

Aging And Sexuality Tina M Penhollow

Sex and the Soul, Updated Edition Donna Freitas 2015 First published in 2008, Donna Freitas's *Sex and the Soul* revealed what college students -- at institutions large and small, public and private, secular, Catholic, and evangelical -- really think about sex, dating, religion, and spirituality. Based on face-to-face interviews with students across the country, *Sex and the Soul* achieved national acclaim, illuminating the as-yet-unexplored struggles of college students navigating the lines of faith and sexuality. Now, in this updated edition, Freitas reflects on the hundreds of conversations she has had with students since the book was first published in an all-new afterword, and offers practical advice for young people struggling with issues of sex and spirituality and for the adults giving them guidance.

Increase your sex drive naturally Sandra Cabot MD Diabetes is the fastest growing chronic disease in the world today. 1.9 million new cases of diabetes were diagnosed in people aged 20 years and older in the USA last year. Diabetes causes chronic poor health and a shortened lifespan. There is no denying that type 2 diabetes is an epidemic; there are currently 246 million diabetics in the world, and 90 percent of them have type 2 diabetes. The good news is that with the right diet, nutritional supplements and lifestyle changes, you can actually reverse it! If you follow the conventional dietary recommendations for diabetes, you will likely gain weight and your blood sugar level will gradually rise. This book will teach you the best way to bring your blood sugar down and lose weight. In this book you will learn: The importance of protein to blood sugar control and weight loss. The nutrients that diabetics are typically deficient in which can lead to poor blood sugar control. How to reduce your risk of diabetic complications such as blindness, heart attacks, nerve damage, kidney disease and erectile dysfunction. The essential tests that

all diabetics must have regularly to maintain good health. That a low glycemic index diet is not enough to lose weight and reverse type 2 diabetics. Specific foods, herbs and nutrients that help to reverse type 2 diabetes. Also included is a two week meal plan and more than forty gluten free recipes suitable for type 2 diabetics. These recipes will help you lose weight and lower your blood sugar level.

Points to Health Tina M Penhollow 2021-07-13

Hands and Hearts Ellen K. Rothman 1987 Drawing from diaries, autobiographies, and personal correspondence, the author reveals the complex reality and history behind stereotypes of courtship, adolescence, sexuality, and marriage in America from 1770 to 1920.

Does Religion Really Matter For Economy? Case of Turkey

A. Ömer Toprak In the scientific analysis of religion, the most important distinguishing feature of the economic approach compared to other disciplines is that it has not conflicted with religion, unlike other areas of social science. Especially with the rational choice theory, it is seen that religion and religiosity are the subject of scientific research as a phenomenon that affects the decisions and preferences of the rational individual. In this context, especially in many recent studies, the relationship between religion, religiosity and economic development has been discussed in both ways. Although the impact of religion and religiosity on economic development, or vice versa, the impact of economic development on religion and religiosity has been laid out mainly in researches reflecting the Christian world, this relationship has not been examined much in predominantly Muslim countries, including Turkey. This book examines this two-way effect based on data through a large volume of Turkey sample. In the first chapters, starting from the age of enlightenment, we talk about the adventure of the areas that are the subject of the debate between religion and social sciences, and in the following sections, the answer to many questions in the

context of economic analysis of religion is revealed based on data. What is the relationship between individual indicators of development, basic demographics and religiosity? Who are more religious, highly educated or low-educated people? Is there a gender gap in terms of religiosity? Or is age an important variable for religiosity? What is the change in religiosity as the income level rises? What does the comparison of regions with different levels of economic development tell us in terms of religiosity? You will find answers to many such questions on Turkey population and the rest of the world comparatively in this book ...

American Journal of Health Education 2005

Theory at a Glance Karen Glanz 1997

History of Telemedicine Rashid Bashshur 2009 "The History of Telemedicine provides a comprehensive and in-depth analysis of the evolution of telemedicine from ancient Greece to the present time. It places the development of this field in the context of the never ending quest for providing equitable access to health care and re-casting the medical care landscape, while trying to assure quality and contain cost. The book describes the origin of modern telemedicine in experiments such as those by Willem Einthoven's 1905 long distance transfer of electrocardiograms through the pioneering era of teleradiology and telepsychiatry of the 1950s, its coming of age in the 1970s, its maturation in the 1990s, and finally the recent transformation and adoption by the mainstream." -- BOOK PUBLISHER WEBSITE.

