



*in human occupation, encompassing anthropologists, councillors, criminologists, nurses, and human geographers.*

*Imagine a graph with two lines. One indicates happiness, the other tracks how you feel about your body. If you're like millions of people, the lines do not intersect. But what if they did? This practical, inspirational, and visually lively book shows you how to create a healthier and happier life by treating yourself with compassion rather than shame. It shows the way to a sense of well-being attained by understanding how to love, connect, and care for yourself—and that includes your mind as well as your body. Body Kindness is based on four principles. WHAT YOU DO: the choices you make about food, exercise, sleep, and more HOW YOU FEEL: befriending your emotions and standing up to the unhelpful voice in your head WHO YOU ARE: goal-setting based on your personal values WHERE YOU BELONG: body-loving support from people and communities that help you create a meaningful life With mind and body exercises to keep your energy spiraling up and prompts to help you identify what YOU really want and care about, Body Kindness helps you let go of things you can't control and embrace the things you can by finding the workable, daily steps that fit you best. Think of it as the anti-diet book that leads to a more joyful and meaningful life!*

*Concepts of Biology is designed for the single-semester introduction to biology course for non-science majors, which for many students is their only college-level science course. As such, this course represents an important opportunity for students to develop the necessary knowledge, tools, and skills to make informed decisions as they continue with their lives. Rather than being mired down with facts and vocabulary, the typical non-science major student needs information presented in a way that is easy to read and understand. Even more importantly, the content should be meaningful. Students do much better when they understand why biology is relevant to their everyday lives. For these reasons, Concepts of Biology is grounded on an evolutionary basis and includes exciting features that highlight careers in the biological sciences and everyday applications of the concepts at hand. We also strive to show the interconnectedness of topics within this extremely broad discipline. In order to meet the needs of today's instructors and students, we maintain the overall organization and coverage found in most syllabi for this course. A strength of Concepts of Biology is that instructors can customize the book, adapting it to the approach that works best in their classroom. Concepts of Biology also includes an innovative art program that incorporates critical thinking and clicker questions to help students understand—and apply—key concepts.*

*Women and Health is a comprehensive reference that addresses health issues affecting women of all ages — from adolescence through maturity. It goes far beyond other books on this topic, which concentrate only on reproductive health, and has a truly international perspective. It covers key issues ranging from osteoporosis to breast cancer and other cancers, domestic violence, sexually transmitted diseases, occupational hazards, eating disorders, heart disease and other chronic illnesses, substance abuse, and societal and behavioral influences on health. In this second edition of Women and Health, chapters thoughtfully explore the current state of women's health and health care, including the influences of sex and gender on the occurrence of a wide variety of diseases and conditions. All chapters have been extensively updated and emphasize the epidemiology of the condition — the etiology, occurrence, primary and secondary prevention (screening), risk factors, surveillance, changing trends over time, and critical analysis of the diagnostic and treatment options and controversies. Treatment sections in each chapter have been expanded to create a stronger dialogue between epidemiologists and women's health practitioners. Saves researchers and clinicians time in quickly accessing the very latest details on a broad range of women's health issues, as opposed to searching through thousands of journal articles Provides a common language for epidemiologists, public health practitioners, and women's health specialists to discuss the behavioral, cultural, and biological determinants of women's health Researchers and medical specialists will learn how the gender-specific risks and features of one organ system's diseases affect the health of other organ systems For example: Hormone replacement therapy used to treat imbalance within the endocrine system is also being used to prevent and treat cardiovascular disease; Drugs developed for type 2 diabetes are now being used in chemoprevention*

*Orients the non-gerontologist about the importance of considering the entire life cycle of women within research designs and treatment plans*

*Professors teaching courses in women's health will use slides and additional materials to structure lectures/courses; students will use slides as a unique resource to study for exams*

*Sleep for Success! Everything You Must Know About Sleep but Are Too Tired to Ask*

*Making and Unmaking Public Health in Africa*

*Eating Disorders and Failed Care in America*

*Embodying Modernity in a Mexican Convent*

*Unbecoming*

*Unmarried Women and the Rise of an Independent Nation*

*"A Book of Medical Discourses, in Two Parts" by Rebecca Lee Crumpler. Published by Good Press. Good Press publishes a wide range of titles that encompasses every genre. From well-known classics & literary fiction and non-fiction to forgotten/or yet undiscovered gems/of world literature, we issue the books that need to be read. Each Good Press edition has been meticulously edited and formatted to boost readability for all e-readers and devices. Our goal is to produce eBooks that are user-friendly and accessible to everyone in a high-quality digital format.*

*The new mistress of Manderley's Cornwall estate must constantly compete with the memory of Maxim de Winter's first wife, Rebecca*

*Teamwork is essential to improving the quality of patient care and reducing medical errors and injuries. But how does teamwork really function? And what are the barriers that sometimes prevent smart, well-intentioned people from building and sustaining effective teams? Collaborative Caring takes an unusual approach to the topic of teamwork. Editors Suzanne Gordon, David L. Feldman, MD, and Michael Leonard, MD, have gathered fifty engaging first-person narratives provided by people from various health care professions. Each story vividly portrays a different dimension of teamwork, capturing the complexity/and sometimes messiness/of moving from theory to practice when it comes to creating genuine teams in health care. The stories help us understand what it means to be a team leader and an assertive team member. They vividly depict how patients are left out of or included on the team and what it means to bring teamwork training into a particular workplace. Exploring issues like psychological safety, patient advocacy, barriers to teamwork, and the kinds of institutional and organizational efforts that remove such barriers, the health care professionals who speak in this book ultimately have one consistent message: teamwork makes patient care safer and health care careers more satisfying. These stories are an invaluable tool for those moving toward genuine interprofessional and intraprofessional teamwork.*

*The Practical Guide to HIPAA Privacy and Security Compliance*

*An Outcomes Approach*

*The Challenge to Change*

*ACCESS TO HEALTH, 12TH ED.*

*Health*

*Home/Land*