

La Sobriet Felice

Despite the stereotype of older adults primarily abusing alcohol, clinical practice insights indicate that the baby-boom generation frequently abuses the same substances as younger adults-including alcohol, benzodiazepines/z-drugs, cannabis, opioids, tobacco (nicotine), and neurostimulants. Old and High exposes this hidden epidemic and emphasizes the importance of understanding psychotropic substance abuse as a community health problem. Further, the book identifies the unique cultural values, social values, and risks that baby-boom adults have with respect to substance abuse and misuse to give students and clinical professionals in psychology, social work, gerontology, nursing, and medicine a foundation for working with this population. Readers will learn how to integrate current neuroscience findings with contemporary psychotherapy techniques and harm-reduction interventions to help older adults achieve successful recovery from substance abuse problems. Considering that we will likely observe an increase in rates of substance abuse as the baby-boom generation continues to age-and live longer than previous groups-there will be a major need to better understand the unique risk factors and treatment approaches for working with older adults.

Would life be better without alcohol? It's the nagging question more and more of us are finding harder to ignore, whether we have a "problem" with alcohol or not. After all, we yoga. We green juice. We meditate. We self-care. And yet, come the end of a long work day, the start of a weekend, an awkward social situation, we drink. One glass of wine turns into two turns into a bottle. In the face of how we care for ourselves otherwise, it's hard to avoid how alcohol really makes us feel... terrible. How different would our lives be if we

stopped drinking on autopilot? If we stopped drinking altogether? Really different, it turns out. Really better. Frank, funny, and always judgment free, *Sober Curious* is a bold guide to choosing to live hangover-free, from Ruby Warrington, one of the leading voices of the new sobriety movement. Drawing on research, expert interviews, and personal narrative, *Sober Curious* is a radical take down of the myths that keep so many of us drinking. Inspiring, timely, and blame free, *Sober Curious* is both conversation starter and handbook—essential reading that empowers readers to transform their relationship with alcohol, so we can lead our most fulfilling lives.

This book contains the diaries of the well-known Franz Kafka during the period 1910-1913, and would make a valuable addition to the bookshelf of anyone who is a fan of his works.

NEW YORK TIMES BESTSELLER • This instant classic explores how we can change our lives by changing our habits. NAMED ONE OF THE BEST BOOKS OF THE YEAR BY The Wall Street Journal

• **Financial Times** In *The Power of Habit*, award-winning business reporter Charles Duhigg takes us to the thrilling edge of scientific discoveries that explain why habits exist and how they can be changed. Distilling vast amounts of information into engrossing narratives that take us from the boardrooms of Procter & Gamble to the sidelines of the NFL to the front lines of the civil rights movement, Duhigg presents a whole new understanding of human nature and its potential. At its core, *The Power of Habit* contains an exhilarating argument: The key to exercising regularly, losing

weight, being more productive, and achieving success is understanding how habits work. As Duhigg shows, by harnessing this new science, we can transform our businesses, our communities, and our lives. With a new Afterword by the author

“Sharp, provocative, and useful.”—Jim Collins “Few [books] become essential manuals for business and living. The Power of Habit is an exception. Charles Duhigg not only explains how habits are formed but how to kick bad ones and hang on to the good.”—Financial Times “A flat-out great read.”—David Allen, bestselling author of Getting Things Done: The Art of Stress-Free Productivity “You’ll never look at yourself, your organization, or your world quite the same way.”—Daniel H. Pink, bestselling author of Drive and A Whole New Mind “Entertaining . . . enjoyable . . . fascinating . . . a serious look at the science of habit formation and change.”—The New York Times Book Review

Old and High A Guide to Understanding the Neuroscience and Psychotherapeutic Treatment of Baby-Boom Adults' Substance Use, Abuse, and Misuse Oxford University Press

What can Montesquieu still teach us today?

Montesquieu was the first political writer who first formulated the principles of separation of powers and the independence of justice. He was the first to scientifically study human institutions, both ancient and modern, Asiatic and European, African and

American. Again, he was the first thinker to theorize Federal Democracy, systematically tracking down the root causes of human events in its environmental, cultural, historical, and geographical aspects. Analysing several aspects of Montesquieu's philosophical and political thought, this volume highlights his stoicism, realism, anti-despotism as well as his staunch defence of human dignity. Introducing one of the sharpest thinkers of modernity, this book offers fundamental tools to understand the very ground of our contemporary times.

