Sense

Russell Jones

Sense Russell Jones, 2020 AS HEARD ON THE CHRIS EVANS SHOW A fascinating and revelatory look at how we can unlock the true potential of our five senses and use them to vastly improve every single part of our lives. How can colour prime you for creative thinking? What kind of music helps you run faster? Which scents can help you fall asleep? Our senses have a powerful effect on how we think, feel and behave; yet we don't use them to their full potential. For over a decade, multi-sensory marketing expert Russell Jones has been using the science of the senses to design products, brands and retail environments that tantalise our senses in revolutionary ways. In this incredible new book, Jones takes research from the worlds of neuroscience, experimental and behavioural psychology and beyond, and shows you how to live more multi-sensorially; paying attention to the sounds, scents, colours, objects, shapes and textures that constantly surround you, to profoundly impact and improve every aspect of your life. Whether it's helping you feel energised in the morning, get the most from your work-out, be efficient at the office, avoid getting caught in the traps of savvy retailers or creating the perfect sensory background to enjoy your food with. And, finally, he helps you have the most restful evening and night's sleep you possibly can. Sense is a fascinating and revelatory look at how you can use your senses in a way you never have before.

Back Sense Dr. Ronald D. Siegel, Michael Urdang, Dr. Douglas R. Johnson, 2002-04-09 On occasion nearly everyone experiences short-term back pain from sore or strained muscles. But for many who come to treat their back gingerly because they fear further injury, a cycle of worry and inactivity results; this aggravates existing muscle tightness and leads them to think of themselves as having a bad back. Even worse is the understandable but usually counterproductive assumption that back pain is caused by abnormalities—bulging disks, a damaged spine, and so on. However, these abnormalities are frequently found in those who have absolutely no pain whatsoever. In reality, most backs are strong and resilient, built to support our bodies for a lifetime; truly bad backs are rare. Drawing on their work with patients and studies from major scientific journals and corporations, the authors of Back Sense—all three are former chronic back pain sufferers themselves—developed a revolutionary self-treatment approach targeting the true causes of chronic back pain. It is based on conclusive evidence proving that stress and inactivity are usually the prime offenders, and it allows patients to avoid the restrictions and expense of most other treatments. After showing readers how to rule out the possibility that a rare medical condition is the source of their problem, Back Sense clearly and convincingly explains the actual factors behind chronic back pain and systematically leads readers toward recapturing a life free of back pain.

Ann Hamilton: Sense Ann Hamilton,2023-02-14 Ann Hamilton believes that projects can be considered, not as artifacts or something to be documented, but as their own material object?in this case, a book. While 'Sense' contains images that Hamilton has accumulated over many years, of people and of objects that conflate touch, light, and surface, the book also becomes an object in hand, a thing felt, an artwork in itself. Mallarmé begins 'The Book: Spiritual Instrument' with, ?Everything in the world exists to end up as a book.? While working on the building-wide project, the common SENSE with Sylvia Wolf, this idea inspired Hamilton: ??.maybe the form of the project is not the installation or the exhibition or all the weeks of time and programming?.maybe the actual form of the project is a book?.and the installation is the work and the process for generating the book?s questions and materials.?

Dress [with] Sense: The Practical Guide to a Conscious Closet Christina Dean, Sofia Tärneberg, Hannah Lane, 2017-04-11 A stylish guide to environment-friendly ways of buying, wearing, caring for, and decluttering your wardrobe, illustrated with case studies and tips from eco-fashion pioneers across the world As part of a growing global awareness of the importance of eco-conscious living, both for the planet and as a means of promoting fair labor practices, more people than ever before are seeking to dress in an environmentally friendly way. On a broader scale, initiatives to promote a more sustainable approach to fashion have made headlines and grown like never before, from the release of the high-profile documentary The True Cost to the launch of the worldwide "Fashion Revolution" campaign. This timely book is organized into four chapters—Buy, Wear, Care, and Dispose—each containing a short introduction with essential information followed by practical tips and illustrated case studies to help you make the first step toward a more sustainable wardrobe. A detailed reference section recommends not only the best ethical fashion labels and collections but also eco-friendly fabrics, standards, and certifications; cleaning methods; renting, swapping, and recycling initiatives; and much more.

