

Adolescence Ian McMahan

In Australia and New Zealand, many public projects, programs and services perform well. But these cases are consistently underexposed and understudied. We cannot properly 'see'—let alone recognise and explain—variations in government performance when media, political and academic discourses are saturated with accounts of their shortcomings and failures, but are next to silent on their achievements. *Successful Public Policy: Lessons from Australia and New Zealand* helps to turn that tide. It aims to reset the agenda for teaching, research and dialogue on public policy performance. This is done through a series of close-up, in-depth and carefully chosen case study accounts of the genesis and evolution of stand-out public policy achievements, across a range of sectors within Australia and New Zealand.

Through these accounts, written by experts from both countries, we engage with the conceptual, methodological and theoretical challenges that have plagued extant research seeking to evaluate, explain and design successful public policy. Studies of public policy successes are rare—not just in Australia and New Zealand, but the world over. This book is embedded in a broader project exploring policy successes globally; its companion volume, *Great Policy Successes* (edited by Paul 't Hart and Mallory Compton), is published by Oxford University Press (2019).

Most people see leadership as the act of leading someone else. Not Peter Urs Bender. For him, leadership begins with leading ourselves. It means finding out what will bring us fulfillment not in isolation from others but in collaboration with them. He shows that there are two kinds of leaders: leaders-from-without, who are driven by fear, pressures, and elements beyond their control; and leaders-from-within, who are moved by a desire to help, encourage, and realize shared visions. Bender, who through his seminars and previous publications has helped thousands become dynamic speakers, identifies the steps to personal and professional leadership from within. He includes lists of tips, fascinating stories from eminent religions, thought-provoking questions, and simple exercises to help you "strengthen your leadership muscles".

An alternative approach to insomnia, depression, chronic fatigue and other sleep-related challenges draws on the expertise of a leading authority on the circadian clock while explaining how readers can decipher their inherent sleep rhythms and use natural light to overcome the sleep-compromising demands of today's lifestyles. Original. 35,000 first printing.

Adolescence

Across the United States, in small towns and major cities, in suburbs and slums, in public and private schools, thousands of kids are experimenting with drugs. Many of them will become addicts; some will die. The first and only book to focus entirely on adolescent alcohol and other drug use, *Teens Under the Influence* addresses the immediate dangers that threaten these kids—exploring the short- and long-term effects of their addiction and giving parents solid, sensitive, practical advice to combat this growing epidemic. Knowledge is the key to defeating drug addictions, and that is what this comprehensive, timely new book provides. Full of candid true stories from adolescent drug users, with facts based on the most recent scientific research, *Teens Under the Influence* tells you exactly what you need to know to deal with your child's problem, covering such important topics as • The common myths and misconceptions about drug addiction • The crucial differences between adult and adolescent dependency • The reasons kids get hooked • The stages of adolescent addiction • The different kinds of drugs kids use and combine • Various treatment options and how to choose the best treatment for your child • Strategies for handling relapses *Teens Under the Influence* offers practical help that may save your child's life. It may save the life of a friend. And it may save your own.

A Positive Approach to Exploring Development! Adolescence, Canadian Edition, by Ian McMahan and Susan Thompson, combines rigorous, scientific coverage of adolescent development research with a scholarly yet enjoyable narrative style that is rarely found in textbooks. The table of contents follows an ecological systems framework to show how individual teens both affect and are affected by their families, peers, schools, and society. *Adolescence* also employs unique pedagogy to ensure students practise active learning and deep processing, focus on the practical applications of what they are studying, think critically and become educated consumers of the research. Two overarching themes are explored throughout this text: 1. Adolescent development involves individual, social and cultural systems. 2. Positive adolescent development is the norm, though the media and research frequently concentrate on adolescent problems. 3. Material on emerging adulthood looks beyond adolescence to discuss current concerns of students in the class.

Adolescent homelessness is a growing problem that results in a variety of health challenges. This text is a practical resource designed to promote effective interdisciplinary health and social care interventions targeting adolescents who are homeless or at risk for homelessness. It is based on extensive interdisciplinary experience, reviews of pertinent research and insights and contributions of leading professionals who are directly involved in the care of these young people. Divided into four main sections, Section 1: (Chapters 1-7) section one is a review of the structure and professional involvement of program models targeting youth experiencing or at risk for homelessness to encourage broader understanding and utilization of principles and practices underlying effective programs and identify replicable components.

