

La Ginecologa In Tasca: Consigli E Rimedi Naturali Per La Gravidanza

The second novel in the Wicked Lovers series from New York Times and USA Today bestselling author Shayla Black The boss’ innocent daughter. A forbidden favor he can’t refuse... How can a virgin seeking happily-ever-after with a hot pop star who has a penchant for threesomes win her fantasy man? Kimber Edgington desperately needs a plan to convince Jesse McCall, who’s been her friend and secret crush since they spent a summer together as teenagers, that they are meant for each other. But all the tabloid stories about his sexual escapades make her feel oh-so inadequate. Determined to prove she’s woman enough for Jesse, Kimber turns to bodyguard Deke Trenton for sexual education. Bold and brash, Deke warns Kimber that playing with him is playing with fire. But he can’t bear to imagine the innocent beauty in someone else’s arms. So Deke and his super-sexy friend, Luc, take Kimber under their wings and dangerously close to the edge of ecstasy. Though she’s saved herself for Jesse, Kimber soon learns, he’s not the man adept at stoking her aching, endless need. That’s Deke, and he can’t resist when Kimber begs for more-and more...

Archivio di ostetricia e ginecologia ...La ginecologia rivista praticaln viaggio con pochi soldi in tascaBabelcube Inc.

In his new book Michel Odent shows how farming and childbirth have been industrialized side by side during the 20th century - with dramatic and disturbing consequences. The similarities are striking. In both cases innovations have been presented as the long awaited solution to an old problem: the advent of powerful synthetic insecticides has, overnight, dramatically reduced the costs and increased agricultural productivity; the advent of the modern safe technique of caesarean section has offered serious new reasons to create gigantic obstetrical departments. In both spheres a small number of skeptics voiced doubts and fears concerning the negative long-term consequences of the widespread use of novel, little tested practices; although these repeated warnings initially went unheeded, they have motivated the development of "alternative" approaches and movements. At the turn of the new century the history of industrialized farming has suddenly speeded up. A collective global awareness has been sparked by a series of disasters, particularly "mad cow" and foot and mouth diseases. Industrialized childbirth has not yet reached the same phase of its history, but the parallels between these two industries suggest that there is more to link the farmer and the obstetrician than we had all realized..

The Second Brain

An Infographic Guide

Decadent

La ginecologia rivista pratica

Advice to Mothers, on the Subject of Their Own Health; and on the Means of Promoting the Health, Strength, and Beauty of Their Offspring ...

Dal Faceto Al Serio

Amiche, diciamocelo, la maternità è il sogno più bello del mondo e avere un figlio, in fondo, è il vero senso della vita... Con questo libro, abbiamo pensato a te, che sei incinta e hai bisogno di informazioni e consigli pratici per vivere i tuoi 9 mesi di attesa nel modo più sereno e sicuro possibile. L’autrice, Irene Bagalà, è la mamma prescelta per rivelarti con dolcezza e comprensione tutto quello che devi sapere per stare tranquilla, fare sempre la cosa giusta e non andare mai in ansia. Perché questi nove mesi possano diventare uno dei periodi più belli e felici della tua vita. Dalla premessa dell’autrice... Ciao! Sono Irene, mamma di due splendidi bambini. Come spesso accade a molte donne, durante la mia prima gravidanza sono stata colta da mille dubbi e incertezze, a cui ho cercato di dare delle risposte. Così ho iniziato a divorare guide e manuali, a partire da uno con le pagine ingiallite reduce dagli anni settanta e regalatomi da mia madre; nonché a consultare decine di siti Internet italiani e stranieri. Il risultato è stato che più raccoglievo informazioni, più mi sentivo confusa: su Internet ho trovato tutto e il contrario di tutto, mentre i vari manuali erano spesso troppo tecnici, noiosi, difficili da capire, in alcuni casi addirittura ansiogeni! Pochi davvero, quelli pratici e utili. Dopo circa cinque anni e due gravidanze posso dire di aver chiarito molti di quei dubbi ed esorcizzato gran parte delle mie paure. Così ho deciso di mettere insieme le risposte trovate e quelle collaudate e di scrivere questo libricino per esserti d'aiuto e accompagnarti nella quotidianità di questi "avventurosi" nove mesi. Non troverai spiegazioni scientifiche, termini tecnici o studi statistici; niente paroloni, grafici o tabelle. Questa è la mia esperienza, il mio vissuto, le mie emozioni. Quello che ho fatto o non ho fatto e le conclusioni che ho potuto trarre. I consigli e le dritte che troverai non hanno la pretesa di essere scienza, sono le parole di un’amica fidata; sono il frutto dell’esperienza di una donna come te. Percorreremo insieme questi nove mesi e ti racconterò cosa succede al tuo corpo e a quello del tuo bambino. Ti parlerò di come ho alleviato i piccoli disturbi di ogni giorno; le scelte che ho fatto sull’alimentazione, il movimento, la cura del corpo. Affronteremo argomenti imbarazzanti e ci rideremo su. Ti rivelerò alcuni trucchi utili durante il travaglio e consigli pratici per il post parto. Insomma, quello che hai tra le mani non è certamente un trattato di ginecologia e ostetricia, ma piuttosto una risposta sincera e concreta alle tue domande sull’esperienza unica che stai vivendo: la TUA gravidanza!

