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Statistics for the Behavioral and Social Sciences - Arthur Aron (Ph. D.) 2018
Key Terms; Example Worked-Out Problems; Practice Problems; Using SPSS; Answers to "How are you doing?"; 2 The Mean, Variance, Standard Deviation, and Z Scores; Representative Values; Bringing Statistics to Life Box 2-1 The Psychology of Statistics and the

Tyranny of the Mean; Variability; Z Scores; Mean, Variance, Standard Deviation, and Z Scores in Research Articles; Learning Aids; Summary; Key Terms; Example Worked-Out Problems; Practice Problems; Using SPSS; Answers to "How are you doing?"; 3 Correlation and Prediction; Graphing Correlations; Patterns of Correlation

The Highly Sensitive Person's Workbook - Elaine N. Aron, Ph.D. 1999-06-08

Are you a Highly Sensitive Person? If so, this workbook is for you. Do noise and confusion quickly overwhelm you? Do you have a rich inner life and intense dreams? Did parents or teachers call you "too shy" or "too sensitive"? If you answered yes to any of these questions, you may be a Highly Sensitive Person (HSP). High sensitivity is a trait shared by 20 percent of the population, according to Dr. Elaine Aron, a clinical psychologist and workshop leader and the bestselling author of *The Highly Sensitive Person*. The enormous response to her book led Dr. Aron to create *The Highly Sensitive Person's Workbook*, designed to honor that long-ignored, trampled-on part of yourself--your sensitivity. A collection of exercises and activities for both individuals and groups, this workbook will help you identify the HSP trait in yourself, nurture the new, positive self-image you deserve, and create a fuller, richer life. You will be able to:

Identify your specific sensitivities with self-assessment tests Reframe past experiences in a more positive light Interpret dreams and relate them to your sensitivity Cope with overarousal through relaxation, breathing, and visualization techniques Describe your trait in a work interview or to an unsympathetic family member, new friend, doctor, or therapist

Philosophy For Dummies - Martin Cohen
2012-01-24

Confused by metaphysics? In a muddle with aesthetics? Intimidated by Kant? Then look no further! *Philosophy For Dummies*, UK Edition is a complete crash-course in philosophical thought, covering key philosophers, philosophical history and theory and the big questions that affect us today. Tying in with standard UK curricula and including core topics such as logic, ethics and political philosophy, this impartial, expert guide cuts through the jargon to give you the facts. Whether you're a philosophy student or a complete beginner,

Philosophy For Dummies, UK Edition will get you thinking and talking about philosophy in no time, and with maximum confidence.

Psychiatric Power - Michel Foucault 2008-06-24

A historical investigation into the practice of psychiatric medicine in the western world chronicles its evolution, offering insight into how diagnoses and treatments changed throughout time and how modern social and political attitudes toward mental illness have developed, in a collection of philosophical lectures. Reprint. 15,000 first printing.

Clinical Psychology - C. Eugene Walker

2013-11-21

The purpose of this book is to provide the reader with a survey of some of the major areas of clinical psychology. No attempt has been made to include every area relevant to clinical psychology; the choices are selective but represent the wide range of areas touched by clinical psychologists. For some years I have felt the need for a book that provides students with

more of a historical introduction and context from which to view current clinical psychology than is included in most textbooks. The issues and problems of clinical psychology have been with us since the beginning of time; however, most psychological literature is written with the bias that anything older than five or ten years is not relevant. Those who attempt to take a long-range view of clinical psychology are sometimes able to recall the early development of the field in the 1930s and 1940s. In this text, I asked the authors to begin with a brief survey of ancient and medieval history to set the stage for a discussion of current research and developments in the field. I hope that a presentation of this sort will provide the reader-whether advanced undergraduate, graduate, or professional-with a sense of perspective and context from which to view and understand clinical psychology.

