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A Personal Journey with Martin Scorsese Through American Movies Sammy Davis Jr. Cuba Unfinished Creating Your Personal Journey Gastroparesis: My Personal Journey Arnold Palmer The Power of q The Lean Leader Walking Away from Empire: A Personal Journey When Quietness Came Before My Eyes Spiritual Consciousness: a Personal Journey Orient Express Climate Changed My Personal Journey With Jesus Revealed Through Poetry A Lab of One's Own Notes from an Apocalypse A Unique Life Fully Lived Queer Intentions North Country Cinemas of the Other Midnight Light Going to the Movies Choose and Choose Again Acculturation Lakeland A Personal Journey Through Psychotherapy Heaven Knows The Disconnect Back to Mississippi Pleasure Unwoven Between Fire & Shadow - A personal Journey inspired by Horses A Personal Journey into the Quantum World Understanding Person-Centred Counselling 21-day Journal First Pulse Nerve Heartbreak: A Personal and Scientific Journey The Reality of Your Greatness Culturally Proficient Leadership

When Quietness Came Mar 20 2022 "With an introduction by Dr. Richard O'Reilly"--Cover.

A Personal Journey with Martin Scorsese Through American Movies Dec 29 2022 This account of American films is balanced between subjective enthusiasm and objective analysis. Scorsese starts from his own childhood love affair with the cinema, when he discovered King Vidor's *Dual in the Sun* as a boy.

Between Fire & Shadow - A personal Journey inspired by Horses Apr 28 2020 Inspired by an intrinsic and powerful passion for horses, Lloyd Gillespie and Isabel Wolf-Gillespie set off on a life changing epic adventure journey across the far corners of South Africa eventually covering a total of over 7411 kilometers. Theirs is a story of determination, commitment, humility and love on an inspiring journey alongside their horses. There is a very interesting and often at times trying relationship dynamic between the different personalities. On the one hand there is the relationship between humans, between humans and horses and between horses themselves, all the while faced with a variety of challenges and difficulties with the result being a life changing experience. The book is written from a South African male and German female perspective sharing the extreme conditions of traveling in the African wilderness for one year and 7 months alongside a herd of horses!

A Unique Life Fully Lived Jul 12 2021 "Lorrin was born in Newport Beach, California, March 15, 1994. At six weeks old, Lorrin had an adverse reaction to her one and only DPT vaccination. The vaccine attacked her brain, leaving her with severe brain damage. The doctors never had hope for Lorrin's future. Feeling abandoned by modern medicine, Karen turned to alternative treatments and spiritual guidance. Despite all of Karen's best efforts, Lorrin continued to have horrible episodes of uncontrolled seizures that would land them in the hospital for days. Karen's world fell apart. Blind, non-verbal, a quadraplegic with daily seizures, Lorrin only had the ability to blink to communicate. Life as Karen knew it was put "on hold" as she tried everything that she could to "heal" Lorrin and give her the best life possible...and she succeeded...in unfathomable ways that lights up the journey for other families. Karen travels around the county inspiring families with her personal story of raising a medically fragile, vaccine-injured daughter as a single mom. Karen shares how she bridged the gap from special needs to creating mainstream experiences in all arenas of life for Lorrin: best friends, slumber parties, concerts, camping, beauty pageants, Girl Scouts, school dances, musicals and endless travels. Her book describes the unique and extraordinary life experiences that Karen created for Lorrin and the strong bond and soul connection between mother and daughter..."--From <http://www.ncreview.com/biography/a-unique-life-fully-lived>.

Heaven Knows Sep 02 2020 Is there really an afterlife? When my mother became seriously ill in 1987, I asked the universe that question often. Mysteriously, books and people began to find their way to me, and

events occurred that I later recognized as paranormal. My skeptical mind was regularly challenged, but slowly - and only when I was ready - the answers came!

Orient Express Dec 17 2021 When the fabled Orient-Express train, which had carried the rich and the famous (as well as some highly suspicious characters) across Europe in superb style for nearly a century, was taken out of service in 1977, James B. Sherwood bought two of its 1920s luxury sleeping cars at auction. He then spent \$31 million meticulously restoring the 'world's most celebrated train', which was relaunched in 1982 running along the original route of the Simplon-Orient-Express from London and Paris to Venice. Sherwood, known as 'the father of container leasing', made his first fortune from the Sea Containers company that he started in 1965. The purchase of the Hotel Cipriani in 1976 and the Orient-Express carriages a year later marked his entry into an entirely new business which became Orient-Express Hotels with fifty exceptional properties in twenty-four countries. They include the Copacabana Palace in Rio de Janeiro, the Grand Hotel Europe in St. Petersburg, the Hotel Ritz in Madrid, Charleston Place in South Carolina, '21' Club in Manhattan and the Mount Nelson in Cape Town. Sherwood opened up the Far Eastern market with the launch of the cruise ship Road to Mandalay on the Irrawaddy River in Burma, and the Eastern & Oriental Express tourist train which operates between Singapore and Bangkok. He also led the way into Peru where Orient-Express Hotels now operates five of the country's leading hotels as well as the railways serving the 'lost city' of Machu Picchu, Lake Titicaca and down to the sea. Sherwood's personal journey has been a remarkable and incident-packed one, and is told here with a dry and self-deprecating wit and an astonishing eye for detail. It took him through Yale to the Far East, where as a young lieutenant in the U.S. Navy he supported American efforts to hold back the tide of Communism which was spreading through Southeast Asia. He joined United States Lines in 1959 and was based in France where he developed one of the first container shipping operations using the passenger liners ss. United States and ss. America. He ends this book with his own personal list of what makes a great hotel. No one in the world knows more about it.

