

## Dr Podcast Scripts For The Primary Frca

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

The No 1 bestselling cookery book in Ireland - for two years running! 'These lovely boys always create incredibly tasty food.' Jamie Oliver Let's face it: while we want to eat more fruit and veg and things we know are good for us, we sometimes fall short because we're not sure how to turn all that great produce into great food. Well, welcome to the Happy Pear way of eating - healthy but never worthy, easy but never dull, and packed with mind-blowing flavour, exciting texture and vibrant colour. The Happy Pear opened ten years ago when twins David and Stephen Flynn, passionate about starting a food revolution in their home town, took over their local fruit and veg shop and later opened a café. Their revolution has not only succeeded, but it is spreading, and The Happy Pear's fans range from young parents to pensioners, ladies-who-lunch to teens-on-the-run, hipsters to Hollywood stars. David and Stephen's first cookbook is full of irresistible recipes for everything from everyday breakfasts, lunches and dinners, to scrumptious - and yes, still wholesome! - cakes and sweet treats, to special occasion splurges. David and Stephen also tell their story (how they transformed from jocks to hippies before finally finding their groove), share their top tips for maximizing taste and goodness in food, and explain how they've succeeded in building a food business based on flavour, health and community. 'The poster boys for a healthy way of life' Sunday Times 'Proper good food ... hearty, decent and delicious' Russell Brand 'I love The Happy Pear ... genuinely good food that brings healthy eating in from the cold' Irish Times 'My favourite [vegetarian cookbook] ... packed with recipes, health advice and inspirational stories.' Huffington Post 'A beautifully presented book with mouthwatering photography' Woman's Way 'A healthy eating phenomenon' Mail on Sunday 'These Irish twins are on a roll' Time Out '[They] couldn't look healthier or happier ... the poster boys for vegetarianism in Ireland' The Times

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

Just Schools examines the challenges and possibilities for building more equitable forms of collaboration among non-dominant families, communities, and schools. The text explores how equitable collaboration entails ongoing processes that begin with families and communities, transform power, build reciprocity and agency, and foster collective capacity through collective inquiry. These processes offer promising possibilities for improving student learning, transforming educational systems, and developing robust partnerships that build on the resources, expertise, and cultural practices of non-dominant families. Based on empirical research and inquiry-driven practice, this book describes core concepts and provides multiple examples of effective practices. "This is the most compelling work to date on school and community engagement. It will be required reading for all my future classes." —Muhammad Khalifa, University of Minnesota "Full of practical steps that educators and administrators can and must take to build strong collaborations with families." —Mark R. Warren, University of Massachusetts Boston "This important publication provides a way forward for educators, families, students and community members to co-create "Just Schools" by honoring, validating, and celebrating each other's knowledge, skills, power and resources." —Karen Mapp, Harvard Graduate School of Education

NEW YORK TIMES BESTSELLER • "A meditation on sense-making when there's no sense to be made, on letting go when we can't hold on, and on being unafraid even when we're terrified."—Lucy Kalanithi "Belongs on the shelf alongside other terrific books about this difficult subject, like Paul Kalanithi's *When Breath Becomes Air* and Atul Gawande's *Being Mortal*."—Bill Gates NAMED ONE OF THE BEST BOOKS OF THE YEAR BY REAL SIMPLE Kate Bowler is a professor at Duke Divinity School with a modest Christian upbringing, but she specializes in the study of the prosperity gospel, a creed that sees fortune as a blessing from God and misfortune as a mark of God's disapproval. At thirty-five, everything in her life seems to point toward "blessing." She is thriving in her job, married to her high school sweetheart, and loves life with her newborn son. Then she is diagnosed with stage IV colon cancer. The prospect of her own mortality forces Kate to realize that she has been tacitly subscribing to the prosperity gospel, living with the conviction that she can control the shape of her life with "a surge of determination." Even as this type of Christianity celebrates the American can-do spirit, it implies that if you "can't do" and succumb to illness or misfortune, you are a failure. Kate is very sick, and no amount of positive thinking will shrink her tumors. What does it mean to die, she wonders, in a society that insists everything happens for a reason? Kate is stripped of this certainty only to discover that without it, life is hard but beautiful in a way it never has been before. Frank and funny, dark and wise, Kate Bowler pulls the reader deeply into her life in an account she populates affectionately with a colorful, often hilarious retinue of friends, mega-church preachers, relatives, and doctors. *Everything Happens for a Reason* tells her story, offering up her irreverent, hard-won observations on dying and the ways it has taught her to live. Praise for *Everything Happens for a Reason* "I fell hard and fast for Kate Bowler. Her writing is naked, elegant, and gripping—she's like a Christian Joan Didion. I left Kate's story feeling more present, more grateful, and a hell of a lot less alone. And what else is art for?"—Glennon Doyle, #1 New York Times bestselling author of *Love Warrior* and president of Together Rising

