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Martin Retief se hele lewe verander toe sy pa een middag stilhou om aandete te koop. Maar dan ontmoet Martin vir Drikus. Drikus wat aan 'n siekte ly en sy eie zombieflik wil

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maak. Wat volg is 'n
avontuur vol
skouhoenders,
skelms, mooi meisies,
wiskunde,
kammabloed en
zombies.

"While the concept of
living in the moment
seems simple, the
reality is often
entirely different as
our minds chatter
and fret and rarely

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stand still.

Fortunately, Ernst Bohlmeijer and Monique Hulsbergen have written a clear and reassuring guide to mindfulness and ACT, with illuminating exercises and a wealth of information about how our minds work. But more than this, it's also a guide to

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living a more contented life, as the reader is encouraged to search out and live a life guided by their most deeply-held values. It's an uplifting read."

Rebecca Alexander, executive coach, The Coaching Studio and Contributing Editor, Psychologies "Ernst and Monique have

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written a wonderful self-help guide. Full of interesting anecdotes, helpful case studies and useful techniques, this is a book which teaches us how to lead a more fulfilled life." Dr Rick Norris, Consultant Psychologist and author of Think Yourself Happy: the

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simple 6-stage programme to change your life from within Life is not easy. There are times when we are full of gloom, doubt, fear, bitter disappointment or insecurity. This practical book will help you to experience greater freedom and quality

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in your life and teach you how to cope with stressful situations.

Combining mindfulness and Acceptance and Commitment Therapy (ACT) exercises in an accessible 9-week programme, Bohlmeijer and Hulsbergen show you how to observe your

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thoughts without judgement and connect with the 'here and now' in your life. By spending a few minutes a day, you will discover what really matters to you in life and learn to base your day-to-day actions on your values. Learn how to live in the moment with this

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step-by-step guide to mindfulness and walk away from fighting difficult emotions. You will find peace and greater joy, as well as reduced anxiety and stress. With illustrations by Helen van Vliet.

"Mindfulness is a form of meditation that originated in Buddhist practice. A

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recent development is Mindfulness Based Stress Reduction or MBSR which is now being used successfully in treating a range of clinical conditions, including the relief of stress and anxiety in cancer. The new book A Beginner's Guide to Mindfulness by Ernst Bohlmeijer and

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Monique Hulsbergen is a most valuable addition to the literature. It is written with authority by two distinguished and experienced psychologists and contains a wealth of information written in easily understood English. The book also contains useful exercises for people

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to work through. I
recommend this
book highly
especially to anyone
trying to help
themselves deal with
physical or
psychological illness."
Professor Jane Plant,
Imperial College
London, UK, and
author of
international
bestseller *Your Life in*

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Your Hands "Being a human being includes difficulties. The authors take this simple fact of life; blend their personal experiences, a model of mindfulness, scientific evidence, and a bit of humour. From this they create a book of wisdom, inspiration, and practical steps for

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living." Lance M. McCracken, Professor of Behavioural Medicine, King's College London, UK
"This is clearly one of the best mindfulness books for beginners. You can put it directly into the hands of your clients with no explanations. Clearly, a very user-friendly book to have in your

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clinic." JoAnne Dahl,
Professor of
Psychology, Uppsala
University, Sweden
"This is a very useful
book for anyone
wanting to find more
meaning and
satisfaction in life. It
blends exercises and
metaphors from
several mindfulness-
based therapies in a
user-friendly self-

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help format." Ruth Baer, Professor of Psychology, University of Kentucky, USA "Bohlmeijer and Hulsbergen's A Beginner's Guide to Mindfulness provides an accessible and practical route to create more well-being. They have convinced me with

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their research and this volume that they are serious about helping more people flourish in life.

