

Opening Up

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Opening Up - Tristan Taormino 2008-05-01

A practical guide to making sexually open arrangements work outlines options for transforming monogamous relationships into effective polyamorous ones, in a reference that addresses such topics as boundary setting, child-raising, and conflict resolution. Original.

Up and Running - Opening a Chiropractic Office - John L. Reizer 2002

"Up and Running" is a tremendous tool for the "soon to be" or new chiropractor. Easy to read, honest, and right to the point, this book will take you through the necessary steps of opening a successful chiropractic office. Everything from picking a practice location and negotiating an office lease, to the preparation of office forms and patient management is covered in this very informative book.

After Lockdown, Opening Up - Darren Ellis 2021-12-01

This edited volume examines the psychosocial transformations experienced during the COVID-19 pandemic and lockdown, and envisions those that might lead to a more equitable society as we 'open up'. The book integrates psychoanalysis, sociology, cultural studies, and psychology to address three main areas: personal experiences of the lockdown, new formations of power and desire that the lockdown has shaped, and global concerns related to the pandemic. Within those three areas, the chapters discuss key themes that include the uses of space during lockdown; experiences of death, loss, and domestic violence; race and the pandemic; technology, media, and viral media; chronic illness; handwashing and COVID-19; and conspiracy theories. Drawing together academics and practitioners with a common vision of social justice and active pedagogy, the contents of this volume combine experiential writing with cutting-edge, theoretically-informed interdisciplinary debates. The book advances and demonstrates the productive diversity of psychosocial studies, drawing on psychoanalytic theories, critical psychologies, critical theories, critical race theories, process philosophies, affect theories, and critical pedagogy. In doing so, it will appeal to scholars across the social sciences.

Opening Up - Mike Atherton 2003

Mike Atherton is the most articulate and perceptive captain of English cricket since Mike Brearley. He was also one of the most determined batsmen of the nineties, and as an opener, a vital component of the England team. Atherton has played professional cricket for Lancashire and England for 15 years, despite a serious back complaint. He represented England in 115 Test matches and captained his country on a record 54 occasions. His recovery from a difficult situation in 1995 (when he was accused of ball tampering during the first Test match against South Africa at Lord's) proved a tough hurdle, yet one that would strengthen his resolve. His autobiography contains many serious observations about world cricket, as well as humorous asides and perceptive insights into the game. A born writer, this is Atherton in his own words.

Reform, Opening-up and China's Changing Role in Global Governance - Yuyan Zhang 2021-02-08

This book looks back to 40 years ago for the whole history of China's reform and opening-up and focuses on the role change of China in the relationship with outside world. In the first half part, the author explores China's economic reform and opening-up policy from theoretical analysis and systematic interpretation. In the second part, the author aims to present how China's international roles have changed in recent years and the Chinese appeal and purpose of participating in and improving global governance procedure. The author answers the question of why China has obtained miraculous achievements after its reform and opening-up from academic perspective and provides representative cases with profound but not obscure theoretical interpretation. It is a must-read for anyone who is interested in contemporary China's economy and foreign affairs.

Opening Up 1 Timothy - Simon J. Robinson 2004-01-01

An urgent call to the local church to get on with the job God called it to do spreading the gospel!

Columbus - Stephen Feinstein 2009-01-01

"Examines the life of Italian explorer Christopher Columbus, including his birth and early sea voyages, his famed discovery of the New World, and his legacy in American history"--Provided by publisher.

Unlocking the Gates - Taylor Walsh 2010-12-28

Over the past decade, a small revolution has taken place at some of the world's leading universities, as they have started to provide free access to undergraduate course materials--including syllabi, assignments, and lectures--to anyone with an Internet connection. Yale offers high-quality audio and video recordings of a careful selection of popular lectures, MIT supplies digital materials for nearly all of its courses, Carnegie Mellon boasts a purpose-built interactive learning environment, and some of the most selective universities in India have created a vast body of online content in order to reach more of the country's exploding student population. Although they don't offer online credit or degrees, efforts like these are beginning to open up elite institutions--and may foreshadow significant changes in the way all universities approach teaching and learning. *Unlocking the Gates* is one of the first books to examine this important development. Drawing on a wide range of sources, including extensive interviews with university leaders, Taylor Walsh traces the evolution of these online courseware projects and considers the impact they may have, both inside elite universities and beyond. As economic constraints and concerns over access demand more efficient and creative teaching models, these early initiatives may lead to more substantial innovations in how education is delivered and consumed--even at the best institutions. *Unlocking the Gates* tells an important story about this form of online learning--and what it might mean for the future of higher education.