Section 2: (Chapters 8-16) Section two is clinically focused with recommendations for working with adolescents and youth experiencing homelessness and interventions for common and significant medical and mental health conditions, and substance use disorders. Section 3: (Chapter 17) Reviews international agreements regarding stabilization and care of refugee youth and families, description of experiences of refugee children and youth in developed countries, and an outline of conditions from which refugee youth and families have left. Section 4: (Chapters 18 and 19) Engagement of homeless youth in research and future research directions to address needs of youth experiencing homelessness. Written by experts from a variety of disciplines, *Clinical Care for Homeless, Runaway and Refugee Youth* is a first of its kind text for physicians, social workers, public health workers and any other individual that works directly with these vulnerable populations.

From the author of *The Wishing Tide* comes a stunning new novel about two summers, one journal, and the secrets that can break and open our hearts.... Pragmatic, independent Lily St. Claire has never been a beachgoer. But when her late father leaves her a small house on Hideaway Key—one neither her mother nor she knew he owned—she's determined to visit the sleepy spit of land along Florida's Gulf Coast. Expecting a quaint cottage, Lily instead finds a bungalow with peeling shutters and mountains of memorabilia. She also catches a glimpse of the architect who lives down the beach.... But it's the carton of old journals in the front room that she finds most intriguing. The journals were written by her mother's sister, an infamous beauty whose name has long been banned from the St. Claire home. The journals tell a family tale Lily has never heard, of her mother and her aunt as young girls in Tennessee and the secrets that followed them into adulthood. As she reads, Lily gains a new understanding: about her family and about herself. And she begins to open her heart—to this place, these people, and the man next door. But can she ever truly learn to trust, to believe that love is not a trap but a harbor? And is it true that hearts, even broken ones, can be forged anew?

This book provides a fresh perspective on the emergence of public Muslim identities, traversing issues of Muslim-state engagement across government initiatives and church-state relations, across equalities agendas and the education system, the courts and the media.

Most health professionals would agree that time and funds are in short supply, even under optimal conditions. Patients, too, would admit similar shortfalls, even with optimal

motivation. This book offers self-administered and easily administered interventions designed to promote positive health behaviors while requiring little or no outside funding. Editor Luciano L'Abate continues his long tradition of prolific innovations by identifying major changes in today's health care systems and explaining how targeted, prescriptive promotion/prevention strategies can enhance traditional primary, secondary, and tertiary interventions in key behavioral and relational areas.

Growing Musicians: Teaching Music in Middle School and Beyond focuses on teaching adolescents within the context of a music classroom, regardless of content area (orchestra, band, choir, or general music). It provides a look at the importance of music courses in the lives of adolescents as they navigate the path between being a child and an adult. As every music student is completely unique, there is no one-size-fits-all prescriptive way of working with this age group. Rather, music educators must approach adolescents with high musical standards and aspirations to learn and achieve within music; a willingness to honor the individuality of each adolescent musician; a sense of structure, but an ability to be flexible; a desire to foster and promote a safe classroom environment where students feel empowered to be themselves and speak openly about what they think and believe; an understanding that music classes are not only safe places where students learn how to become better musicians but also better people through musical experiences focused on humanity and empathy; and a dose of humor, or at least the ability to acknowledge that adolescents are extremely funny whether or not they realize it. In addition, this book encourages pre-service and practicing music educators to mindfully examine and better understand their own teaching practices.

With the continued application of gaming for training and education, which has seen exponential growth over the past two decades, this book offers an insightful introduction to the current developments and applications of game technologies within educational settings, with cutting-edge academic research and industry insights, providing a greater understanding into current and future developments and advances within this field. Following on from the success of the first volume in 2011, researchers from around the world presents up-to-date research on a broad range of new and emerging topics such as serious games and emotion, games for music education and games for medical training, to gamification, bespoke serious games, and adaptation of commercial off-the shelf games for education and narrative design, giving readers a thorough understanding of the advances and current issues facing developers and designers regarding games for training and education. This second volume of *Serious Games and Edutainment Applications* offers further insights for researchers, designers and educators who are interested in using serious games for training and educational purposes, and gives game developers with detailed information on current topics and developments within this growing area.

