

Acces PDF Saving Social Care How To Find More Of The Best Frontline Care Employees And Keep The Ones You Have

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Social Welfare Alive! provides comprehensive coverage of social policy and social welfare issues which feature increasingly in A-level and Advanced GNVQ Health and Social Care syllabuses.

Self-care is a necessary ingredient for a life fully-lived, yet for most of us it's something we resort to only when we're at our most burned out, vulnerable and desperate. In *From Coping to Thriving: How to Turn Self-Care Into a Way of Life* you'll discover why self-care is about much more than the usual advice to take a bubble bath. This comprehensive guide will show you how to create a self-care practice that truly meets your needs and leaves you feeling like the best version of yourself. With a balance between practical suggestions, coaching-style questions and psychological groundwork, this book is designed to give you the self-knowledge and awareness you need to start making self-care an integral part of your life. As well as suggesting hundreds of useful self-care tips and ideas, *From Coping to Thriving* will also take you deeper into must-know topics like habit-formation, coping strategies, dealing with resistance to self-care and more. The October 2010 Spending Review has imposed tough settlements on both health and social care, and sets a highly challenging context for the delivery their services over the next four years. In both cases efficiency gains will need to be made on an unprecedented scale if care levels are to be maintained and the quality of services improved. The Committee does not agree with the Government's premise

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that the Spending Review settlement and the two year pay freeze will provide councils with the necessary resources to sustain current eligibility levels for social care. Councils will need to sustain further efficiency savings of up to 3.5% per annum to avoid reducing their levels of care. In this context, the Government is placing understandable emphasis on the 'extra' funding for social care, through the Personal Social Services grant and the £1bn through the NHS. However there is concern that the increases in the PSS grant will not be reflected in changes in actual spending on social care. It is also vital that the savings required by the health settlement are made by efficiency gains rather than making cuts, particularly considering the uncertain landscape of the NHS reorganisation following the White paper. Improving the interaction between health and social care will be critical if the necessary cost savings on both sides are to be realised. It is not enough for the government to exhort change in this area: there must be a formal policy infrastructure that recognises the importance of achieving a better overall interface between the two sectors

We hear about inadequate mental health care. We ask questions regarding a link between mental illness and violence. We do NOT hear as much about the stigma of mental illness that complicates one's ability to cope with a diagnosis that becomes a label, resulting in "self-stigma," discouraging individuals from seeking and/or complying with treatment. Too often community members only "experience" mental illness through dramatic or dire media stories that fail to inform us about the real world of mental illness. Thus, stigma feeds, and is fed by, myths and misunderstandings leading to a community sense of hopelessness and fear of mental illness. In contrast, Geel, a stigma-free community in Belgium, has a centuries' old history of accepting those with mental illness - even as

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boarders in their own homes. Geel acknowledges the human needs of those with mental illness and responds to those needs by providing social opportunities and meaningful work, within the community While the U.S. does not have the same history as Geel, we do have programs that offer a fostering environment, offering hope for those with a diagnosis of mental illness as well as for the communities in which they live. In a language and style that can be understood by anyone and everyone, the author shares what she's learned and experienced regarding tolerance and inclusion - in Geel and in our own country - offering individuals and communities an opportunity to hear the encouraging "voices of hope for mental illness." When the general population is freed of myths and misunderstandings regarding mental illness, we can focus on mental health fostered by community care that thrives in "caring communities."

Social change in the twenty-first century is shaped by both demographic changes associated with ageing societies and significant technological change and development. Outlining the basic principles of a new academic field, Socio-gerontechnology, this book explores common conceptual, theoretical and methodological ideas that become visible in the critical scholarship on ageing and technology at the intersection of Age Studies and Science and Technology Studies (STS). Comprised of 15 original chapters, three commentaries and an afterword, the book explores how ageing and technology are already interconnected and constantly being intertwined in Western societies. Topics addressed cover a broad variety of socio-material domains, including care robots, the use of social media, ageing-in-place technologies, the performativity of user involvement and public consultations, dementia care and many others. Together, they provide a unique understanding of ageing and technology from a social sciences and humanities perspective

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and contribute to the development of new ontologies, methodologies and theories that might serve as both critique of and inspiration for policy and design. International in scope, including contributions from the United Kingdom, Canada, the United States, Australia, Germany, Norway, Denmark, Austria, the Netherlands, Spain and Sweden, *Socio-gerontechnology* is an agenda-setting text that will provide an introduction for students and early career researchers as well as for more established scholars who are interested in ageing and technology.

