

Sconfiggere La Depressione Nello Spettro Autistico

Chronicles the life of the computer programmer, known for the launch of the operating system GNU Project, from his childhood as a gifted student to his crusade for free software.

Why is Autism Spectrum Disorder so misunderstood in girls and women and why do so many go under the radar without the support that they need? This practical guide explains the unique issues that affect females with autism and provides tools and strategies that girls, women and their families can use in day-to-day life. Following the story of Alison, a girl diagnosed with Asperger Syndrome, through both childhood and adulthood, we get an inside view of the challenges that girls and women with autism face. Straightforward information and advice is provided on key topics including: · social skills and communication · how to overcome bullying · sensory issues and food sensitivity · the need for routine · perceptions of gender · and physiological changes. Essential reading for parents of daughters on the spectrum, as well as girls and women who carry the diagnosis themselves.

For readers of The Astronaut Wives Club, The Mercury 13 reveals the little-known

true story of the remarkable women who trained for NASA space flight. In 1961, just as NASA launched its first man into space, a group of women underwent secret testing in the hopes of becoming America's first female astronauts. They passed the same battery of tests at the legendary Lovelace Foundation as did the Mercury 7 astronauts, but they were summarily dismissed by the boys' club at NASA and on Capitol Hill. The USSR sent its first woman into space in 1963; the United States did not follow suit for another twenty years. For the first time, Martha Ackmann tells the story of the dramatic events surrounding these thirteen remarkable women, all crackerjack pilots and patriots who sometimes sacrificed jobs and marriages for a chance to participate in America's space race against the Soviet Union. In addition to talking extensively to these women, Ackmann interviewed Chuck Yeager, John Glenn, Scott Carpenter, and others at NASA and in the White House with firsthand knowledge of the program, and includes here never-before-seen photographs of the Mercury 13 passing their Lovelace tests. Despite the crushing disappointment of watching their dreams being derailed, the Mercury 13 went on to extraordinary achievement in their lives: Jerrie Cobb, who began flying when she was so small she had to sit on pillows to see out of the cockpit, dedicated her life to flying solo missions to the Amazon rain forest; Wally Funk, who talked her way into the Lovelace trials, went on to become one of the first female FAA investigators; Janey Hart, mother of eight and, at age forty, the oldest astronaut

candidate, had the political savvy to steer the women through congressional hearings and later helped found the National Organization for Women. A provocative tribute to these extraordinary women, The Mercury 13 is an unforgettable story of determination, resilience, and inextinguishable hope.

The theme of the book is acceptance of our differences. The main character, Callan the Chameleon, has tendencies that parallel with Asperger's Syndrome. The story deals with this in a subtle way and celebrates our unique personality traits and individual talents. The story revolves around Callan and his bush animal friends, Emily the Echidna, Kyle the Koala, Kimberley the Kookaburra, Wesley the Wombat, Felicity the Frilled Necked Lizard and other uniquely Australian animals. Callan the Chameleon features a reference section on Asperger's Syndrome by Professor Tony Attwood.

Pain

A CBT Self-Help Guide to Understanding and Coping with Depression in Asperger's Syndrome [ASD-Level 1]

Semantic Polarities and Psychopathologies in the Family

CBT to Help Young People with Asperger's Syndrome (Autism Spectrum Disorder) to Understand and Express Affection

World Report on Violence and Health

Between Space and Design

I sensi incantati

Explains the science behind the brain's opiate receptors and other evidence of the intimate connections between mind and body, and their meaning for the future of Western medicine
NATIONAL BESTSELLER • A deeply powerful memoir about bipolar illness that has both transformed and saved lives—with a new preface by the author. Dr. Jamison is one of the foremost authorities on manic-depressive (bipolar) illness; she has also experienced it firsthand. For even while she was pursuing her career in academic medicine, Jamison found herself succumbing to the same exhilarating highs and catastrophic depressions that afflicted many of her patients, as her disorder launched her into ruinous spending sprees, episodes of violence, and an attempted suicide. Here Jamison examines bipolar illness from the dual perspectives of the healer and the healed, revealing both its terrors and the cruel allure that at times prompted her to resist taking medication.

