

The Continuum Concept (Arkana)

Change Your Posture, Change Your Life analyses the origin and development of the Alexander Technique, how it works and what are its benefits. In chapters ranging from 'The Secret Key to Good Posture' and 'The Hidden Obstacle to Improving Posture' to 'Your Inner Acrobat' and 'First Steps in Releasing Muscle Tension', Richard Brennan examines every aspect of the technique and how it can benefit everyone, young and old. This book will appeal to the many millions of parents and teachers who are increasingly concerned about the rapid deterioration of the posture of their children, who are frequently hunched over desks and computers, as well as their own posture. It will also be of great value to doctors, consultants and physiotherapists, who already realise that posture is a crucial factor in most healthcare, plus those in physical education (including yoga and pilates), all types of sports and the martial arts. And last but not least, the book will be of priceless value to all those who suffer from a wide range of muscular-skeletal problems, including arthritis, backache and headaches, as well as a whole range of other common ailments. With more and more people becoming aware of the role that good posture plays in treating ill health, this is the perfect introduction to implementing its benefits into your own life.

The Alexander Technique Manual explains how to reduce stress levels to achieve a happier and more fulfilling lifestyle and reveals how Alexander made his unique discoveries. Simple step-by-step instructions aided by specially commissioned color photographs will enhance your understanding of the underlying principles of the technique. Special sections covering a wide range of sports as well as pregnancy and childbirth make this simple yet comprehensive book a must for anyone wishing to improve their lifestyle.

Sound Sleep is a widely-researched book for parents with babies, toddlers or older children. The book is full of useful insights, inspiring stories, handy checklists and a variety of easy-to-understand skills and strategies for you to use and to remember. It includes vital research findings and knowledge from world- renowned baby care specialists. It offers practical tips for soothing your new baby to sleep with touch, warmth and settling routines. It helps you understand the cues your baby is giving you all the time and how best to respond to them. It describes ways to introduce a day and night rhythm for you and your baby so that broken nights and sleep starvation can become the exception rather than the rule. The book offers strategies which have been proven to quickly comfort a crying or screaming baby or toddler. It introduces 'Timed Settling' for getting wakeful toddlers into the habit of sleeping through the night, and other tactics to solve older children's sleep problems.

The aim of this book is to provide illustrations of ways in which psychoanalytic ideas can be adapted and used in a wide variety of community settings - including social services, schools and hospitals - to help children and families who are emotionally disturbed or who have been physically or sexually abused. It is a book for professionals who are interested in using psychoanalytic ideas in their own work settings, and assumes no previous knowledge of these ideas on the part of the reader. It provides basic principles, many practical examples, further reading, and information about where to get support and consultation.

The Libido of Liberty

Using Lowenfeld Mosaics in Psychotherapy and Cross-cultural Research

Perfect Parents

Best Beginnings for your Baby and You

Entre los Ye'kwana del Caura- Venezuela

What Painting Is

Soulution

If women used to cycle with the moon | Did we all used to be in sync | Keeping the world's rhythm inside ourselves She Dreams When She Bleeds is a collection of over 50 simple yet powerful poems accompanied by vivid artwork. The poems explore the emotional journey of menstruation, highlight the beauty of the menstrual cycle, and explore what it means to menstruate within the confines of a modern life. Beautiful poetry with stunning, vivid alcohol-ink paintings. Nikki's paintings are a rich complement to her poetry: full of texture, movement, and color. "The poems have such a kind intimacy in them, compelling and true in their simplicity. The images that accompany are beautiful." - Alexandra Pope, Author of Wild Power: Discover the Magic of Your Menstrual Cycle and Awaken the Feminine Path to Power "I didn't know how much I needed this book. My only regret was that I finished it too quickly, but I plan to read it with every new moon and period I have. Thank you for writing this. It is important." - Lauren