I grew up in Boston, Mass and relocated to AL in 2005. Writing is part of my life. Writing helps to ease my spirit. I am a proud mother of two. I am best known for caring for and helping children in my community. I am the founder of Helping Hands Children's Center, a non-profit organization in Birmingham, AL. This organization has allowed me to see the down side of our communities and to analyze the impact it has on families. Through this organization I am able to have a positive impact on our future generations. My Thoughts and My Views of our past and present connection to the CREATOR is a Message concerning Nation understanding Nation.

As public funding for social services has been slashed, there has arisen an unprecedented interest in the potential (and dangers) of faith-based institutions as agents of social change. This text seeks to answer pressing questions surrounding this important and controversial issue.

Our market-based, profit-driven health care system in the United States has put necessary care increasingly beyond the reach of ordinary Americans. Primary health care, the fundamental foundation of all high-performing health care systems in the world, is a critical but ignored casualty of the current system. Unfortunately, primary care is often poorly understood, even within the health professions. This book

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describes what has become a crisis in primary care, defines its central role, analyzes the reasons for its decline, and assesses its impacts on patients and families. A constructive approach is presented to rebuild and transform U.S. primary care with the urgent goal to address the nation's problems of access, cost, quality and equity of health care for all Americans.

You may remember visiting a grandparent or elder friend who lived in a nursing home memory unit. When you were a child you may recall sights, sounds, and smells that caused you to feel uneasy. Step into any one of today's 16,000 long-term care facilities across the US, and suddenly those memories reemerge. Nurse Supervisor K. Allen tells of the emotional investments found while working with seniors inside the Van Gogh, a large upscale urban assisted living complex. Located at its core is found a locked memory care unit, the Rembrandt, where he and his heroic support team struggle to comfort those suffering from Alzheimer's and other types of Dementia. Emotionally rich and deeply moving, *Remembering What I Forgot* tells of a day in the life of a memory unit nurse and the unimaginable obstacles faced by today's health care workers. A first of its kind, the story provides its reader with a rare glimpse into "life on a memory unit" including the emotional torment experienced by visitors who witness their loved one slip into ever increasing apathy and confusion. In its truest sense a love story of the need to cope and how to find hope when someone we love suddenly cannot remember well and is handed a diagnosis of Dementia. Insightful, humorous and heartfelt, *Remembering What I Forgot* conveys a message of inspiration and helps us connect with those in the final chapter of their life. Let us not forget them.

Adult social care in Britain has been at the centre of much media and public attention in recent years. Revelations of horrific abuse in learning disability settings, the collapse of

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major private care home providers, abject failures of inspection and regulation, and uncertainty over how long-term care of older people should be funded have all given rise to serious public concern. In this short form book, part of the Critical and Radical Debates in Social Work series, Iain Ferguson and Michael Lavalette give an historical overview of adult social care. The roots of the current crisis are located in the under-valuing of older people and adults with disabilities and in the marketisation of social care over the past two decades. The authors critically examine recent developments in social work with adults, including the personalisation agenda, and the prospects for adult social care and social work in a context of seemingly never-ending austerity. Each of the areas in the Whole-Place Community Budgets scheme has identified potential benefits from taking a more integrated approach to frontline services, focusing on outcomes like preventing avoidable hospital admissions or reducing reoffending. Greater Manchester, which covers ten local authorities, has estimated net savings of some £270 million over five years, while in West Cheshire savings of £56 million are estimated for the same period. In general, government has only limited information for identifying opportunities for integration or making an assessment of costs and benefits, which is needed to support the case for integration. In some instances where government has identified integration opportunities, benefits have not been achieved because of implementation difficulties. While the centre of government has recognized the importance of integration, it does not have clearly defined responsibilities to support or encourage frontline integration initiatives across government. It is early days for Whole-Place Community Budgets, central government and the four local areas have worked together effectively to assess the case for local service reforms. The true scale of potential benefits will