Understanding Statistics - Arnold Naiman
1983

36 Questions That Changed My Mind About You

- Vicki Grant 2017-10-17

Inspired by the real psychology study popularized by the New York Times and its "Modern Love" column, this contemporary YA is perfect for fans of Eleanor and Park. Two random strangers. Two secrets. Thirty-six questions to make them fall in love. Hildy and Paul each have their own reasons for joining the university psychology study that asks the simple question: Can love be engineered? The study consists of 36 questions, ranging from "What is your most terrible memory?" to "When did you last sing to yourself?" By the time Hildy and Paul have made it to the end of the questionnaire, they've laughed and cried and lied and thrown things and run away and come back and driven each other almost crazy. They've also each discovered the painful secret the other was trying so hard to hide. But have they fallen in love? Told in the language of modern romance -- texting, Q&A, IM -- and punctuated by Paul's

sketches, this clever high-concept YA is full of humor and heart. As soon as you've finished reading, you'll be searching for your own stranger to ask the 36 questions. Maybe you'll even fall in love. Rights have sold in 19 territories!

Why We Love - Helen Fisher 2005-01-02

A revolutionary new study of the origins of love based on physiological research probes the human brain for insights into the origins of the sex drive, romance, and attraction, while also offering practical advice on how to control and channel these desires into healthy pursuits. Reprint. 60,000 first printing.

The Web of Life - Fritjof Capra 1997-09-15

The vitality and accessibility of Fritjof Capra's ideas have made him perhaps the most eloquent spokesperson of the latest findings emerging at the frontiers of scientific, social, and philosophical thought. In his international bestsellers *The Tao of Physics* and *The Turning Point*, he juxtaposed physics and mysticism to

define a new vision of reality. In *The Web of Life*, Capra takes yet another giant step, setting forth a new scientific language to describe interrelationships and interdependence of psychological, biological, physical, social, and cultural phenomena--the "web of life." During the past twenty-five years, scientists have challenged conventional views of evolution and the organization of living systems and have developed new theories with revolutionary philosophical and social implications. Fritjof Capra has been at the forefront of this revolution. In *The Web of Life*, Capra offers a brilliant synthesis of such recent scientific breakthroughs as the theory of complexity, Gaia theory, chaos theory, and other explanations of the properties of organisms, social systems, and ecosystems. Capra's surprising findings stand in stark contrast to accepted paradigms of mechanism and Darwinism and provide an extraordinary new foundation for ecological policies that will allow us to build and sustain

communities without diminishing the opportunities for future generations. Now available in paperback for the first time, *The Web of Life* is cutting-edge science writing in the tradition of James Gleick's *Chaos*, Gregory Bateson's *Mind and Matter*, and Ilya Prigogine's *Order Out of Chaos*.

Triangle Of Love - Robert J. Sternberg
1988-11-08

A noted psychologist researches the make-up of love, citing three main ingredients--intimacy, passion, and commitment--that determine the success of a relationship and offers guidelines for enhancing personal relationships

Steering the Metropolis - David Gomez-Alvarez
2017-10-19

Altruistic Emotion, Cognition, and Behavior (PLE: Emotion) - Nancy Eisenberg 2014-11-20
Originally published in 1986, this book was an effort to integrate thinking and research concerning the role of emotion and cognition in

altruistic behaviour. Prior to publication there was a vast body of research and theorizing concerning the development and maintenance of prosocial (including altruistic) behaviour. This book focusses primarily on a specific set of intrapsychic factors involved in prosocial responding, especially emotions and cognitions believed to play a major role in altruistic behaviour. In the final chapters these intrapsychic factors are also discussed in relation to a variety of other relevant factors including socialization and situational influences on altruism.