Partiendo del estudio de las comunidades Ye kwana que habitan en la Cuenca del Río Caura, Venezuela, una superficie de aproximadamente 4,2 millones de hectáreas, la autora estudia las relaciones entre las personas y los poblados en los que ellos habitan para demostrar por un lado los nexos parentales que se establecen entre ellas y por otro la constitución de la sociedad más allá de las localidades. Su punto de partida es la demostración de la existencia de “Sociedad” fuera de los asentamientos, contestando de esta manera la teoría de Riviere en relación a las poblaciones indígenas de las denominadas tierras de las bajas de América del Sur. La autora establece claramente los nexos entre los individuos y detalla los procesos de formación de nuevos poblados, las migraciones y las relaciones parentales que se establecen entre ellos. Nos presenta un estudio exhaustivo del sistema de parentesco y de la organicidad a la sociedad en la cual sin embargo se reconocen los procesos de incorporación de otras identidades. Particularmente interesante es el análisis del sistema político a través del cual se maneja la diversidad constructiva a fin de mantener la propia identidad ye kwana. Esta obra, centrada en los temas clásicos de la antropología nos proporciona, sin embargo una visión actualizada de este grupo y sus mecanismos de cohesión societaria, así como el surgimiento de nuevas estructuras en el marco de las relaciones bi-culturales. Sin duda, una obra de gran interés para el estudio de los pueblos indígenas de las tierras bajas y particularmente de las Guayanas.

Case studies offer insight into how to make relationships work. Each chapter contains such exercises as breathing exercises, making a timeline of the relationship, and thoughts to ponder.

Pressurised by the media, scrutinised by their peers, frowned upon even by those closest to them, mothers today face relentless criticism and pressure. Breast or bottle? Work or stay at home? Routine or feeding-on-demand? The choices are infinite and at the heart of each question is the more controversial and divisive debate of what makes a good mother. Good Mother, Bad Mother is an illuminating, moving and thought-provoking study of this enigmatic question. Never before has the subject of motherhood been tackled with such unflinching honesty. Drawing on her experience of thousands of mothers, bestselling parenting author Gina Ford has turned her attention to the women charged with bringing up the next generation. She addresses the challenges of contemporary motherhood and fervently argues that these awe-inspiring women seldom receive the support, respect and admiration they deserve. And for the first time, in a candid, personal account, Gina interweaves stories from her own childhood, revealing how her relationship with her own mother has shaped the choices she has made. Any woman who has ever doubted her capabilities as a mother will find comfort and reassurance in the insights of the woman whose books have been justly described a 'godsend'.

Leaving Neverland

The Continuum Concept

She Dreams When She Bleeds

The Treasure Basket and Heuristic Play

Developing Play for the Under 3s

How the Power of the Alexander Technique Can Combat Back Pain, Tension and Stress

Sex, Love and the Dangers of Intimacy

"This work has saved my Life!" Nolan Frederick, Award-winning Actor We all have emotions. Happiness. Anger. Sadness. Passion. Given our new complex societies and the unprecedented number of stressors we are exposed to daily, how can we learn to manage our emotions in the moment, in order to create a balanced life, consistent with our values? In this book, Jennifer Day invites us to explore our human emotional landscape by presenting a story of emotions rooted in science, art and time-tested practices. Integrating cutting-edge scientific research in disciplines such as neuroscience, psychology, cardio-energetics, and education, with universal spiritual principles and traditions and simple practical tools and skills, Day weaves a tale of emotions that can (if you are willing) show you how to transform your life. "Jennifer Day has once again proven herself to be among the most dynamic and thoughtful leaders in the self-help revolution. Once you read her work, you will ask yourself why you waited so long. Ronald Paul Hill, Ph.D. Best-Selling Author of Pearls Along the Path: Lessons for Living a Life with Passion "This book is a valuable contribution to the development of principles and practice within the arena of emotional management and development. Day provides a sense of hope and achievement in an area that is frequently fraught with the frailties of the human condition!" Elizabeth Herrick, Psychologist, Author of Anger Management - A Practical Guide International speaker and best-selling author, Jennifer Day is the Founding Director of Applied Emotional Mastery. She has been teaching and facilitating the practical application of AEM since 1990.