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become clear only if projects are implemented and evaluated robustly. Foundations have been laid but continuing collaboration - including sharing of data - between local and central government and delivery partners is essential to maximize the potential of Whole-Place Community Budgets. Accompanying this report, the NAO has released a case study looking at the four Whole-Place Community Budget areas, finding that these areas have taken a positive first step in assessing the case for integration (HC 1040, ISBN 9780102981339)

Sometime in the present, corporate tyranny reigns supreme. To stop this madness, what can one person do? What can anybody do? Impassioned environmental activist and nightclub saxophonist Michael Quinn, and his techie guru sidekick, Simon, the mischievous circus clown, believe they, and the ubiquitous Wasteful Management team, have the answer for one day... several multinational corporation chief executive officers (CEOs), infamously renowned for their egregious actions, are mysteriously disappearing across the globe. They are "removed" from society in ways that illustrate poetic justice, as exemplified by the CEO of big agribusiness Tyrannex Inc. who is trampled by a giant GMO tomato in a remote part of India. Michael and Simon realize their window of opportunity is narrow, as Harry Potter and Bilbo's nemeses pale in comparison to real life's Multinational CEO sociopaths, whom Michael and Simon must overcome to save the day and the planet! Jim Hightower says, "Wasteful Management is a refreshing combination of intrigue, humor, camp and serious politics, fusing the gravitas of a Noam Chomsky or a Bill Moyer with the edgy, stinging social commentary of a Jon Stewart or a Stephen Colbert, into a satirical mystery romp." Are you ready for the challenge? Bring your popcorn and come prepared to "boo, hiss" the villain and "cheer!" for the hero; sit back, and enjoy the ride!

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The demand for return in investment (ROI) analyses in public health is on the rise as a 'business case' needs to be presented before a public health programme can be funded. This book explains the science behind ROI analyses and shows how policy makers can learn the art of understanding and using it in the context of public health. Using examples drawn from the NICE ROI Tools, business cases for various alternative policy options around smoking cessation, improving physical activity and reducing alcohol use are presented. In addition, several examples of real-world decision problems facing public health investors are discussed to address the usefulness of ROI evidence in public health policy making.

Closer integration of health and social care with the aim of ending the historic divide between NHS and social services has been the goal of successive governments for decades. The rationale for greater integration has been widely accepted in terms of service improvement, better use of resources and meeting the needs arising from future demographic change. Various methods of integration have been tried and tested over the years, ranging from joint working to full structural integration. The debate about integration continues to dominate government papers and reports - and in 2010 the coalition government set out its intention to break down the barriers between health and social care funding to encourage preventative action. This much needed new text provides a systematic assessment of recent policy developments across the UK and introduces the different models of integration which currently operate - from structural integration in Northern Ireland to health and care partnerships in Scotland. The book goes on to examine the achievements of integrated working, showing how it can lead to improvements in the quality of services and access to services, as well as create cost efficiencies. In addition, the

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authors also consider barriers to integration and draw comparisons with experiences in the US, Canada, Australia and Europe to identify lessons for practice in the UK. Supported throughout by case studies and a wealth of illustrative material - including charts and diagrams - this will be key reading for anyone who seeks to understand the challenges and issues involved in the delivery of health and social care in the UK.

NATIONAL BESTSELLER • Provocative and illuminating essays from women at the forefront of the climate movement who are harnessing truth, courage, and solutions to lead humanity forward. “A powerful read that fills one with, dare I say . . . hope?”—The New York Times NAMED ONE OF THE BEST BOOKS OF THE YEAR BY SMITHSONIAN

MAGAZINE There is a renaissance blooming in the climate movement: leadership that is more characteristically feminine and more faithfully feminist, rooted in compassion, connection, creativity, and collaboration. While it's clear that women and girls are vital voices and agents of change for this planet, they are too often missing from the proverbial table. More than a problem of bias, it's a dynamic that sets us up for failure. To change everything, we need everyone. *All We Can Save* illuminates the expertise and insights of dozens of diverse women leading on climate in the United States—scientists, journalists, farmers, lawyers, teachers, activists, innovators, wonks, and designers, across generations, geographies, and race—and aims to advance a more representative, nuanced, and solution-oriented public conversation on the climate crisis. These women offer a spectrum of ideas and insights for how we can rapidly, radically reshape society. Intermixing essays with poetry and art, this book is both a balm and a guide for knowing and holding what has been done to the world, while bolstering our resolve never to give up on one another or our collective

