

Neff Guide

Official records produced by the armies of the United States and the Confederacy, and the executive branches of their respective governments, concerning the military operations of the Civil War, and prisoners of war or prisoners of state. Also annual reports of military departments, calls for troops, correspondence between national and state governments, correspondence between Union and Confederate officials. The final volume includes a synopsis, general index, special index for various military divisions, and background information on how these documents were collected and published. Accompanied by an atlas.

This highly anticipated resource establishes the importance of children's education to the life of today's faith communities. A very readable textbook, "The Ministry of Children's Education presents foundations for education in the faith, explores contexts in which contemporary faith is nurtured, and suggests practical helps for creating programs that work in congregations.

After the death of his father, an alcoholic and abusive jazz musician, Abel Crofton leaves his home in Harlem to journey to the Netherlands to the town of Haarlem in search of the Dutch mother he has never known, joining forces with Sopic, a Dutch-Caribbean waitress, to uncover startling secrets about his family and his father's past. Original. 12,500 first printing.

The author of *Self-Compassion* follows up her groundbreaking book with new ideas that expand our notion of self-kindness and its capacity to transform our lives, showing women how to balance tender self-acceptance with fierce action to claim their power and change the world. Kristin Neff changed how we talk about self-care with her enormously popular first book, *Self-Compassion*. Now, ten years and many studies later, she expands her body of work to explore a brand-new take on self-compassion. Although kindness and self-acceptance allow us to be with ourselves as we are, in all our glorious imperfection, the desire to alleviate suffering at the heart of this mindset isn't always gentle, sometimes it's fierce. We must also act courageously in order to protect ourselves from harm and injustice, say no to others so we can meet our own needs, and motivate necessary change in ourselves and society. Gender roles demand that women be soft and nurturing, not angry or powerful. But like yin and yang, the energies of fierce and tender self-compassion must be balanced for wholeness and wellbeing. Drawing on a wealth of research, her personal life story and empirically supported practices, Neff demonstrates how women can use fierce and tender self-compassion to succeed in the workplace, engage in caregiving without burning out, be authentic in relationships, and end the silence around sexual harassment and abuse. Most women intuitively recognize fierceness as part of their true nature, but have been discouraged from developing it. Women must reclaim their power in order to create a healthier society and find lasting happiness. In this wise, caring, and enlightening book, Neff shows women how to reclaim balance within themselves, so they can help restore balance in the world.

Teaching the Mindful Self-Compassion Program A Guide for Professionals Guilford Publications

Mr. Gocke discusses the importance of Appreciation and Gratitude to couple long-term relationships. He uses his stories, practical application exercises, and journaling to help couples understand how important their mates are to them.

Mattering, which is about feeling valued and adding value, is essential for health, happiness, love, work, and social well-being. We all need to feel valued by, and add value to, ourselves, others, co-workers, and community members. This book shows not only the signs, significance, and sources of mattering, but also presents the strategies to achieve mattering in our personal and professional lives. It uses research-based methods of change to help people achieve a higher sense of purpose and a deeper sense of meaning. Each chapter gives therapists, managers, teachers, parents, and healthcare professionals the tools needed to optimize personal and collective well-being and productivity. The volume explains how promoting mattering within communities fosters wellness and fairness in equal measure. By using the new science of feeling valued and adding value, the authors provide a guide to promoting happier lives and healthier societies.

This book is a printed edition of the Special Issue Hollow core optical fibers that was published in *Fibers*

A 2018 TEXAS LONE STAR READING LIST PICK! "A rare jewel. A new classic in the fantasy genre." —Eoin Colfer, author of the bestselling *Artemis Fowl* series Henry H. Neff's new high-stakes middle grade fantasy follows two unlikely allies as they confront a conspiracy that will shake the world of Impyrium to its core. For over three thousand years, the Faeregine dynasty has ruled Impyrium. But the family's magic has been fading, and with it their power over the empire. Whether it's treachery from a rival house, the demon Lirlanders, or rebel forces, many believe the Faeregines are ripe to fall. Hazel, the youngest member of the royal family, is happy to leave ruling to her sisters so that she can study her magic. But the empress has other plans for her granddaughter, dark and dangerous plans to exploit Hazel's talents and rekindle the Faeregine mystique. Hob, a commoner from the remote provinces, has been sent to the city to serve the Faeregines—and to spy on them. One wants to protect the dynasty. The other wants to destroy it. But when Hazel and Hob form an improbable friendship, their bond may save the realm as they know it...or end it for good.