Positive relationships between practitioners and parents are essential for young children’s wellbeing, but achieving this can be difficult if there is not enough understanding about how relationships work when one person (the practitioner or teacher) has to play the professional role. Strong communication skills are fundamental to this relationship and to building a sense of community between home and nursery or school. This new book explores how practitioners can build warm, friendly and caring relationships with parents. It clearly explains the dynamics of a conversation, the theory behind how relationships are formed or destroyed and provides practical strategies to put this knowledge into practice. Grounded in the theories of attachment, transactional analysis and solution focused therapy this book will help you to: Increase your level of self awareness Improve your listening skills Understand ‘how’ to communicate with different parent ‘types’ Learn how to conduct an individual parent interview Develop professional care giving skills Full of practical examples and strategies, this text will be welcomed by early years practitioners and students who wish to develop the skills and confidence they need to effectively communicate with the parents of the children they care for.

Your Yoga Bodymap is a new concept among yoga manuals: it focuses on your living, breathing, moving body - joint by joint and limb by limb. Jenny Beeken is an exceptional teacher, renowned across the world for her focus on body awareness. For different parts of your body, the most relevant postures are taught in detail. Easy to follow instructions and stop action photographs almost guarantee success. All students, from complete beginners to the more knowledgeable student, will gain special insights from this new approach. You will feel more alive, more flexible. Sporting performance should improve, while those with illnesses or infirmities can learn what poses might bring help and aid recovery. If the philosophy of yoga is to make your body come alive, then Your Yoga Bodymap is your passport to vitality.

This book contains the distillation of the author's 35 years' experience of using Lowenfeld Mosaics and Lowenfeld practice in the treatment of unhappy and disturbed children, in the investigation of children' acculturation to alien cultures, and in working with the deaf. Through case studies, 80 colour mosaics made by children and adults are used to illuminate Lowenfeld's theories. Mosaics are one of several non-verbal techniques invented by Lowenfeld to enable children to express their thoughts and feelings directly without having to find words. The circumvention of language attracted Mosaics to the notice of social anthropologists, such as Margaret Mead, looking for tools for cross-cultural research. The author gives a detailed account of how to set about using Mosaics in a clinical setting, how to introduce them to a young person, and how to discuss the resultant creation. The wide range of case studies presented includes the use of Mosaics to study the degree of comparative acculturation of samples of 12-year old Chinese children, in mainland China, London, and San Francisco. Thérèse Woodcock has taught the use of Mosaics to a wide range of professionals who work with children - child psychotherapists and psychiatrists, paediatric social workers, paediatric occupational therapists, speech and language therapists, play therapists, guardians, specialist nurses, workers with the deaf, among others. Expressing the Shape and Colour of Personality offers an opportunity to anyone working professionally with children or young people to benefit from her unrivalled experience.

Resurgence

Finding Love in the Looking Glass

A Guide to Passionate Relationships When the "Honeymoon" Is Over

Donald Winnicott and John Bowlby

Baby-care Advice Past and Present

Poems about Periods

The Women's Guide to Herbal Medicine

A new edition of Steve Taylor's bestselling classic, in which the author provides an Afterword, including research developments that have occurred since the book was first published in 2005. "An important and fascinating book about the origin, history and impending demise of the ego - humanity's collective dysfunction. The Fall is highly readable and enlightening, as the author's acute mind is at all times imbued with the higher faculty of spiritual awareness." Eckhart Tolle "First published by Hutchinson & Co. 1964"--Page 6.

Mankind has become Pankind as never growing up today seems more the norm than the exception. In our desperate attempt to try to stay young forever we have achieved eternal childishness, rather than eternal youth. A delightful skewering of perpetual boys in positions of power, a much needed call to leave Neverland and the solution of contemporary Rites of Passage as a way out. A clever, funny and thought provoking read.