This workbook will help female physicians with burnout.

Why is it easier to ruminate over hurt feelings than it is to bask in the warmth of being appreciated? Because your brain evolved to learn quickly from bad experiences but slowly from the good

ones. You can change this. Hardwiring Happiness lays out a simple method that uses the hidden power of everyday experiences to build new neural structures full of happiness, love, confidence, and peace. Dr. Hanson's four steps build strengths into your brain—balancing its ancient negativity bias—making contentment and a powerful sense of resilience the new normal. In mere minutes each day, we can transform our brains into refuges and power centers of calm and happiness.

The first inside story of one of TV's most popular and beloved dramas, Grey's Anatomy. More than fifteen years after its premiere, Grey's Anatomy remains one of the most beloved dramas on television and ABC's most important property. It typically wins its time slot and has ranked in the Top 20 most-watched shows in primetime for most of its seventeen-season run. It currently averages more than eight million viewers each week. Beyond that, it's been a cultural touchstone. It introduced the unique voice and vision of Shonda Rhimes; it made Ellen Pompeo, Sandra Oh and T.R. Knight household names; and injected words and phrases into the cultural lexicon, such as "McDreamy," "seriously," and "you're my person." And the behind-the-scenes drama has always been just as juicy as what was happening in front of the camera, from the controversial departure of Isaiah Washington to Katherine Heigl's fall from grace and Patrick Dempsey's shocking death episode. The show continued to hemorrhage key players, but the beloved hospital series never skipped a beat. Lynette Rice's How to Save A Life takes a totally unauthorized deep dive into the show's humble start, while offering exclusive intel on the behind-the-scenes culture, the most heartbreaking departures and the more polarizing plotlines. This exhaustively enthusiastic book is one that no Grey's Anatomy fan should be without.

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

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

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**THE NO.1 BESTSELLING BOOK - PACKED WITH QUICK AND EASY MEAT-FREE VERSIONS OF OLD FAVOURITES AND INSPIRING ADVICE ON HOW TO BE HEALTHIER!** 'These lovely boys always create incredibly tasty food' Jamie Oliver David and Stephen Flynn, the twins behind the Happy Pear cafés and food business, know it can be challenging to juggle everything and still feel inspired! And being busy dads themselves they also know the pressure of getting delicious healthy meals on the table every day. So Recipes for Happiness is very close to their hearts. And it does what it says on the cover: it is crammed with recipes to make you happier, including: · **ECONOMICAL EASY DINNERS** - Thai golden curry, chickpea tikka masala and one-pot creamy mushroom pasta · **GORGEOUS HEARTY DISHES** - Greek summer stew, goulash and an ingenious hob lasagne · **PLANT-BASED ALTERNATIVES TO FAMILY FAVOURITES** - Burgers, hotdogs, nuggets and even kebabs · **IRRESISTIBLE TREATS** - Summer fruit bakewell tart, double choc brownie cake For nearly 15 years David and Stephen's mantra has been Eat More Veg! They have seen fads come and go and they know that what works - for themselves, their families and the thousands of people who eat the Happy Pear way. Cook from Recipes for Happiness and you too will definitely be well on the way to making your life healthier and happier! \_\_\_\_\_ 'The poster boys for a healthy way of life!' Sunday Times 'Healthy, vegan and all ready in under 30 minutes!' Veggie 'Proper good food . . . hearty, decent and delicious' Russell Brand 'Two of the most positive people I have ever had the pleasure of spending time with . . . their story is one of inspiration' Dr Rangan Chatterjee 'A healthy eating phenomenon' Mail on Sunday 'These twins are on a roll' Time Out '[They] couldn't look healthier or happier . . . poster boys for vegetarianism' The Times 'Crammed with great recipes to make you healthier and happier' Take a Break 'The boys are helping to make the world a healthier, happier place . . . what's not to love?' Vegan Food and Living 'Enjoy these indulgent-but-healthy dishes indoors or out - you won't even notice it's raining' Vegan Living 'Substantial . . . just right for someone interested in exploring the world of "plant-power"' The Vegetarian