What happens when people turn their everyday experience into data: an introduction to the essential ideas and key challenges of self-tracking. People keep track. In the eighteenth century, Benjamin Franklin kept charts of time spent and virtues lived up to. Today, people use technology to self-track: hours slept, steps taken, calories consumed, medications administered. Ninety million wearable sensors were shipped in 2014 to help us gather data about our lives. This book examines how people record, analyze, and reflect on this data, looking at the tools they use and the communities they become part of. Gina Neff and Dawn Nafus describe what happens when people turn their everyday experience—in particular, health and wellness-related experience—into data, and offer an introduction to the essential ideas and key challenges of using these technologies. They consider self-tracking as a social and cultural phenomenon, describing not only the use of data as a kind of mirror of the self but also how this enables people to connect to, and learn from, others. Neff and Nafus consider what's at stake: who wants our data and why; the practices of serious self-tracking enthusiasts; the design of commercial self-tracking technology; and how self-tracking can fill gaps in the healthcare system. Today, no one can lead an entirely untracked life. Neff and Nafus show us how to use data in a way that empowers and educates.

The character of Baxter State Park and the great mountain at its heart can be powerfully conveyed through two words: forever wild. The mountain was known as Ktaadn, or "the greatest mountain," to native peoples who first frequented Maine's interior northern forest. They were followed by colonial adventurers who explored its cirques and massive granite walls, by those who studied its geology and flora and fauna, and later by loggers who came to extract the virgin timber from nearby valleys. Finally, recreational climbing and camping led to an effort to protect the rugged beauty of these mountains, lakes, and valleys. When calls for preservation went unheeded, former governor Percival P. Baxter, beginning in the 1930s, purchased some 201,000 acres over a period of 30 years and gifted them to the state. Today, Baxter State Park is the guardian of this vast wilderness area for all to enjoy. Baxter State Park and Katahdin draws on rich collections of archival images dating back to the 19th century.

This is the authoritative guide to conducting the Mindful Self-Compassion (MSC) program, which provides powerful tools for coping with life challenges and enhancing emotional well-being. MSC codevelopers Christopher Germer and Kristin Neff review relevant theory and research and describe the program's unique pedagogy. Readers are taken step by step through facilitating each of the eight sessions and the accompanying full-day retreat. Detailed vignettes illustrate not only how to teach the course's didactic and experiential content, but also how

to engage with participants, manage group processes, and overcome common obstacles. The final section of the book describes how to integrate self-compassion into psychotherapy. Purchasers get access to a companion website with downloadable audio recordings of the guided meditations. Note: This book is not intended to replace formal training for teaching the MSC program. See also two related resources for MSC participants and general readers, *The Mindful Self-Compassion Workbook*, by Kristin Neff and Christopher Germer, and *The Mindful Path to Self-Compassion*, by Christopher Germer.

At long last here is a textbook for the basic public speaking course--one that integrates a Christian worldview with up-to-date scholarship in the field of communication. *Proclamation!* covers the standard speech types: informative speech, persuasive speech, and ceremonial speech. In addition, Blake J. Neff recognizes that Christians need to know how to deliver an edifying speech and a personal testimony speech. Neff acknowledges that one of the reasons to study public address at the university level is that God has commanded His people to "always be prepared to give an account" (1 Peter 3:15). *Proclamation!* prepares Christians to speak not only as one to many but also as members of interpersonal or small groups. Christian teachers of public speaking will appreciate the assistance this book offers toward integrating faith with learning. Students will applaud the practical and readable approaches found in *Proclamation!*

Two career and business experts share their eight-point plan on how to succeed in a new job or project, offering helpful guidelines on leadership, decision-making skills, interpersonal relationships, and other key aspects of the corporate environment. Reprint. 50,000 first printing.

Includes Part 1, Number 1: Books and Pamphlets, Including Serials and Contributions to Periodicals (January - June)

The Visual Guide to Blacksmithing is an excellent resource for the beginner blacksmith. This heavily illustrated guide begins by offering practical tips for setting up your own safe and space-efficient shop. Once your shop is ready, the Guide uses hundreds of diagrams and detailed descriptions to lead you through a variety of beginning blacksmithing techniques. These techniques will teach you how to forge your first tools and complete basic projects. Once you have acquired a basic knowledge of smithing and are comfortable with the techniques shown, the *Visual Guide to Blacksmithing* will help you to hone your skills by adding embellishments and your own individuality and flair to your creations.