Heartbreak: A Personal and Scientific Journey Oct 23 2019 Florence Williams explores the fascinating, cutting-edge science of heartbreak while seeking creative ways to mend her own. When her twenty-five-year marriage unexpectedly falls apart, journalist Florence Williams expects the loss to hurt. What she doesn't expect is that she'll end up in the hospital, examining close-up the way our cells listen to loneliness. She travels to the frontiers of the science of "social pain" to learn why heartbreak hurts so much and why so much of the conventional wisdom about it is wrong. Searching for insight as well as personal strategies to game her way back to health, Williams tests her blood for genetic markers of grief, undergoes electrical shocks in a laboratory while looking at pictures of her ex, and ventures to the wilderness in search of awe as an antidote to loneliness. For readers of *Wild* and *Lab Girl*, *Heartbreak* is a remarkable merging of science and self-discovery that will change the way we think about loneliness, health, and what it means to fall in and out of love.

Cuba Unfinished Oct 27 2022 *Cuba Unfinished* explores Cuba's land, people, and complex relationship with the USA from 1989 to 2015.

First Pulse Dec 25 2019

Back to Mississippi Jun 30 2020 Mary Winstead grew up in Minneapolis, captivated by her father's tales of his boyhood in rural Mississippi. As a child, she visited her relatives down South, and her nostalgia for that world and its people would compel her to collect her father's stories for her own children. But Winstead's research into her family history led her to a series of horrifying revelations: about her relatives' ingrained racism, their involvement with the Klan, and their connection to the infamous 1964 murders of three civil rights workers, Andrew Goodman, Michael Schwerner, and James Chaney. Writing with dignity, humility, and a profound sense of time and place, Winstead chronicles her awakening to painful truths about people she loved and thought she knew. She profiles her father, a man of remarkable charm and secretiveness. She traces her family's roots through post-Civil War poverty, Southern pride, and Jim Crow laws, exploring racism on both sides of the Mason-Dixon line. Most movingly, she details her own inner war, a battle between her love for her family and their untenable beliefs and practices.

Pleasure Unwoven May 30 2020 The companion study guide to the award-winning DVD "Pleasure Unwoven".

Culturally Proficient Leadership Aug 21 2019 Becoming a culturally proficient leader requires the kind of courage, clarity, and insight that can only come from looking inward first. It's a personal learning journey of will and skill, and if you're up to the challenge, one that will change how you see your school, your students,

and yourself as you build your own cultural competence. Consider this second edition of *Culturally Proficient Leadership* your personal road map for navigating that journey. Each chapter of *Culturally Proficient Leadership* invites you to put your experiences up front and challenges you to reframe your story based on multiple viewpoints—now, notably, with the addition of new coauthors Delores Lindsey and Eloise Kemp Terrell, who have their own remarkable stories and insight to share. Overall, all four authors will help you answer the critical question “Is what we say what we do?” utilizing the tools of Cultural Proficiency to engage in Reflections and Cultural Interviews to explore what you learn about those who are culturally different from you develop a Cultural Autobiography to provide a picture of the cultural memberships that have influenced who you are as a person use the Cultural Proficiency Continuum to examine your progress as a leader in serving your students and communities prepare an intentional Leadership Plan that summarizes your journey from Cultural Precompetence to Cultural Proficiency The central “inside-out” premise of Cultural Proficiency is that engaging in deep introspection around one’s personal beliefs, values, and behaviors in response to human differences is the first step toward systemic educational reform. We invite you to embark on this journey of self-awareness, of moral courage, and of the life-affirming power of human diversity. “I believe deeply that we cannot solve the challenges of our time unless we solve them together—unless we perfect our union by understanding that we may have different stories, but we hold common hopes; that we may not look the same and may not come from the same place, but we all want to move in the same direction: toward a better future for our children and our grandchildren.” —Barack Obama, *Los Angeles Times*, 2008