Sono molti i libri che analizzano con ironia il rapporto tra la neomamma e il neonato. In questo libro Valeria Prestisimone si concentra invece sul rapporto tra la neomamma e le altre mamme, raccontandoci come donne insospettabili (amiche, zie, sorelle, colleghe, conoscenti...) possano svelare aspetti sadici, indiscreti, allarmistici, deprimenti... Scritto con brio e condito con l’ironia partenopea, Mamma, le mamme! è divertente da leggere ma anche utile e ricco di consigli pratici rassicuranti, rinforzati dal conforto di un’esperta, la psicologa Pina Mansi. Leggendolo, le neomamme si riconosceranno e impareranno a sdrammatizzare e a difendersi dalle altre mamme! Your life is about to change forever, yet the amount of information out there can be overwhelming. But fear not: this pictorial guide, packed with accessible and stylish infographics, will help you to get up to speed and give you all the essential facts you need, as well as a healthy dose of quirky trivia along the way. From finding out what's going on inside a pregnant woman's body to understanding the various cravings she might experience, this book offers both women and men a quick route to knowing exactly what to expect while you're expecting.

più figli, meno ansie

IL COGLIONAVIRUS QUARTA PARTE LA CURA

Ecco quello che devi sapere Consigli, soluzioni ed esperienze

The 5 Love Languages Military Edition

Un lunedì senza ombrello

Panorama

Donne invisibili, prese in prestito da false emozioni e che non ne hanno mai ricevuta una vera in cambio. Come le protagoniste di questa storia di amori distorti. Piccole donne semplici a cui sarebbe bastato un minimo di considerazione e apprezzamento. Donne ignare del proprio valore, che non hanno potuto rendersi conto della propria grandezza. Semplici di cultura, devote al dovere, molto coraggiose. Private delle farfalle allo stomaco a vita. Capacissime di strapparsi il cuore dal proprio petto con una mano e di donarlo al più avido degli uomini. Donne vissute tra le ortiche.

«Perché mi reputo in grado di dare consigli in materia di Low Budget Travelling? Sono partita per il mio grande viaggio con una disponibilità di denaro inferiore a 7000 euro (biglietti aerei a parte). Ho guadagnato un po’ mentre ero in giro. Contando anche il Round the World Ticket, alla fin fine, in 8 mesi, ho speso quasi esattamente 8050 euro tutto compreso. In teoria avrei potuto spendere anche meno, ma ho preferito spostarmi in continuazione, ho fatto tante escursioni, visto tanti posti e vissuto tante esperienze. Se ci ripenso, mi sembra incredibile. Ho viaggiato in 4 continenti e in 13 Paesi. Solo in Sudamerica mi sono lasciata alle spalle 20.000 chilometri coi pullman a lunga percorrenza. In viaggio con pochi soldi in tasca è un breve manuale a integrazione di Il mio giro del mondo - Un sogno che si avvera, il libro in cui racconto gli alti e bassi di questa mia avventura.» In viaggio con pochi soldi in tasca è una raccolta di ritratti e consigli per viaggiatori low budget basata sull’esperienza dell’autrice negli ambiti: -Mezzi di trasporto -Pernottamento -Mangiare e bere -Luoghi da non perdere & tempo libero In viaggio con pochi soldi in tasca si rivolge in particolare a chi ha spirito di adattamento e di avventura e vorrebbe girare il mondo, ma pensa di non poterselo permettere. È per chi non sdegna consigli su come spendere il meno possibile per stare in giro il più possibile. Da ultimo ma non meno importante, è per chi ha simpatia per i nomadi digitali o ha una mezza idea di diventarlo. Schedule Schedule Schedule

Examines Euro-American kinship as the kinship of a specifically knowledge-based society.