The Highly Sensitive Brain - Bianca P. Acevedo 2020-05-16

The Highly Sensitive Brain is the first handbook to cover the science, measurement, and clinical discussion of sensory processing sensitivity (SPS), a trait associated with enhanced responsiveness, awareness, depth-of-processing and attunement to the environment and other individuals. Grounded in theoretical models of

high sensitivity, this volume discusses the assessment of SPS in children and adults, as well as its health and social outcomes. This edition also synthesizes up-to-date research on the biological mechanisms associated with high sensitivity, such as its neural and genetic basis. It also discusses clinical issues related to SPS and seemingly-related disorders such as misophonia, a hyper-sensitivity to specific sounds. In addition, to practical assessment of SPS embedded throughout this volume is discussion of the biological basis of SPS, exploring why this trait exists and persists in humans and other species. The Highly Sensitive Brain is a useful handbook and may be of special interest to clinicians, physicians, health-care workers, educators, and researchers. Presents a neurobiological perspective of sensory processing sensitivity (SPS) Provides assessment criteria and measurement tools for highly sensitive children and adults Discusses the health and social outcomes of being highly

sensitive in children and adults Examines clinical issues related to high sensitivity Offers practical applications and a future vision for integrating high sensitivity in our society

The Significance Test Controversy - Ramon E. Henkel 2017-07-28

Tests of significance have been a key tool in the research kit of behavioral scientists for nearly fifty years, but their widespread and uncritical use has recently led to a rising volume of controversy about their usefulness. This book gathers the central papers in this continuing debate, brings the issues into clear focus, points out practical problems and philosophical pitfalls involved in using the tests, and provides a benchmark from which further analysis can proceed. The papers deal with some of the basic philosophy of science, mathematical and statistical assumptions connected with significance tests and the problems of the interpretation of test results, but the work is essentially non-technical in its emphasis. The

collection succeeds in raising a variety of questions about the value of the tests; taken together, the questions present a strong case for vital reform in test use, if not for their total abandonment in research. The book is designed for practicing researchers—those not extensively trained in mathematics and statistics that must nevertheless regularly decide if and how tests of significance are to be used—and for those training for research. While controversy has been centered in sociology and psychology, and the book will be especially useful to researchers and students in those fields, its importance is great across the spectrum of the scientific disciplines in which statistical procedures are essential—namely political science, economics, and the other social sciences, education, and many biological fields as well. Denton E. Morrison is professor, Department of Sociology, Michigan State University. Ramon E. Henkel is associate professor emeritus, Department of Sociology University of Maryland. He teaches as part of

the graduate faculty.

The Female Brain - Louann Brizendine, M.D.

2007-08-07

Since Dr. Brizendine wrote *The Female Brain* ten years ago, the response has been overwhelming. This New York Times bestseller has been translated into more than thirty languages, has sold nearly a million copies between editions, and has most recently inspired a romantic comedy starring Whitney Cummings and Sofia Vergara. And its profound scientific understanding of the nature and experience of the female brain continues to guide women as they pass through life stages, to help men better understand the girls and women in their lives, and to illuminate the delicate emotional machinery of a love relationship. Why are women more verbal than men? Why do women remember details of fights that men can't remember at all? Why do women tend to form deeper bonds with their female friends than men do with their male counterparts? These and

other questions have stumped both sexes throughout the ages. Now, pioneering neuropsychiatrist Louann Brizendine, M.D., brings together the latest findings to show how the unique structure of the female brain determines how women think, what they value, how they communicate, and who they love. While doing research as a medical student at Yale and then as a resident and faculty member at Harvard, Louann Brizendine discovered that almost all of the clinical data in existence on neurology, psychology, and neurobiology focused exclusively on males. In response to the overwhelming need for information on the female mind, Brizendine established the first clinic in the country to study and treat women's brain function. In *The Female Brain*, Dr. Brizendine distills all her findings and the latest information from the scientific community in a highly accessible book that educates women about their unique brain/body/behavior. The result: women will come away from this book

knowing that they have a lean, mean, communicating machine. Men will develop a serious case of brain envy.