* What explanations have been advanced for pain and and what are their shortcomings? * How do theoretical models account for apparent anomalies in the experience of pain? * What are the implications for clinical practice and how has practice guided theory? Psychology has made an enormous contribution to the understanding of pain and its phenomena, mechanisms, and treatments. This book explores and integrates current research in key areas of pain and pain management from a psychological perspective, and places recent developments in an historical context. The experience of pain cannot be captured in physiological terms, and treatments based on physical models are often inadequate. This book explores the multidimensional nature of pain mechanisms, including the roles of past experience, culture and personality, and considers the implications for research and treatment. The approach is

primarily theoretical, but with a significant emphasis on clinical practice and application. This balance is often lacking in comparable texts, and is enhanced by the professional and research background of the authors. This clear and approachable text includes self-contained chapters that can be regarded as units of study and a unified glossary of terms completes the package. It is designed to provide a key resource for advanced undergraduate and postgraduate courses in health psychology, clinical psychology and social psychology as well as students and practitioners in health and social welfare.

This report is part of WHO's response to the 49th World Health Assembly held in 1996 which adopted a resolution declaring violence a major and growing public health problem across the world. It is aimed largely at researchers and practitioners including health care workers, social workers, educators and law enforcement officials.

Permitted and Forbidden Stories

Facing the New Anxieties

A Step-by-Step Program to Lose Weight with Loving-Kindness

Richard Stallman's Crusade for Free Software

Atlante letterario italiano

A Seven-Stage Plan to Thriving at Work

A Memoir of Moods and Madness

For people with ASDs, depression is common, and has particular features and causes.

This outstanding book provides a comprehensive review of these aspects, and an effective self-help guide for anyone with an autism spectrum disorder (ASD) affected by

depression. Written by the leading experts in the field, the book explains and describes depression, the forms it can take, and how it looks and feels for a person on the autism spectrum. The authors draw on the latest thinking and research to suggest strategies for coping with the effects of depression and provide a complete step-by-step CBT self-help programme, designed specifically for individuals with ASDs. The programme helps increase self-awareness, including identifying personal triggers, and provides the tools to combat depression.

Revision of: Cognitive-behavioral therapy for adult Asperger syndrome. c2007.

Winner of a 2008 Teachers' Choice Award! Many children, especially those with developmental delays, have trouble understanding or expressing their feelings. The result can be difficulty with anger management. Listing possible responses to situations - and the likely outcome of each one - allows the child to make informed decisions about which responses to choose (walking away vs. hitting). This book provides a guide for caregivers and then the workbook portion asks children to identify situations that trigger their anger and find appropriate ways to respond. Helpful topics include: Overview of the Exploring Feelings Program Introduction to Cognitive Behaviour Therapy Modifications to Conventional Cognitive Behaviour Therapy Affective Education Cognitive Restructuring Comic Strip Conversations The Emotional Toolbox Additional Tools for the Toolbox Social Stories Research Evidence on the Effectiveness of Exploring Feelings

Subject: Girls with Asperger's Syndrome are less frequently diagnosed than boys, & even once symptoms have been recognized, help is often not readily available. The image of coping well presented by AS females can often mask difficulties, deficits, challenges, & loneliness.

Interview and Personality Questionnaire

A History of Autism

10 Steps to Reducing Your Child's Anxiety on the Autism Spectrum

Exploring Feelings

The Luscher Color Test

The Autism Spectrum, Sexuality and the Law

Sconfiggere la depressione nello Spettro Autistico.

Autismo e Sindrome di Asperger sono argomenti caldi all'interno del panorama italiano. I giovani diagnosticati stanno crescendo e molte persone ricevono diagnosi in età adulta. La frequenza depressione in questa popolazione è di circa il 70% come reazione legittima ai molti eventi avversi di vita di coloro che sono nello Spettro. Il volume è diviso in due parti. Nella prima parte viene descritta la depressione e la sua relazione con la Sindrome di Asperger/Autismo lieve (AS). Viene esplorato in dettaglio come mai una persona AS diventa depressa, la natura della depressione come si declina differentemente in questa popolazione. Segue un esame dei tipi di terapia disponibili, degli adattamenti necessari, un sommario del programma e test per verificarne l'efficacia. Nella seconda parte è descritto il programma vero e proprio basato su un approccio

cognitivo- comportamentale (l'unico valido secondo le linee Guida per l'Autismo dell'Istituto Superiore di Sanità). Il programma si sviluppa in 10 sessioni, basate sulle procedure dell'educazione cognitivo-affettiva e a ognuna è dedicato un capitolo. Il libro si conclude con una ricca appendice contenente materiale utile per l'intervento e schede pratiche che verranno rese disponibili online in formato stampabile, insieme a file audio che possono guidare l'utente quando il terapeuta non è presente.