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future. We must summon truth, courage, and solutions to turn away from the brink and toward life-giving possibility. Curated by two climate leaders, the book is a collection and celebration of visionaries who are leading us on a path toward all we can save. With essays and poems by: Emily Atkin • Xiye Bastida • Ellen Bass • Colette Pichon Battle • Jainey K. Bavishi • Janine Benyus • adrienne maree brown • Régine Clément • Abigail Dillen • Camille T. Dungy • Rhiana Gunn-Wright • Joy Harjo • Katharine Hayhoe • Mary Annaïse Heglar • Jane Hirshfield • Mary Anne Hitt • Ailish Hopper • Tara Houska, Zhaabowekwe • Emily N. Johnston • Joan Naviyuk Kane • Naomi Klein • Kate Knuth • Ada Limón • Louise Maher-Johnson • Kate Marvel • Gina McCarthy • Anne Haven McDonnell • Sarah Miller • Sherri Mitchell, Weh'na Ha'mu Kwasset • Susanne C. Moser • Lynna Odel • Sharon Olds • Mary Oliver • Kate Orff • Jacqui Patterson • Leah Penniman • Catherine Pierce • Marge Piercy • Kendra Pierre-Louis • Varshini • Prakash • Janisse Ray • Christine E. Nieves Rodriguez • Favianna Rodriguez • Cameron Russell • Ash Sanders • Judith D. Schwartz • Patricia Smith • Emily Stengel • Sarah Stillman • Leah Cardamore Stokes • Amanda Sturgeon • Maggie Thomas • Heather McTeer Toney • Alexandria Villaseñor • Alice Walker • Amy Westervelt • Jane Zelikova

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The independent Commission on Funding of Care and Support, set up by the Government last July, was asked to recommend a fair and sustainable funding system for adult social care in England. This report is the presentation of their findings. Recommendations put forward include: Individuals' lifetime contributions towards their social care costs - which are currently potentially unlimited - should be capped. After the cap is reached, individuals would be eligible for full state support. This cap should be between £25,000 and £50,000.

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The Commission considers that £35,000 is the most appropriate and fair figure; The means-tested threshold, above which people are liable for their full care costs, should be increased from £23,250 to £100,000; National eligibility criteria and portable assessments should be introduced to ensure greater consistency; and all those who enter adulthood with a care and support need should be eligible for free state support immediately rather than being subjected to a means test. The Commission estimates that its proposals - based on a cap of £35,000 - would cost the State around £1.7billion

Personal account of how a traumatic injury brought the author closer to God.

Medical care, United States.

NALI By Esther Henry In an era of darkness, mystery, tropical jungles and cannibalism, Nali tries to buck the ancient traditions, only to find herself deeply entrenched in them. As a young girl full of dreams, she is given to a tribal elder in marriage and quickly learns that her girlhood dreams could be shattered overnight. The rain forest held a secret refuge that only Nali knew, where she took her dreams and her delusions. Will she be forced to succumb to a subservient role the rest of her life, or can she overcome the hopelessness that comes with isolation, ignorance and tradition? Deep in the heart of New Guinea lies the village of Mendoka, beautifully camouflaged from the rest of the world. Although the village has yet to be discovered, the outside world would soon have an influence on their lives. An interruption to their peaceful simplicity would both terrify them and cause them to search for answers. Readers will be able to follow the lives of those who lived in a much simpler time and become immersed in the culture that controlled their everyday existence.

Let's talk about the ozone layer. Let's discuss how beneficial

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this shield is to human, animal and plant health. After which, let's move towards how it can be protected from future harm. After all, damage to the ozone layer will ultimately affect all life on Earth. Knowledge is the first step to acting towards environmental care. Get this book today!