Pregnancy

IL NUOVO LIBRO DELLA GRAVIDANZA: Tutto Quello che Devi Sapere per Vivere la Maternità in Modo Sicuro e Sereno

A System of Health Accounts 2011 Revised edition

Revised edition

Liberiamo i bambini

International Perspectives on Spinal Cord Injury

" Persuasive, impassioned... hopeful news [for those] suffering from functional bowel disease. " — New York Times Book Review Dr. Gershon ’ s groundbreaking book fills the gap between what you need to know—and what your doctor has time to tell you. Dr. Michael Gershon has devoted his career to understanding the human bowel (the stomach, esophagus, small intestine, and colon). His thirty years of research have led to an extraordinary rediscovery: nerve cells in the gut that act as a brain. This "second brain" can control our gut all by itself. Our two brains—the one in our head and the one in our bowel—must cooperate. If they do not, then there is chaos in the gut and misery in the head—everything from "butterflies" to cramps, from diarrhea to constipation. Dr. Gershon’s work has led to radical new understandings about a wide range of gastrointestinal problems including gastroenteritis, nervous stomach, and irritable bowel syndrome. The Second Brain represents a quantum leap in medical knowledge and is already benefiting patients whose symptoms were previously dismissed as neurotic or "it’s all in your head."

Rappresentare con verit à storica, anche scomoda ai potenti di turno, la realt à contemporanea, riportandola al passato e proiettandola al futuro. Per non reiterare vecchi errori. Perch é la massa dimentica o non conosce. Denuncio i difetti e caldeggio i pregi italici. Perch é non abbiamo orgoglio e dignit à per migliorarci e perch é non sappiamo apprezzare, tutelare e promuovere quello che abbiamo ereditato dai nostri avi. Insomma, siamo bravi a farci del male e qualcuno deve pur essere diverso!

"Every year between 250 000 and 500 000 people suffer a spinal cord injury, with road traffic crashes, falls and violence as the three leading causes. People with spinal cord injury are two to five times more likely to die prematurely. They also have lower rates of school enrollment and economic participation than people without such injuries. Spinal cord injury has costly consequences for the individual and society, but it is preventable, survivable and need not preclude good health and social inclusion. Ensuring an adequate medical and rehabilitation response, followed by supportive services and accessible environments, can help minimize the disruption to people with spinal cord injury and their families. The aims of International perspectives on spinal cord injury are to: --assemble and summarize information on spinal cord injury, in particular the epidemiology, services, interventions and policies that are relevant, together with the lived experience of people with spinal cord injury; --make recommendations for actions based on this evidence that are consistent with the aspirations for people with disabilities as expressed in the Convention on the Rights of Persons with Disabilities.

Multicultural Perspectives

The Sleeping Dictionary

Come difendersi dalle (altre) mamme di oggi

Nessuno escluso

Maledetto fibroma

settembre 1943-dicembre 1945

#1 New York Times bestselling author Stephen King’s terrifying novella about a town engulfed in a dense, mysterious mist as humanity makes its last stand against unholy destruction—originally published in the acclaimed short story collection Skeleton Crew and made into a TV series, as well as a feature film starring Thomas Jane and Marcia Gay Harden. In the wake of a summer storm, terror descends...David Drayton, his son Billy, and their neighbor Brent Norton join dozens of others and head to the local grocery store to replenish supplies following a freak storm. Once there, they become trapped by a strange mist that has enveloped the town. As the confinement takes its toll on their nerves, a religious zealot, Mrs. Carmody, begins to play on their fears to convince them that this is God’s vengeance for their sins. She insists a sacrifice must be made and two groups—those for and those against—are aligned. Clearly, staying in the store may prove fatal, and the Draytons, along with store employee Ollie Weeks, Amanda Dumfries, Irene Reppler, and Dan Miller, attempt to make their escape. But what’s out there may be worse than what they left behind. This exhilarating novella explores the horror in both the enemy you know—and the one you can only imagine.