Paying for the Party Elizabeth A. Armstrong 2013-04-01 In an era of skyrocketing tuition and concern over whether college is "worth it," Paying for the Party is an indispensable contribution to the dialogue assessing the state of American higher education. A powerful exposé of unmet obligations and misplaced priorities, it explains in detail why so many leave college with so little to show for it.

Respect Yourself, Protect Yourself Lorena Garcia 2012-10-22 Exploring young Latina youth's sexual agency, education, and

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expression While Latina girls have high teen birth rates and are at increasing risk for contracting sexually transmitted infections, their sexual lives are much more complex than the negative stereotypes of them as “helpless” or “risky” (or worse) suggest. In *Respect Yourself, Protect Yourself*, Lorena Garcia examines how Latina girls negotiate their emerging sexual identities and attempt to create positive sexual experiences for themselves. Through a focus on their sexual agency, Garcia demonstrates that Latina girls’ experiences with sexism, racism, homophobia and socioeconomic marginality inform how they engage and begin to rework their meanings and processes of gender and sexuality, emphasizing how Latina youth themselves understand their sexuality, particularly how they conceptualize and approach sexual safety and pleasure. At a time of controversy over the appropriate role of sex education in schools, *Respect Yourself, Protect Yourself*, provides a rare look and an important understanding of the sexual lives of a traditionally marginalized group.

Social Withdrawal, inhibition, and Shyness in Childhood

Kenneth H. Rubin 2014-02-25 Psychologists of varying theoretical persuasions have long held that social experiences are critical to normal developmental trajectories and that the lack of such experiences is worthy of compensatory attention. Surprisingly, however, little empirical attention has been directed to the study of the psychological significance of social solitude for children. In an effort to shed new light on the meanings and developmental course of social solitude in childhood, a group of esteemed scholars from Europe and North America was invited to share and exchange information. An international audience of researchers actively involved in the study of social withdrawal and social inhibition or shyness in childhood was led in discussion by the scholars whose chapters are published in this volume. The editors hope that this offering stimulates continuing efforts to better understand the developmental meanings, causes, and courses of

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this childhood social dysfunction.

Love Kenneth E. Hagin 1994 By acting on the biblical truths contained in this popular book, believers can turn around seemingly impossible situations just by walking in the God-kind of love!

Preventing AIDS Ralph J. DiClemente 2013-06-29 Public health has a legacy of neglect regarding social and behavioral research. Too often, prompted by technical and scientific progress, we have ignored even marginalized-the vital "human element" in health thinking and practice. Thus, for example, while family planning programs focused on providing a choice among safe and effective contraceptive methods (a supremely worthy goal), the central issue of sexuality and sexual behavior was generally neglected. Similarly, the enormous and important efforts to develop rapid and reliable diagnostic and treatment methods for sexually transmitted diseases helped divert attention away from the crucial issues of sexual practice. In short, we seem to have difficulty addressing the fundamental behaviors-including sex, drug taking and other intoxications, and violence-that are central to the major causes of preventable morbidity, disability, and premature mortality in the world today. Our collective reluctance to examine and understand ourselves is also expressed in the oft-repeated pipedream that scientific progress will "take care of" the HIV / AIDS pandemic by delivering a preventive vaccine, an effective cure, or both. Yet even a cursory glance at the relationship between scientific/ technical progress and health shows that meeting the scientific challenges is only one step toward effective application of the vaccine or drug. It is typical, not atypical, that hepatitis B vaccine is only now becoming relatively freely available to large populations in the developing world, more than a decade after the vaccine's licensure.

Brain Power Michael J. Gelb 2011-12-26 Virtually everyone fears mental deterioration as they age. But in the past thirty years neuroscientists have discovered that the brain is actually

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designed to improve throughout life. How can you encourage this improvement? Brain Power shares practical, state-of-the-evidence answers in this inspiring, fun-to-read plan for action. The authors have interviewed physicians, gerontologists, and neuroscientists; studied the habits of men and women who epitomize healthy aging; and applied what they describe in their own lives. The resulting guidance; along with the accompanying downloadable Brain Sync audio program; can help you activate unused brain areas, tone mental muscles, and enliven every faculty.

