

GAY PRIDE LIFE COACH COME OUT PROUD AND GAIN CONFIDENCE IN YOUR SEXUAL IDENTITY USING HYPNOSIS

RORI GWYNNE

📖 **Positive Affirmations for Gay Men** Jake Allaband,2022-10-31 Navigate the complex spectrum, be who you are, and find happiness with an attitude of positivity. The queer community has been through a lot, hasn't it? The members of the LGBTQIA+ community saw the riots at Stonewall, they saw their happiness being questioned, and they saw their existence being denied any recognition. It's still tough to be gay in this day and age — you don't need a therapist to tell you that. A queer person goes through many different stages in their life, starting with the crisis of identity. Am I gay? Maybe I'm just bi. No, maybe it is just a phase like they all say it is. Then, they move into self-acceptance but have a fear of really coming out. What will my parents say? Will I get fired from my job for being gay? Maybe I should just keep it a secret for now. While keeping it a secret might be the easier choice at times, it's never the happiest one. But the LGBTQIA+ community are fighters. From the march from Stonewall to the shooting at Pulse, gay people continue to keep their chins up to fight for who they really are. That's called the ultimate resilience. Now, it's time to turn that fight into positivity. Affirmations are one of the best ways that queer people can really manifest a happier life. It's your turn to live the life you want and be the person you were born to be. In this inspirational guide, you will discover: - The world of positive affirmations - Discover its power and how it can wash away the negativity - Powerful affirmations to become physically healthy by fighting all the pressures of body image in the gay community - The power to find love - Use positive affirmations to build yourself up with happy relationships - How to take care of your mind and push aside those negative influences that are bringing you down constantly - The tools to become financially successful with a better understanding of the laws and regulations that protect you as a gay person - How to embrace your femininity, be who you really are, and embrace affirmations to live a free life - The best way to fight internalized homophobia - Uncover the secrets to taking down this dark monster through positivity And much more. You still might be wondering if positive affirmations really do work or if they're just a bunch of new-age nonsense. But there is solid science behind it and concrete evidence and testimonies of its powerful effects. Using positive affirmations can truly enrich your life and help you embrace your unique identity. Be gay. Be happy. Be you. If you're ready to live the life you've always wanted, then scroll up and click the Buy Now button right now.

📖 **Gay, Lesbian, Bisexual, and Transgender People with Developmental Disabilities and Mental Retardatio** John D Allen,2014-01-21 Experience the birth of the first support group for sexual minorities with developmental disabilities! Reflecting an unprecedented development in the disabled and sexual minority communities, Gay, Lesbian, Bisexual, and Transgender People with Developmental Disabilities and Mental Retardation: Stories of the Rainbow Support Group describes the founding, achievements, and history of a unique group providing support for people with developmental disabilities or mental retardation (DD/MR) who are gay, lesbian, bisexual, and transgender. In this pathbreaking book, group founder John D. Allen describes the Rainbow Support Group's beginnings in 1998 at the New Haven Gay & Lesbian Community Center in Connecticut and the ways in which it has been shattering myths and stereotypes surrounding people with mental retardation ever since. From the author: "Not only are people with DD/MR full human beings with the same needs and desires for intimacy and healthy sexual expression as people without intellectual disabilities, but the group is evidence that some people with DD/MR have an understanding of sexual orientation as well. Acknowledging that people with mental retardation are sexual is a new development in the human service field, but one that is still in the pre-Stonewall days regarding those who are gay. Although people with mental retardation are given unprecedented freedom to make personal vocational decisions, there is an unfounded expectation that they do not have a sexuality—let alone a homosexuality. Members of the Rainbow Support Group discuss the same concerns as other gay people, but in a support system that recognizes their unique perspective." This insightful book shows how membership in the Rainbow Support Group addresses the very real fears and concerns of its members, including: being forced into heterosexual social situations, since that is the only available option for socialization dealing with being "outed" to peers and staff—since many DD/MR people are not their own legal guardians, this can lead to removal of privileges, various kinds of abuse, and other negative consequences in their day-to-day lives being ridiculed by unsupportive staff being excluded from family functions because of their sexual orientation It also illustrates the purely positive aspects of membership in the group, which provides: a place to learn appropriate ways to meet others, hear messages about safe sex, and feel empowered to advocate for their own intimacy needs an increased chance of finding a like-minded partner (although the group is certainly not a "dating service") an avenue for members to connect with others like them and with the larger gay community in the area events to participate in, such as holiday parties, field trips, movie nights, and gay pride celebrations The author continues: "What is exciting are the positive outcomes displayed once an individual enters the group. Members quickly develop a sense of ownership and wear rainbow-emblazoned clothing to meetings. Everyone has joined the host community center to begin receiving regular mailings and event discounts. Supervising staff report that members perform better at work, have fewer behavioral issues, and experience a greater feeling of contentment. For people with mental retardation, just to be able to say the words 'gay,' 'lesbian,' 'bisexual,' and 'transgender' in an affirming environment is a cutting-edge breakthrough. What the group has accomplished and will hopefully continue to illuminate is the understanding that people with DD/MR are entitled to a whole life experience, including discovering and enjoying their sexuality."