This unique book is the first to fully explore the history of autism - from the first description of autistic-type behaviour to the present day. Features in-depth discussions with leading professionals and pioneers to provide an unprecedented insight into the historical changes in the perception of autism and approaches to it Presents carefully chosen case studies and the latest findings in the field Includes evidence from many previously unpublished documents and illustrations Interviews with parents of autistic children acknowledge the important contribution they have made to a more profound understanding of this enigmatic condition

Children and adolescents with Autism Spectrum Disorders (ASD) are often not instinctive and intuitive in expressing their liking or love for someone, or in understanding that family members, friends and others need affection. Expressing affection to teachers, other close professionals and family friends, can be even more challenging. This book, by the leading experts in the field, provides a carefully constructed CBT programme for professionals to help boys and girls with ASD to feel confident recognising, expressing and enjoying affection. The activities will help the young person identify their own and others' comfort and enjoyment range for gestures, actions and words of affection. They will also learn the variety of appropriate ways they can express affection or loving someone, helping them to strengthen friendships and relationships. This book will be

invaluable resource for professionals supporting a child with an ASD.

This activity book is designed to be used by children on the autism spectrum aged 4-8. The workbook introduces them to 6 'feelings' characters who help them to recognise and express different emotions to reduce anxiety. It is intended to be used with the accompanying guidebook *10 Steps to Reducing Your Child's Anxiety on the Autism Spectrum*.

Is there no alternative?

Why You Feel the Way You Feel

Sconfiggere la depressione nello spettro autistico

Esplorare la tristezza nella Sindrome di Asperger e nelle condizioni dello Spettro Autistico di grado lieve

The True Story of Thirteen Women and the Dream of Space Flight

The Complete Guide to Asperger's Syndrome

Theory, Research and Intervention

After 1989, capitalism has successfully presented itself as the only realistic political-economic system - a situation that the bank crisis of 2008, far from ending, actually compounded. The book analyses the development and principal features of this capitalist realism as a lived ideological framework. Using examples from politics, films, fiction, work and education, it argues that capitalist realism colours all areas of contemporary experience. But it will also show that, because of a number of inconsistencies and glitches internal to the capitalist

reality program capitalism in fact is anything but realistic.

If your child rarely shows you that he or she loves you, it can be profoundly distressing. This is the experience of many parents of children with an autism spectrum disorder (ASD), and most fear that it reflects the truth. In fact the truth has generally more to do with the difficulty that young people with an ASD have in communicating like or love for someone physically and verbally. They may not know how to go about expressing themselves in these ways, or understand that family members and friends can find the absence of demonstrative affection upsetting. This book, by world leading experts Tony Attwood and Michelle Garnett, addresses this issue in practical terms. They provide carefully designed activities for parents to work through with their children to help them to understand and express affection. Their child will learn to identify his or her own and others' comfort and enjoyment range for gestures, actions and words of affection and the different ways to express feelings for someone, appropriate to each relationship and situation. The activities are simple, straightforward, and very carefully structured, so that they can be undertaken at the pace that works for the individual family. The book also guides the adult through the challenges faced by the child, leading to greater understanding and confidence in their relationship with their child, and increased ability to nurture the child's ability to

form engaged relationships and friendships with others. Readers of Tony Attwood's previous books will recognise his warm, positive and empowering approach. The book will be a transformative resource for parents and family worried about their child's emotional life.