Homophobia Shirleene Robinson 2008 Homophobia is a prejudice with effects that extend far beyond the gay and lesbian community. While its physical, emotional and social effects have been charted to some extent, the development of homophobia in Australia has yet to be fully explored. Homophobia: An Australian History is the first book to consider homophobia in a distinctively Australian context. In this collection, thirteen well-known scholars examine the embedded homophobic attitudes that Australian gay and lesbian activists have fought to change. The book traces the evolution of homophobia, from its expression in Australia's past as a colonial settler society, through to manifestations in present day society. The compilation of this text is timely, given the 2007 release of the Same Sex: Same Entitlements report of the Human Rights and Equal Opportunity Commission. The release of this report, which focused on institutionalised and legal homophobia, has raised public awareness of these issues and sparked broader debates about homosexual rights. The thirtieth anniversary of Sydney's Gay and Lesbian Mardi Gras earlier this year also offers an ideal opportunity to reflect on the past gains and future goals of the gay and lesbian rights movement. The collected chapters in this book argue that homophobia developed in conjunction with the growth of a modern homosexual identity in the second half of the nineteenth century. To various extents, the legal and medical professions and other social institutions have perpetuated homophobic attitudes. Homophobia: An Australian History raises

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awareness of the devastating impact these attitudes can have on individuals and on society. Addendum: At the commencement of Page IX, Dr Ruth Ford's name and academic position was omitted. Dr Ford's biographical entry under Notes on Contributors should read: Dr Ruth Ford is a lecturer in Australian history at La Trobe University. She has published extensively on Australian lesbian, queer and gender history. She is currently attempting to combine motherhood with researching, writing and teaching. Her publications include articles in Labour History, Gender and History (UK) and Australian Historical Studies, as well as book chapters in 'Madness' in Australia: histories, heritage and the asylum, edited by Catharine Coleborne and Dolly MacKinnon, Gender and War: Australians at war in the twentieth century, edited by Joy Damousi and Marilyn Lake and Sex, Power and Justice: historical perspectives on the law in Australia, 1788-1990, edited by Diane Kirkby.

The Wiley Blackwell Encyclopedia of Family Studies, 4 Volume Set Constance L. Shehan 2016-02-29 The Wiley Blackwell Encyclopedia of Family Studies presents a comprehensive, interdisciplinary collection of the key concepts, trends, and processes relating to the study of families and family patterns throughout the world. Offers more than 550 entries arranged A-Z Includes contributions from hundreds of family scholars in various academic disciplines from around the world Covers issues ranging from changing birth rates, fertility, and an aging world population to human trafficking, homelessness, famine, and genocide Features entries that approach families, households, and kin networks from a macro-level and micro-level perspective Covers basic demographic concepts and long-term trends across various nations, the impact of globalization on families, global family problems, and many more Features in-depth examinations of families in numerous nations in several world regions 4 Volumes www.familystudiesencyclopedia.com

Research Quarterly for Exercise and Sport 2008

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How to be a Man Harvey Newcomb 1857

Brain Power. Potenza il cervello a ogni età Michael J. Gelb

2016-09-27T00:00:00+02:00 Finalmente le ultime scoperte sul cervello trasformate in pratiche strategie per conservare e potenziare le capacità mentali a qualsiasi età. Negli ultimi trent'anni i neuroscienziati hanno scoperto che il cervello è progettato per migliorare con l'avanzare dell'età. Come fare per favorire questo miglioramento? Brain Power condivide informazioni pratiche e comprovate sotto forma di piano d'azione, piacevole da leggere e di grande ispirazione. Gli autori hanno coinvolto medici, gerontologi e neuroscienziati, hanno studiato le abitudini di uomini e donne che meglio rappresentano un modo d'invecchiare sano e hanno messo in pratica ciò di cui scrivono nelle loro stesse vite. Il risultato è questa guida che può aiutarti ad attivare aree inutilizzate del cervello, migliorare il tono muscolare della mente e ravvivare le tue facoltà. "Brain Power è scritto meravigliosamente ed è il connubio perfetto tra scienza, arte e storia, fornendo la prova materiale e gli strumenti pratici per potenziare la funzionalità cerebrale e avere una vita brillante. Tutti dovrebbero leggerlo." Dott.ssa Eva Selhub, Medical School di Harvard. "In ogni pagina, troverai informazioni, risorse, esercizi e tecnologie utili ed entusiasmanti per liberare il potere del tuo cervello e migliorare le capacità mentali con il passare degli anni. Compralo, leggilo, vivilo!". Tony Buzan, creatore delle Mappe Mentali. PREFAZIONE di Tony Buzan "Con il ventunesimo secolo è iniziato il Millennio della Mente. In questa nuova era, l'umanità arriverà a comprendere e usare lo straordinario potere del cervello. Ho dedicato gli ultimi cinquant'anni della mia vita a contribuire alla creazione di un mondo in cui ogni bambino cresca nella piena consapevolezza dell'incredibile potenziale della sua mente, imparando a utilizzarlo. "Alfabetizzazione mentale" è il termine che ho coniato per indicare la comprensione pratica delle capacità di ciascun individuo di elaborare le informazioni, sviluppare la memoria, pensare in modo creativo, risolvere i

