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Lifelong Enrichment: A Key to Preserving Cognitive Health - Psychology Today
Winter Blues and Loneliness: Resilience During the Holidays - Psychology Today

Who Stole My Child? - Carl Pickhardt, PhD 2018-11-27

Psychologist Carl Pickhardt offers insight from his thirty years of experience counseling caregivers on how to navigate the adolescent development process, from eight to eighteen. For most parents, the onset of puberty brings an unexpected, even unwelcome change in their child's behavior, which can cause bewilderment, confusion, and sadness. Dr. Pickhardt's comforting and knowledgeable voice points out that not only can growth change many beloved characteristics of their child, but it can also alter dynamics in the relationship. Parents, teachers, and caretakers, will find comfort with effective practices to help kids achieve responsible independence from the end of childhood through young adulthood and beyond.

The Social Psychology of Attraction and Romantic Relationships - Madeleine A. Fugère 2017-09-16

Why are we attracted to some people and not to others? Are first impressions accurate? Why do some romantic relationships succeed while others fail? Are our romantic choices influenced by evolution? In tackling questions like these, *The Social Psychology of Attraction and Romantic Relationships* reviews the theory and research behind this fascinating area. It combines real-life anecdotes and popular media examples with the latest psychological studies, making it a lively and engaging read. Ideal for students of social psychology and intimate relationships courses, this is a comprehensive introduction to an everyday subject that, on closer investigation, proves to be a dynamic, intriguing, and sometimes surprising area.

Surviving Your Child's Adolescence - Carl Pickhardt 2013-02-11

Expert suggestions for guiding your child through the rough teenage years Does it sometimes seem like your teenager is trying to push you over the edge? Learn what your child is going through and what you can do to help your teen navigate this difficult period in this practical guide from psychologist and parenting expert Carl Pickhardt. In an easy-to-read style, Dr. Pickhardt describes a 4-stage model of adolescent growth to help parents anticipate common developmental changes in their daughter or son from late elementary school through the college age years. Provides unique advice for dealing with arguing, chores, the messy room, homework, and many other issues Offers best practices for teaching effective communication, constructive conflict, and responsible decision-making Includes ideas for protecting kids against the dangers of the Internet, bullying, dating, sexual involvement, and substance use An essential road map for parents looking to guide their children on the path to adulthood.

The Annoying Ghost Kid - Robert Evans Wilson Jr 2011-12

The Annoying Ghost Kid is a funny story about Corky, a ten year old boy, who is tormented by Duke, a younger boy who happens to be a ghost. Duke loves to play practical jokes on Corky. It's like having a pesky little brother with special powers. The fun begins when Corky, and his friend Jill, are challenged to find imaginative ways to stop the ghost kid's tricks! In the beginning, the ghost kid clearly has the advantage, but eventually, Corky and Jill finally figure out how to turn things around on their transparent tormenter. Then, it's back and forth, and the pranks get funnier and funnier as the supernatural nuisance goes head to head with two increasingly clever kids.

[Your Child's First Crush - What It Means and How To Talk About It](#) - Cynthia Malu 2012-03-04

ABOUT THE BOOK From the giggly four-year old who proclaims that he wants to marry his teacher to the pre-teen who gushes over the cute boy who sits next to her in class, your child's first crush is a new frontier, and it's best to prepare yourself long before it happens. As a parent, you can take an active part in helping your child navigate his or her romantic feelings. To be a positive part of your child's first experience with puppy love, the most important thing you can do is help your child feel comfortable communicating with you. A crush is no more than an infatuation. Unlike a true romantic relationship, when two individuals acknowledge their deep feelings for one another, a crush is often a one-sided attraction. When children have a crush, they are not focused on loving the object of their affection as an entire person, flaws and all. Instead, they build up a fantasy of sorts in their minds, and spend time daydreaming about what it would be like to be together. EXCERPT FROM THE BOOK Try to find out how your child's crush is responding to him. Ask him if his crush talks to him at school. This will help you gauge the level of intensity and the direction things are headed. If his crush returns his feelings, he may be on the verge of a relationship. While you