Covering the theory of computation, information and communications, the physical aspects of computation, and the physical limits of computers, this text is based on the notes taken by one of its editors, Tony Hey, on a lecture course on computation given by

A collection of groundbreaking research by a leading figure in neuroscience.

In this must-have for anyone who wants to better understand their love life, a mathematician pulls back the curtain and reveals the hidden patterns—from dating sites to divorce, sex to marriage—behind the rituals of love. The roller coaster of romance is hard to quantify; defining how lovers might feel from a set of simple equations is impossible. But that doesn't mean that mathematics isn't a crucial tool for understanding love. Love, like most things in life, is full of patterns. And mathematics is ultimately the study of patterns—from predicting the weather to the fluctuations of the stock market, the movement of planets or the growth of cities. These patterns twist and turn and warp and evolve just as the rituals of love do. In *The Mathematics of Love*, Dr. Hannah Fry takes the reader on a fascinating journey through the patterns that define our love lives, applying mathematical formulas to the most common yet complex questions pertaining to love: What's the chance of finding love? What's the probability that it will last? How do online dating algorithms work, exactly? Can game theory help us decide who to approach in a bar? At what point in your dating life should you settle down? From evaluating the best strategies for online dating to defining the nebulous concept of beauty, Dr. Fry proves—with great insight, wit, and fun—that math is a surprisingly useful tool to negotiate the complicated, often baffling, sometimes infuriating, always interesting, mysteries of love.

Do you overspend? Undersave? Keep secrets about money from a spouse or family member? Are you anxious about dealing with your finances? If so, you are not alone. Let's face it—just about all of us have complicated, if not downright dysfunctional, relationships with money. As Drs. Brad and Ted Klontz, a father and son team of pioneers in the emerging field of financial psychology explain, our disordered relationships with money aren't our fault. They don't stem from a lack of knowledge or a failure of will. Instead, they are a product of subconscious beliefs and thought patterns, rooted in our childhoods, that are so deeply ingrained in us, they shape the way we deal with money our entire adult lives. But we are not powerless. By looking deep into ourselves and our pasts, we can learn to recognize these negative and self-defeating patterns of thinking, and replace them with better, healthier ones. Drawing on their decades of experience helping patients resolve their troubling issues with money, the Klontzes describe the twelve most common “money disorders” - like financial infidelity, money avoidance, compulsive shopping, financial enabling, and more — and explain how we can learn to identify them, understand their root causes, and ultimately overcome them. So whether you want to learn how to make better financial decisions, have more open communication with your spouse or kids about the family finances, or simply be better equipped to deal with the challenges of these tough economic times, this book will help you repair your dysfunctional relationship with money and live a healthier financial life.