Psychotherapy and the Highly Sensitive Person - Elaine N. Aron 2011-04-27

In *Psychotherapy and the Highly Sensitive Person*, Dr. Elaine Aron redefines the term "highly sensitive". She dispels common misconceptions about the relationship between being sensitive and other personality traits, such as being introverted, and further defines the trait for the benefit of both the clinician and patient. Dr. Aron's book suggests ways to adapt treatment for highly sensitive patients and how to deal with the issues that usually arise, providing a helpful guide for both doctor and patient.

The Undervalued Self - Elaine N. Aron 2010-04-01

Elaine Aron follows up her bestsellers on the highly sensitive person with a groundbreaking new book on the undervalued self. She explains

that self-esteem results from having a healthy balance of love and power in our lives. Readers will learn to incorporate love into situations that seem to require power and deal with power struggles that mask themselves as issues of love. From the bedroom to the boardroom, her strategies will enable us to escape feelings of shame, defeat, and depression; dissolve relationship hostility; and become our best selves. With Aron's clear, empathetic writing and extraordinary scientific and human insight, *The Undervalued Self* is a simple and effective guide to developing healthy, fulfilling relationships, and finding true self-worth.

Guide to Microforms in Print - 1995

Untold Lives - Elizabeth Scarborough 1987

In the outpouring of books on education in the last decade, none has been more important than Paul Willis' *Learning to Labor*, The unique contribution of this book is that it shows, with glittering clarity, how the rebellion of poor and

working class kids against school authority prepares them for working class jobs. No American interested in education or in labor can afford not to read and study this book carefully. -Stanley Aranowitz

Born to Run - Christopher McDougall

2011-03-29

NATIONAL BESTSELLER • The astonishing and hugely entertaining story that completely changed the way we run. An epic adventure that began with one simple question: Why does my foot hurt? “Equal parts quest, physiology treatise, and running history.... The climactic race reads like a sprint.... It simply makes you want to run.” —Outside Magazine Isolated by Mexico's deadly Copper Canyons, the blissful Tarahumara Indians have honed the ability to run hundreds of miles without rest or injury. In a riveting narrative, award-winning journalist and often-injured runner Christopher McDougall sets out to discover their secrets. In the process, he takes his readers from science labs at Harvard

to the sun-baked valleys and freezing peaks across North America, where ever-growing numbers of ultra-runners are pushing their bodies to the limit, and, finally, to a climactic race in the Copper Canyons that pits America's best ultra-runners against the tribe. McDougall's incredible story will not only engage your mind but inspire your body when you realize that you, indeed all of us, were born to run. Look for *Born to Run 2*, coming in December!

Explaining Social Behavior - Jon Elster

2015-07-28

In this new edition of his critically acclaimed book, Jon Elster examines the nature of social behavior, proposing choice as the central concept of the social sciences. Extensively revised throughout, the book offers an overview of key explanatory mechanisms, drawing on many case studies and experiments to explore the nature of explanation in the social sciences; an analysis of the mental states - beliefs, desires, and emotions - that are precursors to action; a

systematic comparison of rational-choice models of behavior with alternative accounts, and a review of mechanisms of social interaction ranging from strategic behavior to collective decision making. A wholly new chapter includes an exploration of classical moralists and Proust in charting mental mechanisms operating 'behind the back' of the agent, and a new conclusion points to the pitfalls and fallacies in current ways of doing social science, proposing guidelines for more modest and more robust procedures.

The Art Of Seduction - Robert Greene

2010-09-03

Which sort of seducer could you be? Siren? Rake? Cold Coquette? Star? Comedian? Charismatic? Or Saint? This book will show you which. Charm, persuasion, the ability to create illusions: these are some of the many dazzling gifts of the Seducer, the compelling figure who is able to manipulate, mislead and give pleasure all at once. When raised to the level of art,