A Personal Journey into the Quantum World Mar 28 2020 “Jean Paul Corriveau’s *A Personal Journey into the Quantum World* is an ambitious examination of a number of scientific ideas. The book is intelligent and well written and a prodigious accomplishment.” —BlueInk Review “Through a précis of basic physics and quantum physics, Jean Paul Corriveau’s *A Personal Journey into the Quantum World* presents his own unified theory. Many of the ideas he presents are original and exciting.” —Clarion Review “Equal parts physics and philosophy, Corriveau’s text aims at demystifying the theories of quantum reality and relativity. It makes for a varied and enjoyable read that will likely provoke much thought and discussion and delight readers.” —Kirkus Review

Going to the Movies Feb 07 2021 Featuring insights ... analysis ... great films and filmmakers from “the most-sought-after screenwriting teacher in the world” (The Hollywood Reporter). A life in film. An extraordinary career. An unforgettable story — from noted lecturer, teacher, and bestselling author Syd Field. What makes a great movie great? ... An actor legendary? ... A screenplay extraordinary or just ordinary? Syd Field has spent a lifetime seeking answers to these questions. His bestselling books on the art and craft of screenwriting have become the film industry’s gold standard. Now Syd Field tells his own remarkable story, sharing the insight and experience gleaned from an extraordinary career. Using classic movies from the past and present — from Orson Welles’ *Citizen Kane* to Andy and Larry Wachowski’s *The Matrix* — Field provides a guided tour of the basic elements common to all great films. Learn what makes *La Grande Illusion* a groundbreaking, timeless classic ... how *Casablanca* teaches one of the most important elements of creating memorable characters for the screen ... why *Pulp Fiction* might be one of the most influential films of our time. Discover the legendary filmmakers, films, and stars who shaped Field’s understanding of the medium.... Meet Jean Renoir, the great French director who steered his young Berkeley protégé away from medicine into film.... Watch a dazzling young Francis Ford Coppola as he directs his thesis film at UCLA.... Spend an amazing summer with Sam Peckinpah as he shares the screenwriting techniques behind his classic western *The Wild Bunch*. Rich in anecdote and insight, *Going to the Movies* will both entertain and inform, deepening every moviegoer’s appreciation of the magic behind the silver screen.

Cinemas of the Other Apr 09 2021 An original collection of recent interviews with filmmakers whose works represent the trends in the film industries of their respective countries. Preceding the interviews, the author provides an introduction delineating historical information regarding the film industries of the countries included in the book. Each interview comprises of stills from important films discussed and a bio/filmography of the artist. In addition to creative concerns, the focal point of the interviews is to position the filmmaker within the social or political context of their respective country. The striking variety in approaches towards each interview creates a rich diversity of tone and an overwhelming impression of animation within the text. *Cinemas of the Other* offers a carefully researched and detailed first-hand account on the developments and trends in specific regional film industries.

The Lean Leader May 22 2022 Without Lean leaders, there can be no Lean. If an organization wants to be Lean, its leaders must lead using Lean principles. Put another way, until the top of your organization fully embraces Lean, the rest of your organization will never be Lean. *The Lean Leader: A Personal Journey of Transformation* uses a compelling novel format to tackle the nuts and bolts of leading a Lean transformation. Readers follow along as the characters face real crises and what seem to be unreasonable deadlines. As the story progresses, readers will see how the main character, Don, and his colleagues transform from being "command and control" autocrats—those who make decisions and bark orders—to more Socratic coaches and mentors. As Don and his staff come to realize that the folks they employ are the real experts in the processes they control, you will learn why it behooves you to do more asking than telling. You will come to realize that a leader's greatest skill must be in coaching great performance from their people. You will also witness the difference between managing and leading. After reading this book, you will understand why it's so important to shed the decision-making tasks that have cluttered your days, and how to delegate those decisions to employees who are closer to the action. You will learn how important it is to look over the horizon to identify upcoming challenges, define and communicate new courses of action, and compel others to follow. Most importantly, you will learn exactly what it takes to lead a Lean organization that thrives socially, as well as financially.

Walking Away from Empire: A Personal Journey Apr 21 2022 Guy McPherson was a successful professor by every imperial measure: well-published in all the right places, he taught and mentored students who acquired the best jobs in the field, and performed abundant, exemplary professional service. He earned enough to live on a third of his income and still traveled as much as he desired throughout the industrialized world. In other words, McPherson was the perfect model of all that is wrong with the United States and, by extension, the nations looking to us for an example. Rather than questioning the system, he was raising minor questions within the system. During the decade of his forties, McPherson transformed his academic life from mainstream ecologist to friend of the earth. He became a conservation biologist and social critic, and his speaking and writing increasingly targeted the public beyond the classroom. McPherson began teaching poetry in facilities of incarceration, trying to give voice to wise people long marginalized or ignored by industrial society. Guest commentaries in local newspapers pointed out the absurdities of American life, as well as limits to growth for the world's industrial economy. Increasingly strident essays drew the attention of university administrators who tried to fire him, and, when that failed, tried to muzzle him. Shortly after administrators gave up trying to force McPherson's departure from a major research university, he left the institution on his own terms when, at the age of 49, McPherson finally awakened to the costs of the non-negotiable American way of life: obedience at home and oppression abroad. And then he walked away from all that privilege to pursue a life of principle and even more service while raising goats, gardens and working with his neighbors. It meant hours of physical labor, months of loneliness, and finally, betrayal from those closest to him.