Female "circumcision" or, more precisely, female genital cutting (FGC), remains an important cultural practice in many African countries, often serving as a coming-of-age ritual. It is also a practice that has generated international dispute and continues to be at the center of debates over women’s rights, the limits of cultural pluralism, the balance of power between local cultures, international human rights, and feminist activism. In our increasingly globalized world, these practices have also begun immigrating to other nations, where transnational complexities vex debates about how to resolve the issue. Bringing together thirteen essays, Transcultural Bodies provides an ethnographically rich exploration of FGC among African diasporas in the United Kingdom, Europe, and Australia. Contributors analyze changes in ideologies of gender and sexuality in immigrant communities, the frequent marginalization of African women’s voices in debates over FGC, and controversies over legislation restricting the practice in immigrant populations.

A System of Health Accounts 2011: Revised Edition provides an updated and systematic description of the financial flows related to the consumption of health care goods and services.

Transcultural Bodies

A Groundbreaking New Understanding of Nervous Disorders of the Stomach and Intestine

The Farmer and the Obstetrician

A Comprehensive Guide

Archivio di ostetricia e ginecologia ...

Italian Project 1a

Un testo dedicato a tutte le donne che combattono la patologia del fibroma uterino (circa il 25% della popolazione femminile), un tipo di tumore benigno all’utero che provoca sanguinamenti anomali e parecchio dolore. Spesso la terapia proposta è di tipo invasivo, con rimozione dell’utero. Di conseguenza, molte donne si trovano a dover rinunciare a questo importante organo solo perché non sanno che esistono delle alternative. Nato dal popolare blog “Maledetto Fibroma”, ideato da Eleonora Manfrini nel 2013 allo scopo di supportare le donne che vivono questo problema, Maledetto Fibroma racconta le esperienze vissute da Eleonora e dalla rete di donne che si è creata attorno al blog nel tempo, mettendo a disposizione consigli e indicazioni in grado di aiutare qualunque donna alle prese con questo problema a prendere la decisione più adatta alla propria situazione. Interviste a medici e ginecologi, testimonianze di donne e ragazze, storie a lieto fine, descrizioni di tecniche di intervento e informazioni su farmaci vari: Maledetto Fibroma fa luce su una malattia attorno alla quale la disinformazione regna sovrana.

Fino a che punto una donna ferita può sopportare il dolore senza reagire? Paola si ritrova sola e senza sapere perché. Federico l’ha lasciata, a Natale, sostenendo che ormai il loro rapporto è naufragato nell’abitudine e che entrambi meritano qualcosa di meglio. Non dice altro a lei e non dice nulla alla propria famiglia. Semplicemente se ne va e nessuno sa più niente di lui. Paola non si è ancora ripresa quando scopre di essere incinta. Ferita, arrabbiata, disillusa, decide di non portare a termine la gravidanza. Non sopporta di avere in sé una parte di Federico né di metterla al mondo. Solo a seguito di un incidente comprenderà che quel bambino ha un valore indipendente dalla relazione appena conclusasi. Quello che ancora le sfugge è la scena (sognata? immaginata? ricordata?) di lei che brandisce un martello e fa capire a Federico, finalmente, come si sente una donna ferita.

Marriage is hard enough for the everyday civilian. But imagine marriage when you’re separated by thousands of miles . . . when one of you daily faces the dangers of combat . . . while the other shoulders all the burden of home-front duties. Add to that unpredictable schedules, frequent moves, and the challenge of reintegration, and it’s no wonder military marriages are under stress. Guided by input from dozens of military couples in all stages of their careers, authors Gary Chapman and former military wife Jocelyn Green offer you an unparalleled tool for navigating these challenges. Adapted from #1 New York Time bestseller The 5 Love Languages, this military edition helps heal broken relationships and strengthen healthy ones. With an updated Q&A section specific to military marriages, stories of how military couples have adapted the five love languages to their unique lifestyles, and tips for expressing love when you’re miles away, The 5 Love Languages Military Edition will take you on a well-worn path to marital joy, even as you face the pressures of serving your country. The challenges of military marriages are unique, but they don’t have to hinder love. Learn how to keep yours healthy and flourishing.