Love Sense Dr. Sue Johnson, 2013-12-31 The bestselling author of Hold Me Tight presents a revolutionary new understanding of why and how we love, based on cutting-edge research. Every day, we hear of relationships failing and questions of whether humans are meant to be monogamous. Love Sense presents new scientific evidence that tells us that humans are meant to mate for life. Dr. Johnson explains that romantic love is an attachment bond, just like that between mother and child, and shows us how to develop our love sense -- our ability to develop long-lasting relationships. Love is not the least bit illogical or random, but actually an ordered and wise recipe for survival. Love Sense covers the three stages of a relationship and how to best weather them; the intelligence of emotions and the logic of love; the physical and psychological benefits of secure love; and much more. Based on groundbreaking research, Love Sense will change the way we think about love.

Cat Sense John Bradshaw, 2013-09-10 Cats have been popular household pets for thousands of years, and their numbers only continue to rise. Today there are three cats for every dog on the planet, and yet cats remain more mysterious, even to their most adoring owners. Unlike dogs, cats evolved as solitary hunters, and, while many have learned to live alongside humans and even feel affection for us, they still don't quite "get us" the way dogs do, and perhaps they never will. But cats have rich emotional lives that we need to respect and understand if they are to thrive in our company. In Cat Sense, renowned anthrozoologist John Bradshaw takes us further into the mind of the domestic cat than ever before, using cutting-edge scientific research to dispel the myths and explain the true nature of our feline friends. Tracing the cat's evolution from lone predator to domesticated companion, Bradshaw shows that although cats and humans have been living together for at least eight thousand years, cats remain independent, predatory, and wary of contact with their own kind, qualities that often clash with our modern lifestyles. Cats still have three out of four paws firmly planted in the wild, and within only a few generations can easily revert back to the independent way of life that was the exclusive preserve of their predecessors some 10,000 years ago. Cats are astonishingly flexible, and given the right environment they can adapt to a life of domesticity with their owners—but to continue do so, they will increasingly need our help. If we're to live in harmony with our cats, Bradshaw explains, we first need to understand their inherited quirks: understanding their body language, keeping their environments—however small—sufficiently interesting, and becoming more proactive in managing both their natural hunting instincts and their relationships with other cats. A must-read for any cat

lover, Cat Sense offers humane, penetrating insights about the domestic cat that challenge our most basic assumptions and promise to dramatically improve our pets' lives—and ours.

Sense and Sensibility Jane Austen, 2001-04-03 Jane Austen's first published novel, Sense and Sensibility, is a witty satire of the sentimental novel, a popular genre in Britain throughout the 1790s and the Regency. When it first appeared in 1811, the words in its title carried significant cultural weight beyond the confines of the novel, and into both popular and learned discourse. Through her dual heroines, Austen addresses, and satirizes, notions of sense and sensibility, and engages with the issues of inheritance, marriage, and love. The story concerns two sisters: the level-headed Elinor and the passionate and impulsive Marianne. When their father dies, his son by a previous marriage assumes possession of the family home. Marianne and Elinor, left to the care of their mercenary brother John and his wife Fanny, must remove to a cottage with their mother. Each sister meets a man in whom she is interested, and as with other Austen novels, requited love does not come easily. This newly annotated edition offers a thorough and perceptive introduction and a wide range of carefully selected contextual materials that further explore the term "sensibility."