Notes from an Apocalypse Aug 13 2021 ONE OF THE BEST BOOKS OF THE YEAR NPR • Esquire • The Guardian • Washington Independent Review of Books "Harrowing, tender-hearted, and funny as hell."

—Jenny Offill "Smart, funny, irreverent, and philosophically rich." —Wall Street Journal By the author of the award-winning *To Be a Machine*, an absorbing, deeply felt book about our anxious present tense—and coming to grips with the future We're alive in a time of worst-case scenarios: The weather has gone uncanny. A pandemic draws our global community to a halt. Everywhere you look there's an omen, a joke whose punchline is the end of the world. How is a person supposed to live in the shadow of such a grim future? What might it be like to live through the worst? And what on earth is anybody doing about it? Dublin-based writer Mark O'Connell is consumed by these questions—and, as the father of two young children, he finds them increasingly urgent. In *Notes from an Apocalypse*, he crosses the globe in pursuit of answers. He tours survival bunkers in South Dakota. He ventures to New Zealand, a favored retreat of billionaires banking on civilization's collapse. He engages with would-be Mars colonists, preppers, right-wing conspiracists. And he bears witness to places, like Chernobyl, that the future has already visited—real-life portraits of the end of the world as we know it. What emerges is an absorbing, funny, and deeply felt book about our anxious present tense—and coming to grips with what's ahead.

Before My Eyes Feb 19 2022 "Imagine the heart-wrenching devastation that is experienced by a family when a parent is diagnosed with Alzheimer's disease! Author Diane Currie shares her candid and personal reflections about her mother's struggle with this disease as she copes with the reality of the present but

always honors the memory of her past. Through a series of moving vignettes, she remains connected with her mother in a creative way as the strong bond between them slowly dissolves as the disease progresses. From the first moment of her mother's diagnosis, Currie conveys in a captivating manner the intense feelings of loss and hopelessness one experiences when dealing with this dreadful disease. She is able to portray the subtle changes in her mother's behavior and personality throughout her decline, all in a deeply human way. While *Before My Eyes* describes one family's touching and painful journey, in essence Currie's reflective account may typify the Alzheimer's experience, while offering support and validation to all those who walk its arduous path"--Page 4 of cover.

The Power of q Jun 23 2022 This unique book explores the world of q , known technically as basic hypergeometric series, and represents the author's personal and life-long study—inspired by Ramanujan—of aspects of this broad topic. While the level of mathematical sophistication is graduated, the book is designed to appeal to advanced undergraduates as well as researchers in the field. The principal aims are to demonstrate the power of the methods and the beauty of the results. The book contains novel proofs of many results in the theory of partitions and the theory of representations, as well as associated identities. Though not specifically designed as a textbook, parts of it may be presented in course work; it has many suitable exercises. After an introductory chapter, the power of q -series is demonstrated with proofs of Lagrange's four-squares theorem and Gauss's two-squares theorem. Attention then turns to partitions and Ramanujan's partition congruences. Several proofs of these are given throughout the book. Many chapters are devoted to related and other associated topics. One highlight is a simple proof of an identity of Jacobi with application to string theory. On the way, we come across the Rogers–Ramanujan identities and the Rogers–Ramanujan continued fraction, the famous “forty identities” of Ramanujan, and the representation results of Jacobi, Dirichlet and Lorenz, not to mention many other interesting and beautiful results. We also meet a challenge of D.H. Lehmer to give a formula for the number of partitions of a number into four squares, prove a “mysterious” partition theorem of H. Farkas and prove a conjecture of R.Wm. Gosper “which even Erdős couldn't do.” The book concludes with a look at Ramanujan's remarkable tau function.