won't be able to change the eventual outcome of your son's crush, you can guide him as he navigates the unfamiliar waters of romantic feelings. The way you approach the subject will depend on your child's age. For a young child, be positive but truthful when you talk about the crush. Explain that it's normal to have strong feelings for people when you like their looks and behavior, but make sure your child knows that it's not necessary to act on those feelings. Guide him or her in making appropriate decisions. For instance, if your daughter wants to give a gift to a boy she likes on Valentine's Day, help her choose something that won't be overwhelming for either party. If the object of your young child's affection is an adult, don't be overly concerned. According to Dr. Laura Rocker, a pediatric physician, children often experience their first crush on a celebrity or an adult they find attractive. This behavior is normal, and as a child grows older, he or she will become interested in peers his or her own age... Buy a copy to keep reading! CHAPTER OUTLINE Helping Kids With Their First Crush + Introduction + How to Get Involved as a Parent + Avoiding Common Mistakes + Tips on Staying Connected With Your Child + ...and much more

The New Rules of Marriage - Terrence Real 2007-01-30

In his extraordinary new book, Terrence Real, distinguished therapist and bestselling author, presents a long overdue message that women need to hear: You aren't crazy—you're right! Women have changed in the last twenty-five years—they have become powerful, independent, self-confident, and happy. Yet many men remain irresponsible and emotionally detached. They don't know how to respond to frustrated partners who just want their mates to show up and grow up. Enter the good news: In this revolutionary book, Real shows women how to master the new rules of twenty-first-century marriage by offering them a set of effective tools with which they can create the truly intimate relationship that they desire and deserve. He identifies five non-starters to avoid and shares practical strategies for bringing honesty, passion, and joy back to even the most difficult relationship. Using his experience helping thousands of couples shift from despair to profound emotional closeness, Real guides you through the process of relationship repair with exercises that you can do alone or with your partner. With this program you'll discover how to - identify and articulate your wants and needs - listen well and respond generously - set limits, and stand up for yourself - embrace and appreciate what you have - know when to seek outside help *The New Rules of Marriage* will introduce you to a radically new kind of relationship, one based on the idea that every woman has the power to transform her marriage, while men, given the right support, have it in them to rise to the occasion. We have never wanted so much from our relationships as we do today. More than any other generation, we yearn for our mates to be lifelong friends and lovers. *The New Rules of Marriage* shows us how to fulfill this courageous and uncompromising new vision.

The Science of Intimate Relationships - Garth J. O. Fletcher 2019-08-19

Provides a unique interdisciplinary approach to the science of intimate human relationships This newly updated edition of a popular text is the first to present a full-blooded interdisciplinary and theoretically coherent approach to the latest scientific findings relating to human sexual relationships. Written by recognized leaders in the field in a style that is rigorous yet accessible, it looks beyond the core knowledge in social and evolutionary psychology to incorporate material and perspectives from cognitive science (including brain-imaging studies), developmental psychology, anthropology, comparative psychology, clinical psychology, genetic research, sociology, and biology. Written by an international team of acclaimed experts in the field, *The Science of Intimate Relationships* offers a wealth of thought-provoking ideas and insights into the science behind the initiation, maintenance, and termination of romantic relationships. The 2nd Edition features two new chapters on health and relationships, and friends and family, both of which shed new light on the complex links among human nature, culture, and romantic love. It covers key topics such as mate selection, attachment theory, love, communication, sex, relationship dissolution, violence, mind-reading, and the relationship brain. Provides a coherent and theoretically integrative approach to the subject of intimate relationships Offers an interdisciplinary perspective that looks beyond social and evolutionary psychology to many other scientific fields of study Includes two new chapters on 'Relationships and Health' and 'Friends and Family', added in response to feedback from professors who have used the

textbook with their classes Presented by recognized leaders in the field of relationships Features PowerPoint slides and an online Teaching Handbook The Science of Intimate Relationships, 2nd Edition is designed for upper-level undergraduate students of human sexuality, psychology, anthropology, and other related fields.

Love and Limerence - Dorothy Tennov 1979

Crush Your Test Anxiety - Ben Bernstein 2018-08-01

Tests cause a lot of stress and anxiety, but no more! Performance coach Ben Bernstein delivers a comprehensive training guide on how to improve test scores. These lessons avoid memorization and answering strategies and instead address the test-taker individually to determine what they need to perform well at test time. Based on 50 years of teaching experience and 35 years of practice as a clinical psychologist, this book distills the best practices used by elite athletes, performing artists, and top business executives to create a system that can be applied to any test, including the SAT, ACT, LSAT, MCAT, GRE, GMAT, licensing exams, finals, and even driving tests. The system trains test takers to be calm, confident, and focused: the dependable “three-legged stool” for successful performance. Also included are special chapters for parents and teachers, as well as online access to additional test-prep material for individual use.