Brand Sense Martin Lindstrom, 2010-02-02 The definitive book on sensory branding, shows how companies appeal to consumers' five senses to sell products. Did you know that the gratifying smell that accompanies the purchase of a new automobile actually comes from a factory-installed aerosol can containing "new car" aroma? Or that Kellogg's trademarked "crunch" is generated in sound laboratories? Or that the distinctive click of a just-opened jar of Nescafé freeze-dried coffee, as well as the aroma of the crystals, has been developed in factories over the past decades? Or that many adolescents recognize a pair of Abercrombie & Fitch jeans not by their look or cut but by their fragrance? In perhaps the most creative and authoritative book on how our senses affect our everyday purchasing decisions, global branding guru Martin Lindstrom reveals how the world's most successful companies and products integrate touch, taste, smell, sight, and sound with startling and sometimes even shocking results. In conjunction with renowned research institution Millward Brown, Lindstrom's innovative worldwide study unveils how all of us are slaves to our senses—and how, after reading this book, we'll never be able to see, hear, or touch anything from our running shoes to our own car doors the same way again. An expert on consumer shopping behavior, Lindstrom has helped transform the face of global marketing with more than twenty years of hands-on experience. Firmly grounded in science, and disclosing the secrets of all our favorite brands, Brand Sense shows how we consumers are unwittingly seduced by touch, smell, sound, and more.

The Power of Your Senses Russell Jones, 2021-07-22 A look at how we can unlock the true potential of our five senses and use them to vastly improve every single part of our lives.

Bird Sense Tim Birkhead, 2012-04-24 What is it like to be a swift, flying at over one hundred kilometres an hour? Or a kiwi, plodding flightlessly among the humid undergrowth in the pitch dark of a New Zealand night? And what is going on inside the head of a nightingale as it sings, and how does its brain improvise? Bird Sense addresses questions like these and many more, by describing the senses of birds that enable them to interpret their environment and to interact with each other. Our affinity for birds is often said to be the result of shared senses--vision and hearing--but how exactly do their senses compare with our own? And what about a bird's sense of taste, or smell, or touch, or the ability to detect the earth's magnetic field? Or the extraordinary ability of desert birds to detect rain hundreds of kilometres away--how do they do it? Bird Sense is based on a conviction that we have consistently underestimated what goes on in a bird's head. Our understanding of bird behaviour is simultaneously informed and constrained by the way we watch and study them. By drawing attention to the way these frameworks both facilitate and inhibit discovery, Birkhead identifies ways we can escape from them to explore new horizons in bird behaviour. There has never been a popular book about the senses of birds. No one has previously looked at how birds interpret the world or the way the behaviour of birds is shaped by all their senses. A lifetime spent studying birds has provided Tim Birkhead with a wealth of observation and a unique understanding of birds and their behaviour that is firmly grounded in science.

The Universal Sense Seth S. Horowitz,2012-09-04 Reveals how the human sense of hearing manipulates how people think, consume, sleep and feel, explaining the hearing science behind such phenomena as why people fall asleep while traveling, the reason fingernails on a chalkboard causes cringing and why songs get stuck in one's head.

Shakespeare / Sense Simon Smith,2020-05-14 Shakespeare | Sense explores the intersection of Shakespeare and sensory studies, asking what sensation can tell us about early modern drama and poetry, and, conversely, how Shakespeare explores the senses in his literary craft, his fictional worlds, and his stagecraft. 15 substantial new essays by leading Shakespeareans working in sensory studies and related disciplines interrogate every aspect of Shakespeare and sense, from the place of hearing, smell, sight, touch, and taste in early modern life, literature, and performance culture, through to the significance of sensation in 21st century engagements with Shakespeare on stage, screen and page. The volume explores and develops current methods for studying Shakespeare and sensation, reflecting upon the opportunities and challenges created by this emergent and influential area of scholarly enquiry. Many chapters develop fresh readings of particular plays and poems, from Hamlet, A Midsummer Night's Dream, King Lear, and The Tempest to less-studied works such as The Comedy of Errors, Venus and Adonis, Troilus and Cressida, and Cymbeline.