Never has there been such a hunger to understand relationships, both with our self and with others, and this book contains valuable insights into the fascinating and dynamic dialogues between clients and their counsellor. Although the clients presented here are entirely fictitious, they become real and easy to connect with as the reader is taken deeper into the unfolding intimacy of the counselling room. A variety of interventions are used but what is most instrumental in empowering the clients is the relationship that develops with themselves. These clients show us how we can successfully overcome outdated survival patterns and make effective new choices that work for us. The four topics covered are: Anorexia (including issues about cultural identity); Relationship Breakdown (including themes about boarding schools, class and cultural differences); Depression (including suicidal ideation); and Cocaine Addiction stemming from childhood sexual abuse. An introduction explains the structure and professional requirements of a counsellor; a brief outline of the themes precedes each case story and there is an appendix of useful books, articles and online information.

A guide to therapeutic work with boarding school survivors

Expressing the Shape and Colour of Personality

The Step-by-Step Guide to Enjoying Yoga with Children of All Ages

A Book of Counselling Case Stories

Using Psychoanalytic Ideas in the Community

Why Little Boys Shouldn't Run Big Corporations

The Emotional Needs of Young Children and Their Families

A fascinating book that sets Bowlby and Winnicott in context and relation to one another to provide a new perspective on both, as well as providing a welcome testimony to their enduring legacy.

Trauma, Abandonment and Privilege discusses how ex-boarders can be amongst the most challenging clients for therapists: even experienced therapists may unwittingly struggle to skilfully address the needs of this client group. It looks at the effect on adults of being sent away to board in childhood and the problems associated with boarding, which have only recently been acknowledged by mainstream mental health professionals. This practice-based book is illustrated by case studies, diagrams and exercises and is divided into three parts: 'Recognition; Acceptance; Change'. It aims to help readers understand the emotional processes of boarding and the psychological aspects of survival, outlining the steps toward recovery and the repercussions of survival. The book also explores how ex-boarders frequently struggle with intimate relationships with spouses and partners and offers interventions and strategies for those working with ex-boarder clients. Trauma, Abandonment and Privilege will be of interest to therapists, counsellors and mental health workers across the UK. It will also be relevant to those who are well acquainted with boarding schools based on the UK model, for example in Canada, Australia, New Zealand and India.

The past quarter-century proved to be a particularly rough and rocky road for the cultural mutant. From getting on the wrong end of political correctness at St. John's College, Santa Fe, followed by a confused odyssey as an ESL teacher, a doctoral student, a would-be scholar and poet, pundit and constitutionalist attorney, psychedelic inner space explorer, and blues piano player-and then returning to his boyhood neighborhood only to find it irretrievably morphed and mangled. The confusion experienced during the cultural mutant's long odyssey in the wilderness of not-knowing (precisely) the causes of his malaise, is exhaustively portrayed herein.

Holism—the idea that all life is connected, evolving and sacred—is the new spiritual movement sweeping through the planet. Soulution—The Holistic Manifesto is its voice. Are you part of the remarkable movement transforming people's lives all over the world? Millions are. Born out of the global village, a new spirituality is sweeping through the planet, bringing about hope, love, wisdom, and effective solutions—a powerful healing force for the great challenges of our time. The signs of this emerging movement are everywhere, from the mass media to the private acts and beliefs of millions of people from all cultures. In this vital and visionary book, William Bloom fully describes how the dynamics of the modern world have converged to give us this new and practical philosophy of life, alive with hope and integrity. In a world filled with political and religious conflict, holism disarms fundamentalism yet honors difference. In a society confused about its direction and morality, holism demonstrates the dynamic link between personal fulfillment and global responsibility. Soulution is a profound yet practical book, an oasis of common sense and wisdom, encouraging readers to open their hearts and minds to the healing of self and society that is now available.

