

# **Lifestylec 416**

**Philip Norman**

Peter the Great: His Life and World Robert K. Massie, 2012-02-22 PULITZER PRIZE WINNER • An “urgently readable” (Newsweek) biography of the captivating tsar who changed Russian history—from the New York Times bestselling author of Nicholas and Alexandra, The Romanovs, and Catherine the Great “Enthralling . . . as fascinating as any novel and more so than most.”—The New York Times Book Review Against the monumental canvas of seventeenth- and eighteenth-century Europe and Russia unfolds the magnificent story of Peter the Great, crowned co-tsar at the age of ten. Robert K. Massie delves deep into his life, chronicling the pivotal events that shaped a boy into a legend—including his “incognito” travels in Europe, his unquenchable curiosity about Western ways, his obsession with the sea and establishment of the stupendous Russian navy, his creation of an unbeatable army, his transformation of Russia, and his relationships with those he loved most: Catherine, the robust yet gentle peasant, his loving mistress, wife, and successor; and Menshikov, the charming, bold, unscrupulous prince who rose to wealth and power through Peter’s friendship. Impetuous and stubborn, generous and cruel, tender and unforgiving, a man of enormous energy and complexity, Peter the Great is brought fully to life.

**The Wiley-Blackwell Encyclopedia of Urban and Regional Studies** Anthony M. Orum, 2019-04-15 Provides comprehensive coverage of major topics in urban and regional studies Under the guidance of Editor-in-Chief Anthony Orum, this

definitive reference work covers central and emergent topics in the field, through an examination of urban and regional conditions and variation across the world. It also provides authoritative entries on the main conceptual tools used by anthropologists, sociologists, geographers, and political scientists in the study of cities and regions. Among such concepts are those of place and space; geographical regions; the nature of power and politics in cities; urban culture; and many others. The Wiley Blackwell Encyclopedia of Urban and Regional Studies captures the character of complex urban and regional dynamics across the globe, including timely entries on Latin America, Africa, India and China. At the same time, it contains illuminating entries on some of the current concepts that seek to grasp the essence of the global world today, such as those of Friedmann and Sassen on 'global cities'. It also includes discussions of recent economic writings on cities and regions such as those of Richard Florida. Comprised of over 450 entries on the most important topics and from a range of theoretical perspectives Features authoritative entries on topics ranging from gender and the city to biographical profiles of figures like Frank Lloyd Wright Takes a global perspective with entries providing coverage of Latin America and Africa, India and China, and, the US and Europe Includes biographies of central figures in urban and regional studies, such as Doreen Massey, Peter Hall, Neil Smith, and Henri Lefebvre The Wiley Blackwell Encyclopedia of Urban and Regional Studies is an indispensable reference for students and researchers

in urban and regional studies, urban sociology, urban geography, and urban anthropology.

*Self-Esteem Issues and Answers* Michael H. Kernis, 2013-04-15 Research and theory on self-esteem have flourished in recent years. This resurgence has produced multiple perspectives on fundamental issues surrounding the nature of self-esteem and its role in psychological functioning and interpersonal processes. *Self-Esteem Issues and Answers* brings together these various perspectives in a unique format. The book is divided into five sections. Section I focuses on core issues pertaining to the conceptualization and assessment of self-esteem, and when self-esteem is optimal. Section II concentrates on the determinants, development, and modifiability of self-esteem. Section III examines the evolutionary significance of self-esteem and its role in psychological processes and therapeutic settings. Section IV explores the social, relational, and cultural significance of self-esteem. Finally, Section V considers future directions for self-esteem researchers, practitioners, parents and teachers. This volume offers a wealth of perspectives from prominent researchers from different areas of psychology. Each expert contributor was asked to focus his or her chapter on a central self-esteem issue. Three or four experts addressed each question. The result is that *Self-Esteem Issues and Answers* provides a comprehensive sourcebook of current perspectives on a wide range of central self-esteem issues.

*Visual Prosthetics* Gislin Dagnelie, 2011-02-19 *Visual Prosthetics* provides

an in-depth analysis of the principles of operation, current state, anticipated developments, and functional aspects of visual prosthetics restoring sight to visually impaired individuals. This volume uniquely describes the human visual system in health and disease in a pedagogical and didactic manner, fitting to professionals and researchers with a bioengineering background. Readers will find a balanced overview of electrical, molecular chemical and synthetic chromophore stimulation, in addition to the biophysics and psychological aspects of vision restoration. Unlike competitive texts, this introduction also includes the need and methods for functional evaluation and rehabilitation. Professionals in the field of biomedical engineering and graduate and postgraduate researchers will find Visual Prosthetics a valuable reference.