The Mist

Rogue Economics

Right

Relatives are Always a Surprise

Battiti di ortiche fritte

The Beginnings of Philosophy in Greece

In this New York Times bestseller, a single mother sets out to find the North Carolina man who sent a message meant for someone else . . . and the journey may change her life forever. Divorced and disillusioned about relationships, Theresa Osborne is jogging when she finds a bottle on the beach. Inside is a letter of love and longing to "Catherine," signed simply "Garrett." Challenged by the mystery and pulled by emotions she doesn't fully understand, Theresa begins a search for this man that will change her life. What happens to her is unexpected, perhaps miraculous-an encounter that embraces all our hopes for finding someone special, for having a love that is timeless and everlasting.... Nicholas Sparks exquisitely chronicles the human heart. In his first bestselling novel, The Notebook, he created a testament to romantic love that touched readers around the world. Now in this New York Times bestseller, he renews our faith in destiny, in the ability of lovers to find each other no matter where, no matter when...

Everly has been obsessed with her brother's friend since she was a child and she plans on having a future with him. She meets his older brother and doesn't feel any sparks fly, at first, but this new interest may be the Right One.

An electrifying, internationally bestselling investigation of the global cocaine trade now a series on Prime Video starring Andrea Riseborough, Dane DeHaan, and Gabriel Byrne, from the author of the #1 international bestseller Gomorrah “Zero zero zero” flour is the finest, whitest available. It is also the nickname among narcotraffickers for the purest cocaine on the market. And it is the title of Roberto Saviano’s unforgettable exploration of the inner workings of the global cocaine trade—its rules and armies, and the true depth of its reach into the world economy. Saviano’s Gomorrah, his explosive account of the Neapolitan mob, the Camorra, was a worldwide sensation. It struck such a nerve with the Camorra that Saviano has lived with twenty-four-hour police protection for more than eight years. During this time he has come to know law enforcement agencies and officials around the world. With their cooperation, Savaiano has broadened his perspective to take in the entire global “corporate” entity that is the drug trade and the complex money-laundering operations that allow it to function, often with the help of the world’s biggest banks. The result is a harrowing and groundbreaking synthesis of literary narrative and geopolitical analysis exploring one of the most powerful dark forces in our economy. Saviano tracks the shift in the cocaine trade’s axis of power, from Colombia to Mexico, and relates how the Latin American cartels and gangs have forged alliances with crime syndicates across the globe. He charts the increasing sophistication of these criminal entities as they diversify into other products and markets. He also reveals the astonishing increase in the severity of violence as they have fought to protect and extend their power. Saviano is a writer and journalist of rare courage and a thinker of impressive intellectual depth, able to see connections between far-flung phenomena and bind them into a single epic story. Most drug-war narratives feel safely removed from our own lives; Saviano offers no such comfort. Both heart-racing and eye-opening, ZeroZeroZero is an investigative story like none other. Praise for ZerZeroZero: “[Saviano] has developed a literary style that switches from vivid descriptions of human depravity to a philosophical consideration of the meaning of violence in the modern world. . . . Most important of all is the hope Saviano gives to countless victims of criminal violence by standing up to its perpetrators.”—Financial Times

Female Circumcision

Message in a Bottle

Oggi

ZeroZeroZero

The Secret to Love That Lasts

settimanale di politica, attualità e cultura

Giovanni, non più di primo pelo, coinvolge un amico nella partecipazione a veglie e funerali al fine di progettare per se stesso le esequie perfette. I due si accorgono, ben presto, di non essere gli unici imbucati a queste cerimonie. Si aggiungono così alla storia personaggi che in un crescendo di battute, equivoci e situazioni grottesche, fanno a gara per strapparvi risate, fino all'epilogo che vi prenderà davvero alla sprovvista. Un libro apparentemente leggero ma che lascia trasparire un amaro improvvero nei confronti della società. Lasciano scorrere addosso una vita vacua, dedicata a piaceri dal scarso significato, senza impegnarsi mai nel tentativo di nobilitare, anche solo per un attimo, il proprio spirito.