Bill Gates's Five Books for Summer Reading 2019 From world-renowned economist Paul Collier, a candid diagnosis of the failures of capitalism and a pragmatic and realistic vision for how we can repair it. Deep new rifts are tearing apart the fabric of the United States and other Western societies: thriving cities versus rural counties, the highly skilled elite versus the less educated, wealthy versus developing countries. As these divides deepen, we have lost the sense of ethical obligation to others that was crucial to the rise of post-war social democracy. So far these rifts have been answered only by the revivalist ideologies of populism and socialism, leading to the seismic upheavals of Trump, Brexit, and the return of the far-right in Germany. We have heard many critiques of capitalism but no one has laid out a realistic way to fix it, until now. In a passionate and polemical book, celebrated economist Paul Collier outlines brilliantly original and ethical ways of healing these rifts—economic, social and cultural—with the cool head of pragmatism, rather than the fervor of ideological revivalism. He reveals how he has personally lived across these three divides,

moving from working-class Sheffield to hyper-competitive Oxford, and working between Britain and Africa, and acknowledges some of the failings of his profession. Drawing on his own solutions as well as ideas from some of the world's most distinguished social scientists, he shows us how to save capitalism from itself—and free ourselves from the intellectual baggage of the twentieth century.

'An extraordinary source of inspiration for autistic children, their parents - and a people' Time It's estimated that one in almost a hundred people are diagnosed as being on the autistic spectrum but there is far more hope for them today than ever before thanks to groundbreaking new research. In this fascinating and highly readable book, Temple Grandin offers her own experience as an autistic person alongside remarkable new discoveries about the autistic brain, as well as genetic research. She also highlights long-ignored sensory problems as well as the need to treat autism symptom by symptom, rather than with an umbrella diagnosis. Most exciting of all, she argues that raising and educating children on the autistic spectrum needs to be less about focusing on their weaknesses, and more about fostering their unique contributions.

Learning How to Express and Enjoy Affection with Family and Friends
Free as in Freedom [Paperback]

A Life Apart

World-renowned Experts Join Those with Asperger's Syndrome to Resolve Issues that Girls and Women Face Every Day!

From Like to Love for Young People with Asperger's Syndrome (Autism Spectrum Disorder)

Exploring Depression, and Beating the Blues

Story of My People

Autism and Girls, a new revised and updated edition of the bestselling book, Asperger's and Girls. This groundbreaking book describes the unique challenges of women and girls with Autism Syndrome Disorder. In it, you'll read candid stories written by the indomitable women who have lived them. You'll also hear experts discuss whether "ASD girls" are slipping under the radar, undiagnosed, practical solutions schools can implement for girls; social tips for teenage girls, navigating puberty, the transition to work or university, and the importance of and strategies for careers. Winner of the Gold Award, ForeWord Book of the Year

The European tradition of urbanism has two main lines. The more influential of these clearly addresses the ?place? as the limit of architectural and urban design. We cannot conceive of life without profound roots in places. The other traditional line in urbanism gravitates

around the 'body?'. Although not as influential, it suggests a different approach to modern urbanism. The perspective developed here questions what happens in-between the 'body?' and 'space?'. To do this, the 'body?' is understood as a transit channel between space and the urban project. The book unfolds a critical reading of contemporary architectural design and urbanism and criticises the way design refers to 'space?' using the 'body?'. In doing so, it delves into the debates of architecture and urban planning of the eighties, as well as their ambiguous relationship with politics.

Self-Love: Your Greatest Guide on the Path to Healthy Weight The secret to sustainable weight loss isn't counting calories or depriving yourself at the dinner table. Jean Fain tells us it's about cultivating awareness and self-acceptance wherever you are. With The Self-Compassion Diet, this Harvard Medical School-affiliated psychotherapist prescribes a practical program for transforming the way you think and feel about food and your whole self—a shift that, paradoxically, inspires physical change. Combining loving-kindness, self-hypnosis, and other winning weight-loss strategies, The Self Compassion Diet is available in two complementary formats to help you naturally progress toward genuine self-acceptance and a healthy, sustainable weight. With more than 30 different tools including quizzes, breathing exercises, and visualizations, the book explores four powerful

weight-loss methods. The audio edition guides you through 11 key practices described in the book. Used together, this powerful combination can speed learning and boost success. Additional topics include: How to appreciate the everyday activity of eating, and learn to trust your body's signals that it's nourished Gradual change—a guided visualization for developing mindful eating habits A meditation for getting to know the diet coach who knows you best—your compassionate inner advisor “Most dieters try to ‘kill cravings’ and break habits with self-discipline,” teaches Fain. “Self-kindness can help quiet the shame that traditional diets instill, and establish a harmonious relationship with food.” The Self Compassion Diet book and audio offer a treasury of heart-opening mind-body teachings and practices for improving the way you live, breathe, and eat. The gap between psychotherapeutic practice and clinical theory is ever widening. Therapists still don't know what role interpersonal relations play in the development of the most common psychopathologies. Valeria Ugazio bridges this gap by examining phobias, obsessive-compulsions, eating disorders, and depression in the context of the family, using an intersubjective approach to personality. Her concept of “semantic polarities” gives a groundbreaking perspective to the construction of meaning in the family and other interpersonal contexts. At no point is

theory left in the wasteland of abstraction. The concreteness of the many case studies recounted, and examples taken from well-known novels, will allow readers to immediately connect the topics discussed with their own experience.