**Lifestyle Psychiatry** Douglas L. Noordsy, M.D., 2019-04-08 With chapters that focus on developing a robust therapeutic alliance and inspiring patients to assume responsibility for their own well-being, this guide provides a framework for lasting, sustainable lifestyle changes.

Canada's Entrepreneurs John English, 2011-01-01 Beginning with an accessible overview of the rise of entrepreneurialism in Canada, it features portraits of 61 individuals organized thematically. Here, readers will meet a variety of seminal characters: the merchants of the first trading posts and the commercial empire of the St. Lawrence; the industrialists of the Maritimes, Central Canada, and the West; the railway builders and urban developers; and

everyone in between.--Résumé de l'éditeur.

Nature's Web Peter Marshall, 2015-02-12 This powerful book provides the first comprehensive overview of the intellectual roots of the worldwide environmental movement - from ancient religions and philosophies to modern science and ethics - and synthesizes them into a new philosophy of nature in which to ground our moral values and social action. It traces the origins and evolution of the dominant worldview that has built our industrial, technocratic, man-centered civilization, and brought us to the current ecological crisis. At the same time, it uncovers an alternative cultural tradition in the world's different religions and philosophies and describes how these ideas are now surfacing and coalescing to form an ecological sensibility and a new vision of nature which recognizes the inter-relatedness of all living things. Finally, this book integrates these varied traditions with modern physics and the science of ecology into a larger philosophical whole that provides the environmental movement with a comprehensive vision of an organic and sustainable society in harmony with nature. As ecological disasters continue to threaten our planet, becoming worse with every passing moment of indifference, it has become clear that we must take action. We must change our relationship with nature, and return to the days when our lives were intimately connected to and dependent upon the natural world. Nature's Web lays the foundations for that change by explaining where our complex ideas about nature come from, why they are wrong, and what we can do to

change them.

Textbook of Nursing Education - E-Book Latha Venkatesan, Poonam Joshi, 2015-10-31 It was a long-time desire of nursing fraternity to have a textbook on nursing education that has the content for all the units of the INC-prescribed syllabus. This book pointedly deals with all the contents specified by the INC curriculum. The book has been written keeping in mind the requirements of the modern Indian nurse educators—what they need to know and practice in the classroom. This book provides comprehensive study material and practice exercises on Nursing Education the way it is used in day-to-day conversations in the hospital environment. • Comprehensive, exhaustive and well-structured coverage • Lucid presentation with easy language for ease of comprehension • Practical approach with relevant theoretical perspectives answering common questions and issues that arise while learning the subject • Ample number of examples, tables and other learning aids • All the essential elements of communication in modern-day nursing practice like nursing reports, records, etc., discussed, analysed and exemplified • Examples from real-life health care communications provided • Exhaustive end-of-chapter exercises • Solutions for all objective type exercises given

Independent Television in Britain P. Bonner, L. Aston, 2002-12-13 Success out of near disaster, finances taken to the edge of bankruptcy, resignations - this volume tells the dramatic stories of the major new commercial television

developments in Britain between 1981-92. This is an authoritative account, from the people involved and from official documents, of the launches and first ten years of Channel 4 and TV-am, the expansion of cable television and early difficulties of satellite broadcasting.

**Encyclopedia of Lifestyle Medicine and Health** James M. Rippe, MD, 2011-12-08  
Request a FREE 30-day online trial to this title at [www.sagepub.com/freetrial](http://www.sagepub.com/freetrial)  
The Encyclopedia of Lifestyle Medicine and Health offers thorough coverage of relevant topics and issues in historical and contemporary context, with information on lifestyle habits and practices and their impact on health. These volumes sort out the science behind nightly news reports and magazine cover stories, helping the reader to discern sound, evidence-based advice from that which is merely fad. The volumes convey the latest research on lifestyle medicine, incorporating content from such areas as health psychology, communication, public policy and health promotion, and disease prevention, among others. Readers are empowered to lead and promote healthier lifestyles after perusing the hundreds of signed, authoritative entries written by leading experts in their respective fields. Accompanying bibliographies and suggested readings provide guidance toward more in-depth resources. This comprehensive reference resource is written accessibly, making it useful for a broad audience, including students and academics in the fields of health, physical education, biology, medicine, nursing and allied health, physical therapy, nutrition, public health, and health



communication, as well as for lay readers interested in learning how to lead a healthier lifestyle.