The mental well-being of children and adults is shockingly poor. Marc Brackett, author of *Permission to Feel*, knows why. And he knows what we can do. “We have a crisis on our hands, and its victims are our children.” Marc Brackett is a professor in Yale University's Child Study Center and founding director of the Yale Center for Emotional Intelligence. In his 25 years as an emotion scientist, he has developed a remarkably effective plan to improve the lives of children and adults – a blueprint for understanding our emotions and using them wisely so that they help, rather than hinder, our success and well-being. The core of his approach is a legacy from his childhood, from an astute uncle who gave him permission to feel. He was the first adult who managed to see Marc, listen to him, and recognize the suffering, bullying, and abuse he'd endured. And that was the beginning of Marc's awareness that what he was going through was temporary. He wasn't alone, he wasn't stuck on a timeline, and he wasn't “wrong” to feel scared, isolated, and angry. Now, best of all, he could do something about it. In the decades since, Marc has led large research teams and raised tens of millions of dollars to investigate the roots of emotional well-being. His prescription for healthy children (and their parents, teachers, and schools) is a system called RULER, a high-impact and fast-effect approach to understanding and mastering emotions that has already transformed the thousands of schools that have adopted it. RULER has been proven to reduce stress and burnout, improve school climate, and enhance academic achievement. This book is the culmination of Marc's development of RULER and his way to share the strategies and skills with readers around the world. It is tested, and it works. This book combines rigor, science, passion and inspiration in equal parts. Too many children and adults are suffering; they are ashamed of their feelings and emotionally unskilled, but they don't have to be. Marc Brackett's life mission is to reverse this course, and this book can show you how.

Nothing gets our attention like an unmade decision: Should I accept the new position? Which schooling choice is best for my kids? How can I support my aging parents? When we have a decision to make and the answer isn't clear, what we want more than anything is peace, clarity, and a nudge in the right direction. If you have trouble making decisions, because of either chronic hesitation you've always lived with or a more recent onset of decision fatigue, Emily P. Freeman offers a fresh way of practicing familiar but often forgotten advice: simply do the next right thing. With this simple, soulful practice, it is possible to clear the decision-making chaos, quiet the fear of choosing wrong, and find the courage to finally decide without regret or second-guessing. Whether you're in the midst of a major life transition or are weary of the low-grade anxiety that daily life can bring, Emily helps create space for your soul to breathe so you can live life with God at a gentle pace and discern your next right thing in love.

An expert on traumatic stress outlines an approach to healing, explaining how traumatic stress affects brain processes and how to use innovative treatments to reactivate the mind's abilities to trust, engage others, and experience pleasure--

*What to Say to Kids When Nothing Seems to Work* offers parents an effective, step-by-step guide to some of the most common struggles for kids aged 5–12. Written by mental

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

To be human is to be in relationships. We can't survive without them but it's in relationships that we can so easily get unravelled. Some relationships just seem to do us in. Either we feel like we lose ourselves or feel burnt out from futile efforts to make things right for another. In our relationships we can experience the very best of ourselves and the very worst. The message of *Growing Yourself Up* is that you can't separate understanding the individual from understanding relationships. All of life's relationships are integral to increasing self-awareness and maturity. And it's not necessarily the comfortable relationships that promote personal growth. In this 2nd edition of the bestselling book, Jenny examines how to help others without fostering dependency, and how to determine what kind of help you or others want from therapists. This is in response to the many lay and professional people who have found this book valuable personally and want to know how to help others grow. Drawing from Bowen family systems theory, the book takes you on a journey through each stage of life to see predictable patterns of relationships and to show how to use this knowledge to make purposeful adjustments in yourself; as well as lending a mature helping hand to others. The result is a sturdier self, sturdier relationships and a refreshing new way to view life's challenges and opportunities.