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problemi e apprendere per tutta la vita. Regina di tutte le alfabetizzazioni, quella mentale è costituita da una conoscenza basilare della struttura fisica e della natura del cervello, e dalla comprensione dell'alfabeto comportamentale del cervello. Tempo fa, durante una cena, io e Ted Hughes, poeta ufficiale della corte inglese, discutemmo dei benefici che l'umanità avrà quando libereremo completamente la grande risorsa naturale dell'intelligenza umana. In un momento d'ispirazione, alzammo i calici per fare un brindisi perché l'alfabetizzazione mentale si diffonde in tutto il mondo. Il nostro augurio fu: "Floreat dendritae!", un ibrido che unisce il greco antico e il latino e significa "Possano le tue cellule cerebrali prosperare!". Leggere e applicare i consigli contenuti in Brain Power. Potenzia il cervello a ogni età ti permetterà di rivitalizzare profondamente le centinaia di miliardi di cellule cerebrali di cui sei dotato. Con questo libro meraviglioso, Michael J. Gelb e Kelly Howell danno un importantissimo contributo al campo dell'alfabetizzazione mentale. Anche se diversi siti internet e svariate altre pubblicazioni contengono parecchio materiale su come potenziare la mente man mano che invecchiamo, questo testo è un concentrato delle informazioni più importanti, scientificamente valide e utili sull'argomento. È piacevolissimo da leggere, comprensibile a tutti, di facile e immediata applicazione a tutti gli aspetti della vita. Brain Power offre un programma concreto per aumentare il proprio benessere fin da subito e per il resto della propria esistenza. Conosco il valore degli insegnamenti di questo libro perché ho avuto la fortuna di avere una madre che è stata l'esempio vivente di tutto ciò che consigliano Michael e Kelly. Mia madre, Jean Buzan, è stata di grande ispirazione per me e per tutti quelli che ha incontrato. Anche se era un'ottima studentessa, a 16 anni, nel 1932, fu costretta ad abbandonare gli studi. In quel periodo, l'università non era un'opzione per una ragazza del suo ceto sociale. Fu solo verso i cinquant'anni che decise di andare all'università. Con il suo atteggiamento positivo ed energico,

convinse le istituzioni accademiche che, in primo luogo, non era “troppo vecchia” per prendere una laurea e che, in secondo luogo, avrebbe dovuto saltare la laurea triennale, passando subito a quella magistrale! Mamma aveva un vantaggio che l’aiutava a eccellere: era dotata di alfabetizzazione mentale! Bravissima nella lettura veloce e nel creare mappe mentali, si laureò con lode. In che ambito? Gerontologia! Si tratta proprio della branca che si occupa dello studio del processo di invecchiamento delle persone. Per 10 anni, mia madre tenne lezioni universitarie su questo argomento, affermando sempre che è possibile migliorare praticamente in tutte le aree a ogni età. Era l’esempio vivente di quello che insegnava. Paradossalmente, l’università dove faceva l’insegnante, insisteva che andasse in pensione a sessantacinque anni come previsto dalla legge, esibendo un modo di concepire l’età che, per quanto non attuale, è ancora molto diffuso. “Ridicolo!” esclamò. “Proprio quando raggiungo l’età in cui sto applicando tutto quello che ho studiato per laurearmi, e dopo averlo spiegato per dieci anni, decidono che non sono più qualificata per insegnarlo!”. Con una forma di ribellione scherzosa, stampò dei biglietti da visita in cui si definiva “Jean Buzan, pensionata ma ispirata!”. Mamma continuò a scrivere, a insegnare e a motivare gli altri fino a novant’anni e più. In quanto gerontologa, si dedicò a sfatare i miti negativi sulla vecchiaia. Una delle convinzioni più diffuse è quella secondo cui, con l’età, avviene un inevitabile declino della memoria. Ma so dal sempre più consistente numero di prove scientifiche, e dal fatto di aver visto mia madre in azione, che non è necessariamente vero. In realtà, il comportamento della memoria è molto simile a quello dell’organismo sotto alcuni importanti aspetti. Se ti prendi cura e ti occupi del tuo corpo, esso rimane forte, flessibile e capace di adattarsi. Se invece lo trascuri, diventa rigido, immobile e debole. La cosa positiva della memoria è che puoi potenziarla tutti i giorni. Non è come un contenitore che si riempie. È una rete di dati e immagini collegati tra di loro che può crescere all’infinito a