Kristin Neff, Ph.D., says that it's time to "stop beating yourself up and leave insecurity behind." *Self-Compassion: Stop Beating Yourself Up and Leave Insecurity Behind* offers expert advice on how to limit self-criticism and offset its negative effects, enabling you to achieve your highest potential and a more contented, fulfilled life. More and more, psychologists are turning away from an emphasis on self-esteem and moving toward self-compassion in the treatment of their patients—and Dr. Neff's extraordinary book offers exercises and action plans for dealing with every emotionally debilitating struggle, be it parenting, weight loss, or any of the numerous trials of everyday living.

The International Handbook of Workplace Trauma Support provides a comprehensive overview of contemporary standards and best practices in trauma support that draws from the latest research findings and experience of international experts in the field. Reviews the major contemporary post-trauma intervention models in both theory and practice Includes Trauma Risk Management (TRiM), Support Post Trauma (SPoT), Eye-Movement Desensitization and Reprocessing (EMDR), Mindfulness and Psychological First Aid (PFA) Incorporates multi-cultural perspectives by reporting on the pervasive violence in South Africa, constant threats in Israel and emerging developments in China Includes social, psychosocial, psychological, and organizational dimensions to offer a detailed mapping of trauma support Provides latest thinking for supporting those in the military context

Edited by Dr. Marc Neff, *Passing the General Surgery Oral Board Exam, Second Edition* helps candidates prepare for the General Surgery Oral Board Exam in a different way than other review books. In addition to covering concepts frequently addressed on the test, the review also alerts you to "common curveballs" and "strikeouts"—the unexpected problems or seemingly benign actions (or inactions) that could result in a missed diagnosis or misdiagnosis, and thus result in failure to pass the exam. Fully updated and expanded to reflect the many changes in standards of care, this unique study guide is the first to expose the potential traps and pitfalls of the exam by providing examples of how the questions may be asked and what not to say in response. Designed to be used in conjunction with medical textbooks and other study guides, *Passing the General Surgery Oral Board Exam, Second Edition* prepares candidates to think on their feet and answer exam questions confidently and accurately. It is an essential guide for surgical residents, fellows across the surgical subspecialties, and practicing surgeons who are board eligible.

Self-compassion is a powerful inner resource. More than a thousand research studies show the benefits of being a supportive friend to yourself, especially in times of need. This science-based workbook offers a step-by-step approach to breaking free of harsh self-judgments and impossible standards in order to cultivate emotional well-being. In a convenient large-size format, this is the first self-help resource based on the authors' groundbreaking 8-week Mindful Self-Compassion program, which has helped tens of thousands of people around the globe. Every chapter includes guided meditations (with audio downloads); informal practices to do anytime, anywhere; exercises; vivid examples of people using the techniques to address different types of challenges (relationship stress, weight and body image issues, health concerns, anxiety, and more); and empathic reflection questions. Working through the book, readers build essential skills for personal growth based on self-care--not self-criticism. See also *The Mindful Path to Self-Compassion*, by Christopher Germer, which delves into mindful self-compassion and shares moving stories of how it can change lives.

This book addresses the important physical phenomenon of Surface Plasmon Resonance or Surface Plasmon Polaritons in thin metal films, a phenomenon which is exploited in the design of a large variety of physico-chemical optical sensors. In this treatment, crucial materials aspects for design and optimization of SPR sensors are investigated and outlined in detail. The text covers the selection of nanometer thin metal films, ranging from free-electron to the platinum type conductors, along with their combination with a large variety of dielectric substrate materials, and associated individual layer and opto-geometric arrangements. Furthermore, as-yet hardly explored SPR features of selected metal-metal and metal-dielectric super lattices are included in this report. An in-depth multilayer Fresnel evaluation provides the mathematical tool for this optical analysis, which otherwise relies solely on experimentally determined electro-optical materials parameters.

The book provides six fundamental skills for change based on research in positive psychology, goal setting, habit formation, cognitive behavioral approaches and strength-based interventions. Readers learn skills to deal with change in any aspects of their lives, from starting an exercise regimen to reducing stress to improving performance at work.