seduction, an indirect and subtle form of power, has toppled empires, won elections and enslaved great minds. In this beautiful, sensually designed book, Greene unearths the two sides of seduction: the characters and the process. Discover who you, or your pursuer, most resembles. Learn, too, the pitfalls of the anti-Seducer. Immerse yourself in the twenty-four manoeuvres and strategies of the seductive process, the ritual by which a seducer gains mastery over their target. Understand how to 'Choose the Right Victim', 'Appear to Be an Object of Desire' and 'Confuse Desire and Reality'. In addition, Greene provides instruction on how to identify victims by type. Each fascinating character and each cunning tactic demonstrates a fundamental truth about who we are, and the targets we've become - or hope to win over. The Art of Seduction is an indispensable primer on the essence of one of history's greatest weapons and the ultimate power trip. From the internationally bestselling

author of *The 48 Laws of Power, Mastery, and The 33 Strategies Of War.*

Fichero bibliográfico hispanoamericano - 1969

Behavioral Research - Fred Nichols Kerlinger
1979

Outsiders - Howard S. Becker 2008-06-30
One of the most groundbreaking sociology texts of the mid-20th century, Howard S. Becker's *Outsiders* is a thorough exploration of social deviance and how it can be addressed in an understanding and helpful manner. A compulsively readable and thoroughly researched exploration of social deviance and the application of what is known as "labeling theory" to the studies of deviance. With particular research into drug culture, *Outsiders* analyzes unconventional individuals and their place in normal society.

Autobiography of an Economist - Lord Robbins
1971-06-18

The Art of Loving - Erich Fromm 2013-02-26
The landmark bestseller that changed the way we think about love: "Every line is packed with common sense, compassion, and realism" (Fortune). *The Art of Loving* is a rich and detailed guide to love—an achievement reached through maturity, practice, concentration, and courage. In the decades since the book's release, its words and lessons continue to resonate. Erich Fromm, a celebrated psychoanalyst and social psychologist, clearly and sincerely encourages the development of our capacity for and understanding of love in all of its facets. He discusses the familiar yet misunderstood romantic love, the all-encompassing brotherly love, spiritual love, and many more. A challenge to traditional Western notions of love, *The Art of Loving* is a modern classic about taking care of ourselves through relationships with others by the New York Times–bestselling author of *To Have or To Be?* and *Escape from Freedom*. This ebook features an illustrated biography of Erich

Fromm including rare images and never-before-seen documents from the author's estate.

A Way of Looking at Things: Selected Papers, 1930-1980 - Erik H. Erikson

1995-06-17

Erik H. Erikson's way of looking at things has contributed significantly to the understanding of human development and the nature of man. This collection of his writings reflects the evolution of his ideas over the course of 50 years, beginning with his earliest experiences in psychoanalysis in Vienna. The papers cover a wide spectrum of topics, from children's play and child psychoanalysis to the dreams of adults, cross-cultural observations, young adulthood and the life cycle. The text also contains reminiscences about colleagues such as Anna Freud and Ruth Benedict who played important roles in Erikson's life and work.

Loving What Is - Byron Katie 2002-05-07

Out of nowhere, like a cool breeze in a marketplace crowded with advice, comes Byron

Katie and "The Work." In the midst of a normal life, Katie became increasingly depressed, and over a ten-year period sank further into rage, despair, and thoughts of suicide. Then one morning, she woke up in a state of absolute joy, filled with the realization of how her own suffering had ended. The freedom of that realization has never left her, and now in *Loving What Is* you can discover the same freedom through *The Work*. *The Work* is simply four questions that, when applied to a specific problem, enable you to see what is troubling you in an entirely different light. As Katie says, "It's not the problem that causes our suffering; it's our thinking about the problem." Contrary to popular belief, trying to let go of a painful thought never works; instead, once we have done *The Work*, the thought lets go of us. At that point, we can truly love what is, just as it is. *Loving What Is* will show you step-by-step, through clear and vivid examples, exactly how to use this revolutionary process for yourself. You'll

see people do The Work with Katie on a broad range of human problems, from a wife ready to leave her husband because he wants more sex, to a Manhattan worker paralyzed by fear of terrorism, to a woman suffering over a death in her family. Many people have discovered The Work's power to solve problems; in addition, they say that through The Work they experience a sense of lasting peace and find the clarity and energy to act, even in situations that had previously seemed impossible. If you continue to do The Work, you may discover, as many people have, that the questioning flows into every aspect of your life, effortlessly undoing the stressful thoughts that keep you from experiencing peace. Loving What Is offers everything you need to learn and live this remarkable process, and to find happiness as what Katie calls "a lover of reality."