A Manual for Professionals

On Being Different

Released Resilience

Having Fun With Feelings on the Autism Spectrum

Autism and Girls

The Mercury 13

Bodies

The Structured Clinical Interview for DSM-IV Axis II Personality Disorders (SCID-II) is an efficient, user-friendly instrument that will help researchers and clinicians make standardized, reliable, and accurate diagnoses of the 10 DSM-IV Axis II personality disorders as well as depressive personality disorder, passive-aggressive personality disorder, and personality disorder not otherwise specified. Now compatible with DSM-IV, the interview questions have been redesigned to reflect the subject's inner experience. This instrument begins with a brief overview that characterizes the subject's typical behavior and relationships and elicits information about the subject's capacity for self-reflection. It then considers each of the personality disorders in detail. The Questionnaire is a single-use personality questionnaire to be

completed by the patient that can be used as a screening tool to shorten the interview. Bound separately, it is sold only with the Interview booklet. The Interview is a single-use booklet that is bound separately but used in conjunction with the Questionnaire. It contains the interview questions and provides space to record responses. At the conclusion of the Interview, the clinician completes the Summary Score Sheet and computes a dimensional score for each personality disorder.

Caduto in una profonda fase di depressione, l'autore viene miracolosamente risvegliato alla vita dall'influenza di Miriam, una sensitiva in grado di incantare i sensi dell'uomo, restituendogli la voglia di vivere grazie agli slanci di una potente sensualità.

Winner of the 2011 Strega Prize, this blend of essay, social criticism, and memoir is a striking portrait of the effects of globalization on Italy's declining economy. Starting from his family's textile factory in Prato, Tuscany, Edoardo Nesi examines the recent shifts in Italy's manufacturing industry. Only one generation ago, Prato was a thriving industrial center that prided itself on craftsmanship and quality. But during the last decade, cheaply made goods—produced overseas or in Italy by poorly paid immigrants—saturated the market, making it impossible for Italian companies to keep up. In 2004 his family was forced to sell the textile factory. How this could have happened? Nesi asks, and what are the wider repercussions of losing businesses like his family's, especially for Italian culture? *Story of My People* is a denouncement of big business, corrupt politicians, the arrogance of economists, and cheap manufacturing. It's a must-read for anyone seeking insight into the financial crisis that's

striking Europe today.

Rebecca's parents were born to very different families. One wealthy, one all but destitute, they were united only by their striking mutual beauty. But the sole child to bless their great romantic fairy tale is a daughter of startling ugliness. The shock of having given birth to such a monster leads the mother to withdraw both herself and her daughter from the world. Only by keeping her child indoors, away from strangers' eyes, can she protect her from their disgust. But against all odds, with a little help from some remarkable friends, Rebecca discovers a talent for music that proves that inner beauty can outshine any other. *A Life Apart* is an irresistible modern fable that will resonate with anyone who has ever felt that they don't belong.

An Aspie's Guide to Life on Earth

Asperger's and Girls

What every parent and professional needs to know

A Cbt Activity Book for Kids Age 4-8

The CBT-Based 'Fun with Feelings' Parent Manual

Scid-II

Cognitive Behaviour Therapy to Manage Anger

If you only buy one book to improve your life this year, make it this one. Temple Grandin, Liane Holliday Willey, Anita Lesko, Stephen M. Shore, and many other Asperger's mentors, offer their personal guidance on coping with the daily stressors that Aspies have identified as being the most significant, in order of urgency - anxiety, self-e

change, meltdowns, depression, friendship, love, and much, much more. Based on years of personal experience, this book is packed with advice from Aspie mentors: we have all been there and done that! World expert Dr. Tony Attwood rounds up each chapter with professional analysis and extensive recommendations. He includes essential information on destructive strategies that may look attractive, but that have counter-productive effects. Including full color artwork from Aspie artists showing visually how they interpret each stressor, this is THE inspirational guide to life for young adults, the newly diagnosed, and as a life-long reference for anyone on the spectrum - written by Aspies for Aspies.

