

I Love Science A Journal For Self Discovery And Big Ideas

The Wondrous Workings of Science and Nature Coloring Book - Rachel Ignotofsky 2020-11-17
An elegant and absorbing coloring book that offers 40 intricate line drawings created by the New York Times bestselling author and illustrator of Women in Science. Rachel Ignotofsky's beloved books Women in Science and The Wondrous Workings of Planet Earth bring science and nature to brilliant life through gorgeous and illuminating illustrations. Now, with The Wondrous Workings of Science and Nature Coloring Book, she offers fans a chance to participate in her intricate and informative artwork, and learn fascinating facts while coloring. You'll discover and explore ecosystems large and small, from reefs and rainforests to ponds and backyard gardens, the inner workings of a single cell, and even a collection of lab tools. Perfect for nature lovers of all ages, this is an utterly charming educational guide to the world we live in.

Good Vibes, Good Life - Vex King 2018-12-04
Be the best version of you that YOU can be. How can you learn to truly love yourself? How can you transform negative emotions into positive ones? Is it possible to find lasting happiness? In this book, Instagram guru Vex King answers all of these questions and more. Vex overcame adversity to become a source of hope for thousands of young people, and now draws from his personal experience and his intuitive wisdom to inspire you to: - practise self-care, overcome toxic energy and prioritize your wellbeing - cultivate positive lifestyle habits, including mindfulness and meditation - change your beliefs to invite great opportunities into your life - manifest your goals using tried-and-tested techniques - overcome fear and flow with the Universe - find your higher purpose and become a shining light for others In this book, Vex will show you that when you change the way you think, feel, speak and act, you begin to change the world.

[I Love the Earth](#) -

Your Self-Discovery Journal - Sara Katherine 2022-03-29

Take the time to get to know yourself and start living a life full of joy, self-awareness, and self-love with this journal and guidebook designed to help you find your passions, purpose, motivations, and more. Self-discovery is an important and exciting process. When you connect with your inner self you will feel more confident in your decisions and your ability to move towards a path that is authentically aligned with you. In Your Self-Discovery Journal, you will find inspiring, thoughtful exercises, guided journal prompts, creative activities, meditations, and more that will guide you to a deeper, truer understanding of yourself. These practical and inspiring activities will help you identify your values, strengths, weaknesses, talents, and more. You'll learn how to celebrate the things that make you unique and discover practical ideas for staying motivated, facing fears or discomfort, and giving yourself grace throughout your self-discovery process. Start your journey of self-discovery today!

[The Philosophy Book](#) - DK 2015-03-02

Discover how our big social, political and ethical ideas are formed with The Philosophy Book. Part of the fascinating Big Ideas series, this book tackles tricky topics and themes in a simple and easy to follow format. Learn about Philosophy in this overview guide to the subject, brilliant for beginners looking to learn and experts wishing to refresh their knowledge alike! The Philosophy Book brings a fresh and vibrant take on the topic through eye-catching graphics and diagrams to immerse yourself in. This captivating book will broaden your understanding of Philosophy, with: - Key quotes from more than 100 of the great thinkers of philosophy - Packed with facts, charts, timelines and graphs to help explain core concepts - A visual approach to big subjects with

striking illustrations and graphics throughout - Easy to follow text makes topics accessible for people at any level of understanding The Philosophy Book is the perfect introduction to philosophy, aimed at adults with an interest in the subject and students wanting to gain more of an overview. Here you'll discover how key concepts in philosophy have shaped our world, with authoritative articles that explore big ideas. Learn about everyone who's contributed to the flow of world philosophy, from antiquity to the modern age, through superb mind maps explaining the line of thought. Your Philosophical Questions, Simply Explained If you thought it was difficult to learn philosophy and its many concepts, The Philosophy Book presents the key ideas in a clear layout. Find out what philosophers thought about the nature of reality, and the fundamental questions we ask ourselves; What is the meaning of life? What is the Universe made of? And work your way through the different branches of philosophy such as metaphysics and ethics, from ancient and modern thinkers. The Big Ideas Series With millions of copies sold worldwide, The Philosophy Book is part of the award-winning Big Ideas series from DK. The series uses striking graphics along with engaging writing, making big topics easy to understand.

