodies of both men and women, Embody is a safe haven for all.

The Secret Language of Your Body unveils the secrets to understanding the messages of your body,

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revealing the underlying causes of symptoms and medical conditions, and offers processes for healing. Foreword by Bernie Siegel, M.D. This inspiring handbook delves

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deeply into the possible reasons for health issues in all areas of your body. Author Inna Segal offers a unique, step-by-step method to assist your body in returning to its

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natural state of health,
including a free thirty-
five minute audio download
where Inna helps you tune
into your body for a
powerful healing
experience. By encouraging

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you to connect with your
innate healing
intelligence and calling
on your body's built-in
ability to heal itself,
Inna gently guides you on
a journey of life-changing

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transformation and
empowerment where you
will: • heal the mental,
emotional, and energetic
causes of physical
ailments • use easy,
quick, practical exercises

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to heal your organs •
learn the secret language
of disease and powerful
processes for healing •
understand and release
limiting thoughts and
emotions • discover how to

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use color to heal your
life • uncover and apply
the messages your body has
to teach you

From bestselling author
Gabor Maté, the essential
resource for understanding

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the roots and behaviors of addiction--now with an added introduction by the author. Based on Gabor Maté's two decades of experience as a medical doctor and his

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groundbreaking work with
the severely addicted on
Vancouver's skid row, In
the Realm of Hungry Ghosts
radically reenvisions this
much misunderstood field
by taking a holistic

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approach. Dr. Maté
presents addiction not as
a discrete phenomenon
confined to an unfortunate
or weak-willed few, but as
a continuum that runs
throughout (and perhaps

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underpins) our society;
not a medical "condition"
distinct from the lives it
affects, rather the result
of a complex interplay
among personal history,
emotional, and

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neurological development,
brain chemistry, and the
drugs (and behaviors) of
addiction. Simplifying a
wide array of brain and
addiction research
findings from around the

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globe, the book avoids
glib self-help remedies,
instead promoting a
thorough and compassionate
self-understanding as the
first key to healing and
wellness. In the Realm of

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Hungry Ghosts argues persuasively against contemporary health, social, and criminal justice policies toward addiction and those impacted by it. The mix of

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personal stories—including
the author's candid
discussion of his own
"high-status" addictive
tendencies—and science
with positive solutions
makes the book equally

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useful for lay readers and
professionals.

Young Adult Literature
with Gay/Lesbian/Queer
Content, 1969-2004

Bodymind

Model Rules of

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Professional Conduct

The Essential Guide to
Health and Wellness

Pascal's Pensées

Weight Management

This book challenges, with several
powerful arguments, some of our

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deepest beliefs about rationality, morality, and personal identity. The author claims that we have a false view of our own nature; that it is often rational to act against our own best interests; that most of us have moral views that are directly self-defeating;

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and that, when we consider future generations the conclusions will often be disturbing. He concludes that moral non-religious moral philosophy is a young subject, with a promising but unpredictable future.

The Body Has Its ReasonsSelf-

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Awareness Through Conscious
Movement Simon and Schuster

Physical inactivity is a key determinant of health across the lifespan. A lack of activity increases the risk of heart disease, colon and breast cancer, diabetes mellitus, hypertension,

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osteoporosis, anxiety and depression and others diseases. Emerging literature has suggested that in terms of mortality, the global population health burden of physical inactivity approaches that of cigarette smoking. The prevalence and substantial disease

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risk associated with physical inactivity has been described as a pandemic. The prevalence, health impact, and evidence of changeability all have resulted in calls for action to increase physical activity across the lifespan. In response to the need to find ways to

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make physical activity a health priority for youth, the Institute of Medicine's Committee on Physical Activity and Physical Education in the School Environment was formed. Its purpose was to review the current status of physical activity and physical

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education in the school environment, including before, during, and after school, and examine the influences of physical activity and physical education on the short and long term physical, cognitive and brain, and psychosocial health and development

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of children and adolescents. Educating the Student Body makes recommendations about approaches for strengthening and improving programs and policies for physical activity and physical education in the school environment. This report lays out a set

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of guiding principles to guide its work on these tasks. These included: recognizing the benefits of instilling life-long physical activity habits in children; the value of using systems thinking in improving physical activity and physical education in the school

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environment; the recognition of current disparities in opportunities and the need to achieve equity in physical activity and physical education; the importance of considering all types of school environments; the need to take into consideration the diversity of

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students as recommendations are developed. This report will be of interest to local and national policymakers, school officials, teachers, and the education community, researchers, professional organizations, and parents interested in physical

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activity, physical education, and health
for school-aged children and
adolescents.

Educating the Student Body

Hope Has Its Reasons

Learning to Love Your Unique Body

(and quiet that critical voice!)

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Eve's Revenge

Body Has Its Reasons

Listening to the Body

A sweeping historical epic
by an author whose novels
have sold over 6 million
copies worldwide. 1861. A
ruined silver-mine owner

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sets sail from Mexico City to seek his fortune in the New World. Mauro Larrera has just four months to pay his creditors, or his bankruptcy will be revealed and his family's honour will be in tatters. In magnificent

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Havana -- home to beautiful women and dangerous men who deal in mysterious trades -- he gambles what little he has left on what will become the greatest adventure of his life ... A Vineyard in Andalusiais a novel of

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glories and defeats; of
silver mines, family
secrets, vineyards, cellars,
and splendid cities of faded
grandeur; of unexpected
passion, and love in the
strangest of circumstances.
Once again, María Dueñas'

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powerful storytelling and rich historical detail transport us to a faraway time and place, and on an unforgettable adventure of a lifetime.