Opening Minds - Simeon Hein 2002

New discoveries in physics combined with a greater awareness of extraordinary phenomena all around us challenge our traditional beliefs. Research into resonant viewing crop circles and extraterrestrials shows our world to be vibrant, multidimensional, and full of mystery.

Opening Up - James W. Pennebaker 1990

Demonstrates the beneficial physical effects of confiding traumatic experiences to others--a friend, a spouse, or merely a diary--based on the author's original research and individual case studies

Up Against the Wall - Peter Laufer 2020-09-14

The book offers a step-by-step blueprint of radical proposals for the U.S.-Mexican border that go far beyond traditional initiatives to ease restrictions on immigration. *Up Against the Wall* provides the background to understanding how the border has become a fraud, resulting in nothing more than the criminalization of Mexican and other migrants. The book argues that the border with Mexico should be completely open for Mexicans wishing to travel north.

The Wake Up Call - Beth Fitzgerald 2020-01-20

Breaking the Silence: Why Opening Up about Your Sex Life Is the Best Medicine for Your Health, Relationships, and Overall Happiness - Dr Kedan 2021-02-02

Hopping over the Rabbit Hole - Anthony Scaramucci 2016-10-11

Develop the Scaramucci mindset that drives entrepreneurial success. *Hopping over the Rabbit Hole* chronicles the rise, fall, and resurgence of SkyBridge Capital founder Anthony Scaramucci, giving you a primer on how to thrive in an unpredictable business environment. The sheer number of American success stories has created a false impression that becoming an entrepreneur is a can't-miss endeavor—but nothing could be further from the truth. In the real world, an entrepreneur batting .150 goes directly to the Hall of Fame. Things happen. You make a bad hire, a bad strategic decision, or suffer the consequences of an unforeseen

market crash. You can't control what happens to your business, but you can absolutely control how you react, and how you turn bumps in the road into ramps to the sky. Anthony Scaramucci has been there and done that, again and again, and has ultimately come out on top; in this book, he shares what he wishes he knew then. Your chances of becoming an overnight billionaire are approximately the same as your chances of being signed to the NBA. Success is hard work, and anxiety, and tiny hiccups that can turn into disaster with a single misstep. This book shows you how to use adversity to your ultimate advantage, and build the skills you need to respond effectively to the unexpected. Learn how to deal with unforeseen events Map a strategic backup plan, and then a backup-backup plan Train yourself to react in the most productive way Internalize the lessons learned by a leader in entrepreneurship For every 23-year-old billionaire who just created a new way to send a picture on a phone, there are countless others who have failed, and failed miserably. Hopping over the Rabbit Hole gives you the skills, insight, and mindset you need to be one of the winners.

Porocity - Winy Maas 2019-03-19

Welcome to Porous City! Welcome to a porous society! Welcome to cities that want to be open and porous! Our cities consist of buildings that are introverted and not mixed with urban life. They are closed. How to open them? How can we introduce pockets for encounters, for streams of circulation, for green areas, for tunnels of cooling ... What logics can be imagined in our towers to allow for this openness? Using stepped floors? Creating grottos? Splitting towers? Twisting blocks? Every hypothesis leads to a series of interventions. How far can we go before the tower collapses, before it is unaffordable? Together, these series form an army of towers that contributes to a more porous city. Why wait?

Fasting - Jentezen Franklin 2014-01-07

A guide to biblical fasting discusses how to choose a fast, the connection between fasting and prayer, the essential components of a successful fast, and what to expect mentally, physically, and spiritually.

Opening Up the Wardrobe - Kate Fletcher 2013

This book presents a unique collection of 50 methods for exploring the actions, relationships and material contents of wardrobes. Organised as a practical guide to gathering information about people and their clothing beyond the point of purchase, it includes visual, tactile and verbal methods and others which involve making together, loitering and a session in the gym.

Psalms - Roger Ellsworth 2006-01

Ellsworth competently guides through the different kinds of psalms, giving the big picture, zooming in to the detail of some in closer perspective.