"*Children of Substance-Abusing Parents: Dynamics and Treatment*" is a necessary reference for all mental health professionals and students who need to understand and treat this population. It offers an invaluable look at treatment options and programmatic interventions across the life span and fills an important gap in the current literature. The contributors include a wide range of experts who provide up-to-date evidence-based clinical and programmatic strategies for working with children of alcohol and other substance-abusing parents of any age and in almost any practice setting. This highly recommended book is a valuable resource for all practitioners and students concerned about this very large, but often hidden group of individuals and families." From the Foreword by Sis Wenger President/CEO National Association for Children of Alcoholics Parental drug abuse and alcoholism have an enormously detrimental impact on children and adolescents. Children whose parents suffer from drug abuse or alcoholism often face multiple physical, mental, and behavioral issues. They are at a greater risk for depression, anxiety, low self esteem, and addiction, and also are known to have poor school attendance, difficulty concentrating, and lower IQ scores. This book offers health care practitioners proactive programs and innovative strategies to use with this vulnerable population. Taking a comprehensive, life course approach, the authors discuss the implications and interventions at the prenatal stage, through childhood, adolescence, young adulthood, and adulthood. With this book, social workers and health care practitioners can help assess and intervene with children of substance abusing parents. Key topics: Dynamics in families with substance abusing parents and treatment implications Issues across the life span of children of substance abusing parents Prevention and early intervention programs for pregnant women who abuse substances Programs for young children, adolescents, college students, and children with incarcerated parents

The fourth edition of this classic text provides a thorough, yet concise review of the cellular and molecular mechanisms involved in the transformation of normal into malignant cells, the invasiveness of cancer cells into host tissues, and the metastatic spread of cancer cells in the host organism. It defines the fundamental pathophysiologic changes that occur in tumor tissue and in the host animal or patient. Each chapter discusses the historical development of a field, citing the key experimental advances to the present day, and evaluates the current evidence that best supports or rules out concepts of the molecular and cellular mechanisms regulating cancer cell behavior. For all the areas of fundamental cancer research, an effort has been made to relate basic research findings to the clinical disease states. The book is well written and well illustrated, with schematic diagrams and actual research data to demonstrate points made in the text. There is also an extensive, up-to-date bibliography, making the book valuable to scientists, and to physicians, students, and nurses interested in the field of cancer biology. The topics covered include pathologic characterization of human tumors, epidemiology of human cancer, regulation of cell proliferation and differentiation, cellular and molecular phenotypic characteristics of the cancer cell, mechanisms of carcinogenesis, tumor initiation and promotion, viral carcinogenesis, oncogenes and oncogene products, growth factors, chromosomal alterations in cancer, mechanisms of tumor metastasis, host-tumor interactions, fundamental aspects of tumor immunology, and the advances in cancer cell biology that will lead to improved diagnosis and treatment of cancer in the future.

"*Behavior Modification*, 10/e assumes no specific prior knowledge about psychology or behavior modification on the part of the reader. The authors begin with basic principles and procedures of behavior modification and then provide readers with how-to-skills such as observing and recording. Next, the authors provide advanced discussion and references

to acquaint readers with some of the empirical and theoretical underpinnings of the field. Readers will emerge with a thorough understanding of behavior modification in a wide variety of populations and settings"-- Publisher's summary.

This handbook brings together the full weight of contemporary evidence bearing on what is now commonly termed "psycho-cardiology". It focuses on the role of psycho-social factors in the genesis and clinical management of cardiovascular disease (CVD). The book constitutes a critically reviewed compendium of current knowledge in the area, coupled with guides to evidence-based best practice in the field of psycho-cardiology. The following categories are covered: Social/demographic risk for CVD, Personality and CVD risk, Stress and CVD risk, Psychopathology (particularly affective disorders) and CVD risk, The psychological management of those with clinical CVD, Psychology in the prevention of CVD. The book integrates the evidence into a compelling argument that clinicians, researchers and those in public health will discount the role of psychological factors in regard to CVD at their own peril. And importantly for clinicians charged with the care of patients with CVD, the book poses the argument that failure to recognize the links between psychological factors and CVD may well be at the considerable peril of those patients under their care.