patto che continui a utilizzarla. Più sei anziano, più grande e potente può diventare la tua memoria. Molte persone tuttavia temono che anni di cattive abitudini impediranno loro di migliorare le proprie capacità mentali. In altre parole, hanno la sensazione che sia “troppo tardi”. Ma le cattive abitudini sono semplicemente percorsi neurali che creano reti di probabilità, formando “corsie preferenziali” nei collegamenti tra le cellule del cervello. Più ripeti un comportamento, più queste reti si espandono aumentando così le probabilità che tu ripeta proprio quel comportamento. Quindi, per invertire questa tendenza, ti basterà creare percorsi di connessione cerebrale nuovi e più positivi. Ripetendo tali percorsi, aumenti la probabilità che si verifichi l’evento a cui sono legati, diminuendo al contempo il rischio che le vecchie cattive abitudini rimangano. Questo libro è un manuale per creare proprio nuove connessioni positive. Il tuo cervello è incredibilmente adattabile e flessibile. Puoi continuare a studiare nuove abilità e a migliorare per tutta la vita. Anche se finora hai fatto il contrario di tutto quello che insegnano Michael e Kelly, sarai comunque in grado di ribaltare la situazione, cogliendone i benefici. Porto la buona novella della stabilità e della flessibilità del cervello dagli anni Sessanta e, come leggerai nelle prossime pagine, la ricerca scientifica oggi ha confermato l’idea che puoi potenziare il cervello a ogni età. Conobbi Michael quando la School for Alexander Technique Studies di Londra mi invitò a tenere una conferenza sul cervello. Dopo il mio discorso, dissi al direttore della scuola che ero rimasto particolarmente impressionato dalle domande puntuali che mi aveva posto uno degli studenti. A mia insaputa, anche Michael, quello che mi aveva fatto le domande così precise, era stato dal direttore a chiedere come fare per saperne di più sul mio lavoro. Così è cominciata una collaborazione e un’amicizia che dura ancora oggi. Abbiamo viaggiato insieme per tutto il mondo a tenere seminari di cinque giorni sulla relazione mente/corpo destinati ai manager. Michael fu la prima persona a ottenere la certificazione

per l'insegnamento dei frutti delle mie ricerche e, da allora, è diventato una delle figure più originali e di maggior rilievo a livello mondiale nel campo del pensiero creativo, della leadership innovativa e dello sviluppo del potenziale umano. Capire la natura delle onde cerebrali e la loro sincronizzazione è un elemento importante nel curriculum dell'alfabetizzazione mentale. E Kelly Howell è una delle maggiori esperte mondiali di applicazione pratica delle ricerche sulle onde cerebrali. I suoi meravigliosi programmi per la meditazione e l'ottimizzazione delle capacità del cervello sono utilizzati negli ospedali e nelle cliniche dove si pratica il biofeedback oltre che da centinaia di migliaia di persone in tutto il mondo. Assieme, Michael e Kelly ti offrono le conoscenze e le tecniche più valide e più efficaci per migliorare la tua vita, sfruttare il potenziale del tuo cervello e sviluppare la mente a tutte le età. Floreant dendritae!" Estratti dal libro: Cura l'alimentazione per nutrire la mente Cinquecento anni fa, Leonardo da Vinci dispensò consigli essenziali e intramontabili su una sana alimentazione. Il maestro consigliava di mangiare cibi freschi, naturali e integrali. Sottolineava l'importanza di cenare in un ambiente piacevole e in un'atmosfera distesa e di concedersi un po' di vino rosso. Sugeriva inoltre di godere appieno dell'esperienza della cena, restando radicati nel presente, esempio di ciò che oggi chiamiamo mindfulness. Leonardo è famoso per essere forse il più grande genio di tutti i tempi, ma non ci vuole una grande mente per capire che il suo consiglio si basava su quella che ora definiamo dieta mediterranea. In fatto di diete, le mode vanno e vengono, ma esistono alcune verità universali e sempre valide sull'alimentazione, che verranno riassunte in questo capitolo. E, come Leonardo sapeva, una sana alimentazione può essere un modo piacevole per migliorare il funzionamento del cervello. Secondo le stime degli scienziati, il corpo umano è costituito da cinquanta a settantacinquemila miliardi di cellule. E tutte queste cellule, inclusi i cento miliardi di neuroni, vengono completamente ricostruite due volte l'anno. È