MENTAL MOVIE MAKING - The Voice in the Head - MICHAEL GODFREY 2019-04-12

Discover the art of being human in this provocative story of redemption, hope and change. Meet yourself for the first time as you travel the hero-path with the world's greatest philosophers, psychologists, poets and family therapists. Confront raw human emotion with highly celebrated literary giants, sports? heroes, music legends and spiritual masters. Come face-to-face with your phantom self, your shadow, your stranger, your false role-self?the dark side of your own nature. Uncover your own dysfunction, thinking errors and diabolical force of the human ego. Experience the magic of grief, of forgiveness and velocity of anger. Absorb the healing virtues of patience and humor. Witness the downward spiral of addiction and life?affirming grace of recovery. Lounge in the serene luxury of mindfulness, of surrender and inner non resistance. Become present for your own life. Turn the mundane into the sacred.

The Last Best Cure - Donna Jackson Nakazawa 2013-02-21

One day Donna Jackson Nakazawa found herself lying on the floor to recover from climbing the stairs. That’s when it hit her. She was managing the symptoms of the autoimmune disorders that had plagued her for a decade, but she had lost her joy. As a science journalist, she was curious to know what mind-body strategies might help her. As a wife and mother she was determined to get her life back. Over the course of one year, Nakazawa researches and tests a variety of therapies including meditation, yoga, and acupuncture to find out what works. But the discovery of a little-known branch of research into Adverse Childhood Experiences causes her to have an epiphany about her illness that not only stuns her—it turns her life around. Perfect for readers of Gretchen Rubin's The Happiness Project, Nakazawa shares her unexpected discoveries, amazing improvements, and shows readers how they too can find their own last best cure.

How to Not Die Alone - Logan Ury 2021-02-02

A “must-read” (The Washington Post) funny and practical guide to help you find, build, and keep the relationship of your dreams. Have you ever looked around and wondered, “Why has everyone found love except me?” You’re not the only one. Great relationships don’t just appear in our lives—they’re the culmination of a series of decisions, including whom to date, how to end it with the wrong person, and when to commit to the right one. But our brains often get in the way. We make poor decisions, which thwart us on our quest to find lasting love. Drawing from years of research, behavioral scientist turned dating coach Logan Ury reveals the hidden forces that cause those mistakes. But awareness on its own doesn’t lead to results. You have to actually change your behavior. Ury shows you how. This “simple-to-use guide” (Lori Gottlieb, New York Times bestselling author of *Maybe You Should Talk to Someone*) focuses on a different decision in each chapter, incorporating insights from behavioral science, original research, and real-life stories. You’ll learn: -What’s holding you back in dating (and how to break the pattern) -What really matters in a long-term partner (and what really doesn’t) -How to overcome the perils of online dating (and make the

apps work for you) -How to meet more people in real life (while doing activities you love) -How to make dates fun again (so they stop feeling like job interviews) -Why “the spark” is a myth (but you’ll find love anyway) This “data-driven” (Time), step-by-step guide to relationships, complete with hands-on exercises, is designed to transform your life. How to Not Die Alone will help you find, build, and keep the relationship of your dreams.

Wander Woman - Marcia Reynolds 2010-06-14

Presents fresh research and powerful stories to give voice to a new generation of women driven by challenge and change Offers compelling advice on how to make wandering a life strategy, not just a series of unplanned events Includes probing questions and thought-provoking exercises to help readers find peace in life's chaos and confusion 2011 Axiom Award Gold Medal winner in the category of Women in Business There’s a new generation of high-achieving women today—confident, ambitious, accomplished, driven. And yet, as master coach Marcia Reynolds discovered, many of them are also anxious, discontented, and frustrated. They’re constantly questioning their purpose, juggling multiple roles, and reevaluating their goals. As a result they’re restless—they move from job to job, from challenge to challenge, almost on impulse. They’re wander women. Existing personal growth books, so focused on empowerment and encouragement, can’t help these women. They don’t need to find their voice—they know how to roar. They don’t expect balance in their lives—but they long to find peace in the chaos. They aren’t necessarily focused on gaining a seat in the boardroom—they want projects that mean something or businesses they run on their own. Reynolds helps wander women understand the roots of their restlessness and make their wandering a conscious strategy, not a reaction. Drawing on extensive research and interviews she illuminates the needs that drive their decisions and the core assumptions that lock them into rigid perfectionist patterns. She offers a wealth of exercises and practices that will enable wander women to reset their mental programming, discover new ways of finding direction, and thoughtfully choose and plan their futures, whether they climb the corporate ladder, find satisfaction below the glass ceiling, or set out on their own. For every woman plagued by frustration and self-doubt—“Will what I’ve done ever feel good enough?”—Wander Woman sets the stage to uncover the answers to life’s tough questions about meaning and purpose, significance and value, and the legacy you can leave from a life lived well.