The Heart Has Its Reasons explores a hitherto

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neglected area of
theological anthropology:
the unity of human emotion
and reason embodied in the
Biblical concept of the
heart. While the theological
contours of human
rationality have long been

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clearly drawn and presented as the exclusive seat of the image of God, affectivity has been relegated to a secondary position. With the reintegration of the body into recent philosophical and theological discourses,

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a number of questions have arisen: if the image (also) resides in the body, how does this change one's view of the theological significance of human affect? In what way is our likeness to God realised in

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the whole of what we are?

Can one overcome the
traditional dissociation
between intellect and affect
by a renewed theory of love?
In conversation with
patristic and medieval
authors like Irenaeus,

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Tertullian, Gregory of
Nyssa, Maximus, and Thomas
Aquinas, and in dialogue
with more recent
interlocutors such as Blaise
Pascal, Ricoeur, Marion,
Milbank, and John Paul II,
Beata Toth pursues a novel

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theological vision of the
essential unity of our
humanity.

"Faith Has Its Reasons"
shows readers how struggles,
heartache, and tears can
transform from a nightmare
into a ministry. This book

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contains the encouragement to take the first steps out of grief and climb the mountain out of the valley of the shadow of death. This book will also inspire those that may question heaven. A child's amazing visits to

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heaven gave him the courage to tell others about Jesus. His bravery and boldness after dying and losing his father will open your eyes to how God can use an unthinkable tragedy for His glory. If you have endured a

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catastrophic loss and
questioned God, this book
will show you how to
persevere and find happiness
again.

How Body Maps in Your Brain
Help You Do (Almost)
Everything Better

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Self-Awareness Through
Conscious Movement

The Body Has Its Reasons
In the Realm of Hungry
Ghosts

The Bookman

The Psychophysical Way to
Health and Awareness

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When her longtime marriage abruptly ends in the wake of her husband's infidelity, Madrid college professor Blanca Perea struggles to rebuild her own life by researching that of an enigmatic Spanish writer who

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died decades earlier. By the best-selling author of *The Time in Between*. 75,000 first printing. *The Model Rules of Professional Conduct* provides an up-to-date resource for information on legal ethics. Federal, state and local

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courts in all jurisdictions look to the Rules for guidance in solving lawyer malpractice cases, disciplinary actions, disqualification issues, sanctions questions and much more. In this volume, black-letter Rules of

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Professional Conduct are followed by numbered Comments that explain each Rule's purpose and provide suggestions for its practical application. The Rules will help you identify proper conduct in a

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variety of given situations, review those instances where discretionary action is possible, and define the nature of the relationship between you and your clients, colleagues and the courts.

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This report from the Committee on Military Nutrition Research reviews the history of caffeine usage, the metabolism of caffeine, and its physiological effects. The effects of caffeine on physical performance, cognitive

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function and alertness, and alleviation of sleep deprivation impairments are discussed in light of recent scientific literature. The impact of caffeine consumption on various aspects of health, including

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cardiovascular disease,
reproduction, bone mineral
density, and fluid homeostasis
are reviewed. The behavioral
effects of caffeine are also
discussed, including the effect of
caffeine on reaction to stress,

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withdrawal effects, and detrimental effects of high intakes. The amounts of caffeine found to enhance vigilance and reaction time consistently are reviewed and recommendations are made with respect to

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amounts of caffeine appropriate for maintaining alertness of military personnel during field operations. Recommendations are also provided on the need for appropriate labeling of caffeine-containing supplements, and

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education of military personnel on the use of these supplements. A brief review of some alternatives to caffeine is also provided.

Anti-exercise and Self-awareness

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A Vineyard in Andalusia

Suicide and the Soul

The Black Book of Communism

A Guide for Occupants

Taking Physical Activity and

Physical Education to School

In this revolutionary and highly

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readable book, Thérèse
Bertherat and Carol Bernstein
shatter myths about traditional
exercise and health. They
introduce movement that is
based on a profound
selfawareness, freeing us from

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our limiting attitudes about
ourselves and our bodies.

Strangers to our own bodies,
many of us spend our adult lives
suffering from tensions and
chronic aches and
pains--problems that have no

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apparent genesis or solution. In repeating habitual patterns of movement, we ignore the range of possibilities available to us, so that the body suppresses and eventually forgets its natural grace and integration. Employing

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traditional exercises to alleviate the symptoms of a round stomach, a bad back, and muscles that ache after sports, we often force the body to act against itself and perpetuate our discomfort. A physical therapist

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and teacher of movement in Europe, Bertherat takes the reader through a series of precise, gentle, organic movements. These “anti-exercises” develop the body’s range and freedom of

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movement, releasing constraints
and reawakening dormant
muscles. By using the
appropriate energy for each
gesture, they bring relief from a
multitude of ills, at the same time
awakening the senses and

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sharpening perceptions. The
Body Has Its Reasons offers a
realistic alternative to
conventional body work that can
help you become more efficient,
creative, and self-confident. It
can increase your intellectual

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capacity as well as your athletic ability and free you of sexual problems, including frigidity and impotence. No matter what your age, the information in these pages can help you release the beautiful and well-made

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individual that you were meant to
be.

Medical Brief

A Guide to Trager Mentastics

The Body Has a Mind of Its Own