📖 **10 Smart Things Gay Men Can Do to Improve Their Lives** Joe Kort,2010-11-26 Openly gay therapist Joe Kort provides 10 powerful and positive steps gay men can take to isolate and overcome self-defeating behavior patterns, and move in healthier and more rewarding directions: Take charge of their own lives Affirm themselves by coming out Resolve differences with parents and relatives 'Graduate' from delayed adolescence Avoid - or overcome - sexual addiction -Learn from successful mentors Whove been there, done that Take advantage of 'therapy workouts' Achieve - and maintain - rewarding relationships Understand the stages of loves Commit to their partner.These solid and reliable 'Top 10' life steps that have been most helpful to Joe Korts clients in his 16 years of working with hundreds of gay men, are presented in an engaging and easy-to-understand manner and are supplemented by case histories from his practice. These are time-tested, practical decisions gay men can make in their search for emotional, sexual and personal fulfillment

📖 **Pride** Ronald Holt,William Huggett,2017-09-07 Do you wonder or worry about your gender or sexual feelings? Do you have unanswered questions about your gender or sexual feelings? Are you worried about what other people might think of you if they knew? Or do you know someone who is struggling with their identity and you don't know how to help? You are not alone. Dr. Ron Holt has spoken to thousands of college-age students to help them make sense of their questions and their lives. This book gives you information that has helped many people sort out what it means to be lesbian, gay, bisexual, trans, or questioning (LGBTQ). Dr. Holt will be your guide to help you understand and learn about important issues, including: -Sexual feelings and your sense of gender are not things you choose. -Whether and when it makes sense to tell anyone about your feelings. -What to do if others disapprove or don't like you because of who you are. -How to deal with problems that might arise from prejudice, discrimination, and bullying directed toward you. -Getting health care that safely addresses your particular needs. -How to live a life of self acceptance and love as an LGBTQ person. Pride is full of stories, practical advice, and recommendations, bringing together the information you need to create a happy and fulfilling life. If you are questioning your gender or sexual feelings, or want to help someone who is, this book is for you!

📖 **Gay Awareness** Landon Schott,2022-11 Homosexuality has taken center stage in our nation, churches, and homes. Everyone knows or cares deeply for someone who experiences same-sex attraction, sexual confusion, or practices homosexuality. While the entire world talks about homosexuality, the subject remains taboo in many churches. The fear of being labeled as hateful, a bigot, or ignorant has kept many Christians out of the conversation. The church remains silent, leaving many people who love God confused about what the Bible really says about sexuality. Did God make people gay? Does God love homosexuals? Will people have to deal with same-sex attraction their entire lives? Landon Schott brings truth and clarity to sexual confusion, using over 400 scripture references to reveal the heart of the Father and mind of Christ. Gay Awareness exposes false teaching and deception, that have created a false identity through the lens of sexuality instead of the eyes of God's Word. Gay Awareness will stretch you and challenge you, but with relentless love bring you comfort and healing.In Gay Awareness: Discovering the Heart of the Father and the Mind of Christ, top-selling author and nationally known speaker Landon Schott addresses:? What the Bible actually says about marriage, sexuality, and homosexuality? Mistakes the church makes when addressing homosexuality and the gay community? Contradictions between the gay lifestyle and the Christ-centered lifestyle? Clear insight into how to genuinely show Christian love to those who practice homosexuality? How people can experience deliverance and freedomFeaturing an extensive interview with highly respected authority Dr. Michael L. Brown, a multiple book best-selling author and expert on spiritual renewal and cultural reformation, Gay Awareness is the book you've been looking for to find clarity, teach you what Scripture says about homosexuality, and learn how to respond to people with love, grace, and truth.

📖 **I Love Jesus, But I Want to Die** Sarah J. Robinson,2021-05-11 A compassionate, shame-free guide for your darkest days "A one-of-a-kind book . . . to read for yourself or give to a struggling friend or loved one without the fear that depression and suicidal thoughts will be minimized, medicalized or over-spiritualized."—Kay Warren, cofounder of Saddleback Church What happens when loving Jesus doesn't cure you of depression, anxiety, or suicidal thoughts? You might be crushed by shame over your mental illness, only to be told by well-meaning Christians to "choose joy" and "pray more." So you beg God to take away the pain, but nothing eases the ache inside. As darkness lingers and color drains from your world, you're left wondering if God has abandoned you. You just want a way out. But there's hope. In I Love Jesus, But I Want to Die, Sarah J. Robinson offers a healthy, practical, and shame-free guide for Christians struggling with mental illness. With unflinching honesty, Sarah shares her story of battling depression and fighting to stay alive despite toxic theology that made her afraid to seek help outside the church. Pairing her own story with scriptural insights, mental health research, and simple practices, Sarah helps you reconnect with the God who is present in our deepest anguish and discover that you are worth everything it takes to get better. Beautifully written and full of hard-won wisdom, I Love Jesus, But I Want to Die offers a path toward a rich, hope-filled life in Christ, even when healing doesn't look like what you expect.

📖 **Then and Now: How My Sexual Attractions Have Changed** Rich Wyler,2015-06-04 It is common knowledge today that homosexuality is inborn, innate, and unchangeable--that, in fact, any attempt to change one's sexual orientation will inevitably cause great psychological harm and perhaps even lead to suicide. It may be common knowledge, but is it true? Our own experience says no. We know change in sexual attractions is possible--at least to some degree, and at least for