The Book of Me - Rachel Kempster 2016
What song could you listen to forever? What makes you laugh when you're alone? You see a falling star. What do you wish for? Get to know the most important person in your life-you Packed with creative and quirky prompts, ideas, and activities, this book helps you write, draw, Instagram, color, and create your way to discovering exactly what it is that makes you, you. So share it or keep it secret. Go in order or skip around. Write all over the front or cover it with a brown paper bag. There's no wrong way to use this journal because it's yours. It's time to celebrate what you're made of

The Book of Me - The School of Life 2021-07-01
Children love to explore, born with a boundless desire to understand the world around them. While most of the outside world has already been mapped, there's a whole other world that has yet to be discovered, one that's accessible only to them: their own minds. The Book of Me is a guided journal of self-discovery. It takes

readers on a journey inside themselves, helping them explore their mind, their moods, their imagination, their conscience, and how they determine the course of their lives. Alongside wise and engaging explanations of ideas, each chapter contains a wealth of interactive exercises that together help to create a rich and unique self-portrait. Through writing, drawing, cutting out and colouring in, children can begin to untangle the mysteries of existence and work out who they really are (and who they might become...). Combining psychology, philosophy and sheer fun, The Book of Me is an introduction to the vital art of self-knowledge, showing how it can help us grow into calmer, wiser and more rounded human beings.

I Love Science - Publisher 2019-12-02
I Love Science: A lined Journal for Self-Discovery and Big Ideas (Women in Science) I Love Science (8.5x11 Journal): Lined Journal (Notebook, Diary) with 118 Inspirational Quotes, black Lettering Cover, XL 8.5x11, Black Soft Cover, Matte Finish, (Journals to Write In), putt all you positive idea in this notebook and go find your happy

Women in Sports - Rachel Ignatofsky 2021-06-22
New York Times bestseller Rachel Ignatofsky's Women in Sports comes to the youngest readers in board format! Highlighting the pioneering efforts of women athletes, this board book edition of the original bestseller features simpler text and Rachel Ignatofsky's signature beautiful illustrations reimagined for younger readers to introduce the perfect role models for inspiring a love of sports. The collection includes diverse women across various sports, time periods, and geographic location. The perfect gift for every future athlete!

Women in Art - Rachel Ignatofsky 2020-03-05
Women in Art celebrates the success of some of the most iconic and fearless women who paved the way for the next generation of artists. From well-known figures such as Frida Kahlo, Dame Vivienne Westwood and Tracey Emin to lesser-known artists including Harriet Powers (the nineteenth-century African American quilter) and Yoyoi Kusama (a Japanese sculptor), this charmingly illustrated and inspiring book highlights the achievements of 50 notable women in the arts. Covering a wide array of

artistic mediums, this fascinating collection also contains infographics about artistic movements throughout history, statistics about women's representation in museums, and notable works by women who have inspired the world from the 11th century to today.

The Wondrous Workings of Planet Earth -

Rachel Ignatofsky 2018-09-18

An illustrated tour of the planet exploring ecosystems large and small, from reefs, deserts, and rainforests to a single drop of water—from the New York Times bestselling author of *Women in Science*. Making earth science accessible and entertaining through art, maps, and infographics, *The Wondrous Workings of Planet Earth* explains how our planet works—and how we can protect it—from its diverse ecosystems and their inhabitants, to the levels of ecology, the importance of biodiversity, the cycles of nature, and more. Science- and nature-loving readers of all ages will delight in this utterly charming guide to our amazing home.