Dr. Seth's Love Prescription - Seth Meyers 2010-11-18

The landscape of love is littered with people injured by love time and time again. And so they hobble from one bad relationship to another. But it doesn't have to be that way. Noted psychologist Seth Meyers, PsyD-- aka Dr. Seth--has developed a foolproof four-step cure for Relationship Repetition Syndrome (RRS). With this book, you can avoid making the same mistakes in your love life over and over again. With behavioral exercises and questionnaires designed to reveal the RRS behaviors that sabotage love, you'll learn why your relationships have failed, and how you can love more wisely--and happily--the next time. Armed with Dr. Seth's unique love action plan, you can put the pain of dead-end relationships behind you and find true love that lasts--forever cured of RRS!

The Emotional Lives of Animals - Marc Bekoff 2010-10-05

Based on award-winning scientist Marc Bekoff’s years studying social communication in a wide range of species, this important book shows that animals have rich emotional lives. Bekoff skillfully blends extraordinary stories of animal joy, empathy, grief, embarrassment, anger, and love with the latest scientific research confirming the existence of emotions that common sense and experience have long implied. Filled with Bekoff’s light humor and touching stories, *The Emotional Lives of Animals* is a clarion call for reassessing both how we view animals and how we treat them.

When Kids Call the Shots - Sean Grover 2015-06-03

If you want to fix your rebellious and disrespectful child, you need to start by fixing yourself. Are your kids pummeling you with demands and bossing you around with impunity? Have your once-precious preschoolers become rebellious, entitled, and disrespectful to authority? While there are plenty of so-called experts who might try to validate your convictions that you have done all you can to “fix” your “difficult” children, the hard truth is, they’re not doing you any favors by placing the responsibility solely on your children. Parenting struggles rarely originate from just one side. Instead, they erupt at the volatile intersection of a child's personality with a parent's own insecurities and behaviors. In *When Kids Call the*

Shots, therapist and parenting expert Sean Grover untangles the forces driving family dysfunction, and helps parents assume their leadership roles once again. Parents will discover: Three common bullying styles used by kids Parenting styles that contribute to power balances Critical testing periods in a child's development Coping mechanisms that backfire Personalized plans for calmly exerting authority in any scenario The solution to any problem begins with learning to control what you can control. In parenting, you've already learned how impossible it is to control your kids. Begin by controlling you!

Breakup Bootcamp - Amy Chan 2020-12-03

'The literary equivalent of a hug from a wordy big sister when you are at your lowest ebb' - Sunday Times 'A new kind of relationship guide for women' - Arianna Huffington A self-affirming, holistic guide to transforming heartbreak into healing Amy Chan hit rock bottom when she discovered that her boyfriend cheated on her. Although she was angry and broken-hearted, Chan soon came to realize that the breakup was the shakeup she needed to redirect her life. Instead of descending into darkness, she used the pain of the breakup as a bridge to self-actualization. She devoted herself to learning various healing modalities from the ancient to the scientific, and dived into the psychology of love. It worked. Fast forward years later, Amy completely transformed her life, her relationships and founded a breakup bootcamp helping countless of women heal their hurt. In Breakup Bootcamp, Amy Chan directs her experience into a practical, thoughtful guide to turning broken hearts into an opportunity to break out of complacency and destructive habits. Dubbed 'the Chief Heart Hacker,' Amy Chan grounds her practical advice and tried and tested methods rooted in cutting-edge psychology and research, helping readers heal and reclaim their self-love. Relatable, life-changing, and backed by sound scientific research, Breakup Bootcamp can help anyone turn their greatest heartbreak into a powerful tool for growth