SOME PEOPLE--BECAUSE WE’VE EXPERIENCED IT OURSELVES. WE KNOW IT BECAUSE WE’VE LIVED IT. THAT’S WHY WE’VE COMPILED THIS BOOK: TO SHARE OUR OWN EXPERIENCE WITH OTHERS WHO MIGHT BENEFIT. OTHERS WHO NEED TO KNOW THAT, YES, SOME PEOPLE REALLY HAVE REDUCED OR ELIMINATED THEIR SAME-SEX ATTRACTIONS THROUGH DELIBERATE INTERVENTIONS LIKE COUNSELING, EXPERIENTIAL PERSONAL-GROWTH PROGRAMS AND NON-SEXUAL SAME-GENDER BONDING. WE SHARE WITH YOU WHAT OUR SAME-SEX ATTRACTION (SSA) WAS LIKE THEN--AT THE POINT IN OUR LIVES WHEN THE SSA FELT THE STRONGEST AND MOST INTENSE. WE COMPARE THAT TO OUR LIVES NOW THAT THE SSA HAS (IN MOST CASES) DIMINISHED--SOMETIMES DRAMATICALLY, SOMETIMES MINIMALLY, BUT ALWAYS FOR THE BETTER. WE SHARE WITH YOU WHAT MOTIVATED US TO PURSUE CHANGE, AND WHAT WORKED FOR US IN BRINGING ABOUT THE LIFE CHANGES WE’VE EXPERIENCED. OUR COLLECTIVE EXPERIENCE CANNOT TELL YOU HOW OFTEN CHANGE OCCURS, OR HOW LIKELY CHANGE IS TO OCCUR. BUT OUR EXPERIENCE CLEARLY DEMONSTRATES THAT, YES, CHANGE CAN IN FACT OCCUR. IT IS REAL. IT CAN EVEN BE LIFE-SAVING.

📖 *IMPROVE YOUR SEX LIFE THROUGH SELF-HYPNOSIS* JOHN G. KAPPAS, 1984-01-01

📖 *WHY DOES HE DO THAT?* LUNDY BANCROFT, 2003-09-02 IN THIS GROUNDBREAKING BESTSELLER, LUNDY BANCROFT—A COUNSELOR WHO SPECIALIZES IN WORKING WITH ABUSIVE MEN—USES HIS KNOWLEDGE ABOUT HOW ABUSERS THINK TO HELP WOMEN RECOGNIZE WHEN THEY ARE BEING CONTROLLED OR DEVALUED, AND TO FIND WAYS TO GET FREE OF AN ABUSIVE RELATIONSHIP. HE SAYS HE LOVES YOU. SO...WHY DOES HE DO THAT? YOU’VE ASKED YOURSELF THIS QUESTION AGAIN AND AGAIN. NOW YOU HAVE THE CHANCE TO SEE INSIDE THE MINDS OF ANGRY AND CONTROLLING MEN—AND CHANGE YOUR LIFE. IN *WHY DOES HE DO THAT?* YOU WILL LEARN ABOUT: • THE EARLY WARNING SIGNS OF ABUSE • THE NATURE OF ABUSIVE THINKING • MYTHS ABOUT ABUSERS • TEN ABUSIVE PERSONALITY TYPES • THE ROLE OF DRUGS AND ALCOHOL • WHAT YOU CAN FIX, AND WHAT YOU CAN’T • AND HOW TO GET OUT OF AN ABUSIVE RELATIONSHIP SAFELY “THIS IS WITHOUT A DOUBT THE MOST INFORMATIVE AND USEFUL BOOK YET WRITTEN ON THE SUBJECT OF ABUSIVE MEN. WOMEN WHO ARE ARMED WITH THE INSIGHTS FOUND IN THESE PAGES WILL BE ON THE ROAD TO RECOVERING CONTROL OF THEIR LIVES.”—JAY G. SILVERMAN, PH.D., DIRECTOR, VIOLENCE PREVENTION PROGRAMS, HARVARD SCHOOL OF PUBLIC HEALTH

📖 *HAVE THE RELATIONSHIP YOU WANT* RORI GWYNNE, 2006-11 A STEP-BY-STEP GUIDE FOR WOMEN TO TRANSFORMING YOUR LOVE LIFE PRACTICALLY OVERNIGHT.

📖 *QUIRKYALONE* SASHA CAGEN, 2006-01-03 QUIRKYALONE (kwur.kee.uh.lohn) N. ADJ. A PERSON WHO ENJOYS BEING SINGLE (BUT IS NOT OPPOSED TO BEING IN A RELATIONSHIP) AND GENERALLY PREFERS TO BE ALONE RATHER THAN DATE FOR THE SAKE OF BEING IN A COUPLE. WITH UNIQUE TRAITS AND AN OPTIMISTIC SPIRIT; A SENSIBILITY THAT TRANSCENDS RELATIONSHIP STATUS. ALSO ADJ. OF, RELATING TO, OR EMBODYING QUIRKYALONES. SEE ALSO: ROMANTIC, IDEALIST, INDEPENDENT. ARE YOU A QUIRKYALONE? DO YOU KNOW SOMEONE WHO IS? DO YOU BELIEVE LIFE CAN BE PROSPEROUS AND GREAT WITH OR WITHOUT A MATE? DO YOU VALUE YOUR FRIENDSHIPS AS MUCH AS YOUR ROMANTIC RELATIONSHIPS? DO GUT INSTINCTS GUIDE YOUR MOST IMPORTANT DECISIONS? ARE YOU OFTEN AMONG THE FIRST ON THE DANCE FLOOR? COUPLED OR SINGLE, MAN OR WOMAN, SOCIAL BUTTERFLY OR SHRINKING VIOLET, QUIRKYALONES HAVE WALKED AMONG US, INVISIBLE UNTIL NOW. THROUGH THE COINING OF A NEW WORD, THIS TRIBE HAS BEEN GIVEN A VOICE. MEET THE QUIRKYALONES. READ ABOUT: THE QUIRKYALONE NATION: WHERE WE LIVE, WHAT WE DO QUIRKYTOGETHERS (QUIRKYALONES WHO HAVE ENTERED LONG-TERM RELATIONSHIPS) SEX AND THE SINGLE QUIRKYALONE ROMANTIC OBSESSION: THE DARK SIDE OF THE QUIRKYALONE’S ROMANTIC PERSONALITY QUIRKYALONES THROUGHOUT HISTORY (PROFILES IN COURAGE)