Bolokoli, khifad, tahara, tahoor, qudiin, irua, bondo, kuruna, negekorsigin, and kene-kene are a few of the terms used in local African languages to denote a set of cultural practices collectively known as female circumcision. Practiced in many countries across Africa, this ritual is hotly debated. Supporters regard it as a central coming-of-age ritual that ensures chastity and promotes fertility. Human rights groups denounce the procedure as barbaric. It is estimated that between 100 million and 130 million girls and women worldwide undergo forms of this genital surgery. Female Circumcision gathers together African activists to examine the issue within its various cultural and historical contexts, the debates on circumcision regarding African refugee and immigrant populations in the U.S., and the human rights efforts to eradicate the practice. This work brings African women's voices into the discussion, foregrounds indigenous processes of social and cultural change, and demonstrates the manifold linkages between respect for women's bodily integrit

of women, and democratic modes of economic development. This volume does not focus narrowly on female circumcision as a set of ritualized surgeries sanctioned by society. Instead, the contributors explore a chain of connecting issues and processes through practice is being transformed in local and transnational contexts. The authors document shifts in local views to highlight processes of change and chronicle the efforts of diverse communities as agents in the process of cultural and social transformation. The Italian project 1 is the first level of a modern multimedia course of Italian language. Suitable to adolescent and adult students. It provides a balanced information, with pleasant and amusing conversation and useful grammatical examples. Introduces students and its culture.

Female Genital Cutting in Global Context
Pussypedia

L'espresso
Kinship, Law and the Unexpected
The Friends of Voltaire

What do Eastern Europe's booming sex trade, America's subprime mortgage lending scandal, China ' s fake goods industry, and celebrity philanthropy in Africa have in common? With biopirates trolling the blood industry, fish-farming bandits ravaging the high seas, pornography developing virtually in Second Life, and games like World of Warcraft spawning online sweatshops, how are rogue industries transmuting into global empires? And will the entire system be transformed by the advent of sharia economics? With the precision of an economist and the narrative deftness of a storyteller, syndicated journalist Loretta Napoleoni examines how the world is being reshaped by dark economic forces, creating victims out of millions of ordinary people whose lives have become trapped inside a fantasy world of consumerism. Napoleoni reveals the architecture of our world, and in doing so provides fresh insight into many of the most insoluble problems of our era.

Written by the creators of the popular website, this rigorously fact-checked, accessible, and fully illustrated guide is essential for anyone with a pussy. If the clitoris and penis are the same size on average, why is the word " small " in the definition of clitoris but strangely missing from the definition of penis? Sex probably doesn't cause yeast infections? But racism probably does cause BV? Why is masturbating so awesome? How hairy are butt cracks. . . generally? Why is labiaplasty on a global astronomical rise? Does egg freezing really work? Should I stick an egg-shaped rock up there or nah? There is still a shocking lack of accurate, accessible information about pussies and many esteemed medical sources seem to contradict each other. Pussypedia solves that with extensive reviews of peer-reviewed science that address old myths, confusing inconsistencies, and the influence of gender narratives on scientific research — — always in simple, joyful language. Through over 30 chapters, Pussypedia not only gives the reader information, but teaches them how to read science, how to consider information in its context, and how to accept what we don't know rather than search for conclusions. It also weaves in personal anecdotes from the authors and their friends — — sometimes funny, sometimes sad, often cringe-worthy, and always extremely personal — — to do away with shame and encourage curiosity, exploration, and agency. A gift for your shy niece, your angsty teenager, your confused boyfriend, or yourself. Our generation's Our Bodies, Ourselves, with a healthy dose of fun.

An acclaimed study of the diverse origins of ancient Greek philosophy In this acclaimed book, Maria Michela Sassi reconstructs the intellectual world of the early Greek "Presocratics" to provide a richer understanding of the roots of what used to be called "the Greek miracle." This unique study explores the full range of early Greek thinkers in the context of their worlds—from the Milesian natural thinkers, the rhapsode Xenophanes, and the mathematician and "shaman" Pythagoras, to the inspired Parmenides, the oracular Heraclitus, and the naturalist and seer Empedocles.

The Wiley-Blackwell Handbook of Group Psychotherapy
In viaggio con pochi soldi in tasca
Annuario genovese guida amministrativa, commerciale, industriale e marittima ecc
Mamma, le mamme!
La traversata
Epoca

A user-friendly guide of best practice for leading groups in various settings and with different populations, which incorporates the latest developments in today's mental health marketplace. Features multiple theoretical perspectives and guidelines for running groups for diverse populations, in the US and worldwide Offers modern approaches and practical suggestions in a user-friendly and jargon-free style, with many clinical examples Includes a major component on resiliency and trauma relief work, and explores its impact on clinicians Accompanied by an online resource featuring discussions of psychotherapeutic techniques in practice