Social and Cultural Anthropology: A Very Short Introduction

With Afterword

A Common Issue for Men and Women : Proceedings, International Seminar, Strasbourg, France, 17-18 June 1997

Living the Collapse (and Not Merely Surviving It)

Your Yoga Bodymap for Vitality

Poder, parentesco y sociedad

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Improve your child's health, agility, concentration, confidence and awareness through simple and fun yoga practice. Whether you already practise yoga or are trying it for the first time, this easy-to-follow guide allows you to share yoga's many benefits with your child whatever your level of flexibility and fitness. Includes more than 40 yoga postures for children of all ages devised by children's yoga expert Mark Singleton

Shows how to make yoga sessions exciting, interactive and child-friendly by playing yoga games, going on "yoga adventures" and imitating animal shapes, walks and noises Explores how regular yoga practice can help children learn more effectively, cope better with stress, reduce symptoms of illness such as asthma, and prevent posture problems in later life Adapts traditional yogic breathing techniques and meditation into fun exercises that calm and soothe the mind, and help children to sleep at night

A guide to human biological and psychological development from conception to late adulthood that uses a holistic approach to acknowledge individuality, showing that not all "normal" people develop in exactly the same way.

The Continuum Concept introduces the idea that in order to achieve optimal physical, mental and emotional development, human beings - especially babies - require the kind of instinctive nurturing as practiced by our ancient relatives. It is a true back to basics approach to parenting. Author Jean Liedloff spent two and-a-half years in the jungle deep in the heart of South America living with indigenous tribes and was astounded at how differently children are raised outside the Western world. She came to the realisation that essential child-rearing techniques such as touch, trust and community have been undermined in modern times, and in this book suggests practical ways to regain our natural well-being, for our children and ourselves.

Forget about the baby for just one minute: what about you? New motherhood changes everything. Few women are prepared for the radical shifts in identity, emotional intensity and relations with friends, family and the father of their child. In this fully revised and updated edition of the classic book that first bust the conspiracy of silence surrounding the upheaval of new motherhood, Kate Figs draws on medical and historical research, the invention of 'good' motherhood as well as personal testimony to reassure new mothers everywhere that they are not only normal if they find things difficult, but also doing fine.

Being What You Want to See

The Fall

The Psychologist

Plight of the Cultural Mutant

From Intellect to Intelligence

The Alexander Technique Manual

Building Positive Relationships with Parents of Young Children

A patriarchy-busting advocacy of personal liberty. Promoting the identification of human nature on its own terms (distinct from cultural indoctrinations); recognition of our integral relationship to the universe (distinct from conquest of nature ideologies); development of individual artistic talents (distinct from commercial or social prostitutions); and sexual equality (distinct from more than you would ever imagine possible).

The treasure basket and heuristic play approach is astoundingly simple; by offering natural and household objects to babies and toddlers you can make a profound impact on their learning capabilities, encouraging concentration, exploration and intellectual development. Based on a wealth of research into how babies learn, Developing Play for the Under 3s shows how using this approach can transform the learning abilities of babies and toddlers. Featuring never before published, original interviews with the pioneer of the treasure basket and heuristic play, Elinor Goldschmied, this second edition includes: Accessible explanations of what babies think and do Links to child development and learning progress A new chapter on supporting the learning of two and three year olds Links to the EYFS outcomes Research evidence supported by case studies Resource ideas and activities for use in the nursery or at home Anita M. Hughes uses her own personal experience of working with the under 3s to guide readers through the benefits of the treasure basket and heuristic play. With clear and practical guidelines, this book is indispensable for anyone involved in the care of children in this age group wishing to create rich learning experiences.

Unlike many books on painting that usually talk about art or painters, James Elkins' compelling and original work focuses on alchemy, for like the alchemist, the painter seeks to transform and be transformed by the medium. In What Painting Is, James Elkins communicates the experience of painting beyond the traditional vocabulary of art history. Alchemy provides a magical language to explore what it is a painter really does in her or his studio - the smells, the mess, the struggle to control the uncontrollable, the special knowledge only painters hold of how colours will mix, and how they will look. Written from the perspective of a painter-turned-art historian, What Painting Is is like nothing you have ever read about art.