📖 *CHARACTER DISTURBANCE* GEORGE K. SIMON, 2010-10 A PSYCHOLOGIST HELPS READERS UNDERSTAND A VARIETY OF PERSONALITY DISORDERS AND OFFERS ADVICE ON DEALING WITH CLINICALLY DISTURBED PEOPLE.

📖 *HOW TO CHANGE YOUR MIND* MICHAEL POLLAN, 2019-05-14 NOW ON NETFLIX AS A 4-PART DOCUMENTARY SERIES! “POLLAN KEEPS YOU TURNING THE PAGES . . . CLEAREYED AND ASSURED.” —NEW YORK TIMES A #1 NEW YORK TIMES BESTSELLER, NEW YORK TIMES BOOK REVIEW 10 BEST BOOKS OF 2018, AND NEW YORK TIMES NOTABLE BOOK A BRILLIANT AND BRAVE INVESTIGATION INTO THE MEDICAL AND SCIENTIFIC REVOLUTION TAKING PLACE AROUND PSYCHEDELIC DRUGS--AND THE SPELLBINDING STORY OF HIS OWN LIFE-CHANGING PSYCHEDELIC EXPERIENCES WHEN MICHAEL POLLAN SET OUT TO RESEARCH HOW LSD AND PSILOCYBIN (THE ACTIVE INGREDIENT IN MAGIC MUSHROOMS) ARE BEING USED TO PROVIDE RELIEF TO PEOPLE SUFFERING FROM DIFFICULT-TO-TREAT CONDITIONS SUCH AS DEPRESSION, ADDICTION AND ANXIETY, HE DID NOT INTEND TO WRITE WHAT IS UNDOUBTEDLY HIS MOST PERSONAL BOOK. BUT UPON DISCOVERING HOW THESE REMARKABLE SUBSTANCES ARE IMPROVING THE LIVES NOT ONLY OF THE MENTALLY ILL BUT ALSO OF HEALTHY PEOPLE COMING TO GRIPS WITH THE CHALLENGES OF EVERYDAY LIFE, HE DECIDED TO EXPLORE THE LANDSCAPE OF THE MIND IN THE FIRST PERSON AS WELL AS THE THIRD. THUS BEGAN A SINGULAR ADVENTURE INTO VARIOUS ALTERED STATES OF CONSCIOUSNESS, ALONG WITH A DIVE DEEP INTO BOTH THE LATEST BRAIN SCIENCE AND THE THRIVING UNDERGROUND COMMUNITY OF PSYCHEDELIC THERAPISTS. POLLAN SIFTS THE HISTORICAL RECORD TO SEPARATE THE TRUTH ABOUT THESE MYSTERIOUS DRUGS FROM THE MYTHS THAT HAVE SURROUNDED THEM SINCE THE 1960s, WHEN A HANDFUL OF PSYCHEDELIC EVANGELISTS INADVERTENTLY CATALYZED A POWERFUL BACKLASH AGAINST WHAT WAS THEN A PROMISING FIELD OF RESEARCH. A UNIQUE AND ELEGANT BLEND OF SCIENCE, MEMOIR, TRAVEL WRITING, HISTORY, AND MEDICINE, *HOW TO CHANGE YOUR MIND* IS A TRIUMPH OF PARTICIPATORY JOURNALISM. BY TURNS DAZZLING AND EDIFYING, IT IS THE GRIPPING ACCOUNT OF A JOURNEY TO AN EXCITING AND UNEXPECTED NEW FRONTIER IN OUR UNDERSTANDING OF THE MIND, THE SELF, AND OUR PLACE IN THE WORLD. THE TRUE SUBJECT OF POLLAN’S MENTAL TRAVELOGUE IS NOT JUST PSYCHEDELIC DRUGS BUT ALSO THE ETERNAL PUZZLE OF HUMAN CONSCIOUSNESS AND HOW, IN A WORLD THAT OFFERS US BOTH SUFFERING AND JOY, WE CAN DO OUR BEST TO BE FULLY PRESENT AND FIND MEANING IN OUR LIVES.