Adult social care in Britain has faced many crises over recent decades. Revelations of horrific abuse, the collapse of major private home care providers, abject failures of inspection and regulation, and uncertainty over how long-term care of older people should be funded have all given rise to serious public concern. The contributors to this volume debate the current state of adult social care and offer a historical overview of services and examine recent developments in the field. They conclude with a look at the prospects for adult social care and social work in an era of seemingly never-ending austerity measures.

Additional written evidence is contained in Volume 3, available on the Committee website at www.parliament.uk/healthcom

Saving Social Care How to Find More of the Best Frontline Care Employees and Keep the Ones You Have Rethink Press
This is the Care Quality Commission's first yearly report to Parliament on the state of health care and adult social care in England. It covers the services that the Commission regulates which include: adult social care services (care homes and home care agencies); NHS and independent health care services; and primary care trusts (PCTs) and councils, which provide and purchase health care and adult social care services for their community. Whilst great improvements have been made over recent years there remains unacceptable variation,

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and a small number of services or organisations do not meet minimum standards of safety and quality. The future presents a major challenge. The Government expects that, in 20 years' time, 1.7 million more adults in England will have a care and support need. At the same time, we are entering a period when public finances will be stretched and expectations of choice and control are increasing. To help meet these challenges, there needs to be real acceleration in joining up health and social care and centring it on people's needs

Written by the authors of the specifications for the BTEC Introductory Health and Social Care award, this book contains the knowledge students need to pass this award at certificate or diploma level. Case studies place all learning in a care context, giving you an insight into the issues involved in care.

* Have you ever bought \$100 worth of groceries for only 6 bucks?* Did you ever leave a store with more money in your pocket than when you went in?* Have you ever had so much food after a shopping trip that you gave it away to friends, neighbors and charity? If you answered "no" to any of these questions, then you'll definitely want to read *Coupon Millionaire: How to Save Money and Make Money with the Art of Couponing* and learn how to save money on groceries every time you shop! In fact, you will learn how to save thousands on groceries every year! Tough economic times has had many people

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scrambling to make ends meet. Eating out, going on vacation or even going to a movie are out of the question. Instead, people have been duped into buying the lowest quality junk foods thinking that they are saving money simply because it's cheap. With Coupon Millionaire in hand, you will learn how to save money and even make money whenever you shop. Coupon Millionaire is a wake up call that you have been spending way too much money at the supermarket. In it you'll learn how to: * get organized so you don't feel like your life is being taken over by coupons * take advantage of bonus days and weekly or daily specials on foods, medicines and toiletries * save on ORGANIC foods and earth friendly household products * get more coupons than you'll know what to do with * make money with your excess coupons you don't plan on using * take advantage of sales that you didn't even think would pertain to you and put EXTRA CASH in your pocket in the same time * negotiate store policies so that you maximize the amount of money you save * save big money at drug stores like CVS, Walgreen's and RiteAid * and much, much more! Even if you have never used a coupon before you can start dramatically lowering your grocery bills with coupons starting today. There are no real "tricks" to spending less money on groceries. Successful couponing is about having a system of organization. And Coupon Millionaire will provide you with a shortcut to a system that is

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proven to work. If you think you already know all there is to know about couponing, then you wouldn't be reading this page. But even the most experienced couponers have walked away with some new tips they hadn't considered before. Like anything, you get out of it what you put into it. So if you're serious about saving money on groceries the next time you go shopping, then roll up your sleeves and get out those scissors so you too can start saving some serious cash!

Today, the debate about our health care system is raging, but it often seems too complex or politically-driven for people to navigate. There has perhaps never been a better time to share with the American public a book that explains the state of our health care in an honest, comprehensive, and relatable way. *Dying of Health Care*, authored by a primary care physician with nearly 40 years of experience practicing in the U.S. and U.K., provides an easy-to-understand examination of the American health care system's major problems and potential solutions. Dr. Hanna explores the all-important question facing us today: why are Americans paying much more per person for health care than those in other developed nations, but getting much less in terms of quality? Approaching this painful paradox through a clinician's eyes, Dr. Hanna first makes a careful diagnosis and then prescribes an appropriate treatment to heal our ailing system. He shares real-

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life examples of patients and provides insights into the minds of doctors, including how their decisions influence the costs and outcomes of treatments. Ultimately, Dr. Hanna exposes how the system harms us - even sometimes kills us - both physically and financially, and he offers innovative solutions that can work to create the quality, affordable system we deserve.