Common Sense and Legal Judgment Patricia Cochran,2017-11-27 What does it mean when a judge in a court of law uses the phrase "common sense"? Is it a type of evidence or a mode of reasoning? In a world characterized by material and political inequalities, whose common sense should inform the law? Common Sense and Legal Judgment explores this rhetorically powerful phrase, arguing that common sense, when invoked in political and legal discourses without adequate reflection, poses a threat to the quality and legitimacy of legal judgment. Often operating in the service of conservatism, populism, or majoritarianism, common sense can harbour stereotypes, reproduce unjust power relations, and silence marginalized people. Nevertheless, drawing the works of theorists such as Thomas Reid, Antonio Gramsci, and Hannah Arendt into conversation with rulings by the Supreme Court of Canada, Patricia Cochran demonstrates that with careful attention, the democratic, egalitarian, and community-sustaining aspects of common sense can be brought to light. A call for critical self-reflection and the close scrutiny of power relationships and social contexts, this book is a direct response to social justice predicaments and their confounding relationships to law. Creative and interdisciplinary, Common Sense and Legal Judgment reinvigorates feminist and anti-poverty understandings of judgment, knowledge, justice, and accountability.

SENSE ORGANS Narayan Changder, 2024-03-29 THE SENSE ORGANS MCQ (MULTIPLE CHOICE QUESTIONS) SERVES AS A VALUABLE RESOURCE FOR INDIVIDUALS AIMING TO DEEPEN THEIR UNDERSTANDING OF VARIOUS COMPETITIVE EXAMS, CLASS TESTS, QUIZ COMPETITIONS, AND SIMILAR ASSESSMENTS. WITH ITS EXTENSIVE COLLECTION OF MCQS, THIS BOOK EMPOWERS YOU TO ASSESS

YOUR GRASP OF THE SUBJECT MATTER AND YOUR PROFICIENCY LEVEL. BY ENGAGING WITH THESE MULTIPLE-CHOICE QUESTIONS, YOU CAN IMPROVE YOUR KNOWLEDGE OF THE SUBJECT, IDENTIFY AREAS FOR IMPROVEMENT, AND LAY A SOLID FOUNDATION. DIVE INTO THE SENSE ORGANS MCQ TO EXPAND YOUR SENSE ORGANS KNOWLEDGE AND EXCEL IN QUIZ COMPETITIONS, ACADEMIC STUDIES, OR PROFESSIONAL ENDEAVORS. THE ANSWERS TO THE QUESTIONS ARE PROVIDED AT THE END OF EACH PAGE, MAKING IT EASY FOR PARTICIPANTS TO VERIFY THEIR ANSWERS AND PREPARE EFFECTIVELY.

The Practical, Moral, and Personal Sense of Nursing Anne H. Bishop, John R. Scudder Jr., 1990-07-05 The Practical, Moral, and Personal Sense of Nursing is the first explicitly philosophical articulation in English of the essence of nursing from a phenomenological perspective. The authors interpret nursing as competencies and excellences that are exercised in an <code>_in-between_</code> situation characteristic of nursing practice (the practical sense) which fosters the well-being of patients (the moral sense) within the nurse-patient relationship (the personal sense). This directly challenges the current tendency to reconstruct nursing by using theories drawn from the behavioral and natural sciences, and shows why nursing must be reformed from within. Bishop and Scudder stress the use of phenomenology to articulate an actual practice, showing the unique capacity of phenomenology to illuminate actual situations and to generate fresh understandings of old problems.

Child Sense Priscilla J. Dunstan, 2009-10-27 Your infant is crying and you don't know why. Your toddler refuses every kind of food-except one. Your preschooler wages war with you each morning over what to wear. Every day, parents struggle unsuccessfully to understand why their children act the way they do. Now child development expert Priscilla J. Dunstan breaks down those barriers to understanding with this revolutionary and accessible guide that teaches a new way of parenting—custom-designed for each child's personality. The product of eight years of groundbreaking research, this book will help you understand how your child interacts with the world. Dunstan begins from the premise that every child has his or her own dominant sensory "interface" with the world. Some children are highly sensitive to touch, others to sound or to sight. And some are unusually sensitive to all outside stimuli, especially taste and smell. This sensitivity affects how your child behaves, learns, and communicates from the very first days of life. Uncovering your child's dominant sense—and knowing what your own dominant sense is—is essential for finding common ground and creating bonds of trust and intimacy with your child. Use this book to • take comprehensive "sense tests" to determine your child's dominant sense—and your own • understand how sensory overload plays out from infancy to age five, at home and in school • learn why your child's sensory personality shapes the way he or she instinctively reacts to new experiences and people • appreciate the richness of your child's emotional life, and help your child thrive in the outside world For every parent who has ever looked at a child's behavior and thought What is he trying to tell me?, Child Sense shows you how to find the answer.

