

Opdrachtformulier Voorlichtingsplan Maken

“Inspired and clear, *The Five Tibetans* makes a worthy contribution to body-mind wellness and longevity.” Dr. Mehmet Oz New edition of the popular yoga classic • Provides illustrated instructions for the five yogic exercises known as the Five Tibetans • Includes a new chapter on the author’s continued devotion to this daily practice, even during his extensive worldwide travels • Explains how regular practice of these postures relieves muscle tension and nervous stress, improves digestion, strengthens the cardiovascular system, tunes and energizes the chakras, and leads to deep relaxation and well-being Originating in the Himalayas, the five yogic exercises known as the Five Tibetans take only a minimum of daily time and effort but dramatically increase physical strength, energy, and suppleness as well as mental acuity. Also called the Five Rites of Rejuvenation, these exercises were brought to the West in the early 20th century by a retired British army officer who learned them in a Tibetan lamasery. Regular practice of these postures relieves muscle tension and nervous stress, improves digestion, strengthens the cardiovascular system, tunes and energizes the chakras, and leads to deep relaxation and well-being. Enhancing the innate energetic power of the body and mind, these exercises provide a vehicle for enlivening the senses and harnessing energy for the purpose of self-transformation. Since 1978, Christopher Kilham has taught these exercises to thousands of people seeking a healthier lifestyle. *The Five Tibetans* has established itself as a classic among yoga practitioners and teachers alike. In this new edition the author shares his own positive experiences from more than 30 years’ devotion to the practice, even during his extensive worldwide travels, and explores the spiritual benefits of the Five Tibetans as well as the profound impact the practice has on health, longevity, and healthy aging. Many of the most dynamic public companies, from Alibaba to Facebook to Visa, and the most valuable start-ups, such as Airbnb and Uber, are matchmakers that connect one group of customers with another group of customers. Economists call matchmakers multisided platforms because they provide physical or virtual platforms for multiple groups to get together. Dating sites connect people with potential matches, for example, and ride-sharing apps do the same for drivers and riders. Although matchmakers have been around for millennia, they’re becoming more and more popular—and profitable—due to dramatic advances in technology, and a lot of companies that have managed to crack the code of this business model have become today’s power brokers. Don’t let the flashy successes fool you, though. Starting a matchmaker is one of the toughest business challenges, and almost everyone who tries to build one, fails. In *Matchmakers*, David Evans and Richard Schmalensee, two economists who were among the first to analyze multisided platforms and discover their principles, and who’ve consulted for some of the most successful platform businesses in the world, explain how matchmakers work best in practice, why they do what they do, and how entrepreneurs can improve their chances for success. Whether you’re an entrepreneur, an investor, a consumer, or an executive, your future will involve more and more multisided platforms, and *Matchmakers*—rich with stories from platform winners and losers—is the one book you’ll need in order to navigate this appealing but confusing world.

Presenting an up-to-date discussion of the many aspects of teaching primary science,

this best-selling book contains a strong focus on constructivist learning and the role of social interaction in learning.

Tells the story of Elisabeth Samson, a free eighteenth-century black Suriname woman with millions of dollars who was determined to marry a white man in defiance of established conventions.

While living in Holland, Michael meets Judith, who is frightened, bullied, and beaten by her mother and blames herself for the abuse she is enduring.

Cognitive Ergonomics, Clinical Assessment and Computer-assisted Learning
CRC Press

Offering support to both trainee and practising teachers, the fourth edition of The Really Useful Science Book is the perfect tool for those who wish to extend their subject knowledge, enhance their teaching and create lessons which link directly to the National Curriculum. The easy-to-follow framework provides comprehensive science knowledge for Key Stages 1 and 2 and is fully updated with new material to inspire stimulating and engaging science lessons. The book is divided into three sections: Biology, Chemistry and Physics. Each section integrates key scientific ideas and facts with innovative teaching methods and activity suggestions, and user-friendly language and illustrations help to explain key scientific concepts. With links to global learning, discussion of common misconceptions, and ideas for cross-curricular opportunities, each chapter connects knowledge to practice and informs creative and inspiring teaching. The Really Useful Science Book is an invaluable reference resource for all classroom teachers who wish to develop the confidence to teach enquiry-based practical science with relevance to pupils and their global community.

This first section of this book deals with cognitive ergonomics, covering such topics as the design of graphical user interfaces and speech recognition facilities. The second part of the book is dedicated to the increasingly popular field of computer-assisted learning.

"[The] Let's Think! handbook includes contributions from a wide range of cognitive acceleration specialists, supported by case studies reflecting practice in the UK and internationally. The Let's Think! series of cognitive acceleration resources is based on an understanding of the development of a child's thinking. It helps children to make the transition to higher levels of thinking and learning, accelerating their cognitive development."--Back cover.

Het boek Voeten en Diabetes is inmiddels aan de 4e druk toe. Arts/onderzoeker Margreet van Putten heeft de tekst volledig herzien, mede naar aanleiding van het uitkomen van de Richtlijn Diabetische Voet 2017. Het boek 'De diabetische voet en de Sims classificatie' is volledig ingevoegd in deze versie van Voeten en Diabetes. Daarmee geeft dit boek een compleet overzicht over de voetproblemen van mensen met diabetes. Elke voetzorgprofessional en andere zorgprofessionals die de diabetische voet ter hand nemen zullen met veel interesse de nieuwe inhoud lezen. Naast de belangrijke oorzaken van de diabetische risicovoet, diabetische neuropathie en perifere arterieel vaatlijden,

