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Beyond Feelings is a succinct, interdisciplinary introduction to critical reasoning that encourages students to move beyond feelings and apply critical reasoning skills to their everyday lives. Written in a style that is direct and free from jargon, this text is designed to teach students how to sort out their feelings, evaluate them carefully, and think critically.

This succinct, interdisciplinary introduction to critical reasoning successfully dares students to question their own assumptions and to enlarge their thinking world through the analysis of the most common problems associated with everyday reasoning. The text offers a unique and effective organization: Part I explains the fundamental concepts; Part II describes the most common barriers to critical thinking; Part III offers strategies for overcoming those barriers; Part IV offers a selection of contemporary issues that invite students to practice their skills.

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The average person has 70,000 thoughts every day, and many of those thoughts trigger a corresponding

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emotion. No wonder so many of us often feel like we're controlled by our emotions. Our lives would be much improved if we controlled them. In *LIVING BEYOND YOUR FEELINGS*, Joyce Meyer examines the gamut of feelings that human beings experience. She discusses the way that the brain processes and stores memories and thoughts, and then - emotion by emotion - she explains how we can manage our reactions to those emotions. By doing that, she gives the reader a toolbox for managing the way we react to the onslaught of feelings that can wreak havoc on our lives. In this book, Meyer blends the wisdom of the Bible with the latest psychological research and discusses: the 4 personality types and their influence on one's outlook, the impact of stress on physical and emotional health, the power of memories, the influence of words on emotions, anger & resentment, sadness, loss & grief, fear, guilt & regret, the power of replacing reactions with pro-actions, and the benefits of happiness.

A revised and updated edition of the popular self-help book for men that addresses contemporary issues and how they impact the way men deal with anger Men tend to express their anger differently than women do. Research shows men are often more violent and less willing to confront and deal with their emotions than women. Written by a psychologist who specializes in the treatment of male rage, *Beyond Anger* shows the angry--and miserable--man how to change his life and relationships for the better. This book helps men understand their anger by explaining what the specific symptoms of chronic anger are and by showing angry men how their actions negatively affect family, friends, and coworkers. It helps men control violent feelings by using simple exercises--developed especially for men--to identify when and why anger occurs and by helping them form new habits to prevent anger before it starts. Women, too, will learn essential strategies for understanding and helping the angry men in their lives. *Beyond Anger* is honest, tough, and real. In this revised edition, Harbin will update references throughout and discuss new topics such as the role of the internet and social media in fueling anger and how to protect yourself against these pitfalls, as well as a discussion on anger and aging, the political landscape and anger, PTSD, a brand-new section on preventing relapse into anger, and many other relevant, timely topics.

Solution-focused therapy is often misunderstood to be no more than the techniques it is famous for--pragmatic, future-oriented questions that encourage clients to reconceptualize their problems and build on their strengths. Yet when applied in a "one-size-fits-all" manner, these techniques may produce disappointing results and leave clinicians wondering where they have gone wrong. This volume adds a vital dimension to the SFT literature, providing a rich theoretical framework to facilitate nonformulaic clinical decision making. The focus is on how attention to emotional issues, traditionally not emphasized in brief, strengths-based interventions, can help "unstick" difficult situations and pave the way to successful solutions.

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A real-world guide to Attachment Parenting from the Big Bang Theory actress, neuroscientist, and mother Mayim Bialik—a book hailed by Dr. William Sears as “delightful” and by Ricki Lake as “a fantastic guide to birth and parenting that is packed with invaluable wisdom.” Mayim Bialik was the child star of the popular 1990s TV sitcom Blossom, but she definitely didn’t follow the typical child-star trajectory. Instead, Mayim got her PhD in neuroscience from UCLA, married her college sweetheart, and had two kids. Mayim then did what many new moms do—she read a lot of books, talked with other parents, and she soon started questioning a lot of the conventional wisdom she heard about the “right” way to raise a child. That’s when she turned to Attachment Parenting, a philosophy and lifestyle popularized by well-known physicians like Dr. William Sears and Dr. Jay Gordon. To Mayim, Attachment Parenting’s natural, child-led approach not only felt right emotionally, it made sense intellectually and instinctually. She found that when she followed her intuition and relaxed into her role as a mother instead of following some rigid parenting script, both she and her children thrived. Taking into account her experience as a mother (and her scientific background), Mayim presents the major tenets of Attachment Parenting, including: Baby wearing: How to “wear” your baby in a sling or a wrap to foster a closer bond with your child—it’s possible even for mamas with bad backs (and with big babies)! Breastfeeding: Learn how to listen to your baby’s cues rather than sticking to a rigid schedule—and why people on airplanes love a nursing mother! Gentle discipline: How to get your child to behave without yelling, threats, or time-outs—it really is possible. Co-sleeping: How to avoid “sleep training” and get a great night’s sleep for the whole family. Without the pretense and luxuries typical of so many Hollywood actors and parents, Mayim describes the beauty, simplicity, and purposefulness of Attachment Parenting, and how it’s become the guiding principle for her family. Much more than a simple how-to parenting guide, Beyond the Sling shows us that the core principles underlying Attachment Parenting are universal and can be appreciated no matter how you decide to raise your child.

“Written in the same remarkable vein as Getting to Yes, this book is a masterpiece.” —Dr. Steven R. Covey, author of The 7 Habits of Highly Effective People • Winner of the Outstanding Book Award for Excellence in Conflict Resolution from the International Institute for Conflict Prevention and Resolution • In Getting to Yes, renowned educator and negotiator Roger Fisher presented a universally applicable method for effectively negotiating personal and professional disputes. Building on his work as director of the Harvard Negotiation Project, Fisher now teams with Harvard psychologist Daniel Shapiro, an expert on the emotional dimension of negotiation and author of Negotiating the Nonnegotiable: How to Resolve Your Most Emotionally Charged Conflicts. In Beyond Reason, Fisher and Shapiro show readers how to use emotions to turn a disagreement—big or small, professional or personal—

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into an opportunity for mutual gain.

From the beloved New York Times columnist, trusted authority on health, and bestselling author comes this complete guide to everything you need to know—emotionally, spiritually, and practically—to prepare for the end of life. An invaluable road map to putting your affairs in order—or helping your loved ones do the same—this comprehensive book will answer every question you might have about what does and does not help smooth the transition between life and the Great Beyond. Wise, practical, and characteristically straightforward throughout, Brody advises on • the intricacies of a well-thought-out (and fully spelled-out) living will that health care practitioners readily understand—and how to designate a health care proxy. • planning a funeral or memorial to ensure your wishes are followed, including tips on how to reduce expenses. • discussing prognoses and treatment options with doctors. • your options for controlling pain, shortness of breath, bed sores, and other physical symptoms—plus the facts on feeding tubes. • receiving the support you need through hospice care—and suggestions for loved ones and friends who want to help. • lightening and enlightening your trials by incorporating spirituality into your life. • understanding what happens, physically and mentally, when death is imminent, and recognizing when hand-holding and reassurance, not food or drink or an oxygen mask or CPR, is the proper course of action. • easing your way through the journey of grief by admitting the reality of the loss, showing your emotions, and allowing yourself the time you feel you need. No matter your age or current health, preparing for the inevitable when you are still fully in control of your faculties ensures that you’ll be in a far better position to enjoy the time you have left. As Brody notes, “From the start, consider the finish.”

The authors cover difficult situations in both personal and professional life.

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