quello che mangi a costituire il carburante di questo rinnovamento cellulare. Come sottolinea il dottor Daniel G. Amen, “se vuoi avere un cervello in ottima forma, devi dargli sempre cibi ricchi di sostanze nutritive. È una delle strategie più semplici ed efficaci per aumentare velocemente le tue capacità intellettive”. Anche se alcuni, scherzando, sostengono che il segreto della longevità è rinunciare a tutto ciò per cui varrebbe la pena di vivere più a lungo, per restare in forma non bisogna necessariamente privarsi di qualsiasi cosa. Mangiare sano è più piacevole. Una dieta sana e gustosa comprende sette elementi essenziali, ossia: 1. Mantenere l'idratazione 2. Cominciare la giornata facendo colazione 3. Passare l'antiruggine a mente e corpo 4. Ridurre al minimo o eliminare il superfluo 5. Assumere integratori per una mente più agile 6. Praticare la moderazione 7. Godersi una buona cena Meditare per invecchiare in salute Anche se il Dalai Lama avvisa che “il sonno è la miglior meditazione”, Sua Santità comincia tutti i giorni meditando per quattro ore. Ma questo leader spirituale, e premio Nobel, spiega che bastano cinque minuti di meditazione quotidiana per avere grandi benefici. La scienza contemporanea sostiene l'ipotesi del Dalai Lama. Secondo Sara W. Lazar e i suoi colleghi della Facoltà di Medicina di Harvard, “gli effetti della meditazione possono contrastare l'invecchiamento”. Il loro lavoro ha dimostrato che meditare migliora la memoria e la concentrazione; inoltre, questa pratica è collegata a cambiamenti fisici positivi dello spessore della corteccia prefrontale. I ricercatori dichiarano: “I nostri dati sembrano indicare che negli adulti la meditazione stimola la plasticità della corteccia di aree importanti per il benessere e per l'elaborazione cognitiva ed emotiva.” Il dottor Robert Keith Wallace e il suo gruppo di ricerca pubblicarono le loro scoperte relative agli effetti della meditazione sull'invecchiamento sulla rivista “International Journal of Neuroscience”. Stando a questo studio, l'età biologica dei soggetti che praticavano meditazione trascendentale da cinque o più anni era di dodici anni inferiore

alla loro età cronologica. In altre parole, un cinquantenne che praticava meditazione aveva la fisiologia di un trentenne. Perché la meditazione porta benefici così profondi? La risposta, secondo le ricerche, è che lo stress è la maggiore causa dei sintomi associati all'invecchiamento, e la meditazione ne è un potente antidoto. "Se riusciamo a modificare la risposta allo stress, possiamo intervenire sul processo di invecchiamento", racconta la dottoressa Eva Selhub, insegnante della Facoltà di Medicina di Harvard. "C'è un motivo per cui chi pratica meditazione in maniera sistematica vive così a lungo e ha un aspetto così giovanile." Libera la mente sincronizzando gli emisferi La meditazione è uno dei più efficaci mezzi per potenziare il cervello a ogni età. Ma alcune persone fanno fatica a restare sedute immobili per un certo tempo. Altre si rendono conto che, nonostante tutti i loro sforzi, non riescono a non farsi distrarre. E se ti dicessimo che puoi utilizzare una semplice tecnologia audio per facilitare le onde cerebrali a sincronizzarsi a schemi di movimento identici a quelli di chi medita da anni? E se fosse possibile accelerare i benefici della meditazione senza sforzo? È possibile, e questa tecnologia già esiste: si tratta del brainwave training, ossia una tecnica di sincronizzazione delle onde cerebrali dei due emisferi. Basata su decenni di ricerche convalidate nell'ambito del biofeedback, branca di scienza che studia le connessioni psico-fisiologiche, i brain training possono aiutarti a provare gli svariati benefici della meditazione, potenziando le tue facoltà cognitive sotto ogni aspetto. Come spiega il dottor Edward A. Taub, "non c'è più bisogno di imparare a meditare: questa tecnologia ti fa meditare automaticamente". Robert Cosgrove, ingegnere biomedico ed esperto nel contrastare gli effetti negativi associati all'età, nota che "le tecnologie in grado di alterare gli schemi delle onde cerebrali hanno grandi potenzialità per favorire un perfetto funzionamento della mente e sul lungo termine il loro utilizzo può rallentare il deterioramento cerebrale tradizionalmente associato all'età". Oltre ad avere