Accelerated Universities - Philip G. Altbach 2018

"During the past several decades, several "highly-resourced, accelerated research

universities" have been established around the world to pursue--and achieve--academic and research excellence. These institutions are entirely new, not existing universities that were reconfigured. Accelerated Universities provides case studies of eight such universities and highlights the lessons to be learned from these examples. Each of the cases is written by someone involved with leadership at the early developmental stages of each university, and provides insights that only senior executives can illustrate. Accelerated Universities shows that visionary leadership and generous funding combined with innovative ideas can yield impressive results in a short time. Universities aspiring to recognition among the top tier of global institutions will find this book indispensable"--

The Highly Sensitive Person in Love - Elaine N. Aron, Ph.D. 2009-11-04

Do you fall in love hard, but fear intimacy? Are you sick of being told that you are "too

sensitive”? Do you struggle to respect a less-sensitive partner? Or have you given up on love, afraid of being too sensitive or shy to endure its wounds? Statistics show that 50 percent of what determines divorce is genetic temperament. And, if you are one of the 20 percent of people who are born highly sensitive, the risk of an unhappy relationship is especially high. Your finely tuned nervous system, which picks up on subtleties and reflects deeply, would be a romantic asset if both you and your partner understood you better. But without that understanding, your sensitivity is likely to be making your close relationships painful and complicated. Based on Elaine N. Aron’s groundbreaking research on temperament and intimacy, *The Highly Sensitive Person in Love* offers practical help for highly sensitive people seeking happier, healthier romantic relationships. From low-stress fighting to sensitive sexuality, the book offers a wealth of practical advice on making the most of all

personality combinations. Complete with illuminating self-tests and the results of the first survey ever done on sex and temperament, *The Highly Sensitive Person in Love* will help you discover a better way of living and loving.

Guide to Microforms in Print 2006 - K G Saur Books 2006

Host Bibliographic Record for Boundwith Item Barcode 30112044669122 and Others - 2013

The Highly Sensitive Child - Elaine N. Aron, Ph.D. 2002-10-08

The bestselling author and psychologist whose books have topped 240,000 copies in print now addresses the trait of “high sensitivity” in children—and offers a breakthrough parenting guidebook for highly sensitive children and their caregivers. With the publication of *The Highly Sensitive Person*, Elaine Aron became the first person to identify the inborn trait of “high sensitivity” and to show how it affects the lives

of those who possess it. Up to 20 percent of the population is born highly sensitive, and now in *The Highly Sensitive Child*, Aron shifts her focus to highly sensitive children, who share the same characteristics as highly sensitive adults and thus face unique challenges as they grow up. Rooted in Aron's years of experience as a psychotherapist and her original research on child temperament, *The Highly Sensitive Child* shows how HSCs are born deeply reflective, sensitive to the subtle, and easily overwhelmed. These qualities can make for smart, conscientious, creative children, but with the wrong parenting or schooling, they can become unusually shy or timid, or begin acting out. Few parents and teachers understand where this behavior comes from—and as a result, HSCs are often mislabeled as overly inhibited, fearful, or “fussy,” or classified as “problem children” (and in some cases, misdiagnosed with disorders such as Attention Deficit Disorder). But raised with proper understanding and care, HSCs are no

more prone to these problems than nonsensitive children and can grow up to be happy, healthy, well-adjusted adults. In this pioneering work, parents will find helpful self-tests and case studies to help them understand their HSC, along with thorough advice on:

- The challenges of raising an highly sensitive child
- The four keys to successfully parenting an HSC
- How to soothe highly sensitive infants
- Helping sensitive children survive in a not-so-sensitive world
- Making school and friendships enjoyable

With chapters addressing the needs of specific age groups, from newborns through teens, *The Highly Sensitive Child* delivers warmhearted, timely information for parents, teachers, and the sensitive children in their lives.