Anybody interested in flourishing should read this book and, more importantly, practice what they preach." Corey Keyes, Professor of Sociology, Emory University, Atlanta,

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Georgia, USA

Linear Lie Groups

Organization and

Management

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Natural Sciences Gr8

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A Guide for Mental

Health Practitioners

EBOOK: A Beginner's

Guide to Mindfulness:

Live in the Moment

Global Standards and

Publications

The TOGAF 9 certification program is a knowledge-based certification program. It has two levels, leading to certification for TOGAF 9 Foundation and TOGAF 9 Certified, respectively. The purpose of

***certification to
TOGAF 9 Certified is
to provide validation
that, in addition to
the knowledge and
comprehension of
TOGAF 9
Foundation level,
the Candidate is
able to analyze and
apply this
knowledge. The
learning objectives
at this level***

therefore focus on application and analysis in addition to knowledge and comprehension. This Study Guide supports students in preparation for the TOGAF 9 Part 2 Examination, leading to TOGAF 9 Certified. One day, Colour Monster wakes up

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***feeling very
confused. His
emotions are all
over the place; he
feels angry, happy,
calm, sad and
scared all at once!
To help him, a little
girl shows him what
each feeling means
through colour. A
gentle exploration of
feelings for young
and old alike.***

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Draws on laboratory research to redefine love as a scientifically based response to moments of connection between people, demonstrating how to measure and strengthen one's capacity for experiencing love to improve overall

**health and
longevity.
Brinkman's
catalogus van
boeken en
tijdschriften
A New Introduction
Brinkman's
cumulatieve
catalogus van
boeken, en verder in
den boekhandel
voorkomende
artikelen**

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Love 2.0

The Mystery of Life

Linear Lie Groups

A #1 New York
Times bestseller

“ This little
mouse may well
inspire some big
dreams. ” —Kirkus
Reviews “ In this
picture book
based on the

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space shuttle En
deavor...Meteor
is one of the
smallest mice,
but the most
hardworking...th
e values of being
small, useful,
solving
problems, and
working hard—as
opposed to being

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big and
strong—will
inspire young
readers. ”

—School Library
Journal “ Inspired
by this real-life
mouse, Kelly ’ s
first children ’ s
book tells the
story of Meteor,
a lightly anthrop

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omorphized
rodent who turns
his tininess into
an advantage
when an
important key
gets stuck in a
crack between
two monitors...te
xtured images
and vivid
portraits that

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make it

absolutely clear
that space travel
is a larger-than-
life adventure. ”

—Publishers

Weekly A

heartwarming
picture book tale
of the power of
the small, from
bestselling

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author and
retired NASA
astronaut
Commander
Mark Kelly.
Astronaut Mark
Kelly flew with
“ mice-tronauts ”
on his first
spaceflight
aboard space
shuttle

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Endeavour in
2001.

Mousetronaut
tells the story of
a small mouse
that wants
nothing more
than to travel to
outer space. The
little mouse
works as hard as
the bigger mice

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to show

readiness for the
mission . . . and

is chosen for the
flight! While in

space, the

astronauts are

busy with their

mission when

disaster

strikes—and only

the smallest

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member of the crew can save the day. With lively illustrations by award-winning artist C. F. Payne, *Mousetronaut* is a charming tale of perseverance, courage, and the

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importance of
the small!

This innovative
introduction to
literary studies
takes 'the life of
texts' as its
overarching
frame. It
provides a
conceptual and
methodological

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toolbox for
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media. It explains why literature has been interpreted in different ways across time. Finally, it asks why some texts fascinate people so much that they are reproduced and

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passed on to others in the form of new editions, in adaptations to film and theatre, and, last but not least, in the ways we look at the world and act out our lives.

The Life of

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Texts is designed around particular issues rather than the history of the discipline as such. Each chapter concentrates on a different aspect of 'the life of texts' and

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introduces the key debates and concepts relevant to its study. The issues discussed range from aesthetics and narrative to intertextuality and intermediality,

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from reading
practices to
hermeneutics
and semiotics,
popular culture
to literary
canonisation,
postcolonial
criticism to
cultural memory.
Key concepts
and schools in

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the field have been highlighted in the text and then collected in a glossary for ease of reference. All chapters are richly illustrated with examples from different language areas.

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alfabetische
lijst van
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uitgegeven.