21-day Journal Jan 26 2020 In many Asian traditions, 21 days is considered a spiritually significant time period. Ancient sacred texts often describe the transformation of spiritual figures through 21 days of ascetic discipline. Some experts tell us that it takes at least 21 days to create a new habit because of the time required for new neural connections to form in the brain. This inherent brain plasticity is the key to our ability to change ourselves and our lives. Is there something about yourself that you feel less than satisfied with? This journal will help you go through your own transformation, one day at a time. Journaling helps you clarify your thoughts and feelings, and formulate a new understanding of yourself. The 21-Day Journal guides you in this self-development process, helping you set a goal and a course of action. It gives you the space to record not only your thoughts and emotions, but your plans and evaluations of your progress. Learn how to closely watch yourself and learn from your own experience through the lens this journal provides. Beautifully designed with uplifting photographs from nature, the 21-Day Journal includes an introduction and a foundation for beginning your journey from New York Times bestselling author and self-development mentor Ilchi Lee. His encouraging quotes are scattered throughout, and there are extra blank pages in the back to provide plenty of space for recording your own inspiration.

Arnold Palmer Jul 24 2022 Over 250 classic and contemporary photographs, as well as fascinating text by bestselling author Thomas Hauser, reveal for the first time who Arnold Palmer, the man, really is. Telling anecdotes from Palmer himself, other golfers, sportswriters, and family members capture the professional and private personality of this golfing legend.

North Country May 10 2021 “A richly observant memoir of a coast-to-coast journey along the US-Canada border . . . An armchair traveler's delight” (Kirkus Reviews). “Part travelogue, part memoir, part meditation, part exploration,” *North Country* is an account of a trip along the northern border of the United States in search of the country's last unspoiled frontiers (The Boston Sunday Globe). In this vast, sparsely settled territory, Howard Frank Mosher found both a harsh and beautiful landscape and some of the continent's most independent men and women. Here, he brings this remote area to vivid life in a book “bright with anecdote and history and lore and most importantly with affection for his human subjects” (Richard Ford, Pulitzer Prize-winning author of *Independence Day*). “A classic road book. You could, with confidence, place this book on the shelf next to such American classics as John Steinbeck's *Travels with Charley* and Jonathan Raban's *Old Glory*.” —Detroit Free Press “What Mosher's northern journey is really about is our society's

loss of Eden, the garden we were promised when we came here. The garden we've turned into pulp fiction and rocket ranges. The very fact that this brave book can stir up so many thoughts about the predicaments of civilization is surely an indication that it is well worth reading." —Ottawa Citizen

Queer Intentions Jun 11 2021 Shortlisted for the Polari First Book Prize 2020 'Eloquent, empathetic and passionate, this book will not just resonate with a new generation of queer people, but with all those who seek to be their allies. A brilliant book.' - Owen Jones Today, the options and freedoms on offer to LGBTQ+ people living in the West are greater than ever before. But is same-sex marriage, improved media visibility and corporate endorsement all it's cracked up to be? At what cost does this acceptance come? And who is getting left behind, particularly in parts of the world where LGBTQ+ rights aren't so advanced? Combining intrepid journalism with her own personal experience, in *Queer Intentions*, Amelia Abraham searches for the answers to these urgent challenges, as well as the broader question of what it means to be queer right now. With curiosity, good humour and disarming openness, Amelia takes the reader on a thought-provoking and entertaining journey. Join her as she cries at the first same-sex marriage in Britain, loses herself in the world's biggest drag convention in L.A., marches at Pride parades across Europe, visits both a transgender model agency and the Anti-Violence Project in New York to understand the extremes of trans life today, parties in the clubs of Turkey's underground LGBTQ+ scene, and meets a genderless family in progressive Stockholm.

Lakeland Nov 04 2020 'I don't know any tract of land in which in so narrow a compass may be found an equal variety of sublime and beautiful features'. So said the poet Wordsworth of England's Lake District, an area as rich in cultural associations as it is in beautiful scenery. Hunter Davies, who has spent every summer in the Lake District for nearly half a century, takes the reader on an engaging, informative and affectionate tour of the lakes, fells, traditions, denizens and history of England's most popular tourist destination. From the first discovery of Lakeland as a tourist destination in the 18th century, to the tale of the Maid of Buttermere, to the poet Coleridge's ascent of Scafell Pike in 1802, to such enduring local traditions as Cumberland wrestling and hound trailing, Hunter Davies brings England's Lake District memorably and informatively to life.

Sammy Davis Jr. Nov 28 2022 Nicknamed Mr. Show Business, Sammy Davis Jr. was a consummate performer who sang, danced, and acted on film, television, radio, and the stage for over six decades. In this uniquely intimate volume, the entertainment legend's story comes to life through rare family photos and a compelling narrative based on conversations between Sammy Davis Jr. and his daughter, Tracey Davis. The story of a future superstar unfolds beginning with his bittersweet childhood days, raised primarily by his grandmother in Harlem. On the stage by age three, he first became a star in vaudeville with the Will Mastin Trio. Davis was already an up-and-coming performer by the time he was recruited into the Army during World War II. As Tracey Davis candidly relates, it was there that her father first learned to use his talent—singing and dancing—as a weapon against racial bigotry. Davis's career took off in the 1940s through his sheer determination, talent, and the support of friends like Frank Sinatra. With tenderness and humor Tracey describes her father's friendship with Sinatra, and how he stood by him when Davis married Tracey's Swedish actress mother. In a time when interracial marriages were forbidden by law in thirty-one states, both bride and groom endured an onslaught of negative press and even death threats. Complete with rare personal and professional photos, Sammy Davis Jr. recounts Davis's adventures through the Rat Pack era, and the extraordinary obstacles he overcame to become a 5'6", 120-pound legend who across six decades packed in more than forty albums, seven Broadway shows, twenty-three films, and countless nightclub and concert performances. What emerges from the pages of this loving, but utterly frankly written book, is a uniquely personal perspective on one of the greatest pop culture icons of the twentieth century.