📖 *HOW LEARNING WORKS* SUSAN A. AMBROSE, MICHAEL W. BRIDGES, MICHELE DIPETRO, MARSHA C. LOVETT, MARIE K. NORMAN, 2010-04-16 PRAISE FOR *HOW LEARNING WORKS* *HOW LEARNING WORKS* IS THE PERFECT TITLE FOR THIS EXCELLENT BOOK. DRAWING UPON NEW RESEARCH IN PSYCHOLOGY, EDUCATION, AND COGNITIVE SCIENCE, THE AUTHORS HAVE DEMYSTIFIED A COMPLEX TOPIC INTO CLEAR EXPLANATIONS OF SEVEN POWERFUL LEARNING PRINCIPLES. FULL OF GREAT IDEAS AND PRACTICAL SUGGESTIONS, ALL BASED ON SOLID RESEARCH EVIDENCE, THIS BOOK IS ESSENTIAL READING FOR INSTRUCTORS AT ALL LEVELS WHO WISH TO IMPROVE THEIR STUDENTS’ LEARNING. —BARBARA GROSS DAVIS, ASSISTANT VICE CHANCELLOR FOR EDUCATIONAL DEVELOPMENT, UNIVERSITY OF CALIFORNIA, BERKELEY, AND AUTHOR, *TOOLS FOR TEACHING* THIS BOOK IS A MUST-READ FOR EVERY INSTRUCTOR, NEW OR EXPERIENCED. ALTHOUGH I HAVE BEEN TEACHING FOR ALMOST THIRTY YEARS, AS I READ THIS BOOK I FOUND MYSELF RESONATING WITH MANY OF ITS IDEAS, AND I DISCOVERED NEW WAYS OF THINKING ABOUT TEACHING. —EUGENIA T. PAULUS, PROFESSOR OF CHEMISTRY, NORTH HENNEPIN COMMUNITY COLLEGE, AND 2008 U.S. COMMUNITY COLLEGES PROFESSOR OF THE YEAR FROM THE CARNEGIE FOUNDATION FOR THE ADVANCEMENT OF TEACHING AND THE COUNCIL FOR ADVANCEMENT AND SUPPORT OF EDUCATION THANK YOU CARNEGIE MELLON FOR MAKING ACCESSIBLE WHAT HAS PREVIOUSLY BEEN INACCESSIBLE TO THOSE OF US WHO ARE NOT LEARNING SCIENTISTS. YOUR FOCUS ON THE ESSENCE OF LEARNING COMBINED WITH CONCRETE EXAMPLES OF THE DAILY CHALLENGES OF TEACHING AND CLEAR TACTICAL STRATEGIES FOR FACULTY TO CONSIDER IS A WELCOME WORK. I WILL RECOMMEND THIS BOOK TO ALL MY COLLEAGUES. —CATHERINE M. CASSERLY, SENIOR PARTNER, THE CARNEGIE FOUNDATION FOR THE ADVANCEMENT OF TEACHING AS YOU READ ABOUT EACH OF THE SEVEN BASIC LEARNING PRINCIPLES IN THIS BOOK, YOU WILL FIND ADVICE THAT IS GROUNDED IN LEARNING THEORY, BASED ON RESEARCH EVIDENCE, RELEVANT TO COLLEGE TEACHING, AND EASY TO UNDERSTAND. THE AUTHORS HAVE EXTENSIVE KNOWLEDGE AND EXPERIENCE IN APPLYING THE SCIENCE OF LEARNING TO COLLEGE TEACHING, AND THEY GRACIOUSLY SHARE IT WITH YOU IN THIS ORGANIZED AND READABLE BOOK. —FROM THE FOREWORD BY RICHARD E. MAYER, PROFESSOR OF PSYCHOLOGY, UNIVERSITY OF CALIFORNIA, SANTA BARBARA; COAUTHOR, *E-LEARNING AND THE SCIENCE OF INSTRUCTION*; AND AUTHOR, *MULTIMEDIA LEARNING*

📖 *YOU CAN HAVE A BETTER PERIOD* LE’NISE BROTHERS, 2022-03-08 A PRACTICAL GUIDE TO UNDERSTANDING YOUR CYCLE AND BALANCING YOUR HORMONES WITH NUTRITION AND YOGA, FOR A CALM AND PAIN-FREE PERIOD. WRITTEN BY LE’NISE BROTHERS, A NUTRITIONAL THERAPIST, YOGA TEACHER AND POPULAR WOMEN’S HEALTH, HORMONE AND WELLBEING COACH. *YOU CAN HAVE A BETTER PERIOD* IS A STRAIGHT-TALKING RESOURCE TO HELP WOMEN UNDERSTAND THEIR MENSTRUAL CYCLES AND FINALLY GET ANSWERS TO QUESTIONS SUCH AS: “WHY AM I SO MOODY RIGHT BEFORE MY PERIOD?”, “ARE PERIODS SUPPOSED TO BE SO PAINFUL?”, “WHY IS MY PERIOD SO HEAVY?”, “IS IT NORMAL TO GET HEADACHES RIGHT BEFORE MY PERIOD?” LE’NISE BROTHERS TAKES US THROUGH EACH PHASE OF OUR CYCLE, INCLUDING A CLEAR PROGRAMME OF NUTRITION AND LIFESTYLE CHANGES. THE BOOK EXPLAINS WHICH SUPPLEMENTS WORK AND THE KEY STRESS MANAGEMENT HABITS WE CAN IMPLEMENT, TO BRING LONG-LASTING AND SUSTAINABLE CHANGES TO OUR HORMONAL BALANCE AND MENSTRUAL HEALTH. IN WESTERN SOCIETY, WE HAVE ACCEPTED A CULTURAL NARRATIVE THAT PERIODS ARE SUPPOSED TO BE PAINFUL, EMOTIONAL AND MESSY. THIS BOOK WILL BE A PRACTICAL GUIDE THAT HELPS WOMEN CHANGE THE WAY THEY LOOK AT THEIR PERIOD, AND FINALLY HARNESS THE POWER OF THE FIFTH VITAL SIGN.