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Narrative
Therapy
Nieuwsblad Voor
Den Boekhandel
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human body from
the inside out
Every year, more
than 100,000
degrees are
completed in

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biology or
biomedical
sciences. Anatomy
and physiology
classes are
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majors and others
such as life
sciences and
chemistry, and
also for students
on a pre-med

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track. These classes also serve as valuable electives because of the importance and relevance of this subject's content. Anatomy and Physiology For Dummies, 2nd Edition, appeals to students and life-

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learners alike, as a course supplement or simply as a guide to this intriguing field of science. With 25 percent new and revised content, including updated examples and references throughout,

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readers of the new edition will come to understand the meanings of terms in anatomy and physiology, get to know the body's anatomical structures, and gain insight into how the structures and systems

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function in
sickness and
health. New
examples,
references, and
case studies
Updated
information on how
systems function in
illness and in
health Newest
health discovers

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and insights into
how the body
works Written in
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packed with
dozens of beautiful
illustrations,
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Physiology For
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voyage of the

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human body.

Organization and Management is an introduction to theories and contemporary practice in cross-border business management. The book reviews the practice of management

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where a home-market approach no longer achieves and sustains success in an increasingly competitive global environment.

Readers will learn about the experiences of companies in

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many industries operating in countries such as Argentina, China, Britain, France, Germany, India, the Netherlands, Poland, and the United States. This book is designed for students taking introductory

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material, this book
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in global politics –
from war,
peacebuilding,
terrorism, security,
violence, nationalism
and authority to
poverty, development,
postcolonialism,
human rights, gender,
inequality, ethnicity
and what we can do to
change the world

Offers chapters

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written to a common structure which is ideal for teaching and learning and features a key question, an illustrative example, general responses and broader issues

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conjunction with a
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studies Drawing on
theoretical
perspectives from a
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postcolonial studies,
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appreciate each of
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and focus again on
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**writing of White
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trace the
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which has proven
to be a perfect fit
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games, extra
exercises and
videos featuring
the photostories'
characters as well
as a 'Videoke'**

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***record-yourself
function. There is a
full 'Vocabulary
bank' at the back
of the book which
expands upon
lexical sets learned
in the units.***

***This book offers
150 12-lead ECGs
and rhythm strips,
each with a clinical
case history and
question. The full***

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ECG is reproduced and a study of it with the case history should be enough to give an answer. On the back the case is examined, with a description of the main features of the ECG along with a clinical interpretation and a "what to do"

section. The cases are graded in difficulty. The unique page size allows presentation of all 12-lead ECGs across a single page for clarity. Several of the cases incorporate chest X-rays and coronary angiograms illustrating the

appearances that are associated with various cardiac conditions. All the cases are graded in difficulty and are cross-referenced to the new editions of ECG Made Easy and ECG in Practice for further information. For this Fourth Edition over 30 new ECGs

have been included, mainly to provide clearer examples, though the book deliberately retains some technically poor records to maintain a 'real-world' perspective. A Guide to Theory and Research Oor 'n motorfiets, 'n zombiefliet

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didactiek van de
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An International
Approach***

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Despite its inherent joys, the challenges of parenting can produce considerable stress. These challenges multiply—and the quality of parenting suffers—when a parent or child

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has mental health issues, or when parents are in conflict. Even under optimal circumstances, the constant changes as children develop can tax parents' inner resources,

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often undoing
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parenting
courses.

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Mental Health
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offers an
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eight week

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structured
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program for
parents with
lasting
benefits for
parents and
their children.
Designed for
use in mental
health
contexts, its

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methods are effective whether parents or children have behavioral or emotional issues. The program's eight sessions focus on mindfulness-oriented skills for parents, such as

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responding to
(as opposed to
reacting to)
parenting
stress,
handling
conflict with
children or
partners,
fostering
empathy, and
setting limits.
The book

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dovetails with other clinical mindfulness approaches, and is written clearly and accessibly so that professionals can learn the material easily and impart it to clients.

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Featured in the
text: Detailed
theoretical,
clinical, and
empirical
foundations of
the program.
The complete
Mindful
Parenting
manual with
guidelines for
eight sessions

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and a follow-up. Handouts and assignments for each session.

Findings from clinical trials of the Mindful Parenting program.

Perspectives from parents who have

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finished the
course. Its
clinical focus
and empirical
support make
Mindful
Parenting an
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practitioners
and clinicians
in child,
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family
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seling,
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and
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Organising a
wedding takes a
lot of
planning. But

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luckily help is
at hand! This
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to record who
is doing what

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and when to ensure everything runs smoothly on the day.

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Beauty,
Flowers,
Reception,
Guests,
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True Story
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A Year in My
Mindful Life

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