After Babel - George Steiner 2013-04-16
“A brilliant work . . . A dazzling meditation on the very nature of language itself” from the world-renowned scholar and author of *The Poetry of Thought* (Kirkus Reviews). In his classic work, literary critic and scholar George

Steiner tackles what he considers the Babel “problem”: Why, over the course of history, have humans developed thousands of different languages when the social, material, and economic advantages of a single tongue are obvious? Steiner argues that different cultures’ desires for privacy and exclusivity led to each developing its own language. Translation, he believes, is at the very heart of human communication, and thus at the heart of human nature. From our everyday perception of the world around us, to creativity and the uninhibited imagination, to the often inexplicable poignancy of poetry, we are constantly translating—even from our native language.

Catalog of Printed Books. Supplement - Bancroft Library

Introduction to Clinical Psychology - Lynda A. Heiden 2013-06-29

Bringing together contributions by leaders in the

field of clinical psychology, this highly readable textbook provides a current perspective on theory, training, assessment, consultation, research, and outpatient and inpatient practice. Bridging the gap between theory and practice, contributors offer a professional perspective on the various specialized activities and settings of a clinical psychologist. With this unique insight, advanced undergraduate and beginning graduate students gain a realistic understanding of the life of a clinical psychologist as well as the diverse professional opportunities in the field.

The Highly Sensitive Parent - Elaine N. Aron
2020-03-31

First, she taught you the value of your highly sensitive nature in her bestselling classic *The Highly Sensitive Person*. Now, Dr. Elaine Aron is back to teach you how to utilize your sensitivity to tackle a new challenge: Parenthood.

Parenting is the most valuable and rewarding job in the world, and also one of the most challenging. This is especially true for highly

sensitive people. Highly sensitive parents are unusually attuned to their children. They think deeply about every issue affecting their kids and have strong emotions, both positive and negative, in response. For highly sensitive people, parenting offers unique stresses—but the good news is that sensitivity can also be a parent’s most valuable asset, leading to increased personal joy and a closer, happier relationship with their child. Dr. Elaine Aron, world-renowned author of the classic *The Highly Sensitive Person* and other bestselling books on the trait of high sensitivity, has written an indispensable guide for these parents. Drawing on extensive research and her own experience, she helps highly sensitive parents identify and address the implications of their heightened sensitivity, offering:

- A self-examination test to help parents identify their level of sensitivity
- Tools to cope with overstimulation
- Advice on dealing with the negative feelings that can surround parenting
- Ways to manage the

increased social stimulation and interaction that comes with having a child

- Techniques to deal with shyness around other parents
- Insight into the five big problems that face highly sensitive parents in relationships—and how to work through them

Highly sensitive people have the potential to be not just good parents, but great ones. Practical yet warm and positive, this groundbreaking guide will show parents how to build confidence, awareness, and essential coping skills so that they—and their child—can thrive on every stage of the parenting journey. “This book is filled with validating, healing and empowering information about how to navigate one of the most important roles of our lives while being highly sensitive. It changed my life in the most healing and empowering ways.” —Alanis Morissette, artist, activist, teacher

Mindful Sport Performance Enhancement - Keith A. Kaufman 2017-08

This book is a comprehensive resource on the history, theory, and practice of mindfulness in

sport. The authors present their empirically-supported, six-session mindfulness program adapted for specific athletic populations.
History and Social Theory - Peter Burke 2005

Taking into account new developments since this book was first published, 'History and Social Theory' discusses topics including globalization, postcolonialism and social capital.