

Logoutorrent.png

Chelsea Lowe

The Everything Health Guide to OCD Chelsea Lowe, 2007-11-01 OCD sufferers have difficulty concentrating, and often their compulsions--needless checking, excessive worrying, and even repetitive actions like rewashing--make it difficult for them to lead their everyday lives. Misdiagnosed or untreated OCD can become chronic and more severe. It is also hereditary, so parents who have OCD may pass symptoms on to their children. Written by an OCD sufferer with a technical review by a licensed psychologist, this practical guide covers: * Diagnosis and the identification of symptoms * The types of OCD * Current treatment options * Some coping strategies * Support groups * Useful resources like an OCD self-test With *The Everything® Health Guide to OCD*, people who suffer from the disorder can rest easy, knowing they have the knowledge and medical information to help them recognize and cope with the symptoms and decide upon treatment. AUTHOR: Chelsea Lowe (New England) is a professional writer who has been living with OCD for 7 years (she was diagnosed at the age of 37). She has written about the disorder for the Philadelphia Inquirer, the New York Daily News, and TV Guide. Her other publication credits include Newsweek, National Public Radio, Newsday, the Los Angeles Times, the Boston Globe, Technology Review, and the Boston Herald. Judith A. Lytel, Psy.D. (Amherst, MA), is a licensed psychologist who has been in private practice for more than 12 years, treating patients with anxiety disorders such as OCD. She was a Clinical Instructor and Preceptor in Obstetrics and Gynecology at Tufts University School of Medicine. A graduate of Penn State, Johns Hopkins, and the Massachusetts School of Professional Psychology, Dr. Lytel completed a postdoctoral fellowship in Behavioral Medicine at Harvard-affiliated Cambridge Hospital.

Be A Triangle Lilly Singh, 2022-04-14 'We need to create a home to return to. And when I say home, I'm not talking about a physical place or somewhere where pants are optional. I'm talking about a set of beliefs after a day full of, well, anything. We need to dig a foundation so deep that it will exist and thrive even if our surface-level efforts fail.' Ever wondered what the point of all those school maths lessons about triangles was? Youtuber and comedian Lilly Singh has finally discovered the answer: triangles are the perfect model for building your self-esteem and getting to know your own values. Triangles have a strong base, they're hard to knock-over and always retain their own shape, even when they grow. With her incomparable sense of humour and fun, Lilly explains how she has put the ethos of the triangle to work in her own life, and shows how you can do the same. Complete with playful illustrations and inspiring ideas, this book is like a best friend cheering you on as you find your purpose and get to know yourself.

My Father's Life Editors of Chartwell Books, 2021-02-16 Record your father's life story in this beautiful keepsake journal with 200 guided exercises and prompts that take him back through each stage of his life and its accompanying adventures. Fathers are our steady and protective heroes, who, sometimes, become lost when it comes to sentimental celebrations of their importance in our lives. An encouraging voice in times of doubt, a wise teacher in times of uncertainty, a compassionate critic in times of honest feedback, and a silly jokester in times of frustration, a father's caring and nurturing presence shapes us throughout our lives. In *My Father's Life*, both thought-provoking and lighthearted writing prompts and guided exercises are organized into chapters based on your father's life stages to help him record his life's memoir. Beginning with early childhood, questions like Are there any stories about your birth that were told to you by your parents or other family members? followed by early adulthood prompts such as What is something that you felt very strongly about when you were in your twenties? and then concluding with questions about his wisdom he has learned and would like to share like What is the best piece of advice you were ever given and who gave it to you?, the *My Father's Life* journal jump starts the reflective writing process to open his mind to dig deeper into who he is, where he started, and, most importantly, what he has learned. Complemented with poignant quotes about fathers throughout history, this beautifully designed journal will give your father everything he needs to record his life's experiences to not only shed light on the events that shaped him into the man he is today, but also to preserve his life's memories and stories for you and your family to learn from, become inspired by, and cherish for future generations. With so much of our lives and contact going digital, the Creative Keepsakes journals offer an intimate way to nurture your connection with yourself and the people around you. An entertaining way to get off your screen, these guided and free-form journals are great for writers and artists alike. Each journal offers content around a different theme, including silly prompts for a laugh, random yet thoughtful questions, inspiration for art and composition, interactive prompts to learn about your heritage, and blank interiors on high-quality paper stock to use as your creative canvas. Beautifully designed and full of mindful prompts, channel your inspiration as you put pen (or pencil, or marker, or crayon!) to paper to learn more about yourself, your talents, and the people you love. Also in this Series: 3,001 Questions All About Me, 301 Things to Draw, 301 Writing Ideas, Create Comics: A Sketchbook, Inner Me, Internet Password Book, My Grandmother's Life, My Life Story, My Mother's Life, 3,001 This or That Questions, My Grandfather's Life, Create the Poem, Complete the Drawing Journal, Mom and Me Journal, Why I Love You Journal, Create the Story, and Destroy & Design This Journal.

Social Care Practice in Context Malcolm Payne, Lena Dominelli, 2008-10-06 In this clear and insightful book, best selling author Malcolm Payne analyses the major elements of social care practice, explaining how caring and social work skills and values are crucial to effective social care. Through theory, research evidence and skill development, Payne identifies the varying contexts in which social care takes place, the agencies that provide it and the relationships at its heart. The book explains the key practical social care skills: - How to be receptive to users' and carers' own understanding of their needs - How to develop continuity in service provision - How to use effective interpersonal engagement with users and carers to ensure a positive future for them in which they have as much control over their care as possible - How to work in partnership with colleagues and other agencies With practice and case examples, research boxes, further reading and reflection activities, this book is a stimulating read for social work and community care students and practitioners.

Logoutorrent.png Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Logoutorrent.png**," written by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound affect our existence. Throughout this critique, we will delve to the book is central themes, evaluate its unique writing

style, and assess its overall influence on its readership.

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