Improving your powers of communication can encourage powerful communication with your parishioners. *A Pastor's Guide to Interpersonal Communication: The Other Six Days* provides students preparing for the pastoral ministry with specialized training in communications that focuses on the kind of one-on-one conversations they can expect to have with their parishioners. This comprehensive book examines a variety of essential topics, including perception, self-disclosure, verbal and nonverbal messages, listening, stages of relational development, power assertiveness and dominance, conflict management, forgiveness, persuasion, dual relationships, pastoral family communication, and how to develop a communications model. Each chapter includes "Pastoral Conversations," real-life dialogues presented for analysis; "Key Concepts" for quick student review; "Meanings Mania," self-tests on vocabulary; and "Unleashing the Power of Interpersonal Communication," student exercises that reinforce the practical aspects of key principles. While many pastors have a great love for the people they minister to, they have difficulty demonstrating that love because they lack the skills to develop and maintain relationships. This book explores how communication works and how to make it work for you, applying the best available interpersonal communications techniques to your relationships with the real people of the church—your parishioners. *A Pastor's Guide to Interpersonal Communication: The Other Six Days* examines: how self-disclosure works and when it's appropriate for a pastor stumbling blocks and building blocks for effective listening the differences between power, assertiveness, and dominance and when to use each conflict management styles and negotiation strategies several myths about forgiveness dual relationships and how to avoid them pitfalls to avoid in pastoral family communication and much more *A Pastor's Guide to Interpersonal Communication: The Other Six Days* is an essential resource for Bible college students and for students at the pre-ministerial and seminary levels. It's also a valuable professional tool for clergy practitioners who need help with their communication skills.

Transition to veganism smoothly with this interactive step-by-step guided journal to help you kickstart your vegan diet with delicious recipes, detailed nutritional information, and prompts to record your progress. Starting to experiment with the world of vegan food? Looking for help keeping your healthy, plant-based eating on track? Ready to take the next step from vegan-ish to full-time vegan? This guided journal is here to help! Going vegan doesn't need to be a scary, drastic change! With the right guide you don't need to cut out your favorite foods or restock your home with a new pantry—you can jump head first into a fully vegan lifestyle. In 12 short weeks you can transition to whatever level of veganism is right for you and make it a transformation that will last. *Going Vegan: Your Daily Planner* includes easy vegan recipes, detailed nutritional information, and interactive journaling pages that let you track your water, food, and progress every day while creating delicious meals that keep you happy and healthy...all while staying animal-friendly. Get inspired by this motivational daily planner and take the next steps towards making your own vegan diet a success.

A guidebook to exploring the city of New Orleans via its streetcars.

Harris and Warren present a practical guide to meditation that debunks the myths, misconceptions, and self-deceptions that make many people reluctant to try it. They suggest a range of meditation practices that may lower your blood pressure, mitigate depression and anxiety, and literally rewire key parts of your brain.

A guide to the names and specialities of American and Canadian publishers, editors, and literary agents includes information on the acquisition process and on choosing literary agents.

Modern highway engineering reflects an integrated view of a road system's entire lifecycle, including any potential environmental impacts, and seeks to develop a sustainable infrastructure through careful planning and active management. This trend is not limited to developed nations, but is recognized across the globe. Edited by renowned authority

MAX MCDANIELS LIVES a quiet life in the suburbs of Chicago, until the day he stumbles upon a mysterious Celtic tapestry. Many strange people are interested in Max and his tapestry. His discovery leads him to Rowan Academy, a secret school where great things await him. But dark things are waiting, too. When Max learns that priceless artworks and gifted children are disappearing, he finds himself in the crossfire of an ancient struggle between good and evil. To survive, he'll have to rely on a network of agents and mystics, the genius of his roommate, and the frightening power awakening within him.

The *Oxford Handbook of Archaeological Ceramic Analysis* draws together topics and methodologies essential for the socio-cultural, mineralogical, and geochemical analysis of archaeological ceramic. Ceramic is one of the most complex and ubiquitous archaeomaterials in the archaeological record: it occurs around the world and through time in almost every culture and context, from building materials and technological installations to utilitarian wares and votive figurines. For more than 100 years, archaeologists have used ceramic analysis to answer complex questions about economy, subsistence, technological innovation, social organization, and dating. The volume is structured around the themes "Research design and data analysis," "Foundational concepts," "Evaluating ceramic provenance," "Investigating ceramic manufacture," "Assessing vessel function," and "Dating ceramic assemblages." It provides a common vocabulary and offers practical tools and guidelines for ceramic analysis using techniques and methodologies ranging from network analysis and typology to rehydroxylation dating and inductively coupled plasma mass spectrometry. Each chapter provides the theoretical background and practical guidelines, such as cost and destructiveness of analysis, for each technique, as well as detailed case studies illustrating the application and interpretation of analytical data for answering anthropological questions.

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