Climate Changed Nov 16 2021 What are the causes and consequences of climate change? When the scale is so big, can an individual make any difference? Documentary, diary, and masterwork graphic novel, this up-to-date look at our planet and how we live on it explains what global warming is all about. With the most complicated concepts made clear in a feat of investigative journalism by artist Philippe Squarzoni, *Climate Changed* weaves together scientific research, extensive interviews with experts, and a call for action. Weighing the potential of some solutions and the false promises of others, this groundbreaking work provides a realistic, balanced view of the magnitude of the crisis that *An Inconvenient Truth* only touched on. *Climate Changed* is printed on FSC-certified paper from responsibly-managed, environmentally-sound sources. Find teaching guides for *Climate Changed* and other titles at abramsbooks.com/resources.

Understanding Person-Centred Counselling Feb 25 2020 This book provides a key introduction to the theory, concepts and practice of the person-centred approach, through the lens of the practitioner's experience and personal development. Writing as someone who has been through real life challenges and has developed and learned as a result, the author's strikingly personal style not only helps to contextualise complex and nuanced theory, but makes this a truly unique book about real person-centred practice and experience. From Roger's early philosophy through to the current developments and controversies in the field, the author uses personal testimonies, exercises and reflection points to make challenging concepts and practice issues accessible for the novice reader. What results is an informative and fascinating read for all those training and interested in the person-centred approach.

Choose and Choose Again Jan 06 2021 In *Choose and Choose Again*, the reader will encounter story after story of different people, most of whom are from Hope Community Church of Detroit, where Pastor Butcher has been sharing the healing love of God for thirteen years. They represent men and women, African American, Caucasian, Latino, and Asian, urban and suburban, professional types and prostitutes, clergy and addicts, drunks and lawyers and convicts--wounded human beings who have found themselves empty, dying, and longing to be filled. The stories are not only about their own healing and restoration but also about how the love of God heals. Butcher hopes that readers will find before them a path of healing that they feel compelled to embrace. He begins with his own story of emptiness and despair, and his journey to healing, but the ultimate power of his message is that this healing journey is for anyone who is willing to own his or her emptiness and hold one's heart out to God, who is desperately longing to love each person all the way home.

Creating Your Personal Journey Sep 26 2022 Everyone, during their lifetime, must, 'Create Your Personal Journey'. This requires us to make thousands of choices along the many facets of our chosen path. The choices must be made both within ourselves with our intuition and outside ourselves through our external experience. In the first edition of this book nearly 25 years ago, Roger Paradis introduced the, '12 Ways to Shape Your Life'. In this, the second edition, with updates primarily in nutrition and exercise, the same ideas, beliefs, and principles still so relevant, despite all our technological advancements, are presented for the readers to examine, evaluate, modify their lifestyles to create more joy and contentment. It provides twelve ways to shape your life. The content provides some basic facts to help you make choices whether you want to make changes, for instance, in your exercise program, or, perhaps, make changes in the workplace. Start with any of the 'Twelve Ways' and improve your alignment on your chosen path. The most basic fact is that your choices should help you create a more fulfilling journey and increase your sense of joy and freedom

Nerve Nov 23 2019 AN INTERNATIONAL BESTSELLER FINALIST FOR THE 2021 HUBERT EVANS NON-FICTION PRIZE A personal story about not only facing but conquering fears. In 2015, Eva Holland was forced to confront her greatest fear when her mother had a stroke and suddenly passed away. After the shock and grief subsided, Holland began to examine the extent to which her many fears had limited her, and wondered whether or not it was possible to move past them. This sent Holland on a deep dive into the science of fear, digging into an array of universal and personal questions: Why do we feel fear? Where do phobias come from and how are they related to anxiety disorders and trauma? Can you really smell fear? (Yes.) What would it be like to feel no fear? Is there a cure for fear? Or, put differently, is there a better way to feel afraid? On her journey, Holland meets with scientists who are working to eliminate phobias with a single pill, she explores the lives of the few individuals who suffer from a rare disease that prevents them from ever feeling fear, and she immerses herself in her own fears including hurling herself out of a plane for her first skydive (and in the process, learns that there are right and wrong ways to face your fears). Fear is a universal human experience, and *Nerve* answers these questions in a refreshingly accessible way, offering readers an often personal, sometimes funny, and always rigorously researched journey through the science of facing our fears.