Sense and Reference in Frege's Logic C. Thiel,2013-03-09 The present study of sense and reference in the logic of Frege represents the first fruits of several years of dealing with the work of this great German logician. In the preparation of this work, which was presented as a dissertation to the Faculty of Philosophy of the Friedrich-Alexander University in Erlangen/Nuremberg, assistance came from many quarters. lowe most to Professor R. Zocher, who directed this dissertation with understanding counsel and unflagging interest. I must also thank Professor P. Lorenzen, whose courses and seminars provided more inspiration than might be immediately apparent in the book. Professor W. Britzelmayr of Munich was so kind as to provide copies of important fragments of Frege's works. These texts are reproduced with the permission of Professor H. Hermes, Director of the 'Institut fUr mathematische Logik und Grund lagenforschung' in Munster, where Frege's works and letters are being prepared for publication. The preparation of this work was greatly facilitated by a two-year grant from the Fritz Thyssen Foundation. CHRISTIAN THIEL Nuremberg, February 1965 v TRANSLATOR'S NOTE In the difficult matter of Fregean terminology we have taken Ignacio Angelelli's translation of Two Soviet Studies on Frege as the model. Both Professor Angelelli and Dr. Thiel have been so kind as to read over the translation before publication.

Common Sense in Early 18th-Century British Literature and Culture Christoph Henke, 2014-10-14 While the popular talk of English common sense in the eighteenth century might seem a by-product of familiar Enlightenment discourses of rationalism and empiricism, this book argues that terms such as 'common sense' or 'good sense' are not simply synonyms of applied reason. On the contrary, the discourse of common sense is shaped by a defensive impulse against the totalizing intellectual regimes of the Enlightenment and the cultural climate of change they promote, in order to contain the unbounded discursive proliferation of modern learning. Hence, common sense discourse has a vital regulatory function in cultural negotiations of political and intellectual change in eighteenth-century Britain against the backdrop of patriotic national self-concepts. This study discusses early eighteenth-century common sense in four broad complexes, as to its discursive functions that are ethical (which at that time implies aesthetic as well), transgressive (as a corrective), political (in patriotic constructs of the nation), and repressive (of otherness). The selection of texts in this study strikes a balance between dominant literary culture — Swift, Pope, Defoe, Fielding, Johnson — and the periphery, such as pamphlets and magazine essays, satiric poems and patriotic songs.

Making Sense of Our Senses Gr. K-1 ,

Arousing Sense Tomie Hahn,2021-11-02 Engaging with sensory experience provides a gateway to the contemplation and cultivation of creativity and ideas. Tomie Hahn's workshopping recipes encourage us to incorporate sensory-rich experiences into our research, creative processes, and understanding of people. The exercises recognize that playfulness allows for a loosening of self while increasing empathy and vulnerability. Their ability to spark sensory endeavors that reach into our deepest core offers potentially profound impacts on art making, research, ethnographic fieldwork, contemplation, philosophical or personal introspections, and many other activities. Designed to be flexible, these living recipes provide an avenue for performative adventures that invite us to improvise in ways suited to our own purposes or settings. Leaders and practitioners enjoy limitless arenas for using the senses for explorations that range from personally transformative to professionally productive to profoundly moving. User-friendly and practical, Arousing Sense is a guide to how teaching through sensory experience can lead to positive, transformative impact in the classroom and everyday life.

Decoding **Sense**: Revealing the Captivating Potential of Verbal Expression

In a period characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its capability to evoke sentiments, stimulate

introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "Sense," a mesmerizing literary creation penned by a celebrated wordsmith, readers set about an enlightening odyssey, unraveling the intricate significance of language and its enduring effect on our lives. In this appraisal, we shall explore the book is central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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Sense Introduction

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