Opening to Channel - Sanaya Roman 1989

A step-by-step guide to the art of channeling for those who wish to connect with a spirit guide. By using this safe, simple, and effective process, thousands have achieved mastery with their higher selves. (Channeling)

Opening a Door - Paul B. Janeczko 2003

Shows how to teach poetry with confidence, offering poems of interest to young people which are accompanied by a detailed lesson for exploring the work, including background on the poet, response sheets, and graphic organizers.

Exodus - The Navigators 2018-03-06

The Story of Humanity's Redemption Continues The book of Exodus recounts how God brought Israel out of slavery and allowed them to become His treasured possession. Through miraculous deliverance and covenant law, the Redeemer is revealed. Exodus contains one of the earliest sets of laws ever recorded, beginning to shape a more just society for everyone. The book points us to God's purpose for which all laws and people are made—pure and wholehearted worship of a just and loving God. LifeChange Bible studies will help you grow in Christlikeness through a life-changing encounter with God's Word. Filled with a wealth of ideas for going deeper so you can return to this study again and again. Features Cover the entire book of Exodus in 18 lessons Equip yourself to lead a Bible study Imagine the Bible's historical world Study word origins and definitions Explore thoughtful questions on key themes Go deeper with optional projects Add your notes with extra space and wide margins Find the flexibility to fit the time you have

Opening Up the Scriptures - Jos Granados 2008-07-31

This volume was written by a group of eminent Catholics, including Joseph Cardinal Ratzinger - now Pope Benedict XVI. In these erudite essays the authors contend that historical-critical interpretation of Scripture has long since run its course in both Protestant and Catholic exegesis. Instead, they argue, the future of interpretation lies in

accepting that the Bible is not just a collection of historical documents but also a record of revelation conceived in faith. By this token, true exegesis involves the faith and humility of the exegete. Contributors: Paul Beauchamp Bruna Costacurta Ignace De la Potterie Joseph Cardinal Ratzinger Klemens Stock Albert Cardinal Vanhoye

How to Listen - Katie Columbus 2021-01-07

Foreword by HRH The Prince of Wales Preface by Michael Palin Listening helps us be there for others, to support them in tough times, and to strengthen our relationships with partners, family, friends and colleagues. From opening up a conversation with someone who might be struggling, to how to use gentle encouragement to help others share their stories, *How to Listen* demonstrates the power of listening without judgement and draws on the extensive experience of Samaritans in offering practical advice to apply to your own life. Friendly and approachable, with a preface by Michael Palin, it includes helpful tips from trained Samaritans on how to talk about how we are feeling, as well as how to listen to one another in a way that can prevent day-to-day concern or worry from escalating into more complex emotions.

Opening Our Hearts - 2007

"We can find hope from those who have walked this path before us. As we begin to heal from our losses, we in turn offer this same hope to others. Through our willingness to face our loss openly and honestly, we discover our strength and resilience - not despite it, but because of it"-- Publisher.

Opening Up Middle English Manuscripts - Kathryn Kerby-Fulton 2012

This deeply informed and lavishly illustrated book is a comprehensive introduction to the modern study of Middle English manuscripts. It is intended for students and scholars who are familiar with some of the major Middle English literary works, such as *The Canterbury Tales*, *Gawain and the Green Knight*, *Piers Plowman*, and the romances, mystical works or cycle plays, but who may not know much about the surviving manuscripts. The book approaches these texts in a way that takes into account the whole manuscript or codex—its textual and visual contents, physical state, readership, and cultural history. *Opening Up Middle English Manuscripts* also explores the function of illustrations in fashioning audience response to particular authors and their texts over the course of the fourteenth and fifteenth centuries Kathryn Kerby-Fulton, Linda Olson, and Maidie Hilmo—scholars at the forefront of the modern study of Middle English manuscripts—focus on the writers most often taught in Middle English courses, including Geoffrey Chaucer, William Langland, the *Gawain Poet*, Thomas Hoccleve, Julian of Norwich, and Margery Kempe, highlighting the specific issues that shaped literary production in late medieval England. Among the topics they address are the rise of the English language, literacy, social conditions of authorship, early instances of the "Alliterative Revival," women and book production, nuns' libraries, patronage, household books, religious and political trends, and attempts at revisionism and censorship. Inspired by the highly successful study of Latin manuscripts by Raymond Clemens and Timothy Graham, *Introduction to Manuscript Studies* (also published by Cornell), this book demonstrates how the field of Middle English manuscript studies, with its own unique literary and artistic environment, is changing modern approaches to the culture of the book.