Good writing skills are essential for all students, but many students struggle to master good writing skills until later in their course. This book will help students doing health and social care subjects to better understand what good writing looks like, and how to do it themselves. The book shows students how to:

- *Plan pieces of writing
- *Execute good writing basics
- *Edit and refine their work
- *Write to a brief

This essential guide includes multiple examples of good and bad writing to help students unpick the nuts and bolts of writing and writing skills. Taking an accessible approach, the authors include quotes and stories from real life students to help embolden students to tackle their writing fears - and become confident writers.

One day I woke up and realized that I had been lost for quite some time. I had got comfortable with how life was treating me. I no longer cared about how I presented myself, stuck between life and death, you know Purgatory. The real me had left long ago and the figure that I saw before me was just a shell that

protects me until I could be found again. I had everything a woman could ask for and more yet somehow and somehow I forgot about myself and ended up in the purgatory of living. When I had my epiphany, I discovered some things that I should have seen all along but was too busy allowing life to consume me that I didn't care to pay attention. You know, taking care of kids, husband, family, work, friends and oh yeah, then me if I'm not too tired.... Me! One day I found myself on the outside of the milk carton... Lost, hanging in the purgatory of living. It was the shock of my life yet not a shock for everyone else. Most often others can see what's going on in your life even when you cannot (or you think you do). Don't let that to happen to you or to allow it to continue. You can step out of the purgatory of living and into a new beginning. It could be easier than you think it is. For me... I have some changing to do and the changing can only be done by me for me. I cannot change you or the rest of the world but we can help each other with the process of changing for the better.... TOGETHER! And look who we shall find! (You and me too) Let's begin... how did I lose myself?

Can a weeping willow grow into a steel magnolia? Ellie Cochran doesn't think so. She is a lost soul if there ever was one. A life filled with unimaginable loss does that to a person. Tired of fighting for one that doesn't seem worth living any more, she knows

it's time to make a decision. A stop for coffee is the last place she expects for that choice to be forced on her. But when the bullets start flying will she choose death-finally crossing over the threshold she's been hovering at for two seemingly endless years, or will she choose the hope she sees in a tall, beautiful stranger's eyes? Nikolas Jensen didn't know grabbing a coffee before work would turn his world upside down. He didn't plan on making any life-altering decisions when he walked through those doors either. But that's exactly what he has to do. When death is staring you down from the barrel of a gun, do you save yourself, or a woman you just met? Their paths now stitched together by one traumatic morning, Nik and Ellie must pick up the broken pieces. Can they do it together or will Ellie's demons be too much for them both?

Recruiting and retaining a caring workforce to keep pace with the needs of an ageing society is one of the greatest challenges we face. At the same time, traditional methods of finding suitable care staff are delivering diminishing returns. The future of every care provider depends on solving this problem fast. Start now by reading this book.

Jess has been in love with her best friend, Kate, for seven years, but her feelings have never been returned. One night they sleep together, and Jess finds out how much it is possible to be hurt by someone close. Jess and Kate struggle to redefine their friendship. They spend a week at Jess's family holiday house in a small seaside town, Awatangi,

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intending to make the time to talk things through, but the conversations never happen. Kate makes vague promises, but begins to have second thoughts. Jess wants Kate, and nothing else, and is heartbroken that isn't enough. Jess decides – while everything is changing in her life – that she doesn't want to go on living in the city, that she wants to return to Awatangi. Part of her hopes some physical distance between them may help things with Kate, and part of her – frustrated and upset – simply wants to leave Kate behind. In Awatangi, Jess meets Keri, a local lawyer who has also recently returned home. Like Jess, Keri surfs, and like Jess, she seems to feel some attachment to her family roots in Awatangi. Jess is drawn to Keri, but forces herself not to let anything happen. Despite everything, Kate is still Jess's closest friend, and she has loved Kate all her life. She feels she has to give the situation with Kate as long as she can to work itself out. Awatangi is about coping with feelings for a close friend that are not returned, set in a small holiday township on the West Coast of the South Island of New Zealand. It is an exploration of getting what you've always wanted and it not being enough, of being in love with one person and wanting another, and of finding out that life doesn't always turn out as expected.