**Life Strategies, Human Evolution, Environmental Design** V. Geist, 2013-11-11  
Consider that you were asked how to ensure human survival. Where would you begin? Conservation of resources jumps to mind. We need to conserve resources in order that economic activities may continue. Alas, this is a false start. Resources are always defined by a given economic system, and only it determines what is and what is not a resource. Therefore, conserving resources implies only the perpetuation of the appropriate economic system. Conservation of resources as we know them has nothing to do with the survival of mankind, but it has very much to do with the survival of the industrial system and society we live in today. We have to start, therefore, at a more basic level. This level, some may argue, is addressed by ensuring for human beings clean genes. Again, this is a mistaken beginning. It is thoroughly mistaken-for reasons of science. It is a false start because malfunctioning organs and morphological structures are not only due to deleterious hereditary factors but particularly due to unfavorable environments during early growth and development. Moreover, eugenics is not acceptable to any but a small fraction of society. Eugenics may not be irrelevant to our future, but is premature and should be of little concern until we understand how human genes and environment interact.

Rituals of Power Frans Theuvs, Janet Laughland Nelson, 2000 13 papers by 16

leading archaeologists and historians of late antiquity and the early middle ages break new ground in their discussion, analysis and criticism of present interpretations of early medieval rituals and their material correlates. Some deal with rituals relating to death, life cycles and the circulation in other contexts of objects otherwise used in the burial ritual. Others are concerned with the symbolism and ideology of royal power, the formation of a political ideology east of the Rhine from the mid-5th century onwards, and penance rituals in relation to Carolingian episcopal discourse on ecclesiastical power and morale. All deal with the creation of new identities, cultures, norms and values, and their expression in new rituals and ideas from the period of the Great Migrations through the Later Roman Empire down to the society of Beowulf and the later Carolingians.

*Brackenridge's Medical Selection of Life Risks* R.D.C. Brackenridge,R. Croxson,Ross Mackenzie,2016-02-26 The fifth edition of this leading reference book on insurance medicine, provides a comprehensive guide to life expectancy for underwriters and clinicians involved in the life insurance industry. Extensively revised and expanded, the new edition reflects developments in life and healthcare insurance as well as medicine.

**Medical Selection of Life Risks 5th Edition Swiss Re branded** R.D.C. Brackenridge,Richard S. Croxson,Ross Mackenzie,2016-08-20 The fifth edition of this leading reference book on insurance medicine, provides a comprehensive guide to life expectancy for underwriters and clinicians

involved in the life insurance industry. Extensively revised and expanded, the new edition reflects developments in life and healthcare insurance as well as medicine.

*Radical Food: Health and diet* Timothy Morton, 2000 This set reprints a fascinating variety of texts originally published between 1790 and 1820. Offering a unique look at the cultural and literary history of food in the eighteenth century, some highlights include: treatises on food and drink adulteration; vegetarian tracts; the period's most influential pamphlet about boycotting sugar as part of the anti-slavery debate; works on alcohol consumption, Shelley's translation of Euripides' satyr play about cannibalism; and much more.

**Intellectual Disabilities - E-Book** Helen Atherton, Debbie Crickmore, 2022-03-13 This leading textbook (previously known as *Learning Disabilities*) aims to further the practice of professionals and agencies who support people with intellectual disabilities. It emphasizes the strengths rather than deficits of people with intellectual disabilities, highlights the crucial role of family and friends, and places individuals firmly at the heart of everything that impacts them. *Intellectual Disabilities: Toward Inclusion* centres on the concepts of respecting the personhood of people with intellectual disabilities, and their rights to holistic health and to live their best lives. Most of the 27 chapters are co-authored by respected international authors, and the content has been fully updated to reflect

contemporary policy, legislation and service configuration. This unique text will challenge and reframe typically held views, and provides an international focus that recognizes we have much to learn from the experiences and perspectives of other nations around the world. Comprehensive overview of the field – relevant to contemporary practice Content organized around three central themes: Who am I?; Maximizing my health; Living my best life Well-written and accessible Artwork and perspectives of people with intellectual disabilities bring content to life Authors from a range of professional backgrounds representing Australia, Austria, Germany, Iceland, Ireland, Malta, the Netherlands, Norway, South Africa, Spain, the UK, and the United States Activities, case studies, diagrams and useful web links Additional material in an online resource complements reader activities found throughout the text