📖 *EVOLUTION’S RAINBOW* JOAN ROUGHGARDEN, 2013-09-14 IN THIS INNOVATIVE CELEBRATION OF DIVERSITY AND AFFIRMATION OF INDIVIDUALITY IN ANIMALS AND HUMANS, JOAN ROUGHGARDEN CHALLENGES ACCEPTED WISDOM ABOUT GENDER IDENTITY AND SEXUAL ORIENTATION. A DISTINGUISHED EVOLUTIONARY BIOLOGIST, ROUGHGARDEN TAKES ON THE MEDICAL ESTABLISHMENT, THE BIBLE, SOCIAL SCIENCE—AND EVEN DARWIN HIMSELF. SHE LEADS THE READER THROUGH A FASCINATING DISCUSSION OF DIVERSITY IN GENDER AND SEXUALITY AMONG FISH, REPTILES, AMPHIBIANS, BIRDS, AND MAMMALS, INCLUDING PRIMATES. *EVOLUTION’S RAINBOW* EXPLAINS HOW THIS DIVERSITY DEVELOPS FROM THE ACTION OF GENES AND HORMONES AND HOW PEOPLE COME TO DIFFER FROM EACH OTHER IN ALL ASPECTS OF BODY AND BEHAVIOR. ROUGHGARDEN RECONSTRUCTS PRIMARY SCIENCE IN LIGHT OF FEMINIST, GAY, AND TRANSGENDER CRITICISM AND REDEFINES OUR UNDERSTANDING OF SEX, GENDER, AND SEXUALITY. WITTY, PLAYFUL, AND DARING, THIS BOOK WILL REVOLUTIONIZE OUR UNDERSTANDING OF SEXUALITY. ROUGHGARDEN ARGUES THAT PRINCIPAL ELEMENTS OF DARWINIAN SEXUAL SELECTION THEORY ARE FALSE AND SUGGESTS A NEW THEORY THAT EMPHASIZES SOCIAL INCLUSION AND CONTROL OF ACCESS TO RESOURCES AND MATING OPPORTUNITY. SHE DISPUTES A RANGE OF SCIENTIFIC AND MEDICAL CONCEPTS, INCLUDING WILSON’S GENETIC DETERMINISM OF BEHAVIOR, EVOLUTIONARY PSYCHOLOGY, THE EXISTENCE OF A GAY GENE, THE ROLE OF PARENTING IN DETERMINING GENDER IDENTITY, AND DAWKINS’S SELFISH GENE AS THE DRIVER OF NATURAL SELECTION. SHE DARES SOCIAL SCIENCE TO RESPECT THE AGENCY AND RATIONALITY OF DIVERSE PEOPLE; SHOWS THAT MANY CULTURES ACROSS THE WORLD AND THROUGHOUT HISTORY ACCOMMODATE PEOPLE WE LABEL TODAY AS LESBIAN, GAY, AND TRANSGENDERED; AND CALLS ON THE CHRISTIAN RELIGION TO ACKNOWLEDGE THE BIBLE’S MANY PASSAGES ENDORSING DIVERSITY IN GENDER AND SEXUALITY. *EVOLUTION’S RAINBOW* CONCLUDES WITH BOLD RECOMMENDATIONS FOR IMPROVING EDUCATION IN BIOLOGY, PSYCHOLOGY, AND MEDICINE; FOR DEMOCRATIZING GENETIC ENGINEERING AND MEDICAL PRACTICE; AND FOR BUILDING A PUBLIC MONUMENT TO AFFIRM DIVERSITY AS ONE OF OUR NATION’S DEFINING PRINCIPLES.

📖 *NO LOGO* NAOMI KLEIN, 2000-01-15 WHAT CORPORATIONS FEAR MOST ARE CONSUMERS WHO ASK QUESTIONS. NAOMI KLEIN OFFERS US THE ARGUMENTS WITH WHICH TO TAKE ON THE SUPERBRANDS. BILLY BRAGG FROM THE BOOKJACKET.

📖 *BLACK CAMPUS LIFE* ANTAR A. TICHAVAKUNDA, 2021-12-01 AN IN-DEPTH ETHNOGRAPHY OF BLACK ENGINEERING STUDENTS AT A HISTORICALLY WHITE INSTITUTION, *BLACK CAMPUS LIFE* EXAMINES THE INTERSECTION OF TWO CRISES, UP CLOSE: THE LIMITED NUMBER OF COLLEGE GRADUATES IN SCIENCE, TECHNOLOGY, ENGINEERING, AND MATH (STEM) FIELDS, AND THE STATE OF RACE RELATIONS IN HIGHER EDUCATION. ANTAR TICHAVAKUNDA TAKES READERS ACROSS CAMPUS, FROM STUDY GROUPS TO PARTIES AND BEYOND AS THESE STUDENTS WORK HARD, HAVE FUN, SKIP CLASS, FUNDRAISE, AND, AT TIMES, FIND THEMSELVES IN TENSE RACIALIZED ENCOUNTERS. BY CONSISTENTLY CENTERING THEIR PERSPECTIVES AND DEMONSTRATING HOW DIFFERENT CAMPUS COMMUNITIES, OR SOCIAL WORLDS, SHAPE THEIR EXPERIENCES, TICHAVAKUNDA CHALLENGES ASSUMPTIONS ABOUT NOT ONLY BLACK STEM MAJORS BUT ALSO BLACK STUDENTS AND THE “RACIAL CLIMATE” ON COLLEGE CAMPUSES MORE GENERALLY. MOST FUNDAMENTALLY, *BLACK CAMPUS LIFE* ARGUES THAT BLACK COLLEGIANS ARE MORE