*Textbook of Anaesthesia* has become the book of choice for trainee anaesthetists beginning their career in the specialty. It is highly suitable for part 1 of the Fellowship of the Royal College of Anaesthetists and similar examinations. It is also a practical guide for all anaesthetists and other health care professionals involved in the perioperative period. The hidden brain is the voice in our ear when we make the most important decisions in our lives—but we're never aware of it. The hidden brain decides whom we fall in love with and whom we hate. It tells us to vote for the white candidate and convict the dark-skinned defendant, to hire the thin woman but pay her less than the man doing the same job. It can direct us to safety when disaster strikes and move us to extraordinary acts of altruism. But it can also be manipulated to turn an ordinary person into a suicide terrorist or a group of bystanders into a mob. In a series of compulsively readable narratives, Shankar Vedantam journeys through the latest discoveries in neuroscience, psychology, and behavioral science to uncover the darkest corner of our minds and its decisive impact on the choices we make as individuals and as a society. Filled with fascinating characters, dramatic storytelling, and cutting-edge science, this is an engrossing exploration of the secrets our brains keep from us—and how they are revealed.

Dr. Seuss creates another timeless picture-book classic with *The Sneetches and Other Stories*. Are you a Star-Belly Sneetch or a Plain-Belly Sneetch? This delightful book contains four tales with deliciously subtle takes on how silly it is to be, well, silly. "The Sneetches," "The Zax," "Too Many Daves," and "What Was I Scared Of?" make this energetic compilation a must-have for every library. Full of Dr. Seuss's signature rhymes and unmistakable characters, it's perfect for new and lifelong Seuss fans. This Read & Listen edition contains audio narration.

Emmy-award winning gadfly Rowe presents a ridiculously entertaining, seriously fascinating collection of his favorite episodes from America's #1 short-form podcast, *The Way I Heard It*, along with a host of memories, ruminations, illustrations, and insights.

*Steal the Stars*, a debut novel by Nat Cassidy, is based on the science fiction podcast from Tor Labs, written by Mac Rogers. Dakota "Dak" Prentiss guards the biggest secret in the world. They call it "Moss." It's your standard grey alien from innumerable abduction stories. It still sits at the controls of the spaceship it crash-landed eleven years ago. A secret military base was built around the crash site to study both Moss and the dangerous technology it brought to Earth. The day Matt Salem joins her security team, Dak's whole world changes. It's love at first sight—which is a problem, since they both signed ironclad contracts vowing not to fraternize with other military personnel. If they run, they'll be hunted for what they know. Dak and Matt have only way to be together: do the impossible. Steal Moss and sell the secret of its existence. And they can't afford a single mistake.

**#1 NEW YORK TIMES BESTSELLER** • Brené Brown has taught us what it means to dare greatly, rise strong, and brave the wilderness. Now, based on new research conducted with leaders, change makers, and culture shifters, she's showing us how to put those ideas into practice so we can step up and lead. Look for Brené Brown's new podcast, *Dare to Lead*, as well as her ongoing podcast *Unlocking Us!* **NAMED ONE OF THE BEST BOOKS OF THE YEAR BY BLOOMBERG** Leadership is not about titles, status, and wielding power. A leader is anyone who takes responsibility for recognizing the potential in people and ideas, and has the courage to develop that potential. When we dare to lead, we don't pretend to have the right answers; we stay curious and ask the right questions. We don't see power as finite and hoard it; we know that power becomes infinite when we share it with others. We don't avoid difficult conversations and situations; we lean into vulnerability when it's necessary to do good work. But daring leadership in a culture defined by scarcity, fear, and uncertainty requires skill-building around traits that are deeply and uniquely human. The irony is that we're choosing not to invest in developing the hearts and minds of leaders at the exact same time as we're scrambling to figure out what we have to offer that machines and AI can't do better and faster. What



can we do better? Empathy, connection, and courage, to start. Four-time #1 New York Times bestselling author Brené Brown has spent the past two decades studying the emotions and experiences that give meaning to our lives, and the past seven years working with transformative leaders and teams spanning the globe. She found that leaders in organizations ranging from small entrepreneurial startups and family-owned businesses to nonprofits, civic organizations, and Fortune 50 companies all ask the same question: How do you cultivate braver, more daring leaders, and how do you embed the value of courage in your culture? In this new book, Brown uses research, stories, and examples to answer these questions in the no-BS style that millions of readers have come to expect and love. Brown writes, “One of the most important findings of my career is that daring leadership is a collection of four skill sets that are 100 percent teachable, observable, and measurable. It’s learning and unlearning that requires brave work, tough conversations, and showing up with your whole heart. Easy? No. Because choosing courage over comfort is not always our default. Worth it? Always. We want to be brave with our lives and our work. It’s why we’re here.” Whether you’ve read *Daring Greatly* and *Rising Strong* or you’re new to Brené Brown’s work, this book is for anyone who wants to step up and into brave leadership.