un'azione preventiva, il brain training potrebbe anche essere utile per continuare a potenziare le facoltà cognitive per tutto l'arco dell'esistenza. Anche secondo il dottor Siegfried Othmer, un altro pioniere nel campo del biofeedback, questa tecnologia può migliorare la comprensione del testo, le abilità logico-gestionali e facilitare lo svolgimento di compiti legati alla memoria. La maggior parte delle persone tende a preferire un emisfero all'altro, oppure attraversa cicli che possono durare dai tre minuti alle tre ore, in cui la dominanza dell'emisfero sinistro (pensiero razionale) si alterna a quella dell'emisfero destro (immaginazione). Quando un emisfero è dominante, però, è più difficile utilizzare le qualità e le abilità dell'altro. Se invece entrambi gli emisferi lavorano in armonia, puoi sfruttare la profonda sinergia che si crea tra logica e immaginazione. La mente diventa più acuta e aumentano capacità di concentrazione e lucidità. Arrivi alla sintesi e risolvi i problemi più velocemente. E potrebbe farti piacere scoprire di essere maggiormente in contatto con le tue emozioni e con la tua intuizione, oltre che più aperto a ricevere idee creative.

Understanding Sport John Horne 2012 'Understanding Sport' introduces students to the central elements of a sociological and cultural analysis of sport. It specifically examines sport in modern British society.

Health Risks and Developmental Transitions During Adolescence John Schulenberg 1999-07-28 This book focuses on developmental transitions during adolescence and young adulthood.

Longing to Tell Tricia Rose 2004-04-01 The Sexual Lives of Black Women, In Their Own Words In a culture driven by sexual and racial imagery, very few honest conversations about race, gender, and sexuality actually take place. In their absence, commonly held perceptions of black women as teenage mothers, welfare recipients, mammies, or exotic sexual playthings remain unchanged. For fear that telling their stories will fulfill society's

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implicit expectations about their sexuality, most black women have retreated into silence. Tricia Rose seeks to break this silence and jump-start a dialogue by presenting, for the first time, the sexual testimonies of black women. Spanning a broad range of ages, levels of education, and socioeconomic backgrounds, twenty women, in their own words, talk with startling honesty about sex, love, family, relationships, and intimacy. Their stories dispel prevailing myths and provide revealing insights into how black women navigate the complex terrain of sexuality. Nuanced, rich, and powerful, *Longing to Tell* will be required reading for anyone interested in issues of race and gender.

Making Sense of Sports Ellis Cashmore 2010 This book looks at sport not just as recreation, but as an integral part of contemporary culture, with connections to industry, commerce and politics. It explores the history and theories of sport, and touches on more controversial issues.

From Front Porch to Back Seat Beth L. Bailey 1989-08-01 From gentleman callers to big men on campus, from Coke dates to "parking," *From Front Porch to Back Seat* is the vivid history of dating in America. In chronicling a dramatic shift in patterns of courtship between the 1920s and the 1960s, Beth Bailey offers a provocative view of how we sought out mates-and of what accounted for our behavior. More than a quarter-century has passed since the dating system Bailey describes here lost its coherence and dominance. Yet the legacy of the system remains a strong part of our culture's attempt to define female and male roles alike.

Wannabes, Goths, and Christians Amy C. Wilkins 2008-11-15 On college campuses and in high school halls, being white means being boring. Since whiteness is the mainstream, white kids lack a cultural identity that's exotic or worth flaunting. To remedy this, countless white youths across the country are now joining more outré subcultures like the Black- and Puerto Rican-dominated hip-hop scene, the glamorously morose goth community, or an

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evangelical Christian organization whose members reject campus partying. Amy C. Wilkins's intimate ethnography of these three subcultures reveals a complex tug-of-war between the demands of race, class, and gender in which transgressing in one realm often means conforming to expectations in another. Subcultures help young people, especially women, navigate these connecting territories by offering them different sexual strategies: wannabes cross racial lines, goths break taboos by becoming involved with multiple partners, and Christians forego romance to develop their bond with God. Avoiding sanctimonious hysteria over youth gone astray, Wilkins meets these kids on their own terms, and the result is a perceptive and provocative portrait of the structure of young lives.