A Guide to Evidence-based Integrative and Complementary Medicine Vicki Kotsirilos, Luis Vitetta, Avni Sali, 2011-01-28 The must-have integrative and complementary medicine reference from experts in the field This exhaustive textbook is ideal for anyone with an interest in integrative and complementary medicine in Australia; including General Practitioners, medical students, integrative clinicians and health practitioners. A Guide to Evidence-based Integrative and Complementary Medicine presents non-pharmacologic treatments for common medical practice complaints – all supported by current scientific evidence. These include Attention Deficit

Hyperactivity Disorder (ADHD), asthma, insomnia, anxiety, depression and many more. This practical health resource profiles myriad approaches in integrative and complementary medicine, such as mind-body medicine, stress management techniques, dietary guidelines, exercise and sleep advice, acupuncture, nutritional medicine, herbal medicine, and advice for managing lifestyle and behavioural factors. It also looks at complementary medicines that may impact the treatment of disease. A Guide to Evidence-based Integrative and Complementary Medicine contains only proven therapies from current research, particularly Cochrane reviews, systematic reviews, randomised control trials, published cohort studies and case studies. • easy access to evidence-based clinical data on non-pharmacological treatments – including complementary medicines – for common diseases and conditions • instant advice on disease prevention, health promotion and lifestyle issues • chapter summaries based on scientific evidence using the NHMRC guidelines grading system • printable patient summary sheets at chapter end to facilitate discussion of clinical management • conveniently organised by common medical presentations

**George Harrison** Philip Norman, 2023-10-24 From the author of the million-copy selling *Shout! : The Beatles in Their Generation* and the bestselling *John Lennon: The Life* comes a revealing portrait of George Harrison, the most undervalued and mysterious Beatle. Despite being hailed as one of the best guitarists of his era, George Harrison, particularly in his early decades,

battled feelings of inferiority. He was often the butt of jokes from his bandmates owing to his lower-class background and, typically, was allowed to contribute only one or two songs per Beatles album out of the dozens he wrote. Now, acclaimed Beatles biographer Philip Norman examines Harrison through the lens of his numerous self-contradictions. Compared to songwriting luminaries John Lennon and Paul McCartney he was considered a minor talent, yet he composed such masterpieces as 'While My Guitar Gently Weeps' and 'Here Comes the Sun', and his solo debut album 'All Things Must Pass' achieved enormous success, appearing on many lists of the 100 best rock albums ever. Modern music critics place him in the pantheon of Sixties guitar gods alongside Eric Clapton, Jimi Hendrix, Keith Richards and Jimmy Page. Harrison railed against the material world yet wrote the first pop song complaining about income tax. He spent years lovingly restoring his Friar Park estate as a spiritual journey, but quickly mortgaged the property to help rescue a film project that would be widely banned as sacrilegious, Monty Python's *Life of Brian*. Harrison could be fiercely jealous, but not only did he stay friends with Eric Clapton when Clapton fell in love with Harrison's wife, Pattie Boyd, the two men grew even closer after Clapton walked away with her. Unprecedented in scope and filled with numerous colour photos, this rich biography captures George Harrison at his most multi-faceted: devoted friend, loyal son, master guitar-player, brilliant songwriter, cocaine addict, serial philanderer, global philanthropist, student of Indian mysticism, self-

deprecating comedian and, ultimately, iconic artist and man beloved by millions.

*Human Longevity, Individual Life Duration, and the Growth of the Oldest-Old Population* Jean-Marie Robine, Eileen M. Crimmins, Shiro Horiuchi, Yi Zeng, 2007-03-21 Old-age survival has considerably improved in the second half of the twentieth century. Why has such a substantial extension of human lifespan occurred? How long can we live? In this book, these fundamental questions are explored by experts from diverse fields. They report on recent cutting-edge studies about essential issues of human longevity and social factors of long survival in old age.

**Transfer, Diffusion and Adoption of Next-Generation Digital Technologies**  
Sujeet K. Sharma, Yogesh K. Dwivedi, Bhimaraya Metri, Banita Lal, Amany Elbanna, 2023-12-12 This book constitutes the refereed proceedings of the IFIP WG 8.6 International Working Conference on Transfer and Diffusion of IT, TDIT 2023, which took place in Nagpur, India, in December 2023. The 87 full papers and 23 short papers presented in these proceedings were carefully reviewed and selected from 209 submissions. The papers are organized in the following topical sections: Volume I: Digital technologies (artificial intelligence) adoption; digital platforms and applications; digital technologies in e-governance; metaverse and marketing. Volume II: Emerging technologies adoption; general IT adoption; healthcare IT adoption. Volume III: Industry 4.0; transfer, diffusion and adoption of next-generation digital

technologies; diffusion and adoption of information technology.

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