The Encyclopedia of Adolescence breaks new ground as an important central resource for the study of adolescence. Comprehensive in breath and textbook in depth, the Encyclopedia of Adolescence – with entries presented in easy-to-access A to Z format – serves as a reference repository of knowledge in the field as well as a frequently updated conduit of new knowledge long before such information trickles down from research to standard textbooks. By making full use of Springer's print and online flexibility, the Encyclopedia is at the forefront of efforts to advance the field by pushing and creating new boundaries and areas of study that further our understanding of adolescents and their place in society. Substantively, the Encyclopedia draws from four major areas of research relating to adolescence. The first broad area includes research relating to "Self, Identity and Development in Adolescence". This area covers research relating to identity, from early adolescence through emerging adulthood; basic aspects of development (e.g., biological, cognitive, social); and foundational developmental theories. In addition, this area focuses on various types of identity: gender, sexual, civic, moral, political, racial, spiritual, religious, and so forth. The second broad area centers on "Adolescents' Social and Personal Relationships". This area of research examines the nature and influence of a variety of important relationships, including family, peer, friends, sexual and romantic as well as significant nonparental adults. The third area examines "Adolescents in Social Institutions". This area of research centers on the influence and nature of important institutions that serve as the socializing contexts for adolescents. These major institutions include schools, religious groups, justice systems, medical fields, cultural contexts, media, legal systems, economic structures, and youth organizations. "Adolescent Mental Health" constitutes the last major area of research. This broad area of research focuses on the wide variety of human thoughts, actions, and behaviors relating to mental health, from psychopathology to thriving. Major topic examples include deviance, violence, crime, pathology (DSM), normalcy, risk, victimization, disabilities, flow, and positive youth development.

Doctoral Thesis / Dissertation from the year 2016 in the subject Film Science, grade: Pass, Kingston University London, language: English, abstract: The 1980s Hollywood teen genre is a topic which has not attracted significant academic interest in the context of doctoral research. Only recently have writers focused on this period in wider scholarly texts, often positioned in relation to other periods of the teen genre, but not extensively concentrating on the 1980s. This research will address what is a lack of detailed analysis of this cinematic era and offer a contribution to knowledge in terms of Hollywood genre cinema. The aim of this thesis is to argue that teen films produced during the 1980s effectively represent youth concerns and the coming-of-age process, for example, in terms of adolescent identity, the different 'roles' the characters play, sexuality, gender, relationships, class issues and the generational divide. These concerns will often resonate with the wider sociopolitical and economic landscape of the Reagan era. The research will investigate these themes in individual films and then go on to analyse them using several films across the generic spectrum to show how the genre achieves a unity and synergy, despite differences in tone and attitude of the films under scrutiny. The films covered herein will be a selection from the subgenres of the 1980s teen films: the teen sex comedies examined were produced during the first half of the decade; the more romantic comedies and dramas were generally made from the mid-1980s onwards. Also scrutinised will be several delinquent teen films. One of the methodologies used to underpin the central argument is related to the structuralist theories and their binary oppositional factors. This will attempt to make sense of the portrayal of a youth culture by exposing its contradictions. This approach will be merged with film genre theories, for instance, in relation to a film's semantic/syntactic axis and the symb