Self-Awareness (HBR Emotional Intelligence Series) - Harvard Business Review

2018-11-13

Self-awareness is the bedrock of emotional intelligence that enables you to see your talents, shortcomings, and potential. But you won't be able to achieve true self-awareness with the usual quarterly feedback and self-reflection alone. This book will teach you how to understand your thoughts and emotions, how to persuade your colleagues to share what they really think of you, and why self-awareness will spark more productive and rewarding relationships with your employees and bosses. This volume includes the work of: Daniel Goleman Robert Steven Kaplan Susan David HOW TO BE HUMAN AT WORK. The HBR Emotional Intelligence Series features smart, essential reading on the human side of professional life from the pages of Harvard Business Review. Each book in the series offers proven research showing how our emotions impact our work lives, practical advice for managing difficult people and situations, and inspiring essays on what it means to tend to our emotional well-being at work. Uplifting and practical, these books describe the social skills that are critical for ambitious professionals to

master.

The Self-Discovery Journal - Yana Lechtman

2021-07-27

Get to know your true self through a year of self-reflective journaling. Discovering who you really are is a powerful way to create change and build happiness in your life. Unlock your own inner secrets with this guided self-discovery journal. A year of weekly quotes and writing prompts encourage you to look honestly at your relationship with yourself and the world around you. As you come to understand your own nature and motivations, you'll learn what to let go of—and what you need to grow and flourish. *The Self-Discovery Journal* includes: 52 weeks of journaling--Journey through prompts that build on one another as you explore your inner world, actions, and genuine desires. Four steps to growth--Cultivate self-awareness before exploring how to live by your values, find purpose, and develop greater self-love and mindfulness. Inspiration and affirmation--This elegant guided journal integrates inspirational quotes from great thinkers into the themes of every week. Manifest change through self-knowledge with this empowering self-discovery journal.

The Selfish Gene - Richard Dawkins 2016

With a new epilogue to the 40th anniversary edition.

I Love Science - Rachel Ignatofsky 2017

Colourful and charmingly illustrated, the *Women in Science Journal* encourages young women and girls to ponder the world and the daily ins and outs of their lives. Opening with a short reference section that contains basic equations, the periodic table, basic HTML codes, and a measurement converter, the journal then invites the user to write and dream through writing prompts like, "What is a challenge you've overcome recently?" and inspirational quotes from notable women who've achieved greatness in the science, technology, mathematics, and engineering (STEM) fields, such as famous primatologist Jane Goodall's, "Only when our clever brain and our human heart work together can we reach our full potential."

The Black History Book - DK 2021-10-07

Learn about the most important milestones in Black history in *The Black History Book*. Part of the fascinating Big Ideas series, this book

tackles tricky topics and themes in a simple and easy to follow format. Learn about Black History in this overview guide to the subject, brilliant for novices looking to find out more and experts wishing to refresh their knowledge alike! The Black History Book brings a fresh and vibrant take on the topic through eye-catching graphics and diagrams to immerse yourself in. This captivating book will broaden your understanding of Black History, with: - Covers the most important milestones in Black and African history - Packed with facts, charts, timelines and graphs to help explain core concepts - A visual approach to big subjects with striking illustrations and graphics throughout - Easy to follow text makes topics accessible for people at any level of understanding The Black History Book is a captivating introduction to the key milestones in Black History, culture, and society across the globe - from the ancient world to the present, aimed at adults with an interest in the subject and students wanting to gain more of an overview. Explore the rich history of the peoples of Africa and the African diaspora, and the struggles and triumphs of Black communities around the world, all through engaging text and bold graphics. Your Black History Questions, Simply Explained Which were the most powerful African empires? Who were the pioneers of jazz? What sparked the Black Lives Matter movement? If you thought it was difficult to learn about the legacy of African-American history, The Black History Book presents crucial information in a clear layout. Learn about the earliest human migrations to modern Black communities, stories of the early kingdoms of Ancient Egypt and Nubia; the powerful medieval and early modern empires; and the struggle against colonization. This book also explores Black history beyond the African continent, like the Atlantic slave trade and slave resistance settlements; the Harlem Renaissance and Jazz Age; the Windrush migration; civil rights and Black feminist movements. The Big Ideas Series With millions of copies sold worldwide, The Black History Book is part of the award-winning Big Ideas series from DK. The series uses striking graphics along with engaging writing, making big topics easy to understand.