Kristin Neff, Ph.D., says that it’s time to “stop beating yourself up and leave insecurity behind.” *Self-Compassion: Stop Beating Yourself Up and Leave Insecurity Behind* offers expert advice on how to limit self-criticism and offset its negative effects, enabling you to achieve your highest potential and a more contented, fulfilled life. More and more, psychologists are turning away from an emphasis on self-esteem and moving toward self-compassion in the treatment of their patients—and Dr. Neff’s extraordinary book offers exercises and action plans for dealing with every emotionally debilitating struggle, be it parenting, weight loss, or any of the numerous trials of everyday living.

*A Groundbreaking Four-Step Solution to Stress and Overwhelm—Tailored to Your Life* Do more. Be more. Try harder. It’s the battle cry of our culture, and it’s making millions of us sick, tired, and frustrated. Why? Because we simply can’t solve stress and overwhelm by doing more and more of what we’ve been doing. With *Overcoming Overwhelm*, Dr. Samantha Brody offers an alternative. “You don’t need new ways to manage your stress,” teaches Dr. Samantha, “you need to prevent it from overwhelming you in the first place.” Using her proven and practical techniques that have already helped thousands, this pioneering naturopathic physician teaches you how to systematically undo overwhelm, with four simple steps: Step 1) Find Your True North. Clarify what is truly important to you. Who do you want to be, how do you want to feel, and what do you want your day-to-day life to look like? Step 2) Establish Your Foundation. Identify what roadblocks may get in your way of making the changes that will help you live the life of ease you crave. You’ll make a plan for assembling a team that can help you reach your goals, and you’ll fortify your mindset to prepare for success. Step 3) Take Your Overwhelm Inventory. Determine your unique causes of stress (some obvious, and many that will surprise you) in your physical surroundings, health, habits, relationships, thinking patterns, and more. Step 4) Create and Launch Your Personal Plan. Start making the targeted changes that will help you rid your life of overwhelm and radically improve your well-being on all levels—body, mind, and spirit. For decades, Dr. Samantha has helped people to transform their lives with her innovative approach. Now you can use the same tested tools and guidance to experience the freedom of better health, greater resilience, and peace of mind.

From the creator of the popular website *Ask a Manager* and New York’s work-advice columnist comes a witty, practical guide to 200 difficult professional conversations—featuring all-new advice! There’s a reason Alison Green has been called “the Dear Abby of the work world.” Ten years as a workplace-advice columnist have taught her that people avoid awkward conversations in the office because they simply don’t know what to say. Thankfully, Green does—and in this incredibly helpful book, she tackles the tough discussions you may need to have during your career. You’ll learn what to say when • coworkers push their work on you—then take credit for it • you accidentally trash-talk someone in an email then hit “reply all” • you’re being micromanaged—or not being managed at all • you catch a colleague in a lie • your boss seems unhappy with your work • your cubemate’s loud speakerphone is making you homicidal • you got drunk at the holiday party Praise for *Ask a Manager* “A must-read for anyone who works . . . [Alison Green’s] advice boils down to the idea that you should be professional (even when others are not) and that communicating in a straightforward manner with candor and kindness will get you far, no matter where you work.”—Booklist (starred review) “The author’s friendly, warm, no-nonsense writing is a pleasure to read, and her advice can be widely applied to relationships in all areas of readers’ lives. Ideal for anyone new to the job market or new to management, or anyone hoping to improve their work experience.”—Library Journal (starred review) “I am a huge fan of Alison Green’s *Ask a Manager* column. This book is even better. It teaches us how to deal with many of the most vexing big and little problems in our workplaces—and to do so with grace, confidence, and a sense of humor.”—Robert Sutton, Stanford professor and author of *The No Asshole Rule* and *The Asshole Survival Guide* “*Ask a Manager* is the ultimate playbook for navigating the traditional workforce in a diplomatic but firm way.”—Erin Lowry, author of *Broke Millennial: Stop Scraping By and Get Your Financial Life Together*