A sweeping historical saga that traces five generations of fiercely powerful mothers and daughters -- witches whose magical inheritance is both a dangerous threat and an extraordinary gift. Brittany, 1821. After Grand-Mere Ursule gives her life to save her family, their magic seems to die with her. Even so, the Orchires fight to keep the old ways alive, practicing half-remembered spells and arcane rites in hopes of a revival. And when their youngest daughter comes of age, magic flows anew. The lineage continues, though new generations struggle not only to master their power, but also to keep it hidden. But when World War II looms on the horizon, magic is needed more urgently than ever -- not for simple potions or visions, but to change the entire course of history. Praise for *A Secret History of Witches*: "I loved it. A beautiful generational tale, reminiscent of *Practical Magic*. . . Grounded and real, painful and hopeful at the same time." —Laure Eve, author of *The Graces* "Historical fiction at its absolute finest....Deliciously absorbing." —*Boston Globe* "At once sprawling and intimate, *A Secret History of Witches* deftly captures the greatest magic of all: the love between mothers and daughters." —Jordanna Max Brodsky, author of *The Wolf in the Whale* For more from Louisa Morgan, check out: *The Witch's Kind* *The Age of Witches*

For many of us, the drive to affect positive change--however vague or idiosyncratic our sense of this might be--has guided our work in higher education. We champion the pursuit of a college degree because few endeavors can match it in terms of advancing a person's economic mobility (Chetty, Friedman, Saez, Turner, and Yagan; 2017). Despite recent debates about the value of a college degree (Pew Research Center, 2017), the opportunities and financial stability awarded to those with college degrees remain apparent when they are compared to peers who have only graduated high school (Pew Research Center, 2014). And while more Americans have a college degree than ever before (Ryan and Bauman, 2016), access to a formal, post-secondary

education continues to be elusive for some. Indeed, over the last ten years, analysts have projected that the cost of attending college would keep 2.4 million low-to-moderate income, college-qualified high school graduates from completing a college degree (Advisory Committee on Student Financial Assistance, 2006). During that same period, college students in the United States saw expenses related to tuition and fees increase by 63 percent, school housing costs (excluding board) increase by 51 percent, textbook prices increase by 88 percent (Bureau of Labor, 2016). Because few students can afford a college education by salary alone, 44.2 million Americans have sought financial aid via student loans. As a result, total student loan debt is now topping \$1.45 trillion in the United States (Board of Governors of the Federal Reserve System, 2017), and student loan delinquency rates are averaging 11.2 percent (Federal Reserve Bank of New York, 2017). The burden of a student's financial decisions extends beyond the mere individual: society will inevitably carry the weight of this debt for years to come.

Clinical Cases in Implant Dentistry presents 49 actual clinical cases, accompanied by academic commentary, that question and educate the reader about essential topics in implant dentistry, encompassing diagnosis, surgical site preparation and placement, restoration, and maintenance of dental implants. Unique case-based format supports problem-based learning Promotes independent learning through self-assessment and critical thinking Highly illustrated with full-color clinical cases Covers all essential topics within implant dentistry

A guide to overcoming self-defeating habits and fulfilling goals offers step-by-step techniques on the critical paths to success, achieving greater confidence, finding energy, setting personal standards, and seizing opportunities. Original.

This textbook raises thought-provoking questions regarding our rapidly-evolving computing technologies, highlighting the need for a strong ethical framework in our computer science education. Ethics in Computing offers a concise introduction to this topic, distilled from the more expansive Ethical and Social Issues in the Information Age. Features: introduces the philosophical framework for analyzing computer ethics; describes the impact of computer technology on issues of security, privacy and anonymity; examines intellectual property rights in the context of computing; discusses such issues as the digital divide, employee monitoring in the workplace, and health risks; reviews the history of computer crimes and the threat of cyberbullying; provides coverage of the ethics of AI, virtualization technologies, virtual reality, and the Internet; considers the social, moral and ethical challenges arising from social networks and mobile communication technologies; includes discussion questions and exercises.

Note: If you are purchasing an electronic version, MyVirtualTeen does not come automatically packaged with it. To purchase MyVirtualTeen, please visit www.myvirtualteen.com or you can purchase a package of the physical text and MyVirtualTeen by searching for ISBN 10: 020599055X / ISBN 13: 9780205990559. A Positive Approach to Exploring Development! Adolescence, Canadian Edition, by Ian McMahan and Susan Thompson, combines rigorous, scientific coverage of adolescent development research with a scholarly yet enjoyable narrative style that is rarely found in textbooks. The table of contents follows an ecological systems framework to show how individual teens both affect and are affected by their families, peers, schools, and society. Adolescence also employs unique pedagogy to ensure students practise active learning and deep processing, focus on the practical applications of what they are studying, think critically and become educated consumers of the research.