Opening Up - James Farrer 2002-05-29

From teen dating to public displays of affection, from the "fishing girls" and "big moneys" that wander discos in search of romance to the changing shape of sex in the Chinese city, this is a book like no other. James Farrer immerses himself in the vibrant nightlife of Shanghai, draws on individual and group interviews with Chinese youth, as well as recent changes in popular media, and considers how sexual culture has changed in China since its shift to a more market-based economy. More and more men and women in China these days are having sex before marriage, creating a new youth sex culture based on romance, leisure, and free choice. The Chinese themselves describe these changes as an "opening up" in response to foreign influences and increased Westernization. Farrer explores these changes by tracing the basic elements in talk about sex and sexuality in Shanghai. He then shows how Chinese youth act out the sometimes-contradictory meanings of sex in the new market society. For Farrer, sexuality is a lens through which we can see how China imagines and understands itself in the wake of increased globalization. Through personal storytelling, neighborhood gossip, and games of seduction, young men and women in Shanghai balance pragmatism with romance, lust with love, and seriousness with play, collectively constructing and individually coping with a new culture based on market principles. With its provocative glimpse into the sex

lives of young Chinese, then, *Opening Up* offers something even greater: a thoughtful consideration of China as it continues to develop into an economic superpower.

Opening a Chestnut Burr - Edward Payson Roe 2022-09-16

DigiCat Publishing presents to you this special edition of "Opening a Chestnut Burr" by Edward Payson Roe. DigiCat Publishing considers every written word to be a legacy of humankind. Every DigiCat book has been carefully reproduced for republishing in a new modern format. The books are available in print, as well as ebooks. DigiCat hopes you will treat this work with the acknowledgment and passion it deserves as a classic of world literature.

Opening Up Hebrews - Philip H. Hacking 2006-08

Hebrews brings a special word to all who are in danger of losing heart or choosing the easy way in life.

Opening Up Education - Toru Iiyoshi 2008

Online version of MIT Press book has brief overview of book's content and provides links to open access PDF version of ebook, as well as an iPaper version and a link to the MIT Press store for buying the print version. In this collection of essays the authors who are leaders in open education, explore the potential of open education to transform the economics and ecology of education. The authors argue that we must develop not only the technical capability but also the intellectual capacity for transforming tacit pedagogical knowledge into commonly usable and visible knowledge by providing incentives for faculty to use (and contribute to) open education goods, and by looking beyond institutional boundaries to connect a variety of settings and open source entrepreneurs.

Opening Up - Lauren Dane 2015-06-16

The men of Twisted Steel are great with their hands. And they're not afraid to get dirty . . . Asa Barrons is never lonely for long. Co-owner of the Twisted Steel custom motorcycle shop, he works hard and plays harder. But he never allows his after-hours affairs to interfere with business-until he meets racing royalty PJ Coleman. While the blue-eyed blonde is all princess on the outside, on the inside Asa can see that this woman is ready to take a walk on the wild side. PJ knows trouble when she sees it, and Asa is the complete package: fast bike, killer ink, and a sinfully sexy smile that has her imagining things nice girls never do. She talks her way onto the Twisted Steel team to prove her painting skill, and soon learns that Asa is eager to show off some skills of his own. With the help of Asa's expert touch, PJ is initiated into a world of wicked desire. No limits. No inhibitions. No turning back. But as perfect as their passion seems, a new challenge awaits, forcing them to ask just how far they are willing to go . . . 'Sexy, smart and deeply romantic . . . no one does it better than Lauren Dane' - Sylvia Day

Opening Up - Anne Peretz 2021-05-18

Including a foreword by Henry Louis Gates Jr., *Opening Up* is a chronicle of the struggles and triumphs of families suffering the internalized stresses from poverty, domestic abuse, racism, and neighborhood violence, among other challenges. Through Parenting Journey these families resolve harmful habits and identify their strengths to raise their children in a healthier environment. Anne Peretz tells the story of this bold organization and flagship therapeutic group program that takes a different approach to helping families in need. Told through the perspectives of the families who have participated over the decades, *Opening Up* challenges readers to think differently about family. These stories view symptoms of stress, fear, and hopelessness that extend throughout generations as remediable and how even the severely traumatized can regain stability. This book is a testament that with mutual respect, compassion, and openness, together we can address the personal and systemic injustices that are at the roots of many of these patterns and together we can rebuild these communities.