Instant #1 bestseller! A deeply moving collection of personal essays from John Green, the author of *The Fault in Our Stars* and *Turtles All the Way Down*. “The perfect book for right now.”—People “*The Anthropocene* Reviewed is essential to the human conversation.”—Library Journal (starred review) *The Anthropocene* is the current geologic age, in which humans have profoundly reshaped the planet and its biodiversity. In this remarkable symphony of essays adapted and expanded from his groundbreaking podcast, bestselling author John Green reviews different facets of the human-centered planet on a five-star scale—from the QWERTY keyboard and sunsets to Canada geese and Penguins of Madagascar. Funny, complex, and rich with detail, the reviews chart the contradictions of contemporary humanity. As a species, we are both far too powerful and not nearly powerful enough, a paradox that came into sharp focus as we faced a global pandemic that both separated us and bound us together. John Green’s gift for storytelling

shines throughout this masterful collection. *The Anthropocene Reviewed* is an open-hearted exploration of the paths we forge and an unironic celebration of falling in love with the world.

High school and the difficult terrain of sexuality and gender identity are brilliantly explored in this smart, incisive ethnography. Based on eighteen months of fieldwork in a racially diverse working-class high school, *Dude, You're a Fag* sheds new light on masculinity both as a field of meaning and as a set of social practices. C. J. Pascoe's unorthodox approach analyzes masculinity as not only a gendered process but also a sexual one. She demonstrates how the "specter of the fag" becomes a disciplinary mechanism for regulating heterosexual as well as homosexual boys and how the "fag discourse" is as much tied to gender as it is to sexuality.

*Indispensable* is your guide to creating confidence in a career path full of exciting opportunities. One with less anxiety, stress, and burnout from your work. It is the secret to a fulfilling and *Indispensable* career where you don't need to work so hard to find your next job.

**#1 NEW YORK TIMES BESTSELLER •** From the National Book Award–winning author of *Stamped from the Beginning* comes a “groundbreaking” (Time) approach to understanding and uprooting racism and inequality in our society—and in ourselves. “The most courageous book to date on the problem of race in the Western mind.”—The New York Times **NAMED ONE OF THE BEST BOOKS OF THE YEAR BY** The New York Times Book Review • Time • NPR • The Washington Post • Shelf Awareness • Library Journal • Publishers Weekly • Kirkus Reviews *Antiracism* is a transformative concept that reorients and reenergizes the conversation about racism—and, even more fundamentally, points us toward liberating new ways of thinking about ourselves and each other. At its core, racism is a powerful system that creates false hierarchies of human value; its warped logic extends beyond race, from the way we regard people of different ethnicities or skin colors to the way we treat people of different sexes, gender identities, and body types. Racism intersects with class and culture and geography and even changes the way we see and value ourselves. In *How to Be an Antiracist*, Kendi takes readers through a widening circle of antiracist ideas—from the most basic concepts to visionary possibilities—that will help readers see all forms of racism clearly, understand their poisonous consequences, and work to oppose them in our systems and in ourselves. Kendi weaves an electrifying combination of ethics, history, law, and science with his own personal story of awakening to antiracism. This is an essential work for anyone who wants to go beyond the awareness of racism to the next step: contributing to the formation of a just and equitable society. Praise for *How to Be an Antiracist* “Ibram X. Kendi’s new book, *How to Be an Antiracist*, couldn’t come at a better time. . . . Kendi has gifted us with a book that is not only an essential instruction manual but also a memoir of the author’s own path from anti-black racism to anti-white racism and, finally, to antiracism. . . . *How to Be an Antiracist* gives us a clear and compelling way to approach, as Kendi puts it in his introduction, ‘the basic struggle we’re all in, the struggle to be fully human and to see that others are fully human.’ ”—NPR “Kendi dissects why in a society where so few people consider themselves to be racist the divisions and inequalities of racism remain so prevalent. *How to Be an Antiracist* punctures the myths of a post-racial America, examining what racism really is—and what we should do about it.”—Time