Two pairs of developmental psychologists take sides in a debate that is central to the concept of emerging adulthood. They argue that as young people around the world share demographic similarities, such as longer education and later marriage, the years between the ages 18 and 25 are best understood as entailing a new life stage.

Medley Plashet faces a life full of riddles. Why, if his father is the humble forest guide he seems, must he flee from home? Medley sets out on a dangerous journey to solve the mystery of his heritage - and uncovers the stunning significance of the sprig of broom.

Complete, authoritative, and sensible, The Little Boy Book draws on four years of research, and numerous studies and interviews, to address the special needs of raising a boy today. Two writers, both parents of boys and one an early childhood educator, guide you from the day you bring your "little blue bundle" home through his crucial elementary school years. Inside, you'll learn how: , Boys develop differently from girls--and why , "male aggressiveness" originates--and where , Order and direction can be painlessly established in your young son's life , Working moms and their little boys can have a good relationship , Traumas like divorce affect boys differently , Your son will respond to love and discipline , And much more Raising a boy is a unique experience--and here's the guidebook that explores and explains not just your growing child but your very own son!

An intricately crafted story of madness, magic and misfortune across three generations from the author of The Middle of Somewhere and House Broken... Vermont, 1972. Carole LaPorte has a satisfying, ordinary life. She cares for her children, balances the books for the family's auto shop and laughs when her husband slow dances her across the kitchen floor. Her tragic childhood might have happened to someone else. But now her mind is playing tricks on her. The accounts won't reconcile and the murmuring she hears isn't the television. She ought to seek help, but she's terrified of being locked away in a mental hospital like her mother, Solange. So Carole hides her symptoms, withdraws from her family and unwittingly sets her eleven-year-old daughter Alison on a desperate search for meaning and power: in Tarot cards, in omens from a nearby river and in a mysterious blue glass box belonging to her grandmother. An exploration of the power of courage and love to overcome a damning legacy, All the Best People celebrates the search for identity and grace in the most ordinary lives. CONVERSATION GUIDE INCLUDED

Sharon Garlough Brown tells the moving story of four strangers as they reluctantly arrive at a retreat center and find themselves drawn out of their separate stories of isolation and struggle and into a collective journey of spiritual practice, mutual support and personal revelation.

This handbook presents the most comprehensive account of eudaimonic well-being to date. It brings together theoretical insights and empirical updates presented by leading scholars and young researchers. The handbook examines philosophical and historical approaches to the study of happy lives and good societies, and it critically looks at conceptual controversies related to eudaimonia and well-being. It identifies the elements of happiness in a variety of areas such as emotions, health, wisdom, self-determination, internal motivation, personal growth, genetics, work, leisure, heroism, and many more. It then places eudaimonic well-being in the larger context of society, addressing social elements. The most remarkable outcome of the book is arguably its large-scale relevance, reminding us that the more we know about the good way of living, the more we are in a position to build a society that can be supportive and offer opportunities for such a way of living for all of its citizens.

An enlightened approach to insomnia, depressed mood, fatigue, and other sleep-related problems of everyday life, harnessing the power of light therapy to reset the natural clock. Sleep problems and depressed mood often go hand in hand, forming a frustrating cycle. Michael Terman, PhD, has devoted his career to studying the brain functions that feed these disorders. His discoveries in chronotherapy have been widely recognized as game-changers by the medical establishment, and his 2010 New York Times op-ed, "Sleeping (or Not) by the Wrong Clock," shot to number one on the paper's list of most-