English translation (1561) of the 1528 text which portrays Renaissance court society in Italy

A full-length graphic tale in pictures follows the experiences of a lonely prison guard who discovers a series of numbers on a piece of paper in a recently executed prisoner's cell, a finding that changes his luck in radical ways when he pursues opportunities with possible links to the numbers.

The Tao of Sobriety shows how to apply eastern philosophy to enhance recovery from addiction to alcohol and other drugs. With a few simple mental exercises, readers can learn how to quiet "The Committee," those nasty mental voices that undermine serenity and self-esteem. With leaders of the recovery movement enthusiastically endorsing this uniquely helpful book, The Tao of Sobriety is an invaluable addition to the recovery bookshelf.

Prima di scomparire improvvisamente il 13 marzo 2018, Ivano Beggio aveva appena terminato la sua autobiografia. Aggiornata con i ricordi di piloti (come Rossi, Reggiani, Biaggi, Capirossi), tecnici (quali Dall'Igna, Witteveen, Macchi) e giornalisti che lo hanno conosciuto, illustrata da oltre 250 foto, è ora in vendita sul sito ivanobeggio.com. Nelle 248 pagine del libro la storia di una incredibile avventura imprenditoriale e di un importante periodo del motociclismo italiano, raccontate direttamente dall'ultimo grande pioniere delle due ruote.

Degli undici libri, i primi tre sono occupati dalle avventure del protagonista, il giovane Lucio (omonimo dell'autore, che forse proprio dal protagonista assunse il nome) prima e dopo il suo arrivo a Hypata in Tessaglia (tradizionalmente terra di maghi). Coinvolto già durante il viaggio nell'atmosfera carica di mistero che circonda il luogo, il giovane manifesta subito il tratto distintivo fondamentale del suo carattere, la curiosità, che lo conduce ad incappare nelle trame sempre più fitte di sortilegi che animano la vita della città. Ospite del ricco Milone e di sua moglie Pànfile, esperta di magia, riesce a conquistarsi i favori della servetta Fotide e la convince a farlo assistere di nascosto a una delle trasformazioni cui si sottopone la padrona. Alla vista di Pànfile che, grazie a un unguento, si muta in gufo, Lucio prega Fotide che lo aiuti a sperimentare su di sé tale metamorfosi. Fotide accetta, ma sbaglia unguento, e Lucio diventa asino, pur mantenendo facoltà razziocinanti umane. È questo l'episodio-chiave del romanzo, che muove il resto dell'intreccio. Lucio apprende da Fotide che, per riacquistare sembianze umane, dovrà cibarsi di rose: via di scampo che, subito cercata, è rimandata sino alla fine del romanzo da una lunga serie di peripezie che l'asino incontra.

Ricostruzione storica delle attività della Commissione del libro scolastico italiano nel periodo del ministro della Pubblica

educazione Giovanni Gentile.

L'attuale Crisi economica e la presenza di due Papi contemporanei, in un periodo coincidente con l'antica profezia Maya, sono i segnali da parte di un Manovratore onnisciente che sta preparando il suo ritorno? Se oggi gli Alieni si presentassero come i nostri Creatori cosa accadrebbe dal punto di vista religioso? L'inimmaginabile! Ma in un futuro dove regnerebbero indifferenza e razionalità? Nella spiaggia ragusana di Punta Secca, durante il Ferragosto del 2065, un evento sconvolgente impaurisce i bagnanti: Visitatori spaziali raccontano i retroscena più significativi della storia dell'uomo invitando l'uomo del futuro a riflettere sulla nostra attualità contemporanea.

A child begs her father to take her to the baseball game, where she roots for the home team and eats peanuts and Cracker Jack.

This open access book presents theoretical and practical research relating to the vast, publicly financed program for the construction of new schools and the reorganization of existing educational buildings in Italy. This transformative process aims to give old buildings a fresh identity, to ensure that facilities are compliant with the new educational and teaching models, and to improve both energy efficiency and structural safety with respect to seismic activity. The book is divided into three sections, the first of which focuses on the social role