THAN THE RACISM THEY ENDURE. BY STUDYING AND APPRECIATING THE EVERYDAY RICHNESS AND COMPLEXITY OF THEIR EXPERIENCES, WE ALL—FACULTY, ADMINISTRATORS, PARENTS, POLICYMAKERS, AND THE BROADER PUBLIC—MIGHT LEARN HOW TO BETTER SUPPORT THEM. THIS BOOK IS FREELY AVAILABLE IN AN OPEN ACCESS EDITION THANKS TO TOME (TOWARD AN OPEN MONOGRAPH ECOSYSTEM)—A COLLABORATION OF THE ASSOCIATION OF AMERICAN UNIVERSITIES, THE ASSOCIATION OF UNIVERSITY PRESSES, AND THE ASSOCIATION OF RESEARCH LIBRARIES. LEARN MORE AT THE TOME WEBSITE, AVAILABLE AT: [OPENMONOGRAPHS.ORG](http://openmonographs.org), AND ACCESS THE BOOK ONLINE THROUGH THE SUNY OPEN ACCESS REPOSITORY AT [HTTP://HDL.HANDLE.NET/20.500.12648/7009](http://hdl.handle.net/20.500.12648/7009)

📖 **DECEIVED NO MORE** DOREEN VIRTUE, 2020-07-28 THE MIRACULOUS STORY OF A HUGELY SUCCESSFUL NEW AGE TEACHER’S CONVERSION TO CHRISTIANITY IN THIS BRILLIANT, UTTERLY CAPTIVATING MEMOIR, DOREEN VIRTUE CHRONICLES HER JOURNEY IN DISCOVERING EVERYTHING SHE BELIEVED IN WAS A LIE. SHE POIGNANTLY SHARES THE PRICE SHE’S PAID FOR FOLLOWING JESUS. NEW AGE TEACHINGS ARE BASED ON CONCEPTS THAT SOUND ALMOST IRRESISTIBLE. BUT AS DOREEN DISCOVERED, THEY COME WITH A HIDDEN PRICE: YOUR ETERNAL DESTINY. HERE IS A RIVETING, PERSONAL CONFESSIONAL OF HOW A FORMER FALSE PROPHET LEARNED TO TRUST GOD AFTER NEARLY WASTING A LIFETIME BEING INDEPENDENT AND WILLFUL—TRYING TO PREDICT AND CONTROL THE FUTURE—AND HOW JESUS SAVED HER SOUL FROM DECEPTION AND OPENED HER EYES TO HIS TRUTH. DECEIVED NO MORE CAN HELP YOU LEARN HOW TO DISCERN DANGEROUS TEACHINGS SO YOU CAN DETECT AND AVOID DECEPTION. TOPICS INCLUDE: HOW TO SPOT NEW AGE TEACHINGS, AND WHY THEY’RE DANGEROUS BIBLICAL WAYS TO DEAL WITH PERSECUTION, SPIRITUAL WARFARE, AND OTHER POST-CONVERSION ISSUES HOW TO WITNESS TO A NEW AGER