Proverbs - Jim Newheiser 2008

The Book of Proverbs has one central message (how to gain wisdom) and deals with an extensive array of practical topics including vocation, financial stewardship, moral purity, and how to have successful relationships. Here, Jim Newheiser guides the reader through all the main aspects of the teaching of Proverbs while also emphasizing how these great, life-transforming truths are rooted in the gospel of Jesus Christ.

Opening Belle - Maureen Sherry 2016-02-02

A self-made, thirty-something Wall Street star juggles the impossible demands of working in sexist environments and raising her children with a deadbeat husband while considering the life she may have had with her former fiancé.

Opening Up Ecclesiastes - Jim Winter 2005

Ecclesiastes is a book for modern people to read, resonating with despair felt by many trapped in a materialistic world with time rapidly running out.

Economic Lessons from China's Forty Years of Reform and

Opening-up - David Daokui Li 2021-03-26

This book first shows that the past 40 years of China's economic reform and opening up represents the greatest magnitude of economic growth in history. Based on field trips, extensive and intensive interviews and literature surveys, this book argues that there are five general lessons for a rapid growing economy from China's economic reform and opening up, all in the area of the relationship between the government and the economy. First, the local governments need to be incentivized to help rapid entry and development of enterprises. Second, local governments need to be incentivized to help rapid land conversion from agricultural to non-agricultural. Third, financial deepening is vital; that is, inducing households to hold more and more financial assets in local currency. Financial deepening is essential to convert savings into investments. This requires financial stability, which is crucial. Fourth, the learning through opening up is the key to endogenous economic growth. The fundamental benefit of opening up is learning rather than enjoying comparative advantage. The fifth and final lesson from China is that the central government must proactively manage the macroeconomy. The rationale is that enterprises compete with each other in games of industrial organization. In order to resolve this problem, proactive measures including market-oriented means, administrative orders and reform measures should be implemented. Overall, the main lesson from China's past 40 years of reform and opening up is that proper incentives and behavior of the government, local and central, are important for economic growth. China has been conducting reforms in this regard and as a result, the government more or less has been playing the role of a "helping hand" regarding economic growth, although China's economic system is far from perfect and many reforms are still needed.

Opening Up by Writing It Down, Third Edition - James W.

Pennebaker 2016-07-15

"Expressing painful emotions is hard--yet it can actually improve our mental and physical health. Distinguished psychologist James W. Pennebaker has spent decades studying what happens when people take just a few minutes to write about deeply felt personal experiences or problems. This lucid, compassionate book has introduced tens of thousands of readers to an easy to use self help technique that has been proven to heal old emotional wounds, promote a sense of well being, decrease stress, improve relationships, and boost the immune system. Updated with findings from hundreds of new studies, the significantly revised second edition now contains practical exercises to help readers try out expressive writing. It features extensive new information on specific health benefits, as well as when the approach may not be helpful"--

What Men Don't Tell Women About Business - Christopher V. Flett

2010-12-16

Discover the deep, dark secrets of the Alpha businessman As a woman, you know you're every bit as effective and capable as a man is in the arena of business-but that doesn't mean there aren't things you need to know about men and business. In this invaluable guide for the modern businesswoman, former Alpha Male Christopher Flett reveals everything you need to know to understand, communicate, and compete with men in business. To some extent, business is still a man's world; here's how to play the game by their rules-and win: * Know what the average Alpha Male is thinking * Learn 10 things you need to know about men in business * Force men to take you seriously * Stop self-sabotage with male colleagues * Get all the credit you deserve * Be more confident and effective * Learn to take charge and lead * Never make excuses for failures * Keep secrets-it's vital * Never bring personal issues to the office * Gain credibility and trust with Alphas * Never look for affirmation openly * Effectively deal with condescending or disrespectful men * Understand why being "nice" gets you nowhere

Opening Up North America, 1497-1800 - Caroline Cox 2010

Describes the history of voyages to the United States and Canada, including those of Alexander Mackenzie, John Cabot, Giovanni da Verrazano, Jacques Cartier, and David Thompson.

Opening Up 1 Corinthians - Derek Prime 2005-01-01

A succinct treatment of practical topics from 1 Corinthians, and an emphasis on the centrality, prominence and glory of the Lord Jesus Christ.

Opening Up Jonah - Paul Mackrell 2007

Principles from the life, times and experience of Jonah powerfully and

relevantly applied to life today.