Autism is associated with many qualities that are highly sought after by employers: reliability, persistence, attention to detail, creativity in problem solving and many others. The key to success in the workplace is understanding these strengths and identifying the support you need to help you flourish. This self-guided workbook provides advice, strategies and activities to manage the difficulties that can arise at work. You will be given the tools to help minimise anxiety, sensory overload, unhelpful thinking patterns, difficulties with social communication, and organisation and planning problems. The activities are interactive, and you can approach them on your own terms. They can be dispersed throughout the day or week, and the workbook and accompanying videos include everything you need to set and achieve your employ

goals. The course can also be undertaken with the assistance of a mentor, and the workbook includes resources and videos to help them support you.

The Released Resilience series is a collection of powerful and memorable testimonies that are relevant and they impact the lives of women, both young and old. The goal is to ignite spiritual growth and trust in God's sovereign power for the deliverance of the minds of those who doubt belonging to Jesus makes a difference in their lives.

Readers of exciting, challenging and visionary literary fiction—including admirers of Norman Rush's *Mating*, Ann Patchett's *State of Wonder*, Barbara Kingsolver's *The Poisonwood Bible*, and Peter Matthiessen's *At Play in the Fields of the Lord*—will be drawn to this astonishingly gripping and accomplished first novel. A decade in the writing, this is an anthropological adventure story that combines the visceral allure of a thriller with a profound and tragic vision of what happens when cultures collide. It is a book that instantly catapults Hanya Yanagihara into the company of young novelists who really, really matter. In 1950, a young doctor called Norton Perina signs on with the anthropologist Paul Tallent for an expedition to the remote Micronesian island of Ivu'ivu in search of a rumored lost tribe. They succeed, finding not only that tribe but also a group of forest dwellers they dub "The Dreamers," who turn out to be fantastically long-lived but progressively more senile. Perina suspects the source of their longevity is a hard-to-find turtle; unable to resist the possibility of eternal

kills one and smuggles some meat back to the States. He scientifically proves his earning worldwide fame and the Nobel Prize, but he soon discovers that its miraproperty comes at a terrible price. As things quickly spiral out of his control, his demons take hold, with devastating personal consequences.

The Autistic Brain

A Novel

Capitalist Realism

The Future of Capitalism

Empowering Females with Asperger Syndrome

Callan the Chameleon

Conversations with the Pioneers

This manual is designed to help parents of children on the autism spectrum aged 4-8 support their children with emotional regulation to decrease anxiety. This CBT-based programme is structured around 10 stages and is intended to be used with the activity book Having Fun with Feelings on the Autism Spectrum.

A guide to Asperger's syndrome describes what it is and how it is diagnosed, along with information on such topics as bullying, emotions, language, movement, cognitive ability, and long-term relationships.

World-renowned experts join those with Asperger's Syndrome to resolve issues that girls and women face every day!

Based on Nick Dubin's own experience, and drawing on the extensive knowledge of Dr Tony Attwood and Dr Isabelle Hénault, this important book addresses the issues surrounding the autism spectrum, sexuality and the law. The complex world of sex and appropriate sexual behaviour can be extremely challenging for people with autism spectrum disorder (ASD) and, without guidance, many find themselves in vulnerable situations. This book examines how the ASD profile typically affects sexuality and how sexual development differs between the general population and those with ASD. It explains the legalities of sexual behaviour, how laws differ from country to country, and the possibility for adjustment of existing laws as they are applied to the ASD population. With advice on how to help people with autism spectrum disorder gain a better understanding of sexuality and a comprehensive list of resources, the book highlights the need for a more informed societal approach to the psychosexual development of people with ASD. A ground-breaking and honest account, this book will be an invaluable addition to the shelves of parents of children with ASD, mental health and legal professionals, teachers, carers and other professionals working with individuals on the spectrum.

The People in the Trees

Cognitive-Behavioral Therapy for Adults with Autism Spectrum Disorder, Second Edition

Life on the Autism Spectrum - A Guide for Girls and Women

Captain America Corps

An Unquiet Mind

Molecules of Emotion

Been There. Done That. Try This!