THE SOCIAL MEDIA LANDSCAPE WILL NEVER STOP CHANGING. ARE YOU READY TO CHANGE WITH IT? An eternally shape-shifting animal, social media will impact our lives for decades in ways we can't even begin to imagine. What was once a venue to communicate with friends and family has turned into an entity where users can play a role in helping solve climate change, bringing new products to the marketplace, and positively affecting society's ills. Since founding his company Hootsuite in 2013, Ryan Holmes has eaten, slept, and breathed all that is social media, and he is the ideal person to address how the social media paradigm

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has disrupted--mostly in a good way--humanity as we know it. As the United States deals with a pandemic and societal unrest, social media has become more crucial than ever, and Holmes' incisive combination of history and future-think will help businesspeople and non-businesspeople alike understand and navigate the ever-evolving electronic world in which we live.

(black & white) After swimming with wild dolphins, Adena Tryon began receiving messages from angelic dolphin beings called Stella Maris (Starlights of the Sea). This book shares their light messages, dolphin wisdom, the medicine of the divine feminine, and healing blessings for humanity. Stella Maris first speaks as a collective. They explain the concept of Starseeds and speak of the Stella Maris High Council, which also includes Mother Mary, Quan Yin, and Queen A'Mara. Then, individual Stella Maris members share light messages, healing activations, and scrolls of affirmations. The book concludes with a Beauty Way invitation. Visionary art from Florencia Burton synchronizes with the words of Stella Maris, creating a truly transformative experience.

Princess Penelope wants nothing more than to study at the Academy of Mages. Despite her natural talent, her father refuses to even entertain the idea. So when the opportunity arises to visit her mysterious wizard godfather, Penelope leaps at the chance. She never expects to find a different kind of magic in the arms of her godfather's reclusive nephew, Stefan. When an unexpected enemy uses Stefan's secrets against them, Penelope's magic and courage are put to the test. Can she rescue the man she loves? Or will she fall

Saving the Dragon?

When Aislinn Amon's father disappears, her mother drags her from New York to Indiana where she is to attend a new boarding school - Source High. At Source High, Aislinn finds herself in a whole other world than what she knew. Everyone

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has something supernatural about them, including her. Soon, she finds that she's not the normal, rebel, messed up teenage girl she thought she was. Her friends try to help her along the way when trouble comes knocking on her door. People die, she finds herself falling in love with, something she swore she'd never do, and secrets start to form. Can Aislinn cope with everything that's happening? Can she handle the life she's been forced to deal with? Or will she crack under the heavy pressures laid upon her seventeen-year-old shoulders? Terrorist attacks. Natural disasters. Domestic crackdowns. Economic collapse. Riots. Wars. Disease. Starvation. What can you do when it all hits the fan? You can learn to be self-sufficient and survive without the system. **I've started to look at the world through apocalypse eyes.** So begins Neil Strauss's harrowing new book: his first full-length worksince the international bestseller *The Game*, and one of the most original-and provocative-narratives of the year. After the last few years of violence and terror, of ethnic and religious hatred, of tsunamis and hurricanes—and now of world financial meltdown—Strauss, like most of his generation, came to the sobering realization that, even in America, anything can happen. But rather than watch helplessly, he decided to do something about it. And so he spent three years traveling through a country that's lost its sense of safety, equipping himself with the tools necessary to save himself and his loved ones from an uncertain future. With the same quick wit and eye for cultural trends that marked *The Game*, *The Dirt*, and *How to Make Love Like a Porn Star*, *Emergency* traces Neil's white-knuckled journey through today's heart of darkness, as he sets out to move his life offshore, test his skills in the wild, and remake himself as a gun-toting, plane-flying, government-defying survivor. It's a tale of paranoid fantasies and crippling doubts, of shady lawyers and dangerous cult leaders, of billionaire gun nuts and survivalist superheroes, of weirdos,

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heroes, and ordinary citizens going off the grid. It's one man's story of a dangerous world—and how to stay alive in it. Before the next disaster strikes, you're going to want to read this book. And you'll want to do everything it suggests. Because tomorrow doesn't come with a guarantee...

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