Acculturation Dec 05 2020 Acculturation is the process of group and individual changes in culture and behaviour that result from intercultural contact. These changes have been taking place forever, and continue at an increasing pace as more and more peoples of different cultures move, meet and interact. Variations in the meanings of the concept, and some systematic conceptualisations of it are presented. This is followed by a survey of empirical work with indigenous, immigrant and ethnocultural peoples around the globe that employed both ethnographic (qualitative) and psychological (quantitative) methods. This wide-ranging research has been undertaken in a quest for possible general principles (or universals) of acculturation. This *Element* concludes with a short evaluation of the field of acculturation; its past, present and future.

A Personal Journey Through Psychotherapy Oct 03 2020 This book is a personal account of the enduring value of an appropriate psychotherapeutic intervention, and is set within the author's lifespan to date. It is also a unique view of how it feels to be the subject of a published case study. Following a long period of resistance to the therapeutic process, a direct channel to the author's unconscious is established via the art of the written word. It is a first person, chronological account of the psychological signposts that relentlessly point the author toward an unavoidable therapeutic encounter, one that will ultimately have the strength to contain her frightening experience of mental disturbance. The reader is afforded the opportunity to watch the story unfold, and to draw their own academic conclusions. Some of the psychological processes are presented in 'real' time, and will help to illustrate the link between experience, theory and practice in psychotherapy.

My Personal Journey With Jesus Revealed Through Poetry Oct 15 2021 "My Personal Journey With Jesus Revealed Through Poetry" includes my personal testimony along with poems I have written since 1999. My personal testimony is about how Jesus walked with me and carried me through the trials and tribulations of the past seventeen years. This includes my salvation experience, my personal encounters with Satan, my time spent in mental hospitals, two times when I could have died, the loss of family and friends, and also how God provided me with a new Christian family and friends who are helping me rebuild my life and showing me how to minister to others. The three sections of poems include personal journey poems, praise and worship poems, and poems about the end times. The reason I am telling my story and being so open and honest is because I want you to know that Jesus is real and that He will save you and walk with you for eternity if you only open up your heart to Him. My name is Brian Whitacre. I was born in 1973. As a child I enjoyed school and played sports, however I didn't know Jesus. My spiritual journey started in 1993. At the age of twenty I began attending a Pentecostal Church where I was drawn to Jesus by the power of love. On April 24, 1994, I got saved as God spoke these words to me "are you willing to give up your secular music for me?" I said yes and God also delivered me from my bad temper and cursing. However, right after I got saved, I came face to face with Satan. This encounter changed the course of my life forever. Because of this encounter I ended up in a maximum security mental hospital in Dayton, Ohio. Since 1994 I have spent many long hours in mental hospitals where Jesus proved He would never leave me.

A Lab of One's Own Sep 14 2021 A "beautifully written" (Kirkus Reviews, starred review) memoir-manifesto from the first female director of the National Science Foundation about the entrenched sexism in science, the elaborate detours women have take to bypass the problem, and how to fix the system. If you think sexism thrives only on Wall Street or Hollywood, you haven't visited a lab, a science department, a research foundation, or a biotech firm. Rita Colwell is one of the top scientists in America: the groundbreaking microbiologist who discovered how cholera survives between epidemics and the former head of the National Science Foundation. But when she first applied for a graduate fellowship in bacteriology, she was told, "We don't waste fellowships on women." A lack of support from some male superiors would lead her to change her area of study six times before completing her PhD. *A Lab of One's Own* is an "engaging" (Booklist) book that documents all Colwell has seen and heard over her six decades in science, from sexual harassment in the lab to obscure systems blocking women from leading professional organizations or publishing their work. Along the way, she encounters other women pushing back against the status quo, including a group at MIT who revolt when they discover their labs are a fraction of the size of their male colleagues. Resistance gave female scientists special gifts: forced to change specialties so many times, they came to see things in a more interdisciplinary way, which turned out to be key to making new discoveries in the 20th and 21st centuries. Colwell would also witness the advances that could be made when men and women worked together—often under her direction, such as when she headed a team that helped to uncover the source of anthrax used in the 2001 letter attacks. *A Lab of One's Own* is "an inspiring read for women embarking on a career or experiencing career challenges" (Library Journal, starred review) that shares the sheer joy a scientist feels when moving toward a breakthrough, and the thrill of uncovering a whole new generation of female pioneers. It is the science book for the #MeToo era, offering an astute diagnosis of how to fix the problem of sexism in science—and a celebration of women pushing back.