If you want to know what anthropology is, look at what anthropologists do. This Very Short Introduction to Social and Cultural Anthropology combines an accessible account of some of the disciplines guiding principles and methodology with abundant examples and illustrations of anthropologists at work. Peter Just and John Monaghan begin by discussing anthropologys most important contributions to modern thought: its investigation of culture as a distinctively human characteristic, its doctrine of cultural relativism, and its methodology of fieldwork and ethnography. They then examine specific ways in which social and cultural anthropology have advanced our understanding of human society and culture, drawing on examples from their own fieldwork. The book ends with an assessment of anthropologys present position, and a look forward to its likely future. ABOUT THE SERIES: The Very Short Introductions series from Oxford University Press contains hundreds of titles in almost every subject area. These pocket-sized books are the perfect way to get ahead in a new subject quickly. Our expert authors combine facts, analysis, perspective, new ideas, and enthusiasm to make interesting and challenging topics highly readable.

Another End of the World is Possible

Trauma, Abandonment and Privilege

A Radical Natural Human Alternative

The Act of Creation

Yoga for You and Your Child

Change Your Posture, Change Your Life

Promoting Equality

An examination of the human impulse towards self-destruction suggests that in the course of human evolution, a pathological split between emotion and reason developed

In her articles and essays, Suzanne Moore takes a vitriolic look at the icons of modern life - post-feminism, Baudrillard, Laura Ashley, Twin Peaks, the New Man, Safe Sex, James Bond, a Green Planet. In her film reviews, she dissects the 'mega' filmmakers of our time: Steven Spielberg, Federico Fellini, Akira Kurosawa, Pedro Almod'var, Ken Russell and David Lynch. Definitely not 'one of the boys', Suzanne Moore's attitude to the good and famous is refreshing and irreverent.

The critical situation in which our planet finds itself is no longer in doubt. Some things are already collapsing while others are beginning to do so, increasing the possibility of a global catastrophe that would mean the end of the world as we know it. As individuals, we are faced with a daily deluge of bad news about the worsening situation, preparing ourselves to live with years of deep uncertainty about the future of the planet and the species that inhabit it, including our own. How can we cope? How can we project ourselves beyond the present, think bigger and find ways not just to survive the collapse but to live it? In this book, the sequel to How Everything Can Collapse, the authors show that a change of course necessarily requires an inner journey and a radical rethinking of our vision of the world. Together these might enable us to remain standing during the coming storm, to develop a new awareness of ourselves and of the world and to imagine new ways of living in it. Perhaps then it will be possible to regenerate life from the ruins, creating new alliances in differing directions - with ourselves and our inner nature, between humans, with other living beings and with the earth on which we dwell.

Best Beginnings for your Baby and You provides a bridge of understanding and trust between expectant and new parents and all perinatal professionals who care for them - during what can be a very exciting but a difficult and demanding time.

Take Control of Your Posture and Your Life

The Process of Human Development

The Ghost in the Machine

Personal and Professional Perspectives

Primordial Drives Toward Primordial Health : Epistemology, Metaphysics, Esthetics & Sex

On Shopping, Gender and the Cinema

A Holistic Life-span Approach

The best way to counteract the anxiety induced by reading too many baby-care books is to take a detached look at the staggering range of advice mothers have been given over the last two and a half centuries.Christina Hardyment provides a much-needed new perspective on the whole perplexing business, showing that not only has the advice given always been subject to the prevailing fashions and to the personal quirks of their authors, but also that the books have had a hand in provoking the anxieties theyset out to quell.It's all here: from James B. Watson's admonitions about physical contact ('Never hug and kiss them. Never let them sit in your lap. If you must, kiss them once on the forehead when they say goodnight. Shake hands with them in the morning.') to Jean Liedloff's insistence that babies should be keptphysically attached to their mothers until they positively struggle to get away; the exhortations, the warnings, the assurances on everything from the breast to the potty.Perfect Parents is an absolutely superb slice of social history - extraordinary, riveting, hair-raising, funny, and - ultimately - wonderfully reassuring.

SOUND SLEEP

Good Mother, Bad Mother

Conception, Pregnancy, Birth and Looking Ahead

CALMING AND HELPING YOUR BABY OR CHILD TO SLEEP

Life After Birth

Looking for Trouble

A Guide to Effective Communication