forwarded online articles. In Chronotherapy, Terman and McMahan reveal the heart of his findings, a powerful program that recalibrates our internal clocks--our exquisitely designed, natural sensitivity to the timing and brightness of light exposure. These delicate mechanisms are often decimated by the modern demands of a 24/7 lifestyle. Beginning with a questionnaire that pinpoints the problem areas, Terman helps readers decipher when their natural internal night begins and ends. The treatment process can then start, incorporating the power of natural light and, when necessary, supplemental light therapy. His approach has brought relief to thousands of sleep sufferers, as well as those burdened by bipolar disorder, seasonal affective disorder, depression, sleep disorders due to around-the-clock work schedules, and other impediments to vibrant health. For the first time, his findings are now available for a general audience, sharing the essential elements of chronobiology in clear, authoritative, scientifically grounded chapters that are easy to apply to a variety of situations. Chronotherapy chapters include: PART ONE: TIME, SLEEP, AND RHYTHMS Chapter 1: External vs. Internal Time The clock on the wall measures twenty-four hours every day, but the clock in your brain runs a little different. How can you help them work together? Chapter 2: The Pressure to Sleep The longer you stay awake, the more pressure you feel to sleep. But what if your inner clock says it is not yet ready for sleep? Chapter 3: Owls, Larks, and Hummingbirds What kind of "bird" are you? And once you know, how can that help you figure out when best to get stuff done? PART TWO: TIME, LIGHT, AND THE BRAIN Chapter 4: Getting Light into the Brain How do your eyes pass signals to your inner clock, and what makes those signals so important? Chapter 5: Getting Light Wrong Seeing light and being in darkness are basic daily experiences. But what happens when they come at the wrong times, and why does that have such negative consequences for mood, alertness, and sleep? Chapter 6: Geography and Time East or west, south or north, how can where you live have such a huge impact on your mood and sleep? PART THREE: INTERVENTIONS Chapter 7: Healing Light How can light help you solve your sleep problems, have more energy, and feel more positive about life? Why do the details matter so much? Chapter 8: Nighttime Meds and Melatonin Do you rely on pills to get to sleep? They may not work, and they may be bad for you. But a new approach based on the brain's inner clock holds great promise. Chapter 9: Hospitalized with Depression When someone becomes so depressed they need to go to the hospital, what promise does chronotherapy offer for a quick turnaround and continued improvement? Chapter 10: Beyond Light: The Charge in the Air What is it about spending a day at the beach that gives you such a lift? And how can you use new technology to bring that feeling of wellbeing into your home? PART FOUR: STAGES OF LIFE Chapter 11: The Promise of Pregnancy You are going to have a baby! You are thrilled, but a little apprehensive too. How can chronotherapy help you through the next nine months? Chapter 12: Strategies for Babies and Children When your baby or child sleeps well and feels good, you feel better too. How can chronotherapy help you reach this goal? Chapter 13: The Challenges of Adolescence As a teen, why do you feel the need to stay up so late and sleep so late? What are the consequences for your mood, health, and schoolwork? What simple steps can you take to put your life on a smoother course? Chapter 14: In Later Years Does getting older have to mean being tired, sleeping badly, and feeling down? How can you or someone you care about reverse these trends by using light? PART FIVE: CHRONOTHERAPY IN YOUR LIFE Chapter 15: Coping with Shift Work What if your job puts you on duty when your inner clock says you should be asleep? How can chronotherapy help you stay awake, alert, and in a decent mood? Chapter 16: Racing the Clock, Racing the Sun You are traveling across the world and you need to be in high gear tomorrow. How can chronotherapy prepare you for the trip and help you recover from jet lag as quickly as possible? Chapter 17: Chronobiology in the Home and Workplace How will the collaboration of chronobiologists and architects transform the places you live, work, and learn? Chapter 18: Dawn of a Circadian Science Why is mainstream medicine so slow to put the insights of chronotherapy into practice?

The International Society for Justice Research (ISJR) aims to provide a platform for interdisciplinary justice scholars who are encouraged to present and exchange their ideas. This exchange has yielded a fruitful advance of theoretical and empirically-oriented justice research. This volume substantiates this academic legacy and the research prospects of the ISJR in the field of justice theory and research. Included are themes and topics such as the theory of the justice motive, the mapping of the multifaceted forms of justice (distributive, procedural) and justice in context-bound spheres (e.g. non-humans). It presents a comprehensive "state of the art" overview in the field of justice research theory and it puts forth an agenda for future interdisciplinary and international justice research. It is worth noting that authors in this proposed volume represent ISJR's leading scholarship. Thus, the compilation of their research within a single framework exposes potential readers to high quality academic work that embodies the past, current and future trends of justice research.