📖 **ROLL MODELS** RICHARD HOLICKY, 2004 I THOUGHT LIFE WAS PRETTY MUCH OVER. PAUL HERMAN I WAS AFRAID PEOPLE WOULDN’T SEE ME FOR WHO I STILL WAS. CATHY GREEN I DIDN’T NEED THIS TO BE A BETTER PERSON. SUSAN DOUGLAS I WASN’T SURE I WANTED TO LIVE “THIS WAY.” KEVIN WOLITZKY THE ABOVE FOUR PEOPLE AND 49 MORE JUST LIKE THEM WENT ON TO FIND HIGH LEVELS OF SUCCESS AND LEAD SATISFYING LIVES. TOGETHER THEY TELL 53 STORIES OF MOVING FORWARD TO MEET ALL THE CHALLENGES, FEARS, OBSTACLES, AND PROBLEMS COMMON TO THE LIFE-ALTERING CIRCUMSTANCES AFTER SPINAL CORD INJURY, AND DOING IT WITHOUT BENEFIT OF WEALTH, LARGE SETTLEMENTS OR SOLID HEALTH COVERAGE. RANGING IN AGE FROM 21 TO 67, DISABLED FROM THREE TO 48 YEARS THEY SHARE 931 YEARS OF DISABILITY EXPERIENCE. ROLL MODELS IS A VALUABLE NEW RESOURCE FOR RECENTLY INJURED PEOPLE AND THEIR FAMILIES, AND FOR NURSES, THERAPISTS, PSYCHOLOGISTS AND ALL OTHER PROFESSIONALS WHO TREAT, WORK WITH AND CARE FOR PEOPLE WITH SPINAL CORD INJURY. STRAIGHT FROM THE HORSE’S MOUTH, SURVIVORS EXPLORE THEIR EXPERIENCES WITH DISABILITY AND ANSWER MANY QUESTIONS THOSE IN REHAB ARE ASKING: EARLY THOUGHTS WHAT WERE YOUR THOUGHTS IMMEDIATELY FOLLOWING INJURY? WHAT WERE YOUR INITIAL THOUGHTS AND REACTIONS REGARDING SCI AND THE FUTURE? THE FIRST YEARS WHAT WERE YOUR BIGGEST FEARS DURING THAT FIRST YEAR OR SO? HOW DID YOU GET PAST THOSE EARLY FEARS? CHANGES, OBSTACLES AND SOLUTIONS HOW MUCH DIFFERENT ARE YOU NOW, COMPARED TO HOW YOU WERE BEFORE INJURY? WHAT’S BEEN YOUR BIGGEST OBSTACLE? HOW DID YOU ADDRESS THESE OBSTACLES? FINDING WHAT WORKS WHAT HAVE BEEN THE MOST DIFFICULT THINGS FOR YOU TO DEAL WITH SINCE INJURY? WHAT’S THE WORST THING ABOUT HAVING AN SCI AND USING A CHAIR? WHAT’S BEEN YOUR BIGGEST LOSS DUE TO INJURY? IS SCI THE WORST THING THAT EVER HAPPENED TO YOU? TELL ME SOMETHING ABOUT YOUR PROBLEM SOLVING SKILLS. HOW DO YOU DEAL WITH STRESS? WHAT DO YOU DO TO RELIEVE STRESS? SALVATIONS, TURNING POINTS AND MORE WAS THERE ANY ONE THING THAT WAS YOUR SALVATION OR KEY TO YOUR SUCCESS? WAS THERE A TURNING POINT FOR YOU WHEN YOU BEGAN TO FEEL THINGS WERE GOING TO GET BETTER? WHAT PERSONAL FACTORS, HABITS AND BELIEFS HAVE HELPED YOU THE MOST? SCI AND MEANING DO YOU FIND ANY MEANING, PURPOSE OR LESSONS IN YOUR DISABILITY? DID ANY POSITIVE OPPORTUNITIES COME YOUR WAY BECAUSE OF YOUR INJURY? WHAT’S YOUR GREATEST ACCOMPLISHMENT? WHAT ARE YOU MOST PROUD OF? A WONDERFUL ROADMAP WITH MANY ALTERNATE ROUTES TO LIVING AND THRIVING WITH SCI. MINNA HONG, SCI SURVIVOR AND PEER SUPPORT COORDINATOR/VOCATIONAL LIAISON, SHEPHERD CENTER AVOIDS THE TRAP OF PROVIDING A “ONE SIZE FITS ALL MENTALITY” AND PROVIDES SOLUTIONS AS VARIED AS THE INDIVIDUALS USED AS EXAMPLES. ACCENTUATES THE POSITIVES WHILE NOT SUGAR COATING THE DIFFICULTIES. ESSENTIAL READING. JEFF CRESSY SCI SURVIVOR AND DIRECTOR OF CONSUMER AND COMMUNITY AFFAIRS, SCI PROJECT, RANCHO LOS AMIGOS A GREAT RESOURCE FOR PEOPLE AS THEY VENTURE OUT INTO THE WORLD, OR SEARCH FOR MEANING AND A DEEPER, RICHER LIFE. FILLED WITH EXAMPLES OF REAL PEOPLE AND THEIR REAL EXPERIENCES. TERRY CHASE, ND, RN; SCI SURVIVOR; PATIENT & FAMILY EDUCATION PROGRAM COORDINATOR, CRAIG HOSPITAL A WONDERFUL TOOL FOR THE NEWLY SPINAL CORD INJURED INDIVIDUAL, AS WELL AS THE THERAPISTS AND COUNSELORS WORKING WITH THEM. THIS CERTAINLY HITS THE MARK IN CAPTURING IMPORTANT SURVIVAL STRATEGIES. JACK DAHLBERG, SCI SURVIVOR, PAST PRESIDENT OF THE NATIONAL SPINAL CORD INJURY ASSOCIATION ARTFULLY CRAFTED AND ORGANIZED, ROLL MODELS SENSITIVELY PORTRAYS LIFE FOLLOWING SPINAL CORD INJURY. INFORMATIVE, CREATIVE, SENSITIVE, AS WELL AS INFUSED WITH HUMOR AND A KIND HEART. RECOMMENDED WITH MY HIGHEST ACCOLADES. LESTER BUTT, PH.D., ABPP, DIRECTOR OF THE DEPARTMENT OF PSYCHOLOGY, CRAIG HOSPITAL

WHISPERING THE TECHNIQUES OF LANGUAGE: AN EMOTIONAL QUEST THROUGH **GAY PRIDE LIFE COACH COME OUT PROUD AND GAIN CONFIDENCE IN YOUR SEXUAL IDENTITY USING HYPNOSIS**

IN A DIGITALLY-DRIVEN WORLD WHEREVER DISPLAYS REIGN SUPREME AND IMMEDIATE TRANSMISSION DROWNS OUT THE SUBTLITIES OF LANGUAGE, THE PROFOUND SECRETS AND EMOTIONAL NUANCES HIDDEN WITHIN WORDS USUALLY GET UNHEARD. YET, NESTLED WITHIN THE PAGES OF **GAY PRIDE LIFE COACH COME OUT PROUD AND GAIN CONFIDENCE IN YOUR SEXUAL IDENTITY USING HYPNOSIS** A FASCINATING LITERARY TREASURE PULSING WITH NATURAL EMOTIONS, LIES A FANTASTIC QUEST WAITING TO BE UNDERTAKEN. WRITTEN BY A SKILLED WORDSMITH, THIS WONDERFUL OPUS ENCOURAGES VIEWERS ON AN INTROSPECTIVE TRIP, GENTLY UNRAVELING THE VEILED TRUTHS AND PROFOUND AFFECT RESONATING WITHIN AB MUSCLES CLOTH OF EACH AND EVERY WORD. WITHIN THE PSYCHOLOGICAL DEPTHS WITH THIS EMOTIONAL EVALUATION, WE CAN EMBARK UPON A SINCERE EXPLORATION OF THE BOOK IS KEY THEMES, DISSECT ITS CHARMING PUBLISHING TYPE, AND YIELD TO THE POWERFUL RESONANCE IT EVOKES DEEP WITHIN THE RECESSES OF READERS HEARTS.

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