Spiritual Consciousness: a Personal Journey Jan 18 2022 *Spiritual Consciousness* is nonfiction. It is a journey of one person from a young boy to adulthood, experiencing many aspects of life and life beyond death. It encompasses family, friends, happiness, and heartache. This book is not about thrills and spills of fiction. It is one person's life, with the usual daily routines intersected with his extracurricular experiences. It is these experiences that he encounters that are important. They are experiences that many people don't have, but if

you do, then don't be fearful. Embrace them and learn. Many children have such experiences, and in some cases, their parents don't know how to handle it. They think their child is abnormal. They are not; they require guidance and understanding. This personal journey of Kevin's shows the path he encountered. Kevin's guide leads him elsewhere into a different life. Do we really know the world in which we live? What is beyond? Kevin's fascinating journey leads him within this world and into the next. There were many questions for him, and many are without answers. Kevin is undoubtedly in the present, but what about his past life, his future life, and his companions on his journey, a journey that he continues to explore? The unexplainable is explained. How do we know we are conscious? Some people never achieve knowing about consciousness. Some people find it hard to understand and believe. This book is for people who are curious, or perhaps they themselves have had an experience that they cannot explain and don't know where to turn. You are not alone.

The Disconnect Aug 01 2020

Midnight Light Mar 08 2021 Bestselling and beloved author of *On A Cold Road*, Dave Bidini uses his stint as guest columnist at the Yellowknife newspaper to explore the "Gateway to the North," the meaning of community, and the issues facing residents and their daily lives. As a journalist, author and founding member of the trail-blazing band Rheostatics, Dave Bidini has had the privilege to explore Canada's immense geography. Yet, in all his many travels, he'd never visited the Northwest Territories. After an all-too-brief visit to a literary festival in Yellowknife, Bidini was hooked on the place and its people. When he returned home, all he could do was think about going back to the North. Facing a career crossroads and with memories of his recent visit to the Northwest Territories still fresh, Bidini, in a bold move, contacts the Yellowknife, one of the last truly loyal and independent newspapers, and signs on as a guest columnist for an unforgettable summer. The Yellowknife, like the city it serves, bucks all trends as a completely community-focused newspaper. Bidini's new position gives him access to a region that is on the one hand lost in time, and on the other faced with the stark realities of poverty, racism and addiction. Along the way, *Midnight Light* introduces readers to an extraordinary cast of Dene elders, entrepreneurs, artists, politicians and law enforcement officers as well as an assortment of complicated souls from the South who are looking for a chance to rebuild their lives and who face the same harsh economic realities as their new neighbours. Woven throughout the narrative is the story of the irascible John McFadden, a veteran Toronto crime reporter who "escaped" to Yellowknife. McFadden is the key figure in the newspaper's ongoing fight with local authorities who do not take kindly to journalistic doggedness. During Bidini's tenure with the paper, McFadden makes headlines across the country when the RCMP charge him with obstruction while he is working on a story, culminating in a trial in which nothing less than journalistic freedom is at stake. A fast-paced, funny and at times powerfully poignant chronicle of a city and its environs, and a reminder of the vital importance of a local and independent press, *Midnight Light* brings the Northwest Territories and its remarkable and proud people to vivid life.

Gastroparesis: My Personal Journey Aug 25 2022 Gastroparesis is an illness that is not commonly known or understood. Some of its symptoms include nausea, vomiting, early satiety, bloating and abdominal pain. Sounds like a routine GI problem. Until I was diagnosed with it in the fall of 2000. I knew that as a nurse, I had to dive into the research realm of this condition and figure out how to best treat myself. Throughout the years, I have tried gastric pacemakers twice, feeding tubes twice, botox injections into my pylorus three times and pyloroplasty procedures. Not willing to give up and let gastroparesis get the best of me, I decided on one more surgery. Would it be the last one for me? This is my story about how gastroparesis has entered my life and how I managed to accomplish my goals while dealing with symptom management on a daily basis. From doctors who told me it was all in my head to doctors who took the chance and gave me a new lease on life. My story includes how I found treatment, the surgeries I endured and my quality of life throughout. My hope is that through reading this, you will understand more about gastroparesis and what can be done to achieve the best symptom management possible for you or someone you know.

The Reality of Your Greatness Sep 21 2019 You are more than what you can perceive. No matter what or who you think yourself to be, you are still more. In "The Reality of Your Greatness: A Personal Journey Through the Twelve Rays," author and teacher Michael G. Love shares how he began expanding his notion of self with the help of an extraordinary team. While sharing his personal journey and understanding of the Rays, he also provides guided meditations to help readers experience each Ray as they take their own personal journeys. Each meditation focuses on one of the Twelve Rays, or as "the Team" calls them, "the clothing for the energy that you are." Embark on a fascinating journey of self-discovery, empowerment,

fulfillment, and healing.

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