Memory construction and national identity are key issues in our societies, as well as it is patriotism. How can we nowadays believe and give sense to traditional narrations that explain the origins of nations and communities? How do these narrations function in a process of globalization? How should we remember the recent past? In the construction of collective memory, no doubt history taught at school plays a fundamental role, as childhood and adolescence are periods in which the identity seeds flourish vigorously. This book analyses how history is far more than pure historical contents given in a subject matter; it studies the situation of school history in different countries such as the former URSS, United States, Germany, Japan, Spain and Mexico, making sensible comparisons and achieving global conclusions. The empirical part is based on students interviews about school patriotic rituals, very close to the teaching of history, specifically carried out in Argentina but very similar to these rituals in other countries. The author analyzes in which ways that historical knowledge is understood by students and its influence on the construction of patriotism. This book--aside from making a major contribution to the cultural psychology field--should be of direct interest and relevance to all people interested in the ways education succeeds in its variable functions. As a matter of fact, it is related to other IAP books as Contemporary Public Debates Over History Education (Nakou & Barca, 2010) and What Shall We Tell the Children? International Perspectives on School History Textbooks (Foster & Crawford, 2006).

Advanced Technologies in Behavioral Social a. Healthcare systems around the world are moving towards a quantum shift in care delivery. As costs spiral ever higher, cybertherapy the provision of healthcare services using advanced technologies is poised to increase the efficiency and quality of hea

The Sounds of Early Cinema is devoted exclusively to a little-known, yet absolutely crucial phenomenon: the ubiquitous presence of sound in early cinema. "Silent cinema" may rarely have been silent, but the sheer diversity of sound(s) and sound/image relations characterizing the first 20 years of moving picture exhibition can still astonish us. Whether instrumental, vocal, or mechanical, sound ranged from the improvised to the pre-arranged (as in scripts, scores, and cue sheets). The practice of mixing sounds with images differed widely, depending on the venue (the nickelodeon in Chicago versus the summer Chautauqua in rural Iowa, the music hall in London or Paris versus the newest palace cinema in New York City) as well as on the historical moment (a single venue might change radically, and many times, from 1906 to 1910). Contributors include Richard Abel, Rick Altman, Edouard Arnoldy, Mats Björkin, Stephen Bottomore, Marta Braun, Jean Châteauevert, Ian Christie, Richard Crangle, Helen Day-Mayer, John Fullerton, Jane

Gaines, Andr © Gaudreault, Tom Gunning, Fran ois Jost, Charlie Keil, Jeff Klenotic, Germain Lacasse, Neil Lerner, Patrick Loughney, David Mayer, Domi-nique Nasta, Bernard Perron, Jacques Polet, Lauren Rabinovitz, Isabelle Raynauld, Herbert Reynolds, Gregory A. Waller, and Rashit M. Yangirov.

Examines the evolving relationship between parents and their children over time, moving from a one-way flow of instruction and support to an exchange between equals.

An autobiographical novel of growing up in the multicultural environment of contemporary France tells the story of Azouz Begag, the son of an illiterate Algerian immigrant in Lyon and his coming of age in a world of ethnic and racial tensions.

Part memoir and part study of modern life, Shopping Mall examines the modern mythology of the shopping mall and the place it holds in our shared cultural history.

This Open Access volume provides in-depth analysis of the wide range of ethical issues associated with drug-resistant infectious diseases. Antimicrobial resistance (AMR) is widely recognized to be one of the greatest threats to global public health in coming decades; and it has thus become a major topic of discussion among leading bioethicists and scholars from related disciplines including economics, epidemiology, law, and political theory. Topics covered in this volume include responsible use of antimicrobials; control of multi-resistant hospital-acquired infections; privacy and data collection; antibiotic use in childhood and at the end of life; agricultural and veterinary sources of resistance; resistant HIV, tuberculosis, and malaria; mandatory treatment; and trade-offs between current and future generations. As the first book focused on ethical issues associated with drug resistance, it makes a timely contribution to debates regarding practice and policy that are of crucial importance to global public health in the 21st century.

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