wordt een apart hoofdstuk besteed aan de Charcot-voet. Deze complicatie van diabetische neuropathie geeft een zeer hoog risico op een wond (ulcus) en moet door iedere (voet)zorgprofessional herkend worden. Dit geldt ook voor de gevolgen van mechanische stress, druk en wrijving, en wat dit teweeg kan brengen aan schade aan voeten van mensen met diabetes. De Sims classificatie en het bepalen van het risico op een ulcus wordt eveneens uitgebreid besproken. Nieuw in dit boek is de aandacht voor de risico's van mechanische stress en wat een pre-ulcus is en het voorkomen van ulcera door de juiste preventieve maatregelen. Uitgebreid wordt ingegaan op wanneer eelt een gevaar is voor het ontstaan van een ulcus en wanneer niet en, het geven van voorlichting en educatie. Tot slot is op veler verzoek een apart hoofdstuk besteed aan ulcera en het herkennen daarvan. Het boek Voeten en Diabetes zou niet compleet zijn zonder de protocollen, het formulier om de Sims classificatie te bepalen en de vele sprekende foto's. Margreet van Putten is expert op het gebied van preventie van diabetische voetulcera en zet zich hier al jarenlang voor in. Met dit boek hoopt zij een nieuwe bijdrage te leveren aan de verdere professionalisering van de voetzorg.

Handleiding bij een cursus seksuele voorlichting voor licht verstandelijk gehandicapte volwassenen.

Clinical Drug Therapy for Canadian Practice, Second Edition provides unique coverage of nursing interventions for drug therapy, explaining the "why" behind each nursing action and emphasizing how drugs work differently in different patients. This edition incorporates a dynamic, full-color design and art program, key terms, CRNE questions, and more Canadian references and research.

Covers all the essential issues in supporting a person with a learning disability when they develop dementia.

Active Assessment for Active Science meets the needs of teachers faced with the task of assessing hands-on science.

Co-Published with the Association For Science Teacher Education. Reflecting recent policy and standards initiatives, emerging research agendas, and key innovations, this volume provides a contemporary overview of important developments and issues that have that have in recent years shaped elementary science education pre-service courses and professional development, and practices that are shaping future directions in the field. Contributors from several countries who are actively engaged in research and design in elementary science education address: *Conceptual issues which impinge on contemporary science teacher education; *Intersections of content, pedagogy, and practice; and *Professional development as a contextualized practice. Elementary Science Teacher Education: International Perspectives on Contemporary Issues and Practice offers a clear picture of the current state of the field and directions for the future--to the benefit of elementary science teacher educators, aspiring teacher educators, school policy makers, other professionals involved in science education and, ultimately, the millions of elementary school children who will gain from improved practice.

Describes assessment techniques and ways to integrate them into science lessons.

This volume considers the theme of the protection of the user in the field of Information Technology, and more specifically in relation to software licences, electronic information services and Internet access services. Litigation in IT usually stems from the users' feeling that their expectations have been frustrated at performance. When dealing with such cases, the courts seem to increasingly take the objective of user protection into account. How is this protection implemented? Is this trend generally desirable? Is this judicial protection excessive? What are the constraints met by IT providers that should be taken into account in litigation? How can the user's position be improved? User Protection in IT Contracts extensively presents the reasons why, and the ways in which national courts may decide a case in favour of the user. Many practical issues are considered in this respect. Which factors appear relevant to deal with liability claims in IT? Are exemption clauses always enforceable? What are the implications of information duties for IT providers? How can general conditions be safely incorporated to a contract? This book exhaustively reviews these and other issues in English, Dutch and French law.

A disappointment to her father since the day she was born, Marguerite resists her father's will for her to marry a man she doesn't love, as well as other forces which threaten her home, such as the plague.

Recoge: 1. Background analysis - 2. Mandate-work carried out - 3. Findings - 4. Recommendations - 5. Conclusion - 6. Appendices.

Covers all traditional and cutting-edge therapies used to manage cancer. The book addresses chemotherapy, biotherapy, molecularly targeted therapies, transplants, and therapy in the non-malignant condition. It includes a complete list of chemotherapy agents, listed alphabetically for easy reference, as well as a Standardized Nursing Care Plans section offering practical guidance on patient care planning.

This thoroughly revised and completely up-to-date new edition provides an excellent theoretical framework for teaching science that is firmly grounded in classroom practice and covers all stages of education for students aged 5 to 12. Wynne Harlen details a constructivist view of learning, which recognises that children already have ideas about the world in which they live, and gives advice on how teachers can help children to develop their understanding and change their perception to a more scientific view. A particular feature is the focus on formative assessment as a framework for discussion on how to help students develop their understanding, enquiry skills and positive attitudes to scientific investigation.

What can educators in different countries learn from each other about successful multilingual initiatives? By comparing experiences from diverse settings--France, Ireland, Luxembourg, the Netherlands, Spain, Sweden and the UK--the writers highlight ways of creating multilingual learning communities that promote language expertise, intercultural understanding and educational achievement. Multilingual Europe casts fresh light on: how children and young people can

develop their existing languages and learn new ones; how identities are constructed in multicultural contexts; how schools can link with families and communities; how educators can devise innovative pedagogies for multilingual classrooms. Collaboratively written by participants from the Multilingual Europe seminar series at Goldsmiths, University of London, the book shows how research, policy and practice can work together for success. This collection of international case studies will stimulate reflection for undergraduate and postgraduate students on education-related courses, students of language learning and teaching, teacher educators, researchers and policy-makers. The insights provided will interest language communities worldwide. Contributors include Jean Conteh, Christine Helot, Aura Mor-Sommerfeld and Dominique Portante.

This book contains step-by-step strategies to help you develop both the confidence and skills necessary to become a good speaker, and features a handy "checklist" at the end of each chapter. From the Paperback edition.

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