This Is Me - Eve Earles 2019-11-05

Journaling is a fun and creative way to document

life, get those thoughts and feelings out, and create a portrait of your inner most thoughts during the present time. This One Year Journal for girls and teens, provides space for daily journaling as well as weekly writing prompts that promote: self exploration goal planning positive thinking list making creative writing imaginative thinking and more. Makes the perfect gift for girls and teens who love to color, be creative, , artistic, and want to explore writing while getting to know what makes them unique in the world.

The Book of Dreams Come True - Bryn Donovan 2020-06-23

Write your way to the life of your dreams. Reconnect with your true self and dare to dream big again. This manifestation journal is designed for anyone beginning a new phase, such as a birthday, a graduation, a new year, or a big change...or anyone who could use fresh motivation and inspiration. Its writing exercises will help you illuminate your possibilities for happiness in the moment and success in the future. This journal includes easy creative writing prompts to get rid of negativity and beliefs that no longer serve you, replacing them with gratitude, fun, hope, and joy. It'll lead you through self-exploration and personal transformation, uncovering real truths about you and your destiny. More than anything else, this journal is about making wishes. It'll help you understand what you truly want-small things, and big things, too. Reality begins with your imagination. Words and ideas can change your life. Ignite your creativity and write yourself free from whatever's holding you back from your best life. Order the journal today...and learn that dreams really can come true.

Happy, Healthy Minds - The School of Life 2020-08-20

An essential guide to help children become more aware of their emotional needs. This book examines a range of everyday topics that might give children's minds difficulties, for example: when parents don't seem to understand us; when we fall out with friends; when school feels boring or difficult; when we're too busy and get overwhelmed; when our phones create trouble; when we feel sad, bored, anxious or fed up with things. As an atlas to a child's mind, we explore a range of common scenarios encountered by

young children and talk about some of the very best ideas to help deal with them. By offering a sympathetic and supportive framework, we encourage children to open up, explore their own feelings and face the dilemmas of growing up armed with emotional intelligence.

High Price - Carl Hart 2013-07-04

High Price by Carl Hart is a groundbreaking work on neuroscience and addiction. As a youth, Carl Hart didn't see the value of school, studying just enough to keep him on the basketball team. At the same time, he was immersed in street life, dealing drugs and committing petty larceny.

Today, he is a cutting-edge neuroscientist whose landmark, controversial research is redefining our understanding of addiction. In this provocative and eye-opening memoir, he recalls his journey of self-discovery, how he escaped a life of crime and drugs and avoided becoming one of the crack addicts he now studies.

Interweaving past and present, Hart goes beyond the hype as he examines the relationship between drugs and pleasure, choice, and motivation, both in the brain and in society. His

findings shed new light on common ideas about race, poverty, and drugs and explain why current policies are failing. But while Hart escaped the ghetto, he has not turned his back on it. Determined to make a difference, he tirelessly applies his science to help save real lives. But balancing his former street life with his achievements today has not been easy—a struggle he reflects on publicly for the first time. Homocide (the inspiration for *The Wire*) meets Oliver Sacks' *The Man Who Mistook His Wife for A Hat*, this book applies neuroscience to crime, addiction and the most urgent and destructive issues of our times. Carl Hart is an Associate Professor in the Departments of Psychology and Psychiatry at Columbia University. He is also a Research Scientist in the Division of Substance Abuse at the New York State Psychiatric Institute. He and his work are featured in Eugene Jarecki's acclaimed documentary *The House I Live In*. The film examines the war on drugs and highlights some of the research that Hart includes in *High Price*. He lives in New York City.

I Love Science A Journal For Self Discovery And Big Ideas:

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