The second edition of *Fundamentals of Anaesthesia* builds upon the success of the first edition, and encapsulates the modern practice of anaesthesia in a single volume. Written and edited by a team of expert contributors, it provides a comprehensive but easily readable account of all of the information required by the FRCA Primary examination candidate and has been expanded to include more detail on all topics and to include new topics now covered in the examination. As with the previous edition, presentation of information is clear and concise, with the use of lists, tables, summary boxes and line illustrations where necessary to highlight important information and aid the understanding of complex topics. Great care has been taken to ensure an unrivalled consistency of style and presentation throughout.

The Final FRCA Structured Oral Examination is the last step before earning the initials FRCA and becoming a Fellow of the Royal College of Anaesthetists. This comprehensive revision aid has been compiled by two talented authors who have been running a course on this subject for three years. Motivated to make the cases as close as possible to the exam, they have collected a vast database of questions from their trainees and the book reflects a variety of commonly asked themes. In addition, there are contributions from 11 consultants and registrars, who are all experts in their fields. The clear layout and easy to read style prepares students for the examination environment and focuses on the specific areas and responses examiners look for. The style of questions mimics the exam and there are added tutorials for ECG interpretation and radiology which will benefit trainees immensely in their preparation.

Dr Podcast Scripts for the Primary FRCACambridge University Press

A USA Today and Wall Street Journal bestseller! Learn how to fight better and end your arguments with your partner feeling closer, more loved, and better understood. We take our cars in for oil changes. We mow our lawns and pull weeds. Why don't we do maintenance on our marriages? This relationship is the most important one we will ever have, so why not get better at it? For the last several years, Penn and Kim Holderness of The Holderness Family have done the hard maintenance and the research to learn how to fight better. With the help of their marriage coach Dr. Christopher Edmonston, they break down their biggest (and in some cases, funniest) fights. How did a question about chicken wings turn into a bra fight (no, not a?bar?fight; a?bra?fight)? How did a roll of toilet paper lead to tears, resentment, and a stint in the guest bedroom? With their trademark sense of humor and complete vulnerability, Penn and Kim share their 10 most common Fight Fails and how to combat them. Throughout the book, they offer scripts for how to start, continue, and successfully close hard conversations. Couples will emerge equipped to engage and understand, not do battle—and maybe laugh a little more along the way. In?Everybody Fights, couples will learn how to: Use “magic words” for healthy conflict resolution Address unspoken and unrealistic expectations Banish the three Ds of unhealthy communication—distraction, denial, and delay Carry individual baggage while helping your partner deal with theirs Penn and Kim want you to know you’re not alone. Everybody fights.?Marriage is messy. Marriage is work. But marriage is worth it. Fight for it!

The Primary FRCA Structured Oral Examination Study Guide 1 is the definitive revision aid to the Primary FRCA structured oral examination. This second edition is revised and updated in line with the new Royal College of Anaesthetists ‘Guide to the Primary FRCA’, with over 20 new topics to reflect changes to the RCoA’s model questions and major revisions to graphs, diagrams and many of the pre-existing sections. Packed with new guidelines and current hot topics, this first volume covers physiology and physics. The nearly 50 physiology topics covered include lung function, hypoxia, acid–base balance, pain pathways, oxygen transport, cerebral blood flow and more. Nearly 30 physics topics are covered including gas laws, oxygen measurement, cardiac

output monitoring, safety features of the anaesthetic machine, resuscitation bags and valves, depth of anaesthesia monitoring and more. The second edition of this hugely popular book is improved in clarity and content but stays true to the pragmatic approach adopted by the authors in the first edition.

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