Adult Children of Emotionally Immature Parents - Lindsay C. Gibson 2015-06-01

If you grew up with an emotionally immature, unavailable, or selfish parent, you may have lingering feelings of anger, loneliness, betrayal, or abandonment. You may recall your childhood as a time when your emotional needs were not met, when your feelings were dismissed, or when you took on adult levels of responsibility in an effort to compensate for your parent's behavior. These wounds can be healed, and you can move forward in your life. In this breakthrough book, clinical psychologist Lindsay Gibson exposes the destructive nature of parents who are emotionally immature or unavailable. You will see how these parents create a sense of neglect, and discover ways to heal from the pain and confusion caused by your childhood. By freeing yourself from your parents' emotional immaturity, you can recover your true nature, control how you react to them, and avoid disappointment. Finally, you'll learn how to create positive, new relationships so you can build a better life. Discover the four types of difficult parents: The emotional parent instills feelings of instability and anxiety The driven parent stays busy trying to perfect everything and everyone The passive parent avoids dealing with anything upsetting The rejecting parent is withdrawn, dismissive, and derogatory

Run the Storm - George Michelsen Foy 2019-08-06

In the bestselling tradition of *The Perfect Storm* and *The Finest Hours*, "an exquisitely written and dramatic book...a literary page-turner" (Doug Stanton, #1 New York Times bestselling author of *Horse Soldiers*)—the 2015 mysterious disappearance of the SS *El Faro*, a gigantic American cargo ship that sank in the Bermuda Triangle, taking with it thirty-three lives. On October 1, 2015, the SS *El Faro*, a massive American cargo ship disappeared in Hurricane Joaquin, a category 4 storm. The ship, its hundreds of shipping containers, and its entire crew plummeted to the bottom of the ocean, three miles down. It was the greatest seagoing US merchant marine shipping disaster since World War II. The massive ship had a seasoned crew, state-of-the-art navigation equipment, and advance warning of the storm. It seemed incomprehensible that such a ship could sink so suddenly. How, in this day and age, could something like this happen? Relying on Coast Guard inquest hearings, as well as on numerous interviews, George Michelsen Foy brings us "the most insightful exploration of this unthinkable disaster" (*Outside*), a story that lasts only a few days, but which grows almost intolerably suspenseful as deep-rooted flaws leading to the disaster inexorably link together and worsen. We see captain, engineers, and crew fight for their lives, and hear their actual words (as recorded on the ship's black box) while the hurricane relentlessly tightens its noose around the ship. We watch, minute by minute, all that is happening on board—the ship's mysterious tilt to one side, worried calls to the engine room, ship-to-shore reports, the courage of the men and women as they fight to survive, and the berserk ocean's savage consumption of the massive hull. And through it all, the pain and ultimate resilience of the families of *El Faro*'s crew. Now with a new afterword, this "tour de force of nautical expertise" (*Ocean Navigator*) is a masterwork of stunning power.

How to Fall in Love with Anyone - Mandy Len Catron 2018-02-01

In 2014, 33-year-old Mandy Len Catron went on a date with an acquaintance. They decided to try an experiment: inspired by a study designed to create romantic feelings, Mandy and Mark spent the evening asking each other 36 increasingly intimate questions, wondering if it would lead to them falling in love. In *How to Fall in Love with Anyone*, this experiment is Catron's starting point for investigating what it means to love someone and to be loved, and how we present our love to the world. What makes love last? Can love ever work the way it seems to in films, books and social media? Is there a "right" way to fall in love? In these candid, charming and wise essays, Catron blends memoir with cultural and social commentary on the psychology, biology, history and literature of love. *How to Fall in Love with Anyone* is a deeply personal, yet universal investigation into the one thing we all want—or think we want—more than anything. Includes "To Fall in Love with Anyone, Do This", one of the most popular essays to appear in the New York Times' "Modern Love" column "In our age of total romantic confusion, Mandy Len Catron is a voice of good sense, warm humor, and consoling wisdom. Through the lens of her own relationships, she teaches us—with a deft, convincing intelligence—some of the vital moves in the art of love." —Alain de Botton, internationally bestselling author of *How Proust Can Change Your Life* and *The Course of Love* MANDY LEN CATRON lives in Vancouver, British Columbia. Her writing has appeared in the New York Times and the Washington Post. She writes about love and love stories at The Love Story Project, and teaches English and creative writing at the University of British Columbia.

How To Get Over A Crush Psychology Today:

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