The Population Dynamics of Infectious Diseases: Theory and Applications Roy M. Anderson 2013-11-22 Since the beginning of this century there has been a growing interest in the study of the epidemiology and population dynamics of infectious disease agents. Mathematical and statistical methods have played an important role in the development of this field and a large, and sophisticated, literature exists which is concerned with the theory of epidemiological processes in populations and the dynamics of epidemic and endemic disease phenomena. Much of this literature is, however, rather formal and abstract in character, and the field has tended to become rather detached from its empirical base. Relatively little of the literature, for example, deals with the practical issues which are of major concern to public health workers. Encouragingly, in recent years there are signs of an increased awareness amongst theoreticians of the need to confront predictions with observed epidemiological trends, and to pay close attention to the biological details of the interaction between host and disease agent. This trend has in part been stimulated by the early work of Ross and Macdonald, on the transmission dynamics of tropical parasitic infections, but a further impetus has been the recent advances made by ecologists

in blending theory and observation in the study of plant and animal populations.

Logotherapy and Existential Analysis Alexander Batthyány 2016-04-08 This landmark volume introduces the new series of proceedings from the Viktor Frankl Institute, dedicated to preserving the past, disseminating the present, and anticipating the future of Franklian existential psychology and psychotherapy, i.e. logotherapy and existential analysis . Wide-ranging contents keep readers abreast of current ideas, findings, and developments in the field while also presenting rarely-seen selections from Frankl's work. Established contributors report on new applications of existential therapies in specific (OCD, cancer, end-of-life issues) and universal (the search for meaning) contexts as well as intriguing possibilities for opening up dialogue with other schools of psychology. And this initial offering establishes the tenor of the series by presenting varied materials across the field, including: Archival and unpublished articles and lectures by Frankl. Peer-reviewed studies on logotherapy process, measures, and research. New case studies using logotherapy and existential analysis in diverse settings. Papers advocating cross-disciplinary collaboration. Philosophical applications of existential psychology. Critical reviews of logotherapy-related books. Volume 1 of Logotherapy and Existential Analysis will attract a wide audience, including psychologists (clinical, social, personality, positive), psychotherapists of different schools, psychiatrists in private practice, and researchers in these fields. Practitioners in counseling, pastoral psychology, coaching, and medical care will also welcome this new source of ideas and inspiration.

Sex and Leisure Diana C. Parry 2020-12-17 This book uses the emerging and cutting-edge area of leisure research to highlight the importance of sexuality and sexual activity and its relevance to leisure studies. It brings to the fore some complex issues associated with this topic using a range of substantive, epistemological, theoretical and methodological approaches.

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Drawing on international scholarship, the book examines sexuality from multiple, and at times, competing directions, exploring the continuum of sex from work through to carnal pleasure, and across specific sexual practices including BDSM, pornography, stripping, and sex work. Drawing on critical, feminist, queer, and post theoretical perspectives, the book charts a new direction for leisure studies and sex research, including diverse understandings of leisure practice, sex positivity, fringe and deviant sex practices. Critically, the book moves beyond merely establishing sex as a leisure pursuit to focusing on the compelling and complex intersections between sexuality and leisure. This is fascinating reading for any student or researcher with an interest in leisure, sexuality, gender, cultural studies or sociology.

Taking Stock of Delinquency Terence P. Thornberry 2006-04-11

This volume is the comprehensive synthesis of the empirical findings of seven important ongoing longitudinal studies of delinquency. It aims to examine the extent to which these studies answer the basic question of the origins of delinquent and criminal careers despite their varying guiding theories, methods, and settings. This book is an important resource for criminologists, psychologists, sociologists, and students on juvenile delinquency, criminology, developmental psychology, and deviant behavior.

International Sign Rachel Rosenstock 2016 International Sign (IS) is widely used among deaf people and interpreters at international events, but what exactly is it, what are its linguistic features, where does its lexicon come from, and how is it used at interpreted events? This groundbreaking collection is the first volume to provide answers to these questions. Editors Rachel Rosenstock and Jemina Napier have assembled an international group of renowned linguists and interpreters to examine various aspects of International Sign. Their contributions are divided into three parts: International Sign as a Linguistic System;

International Sign in Action--Interpreting, Translation, and Teaching; and International Sign Policy and Language Planning. The chapters cover a range of topics, including the morphosyntactic and discursive structures of interpreted IS, the interplay between conventional linguistic elements and nonconventional gestural elements in IS discourse, how deaf signers who use different signed languages establish communication, Deaf/hearing IS interpreting teams and how they sign depicting verbs, how best to teach foundation-level IS skills, strategies used by IS interpreters when interpreting from IS into English, and explorations of the best ways to prepare interpreters for international events. The work of the editors and contributors in this volume makes International Sign the most comprehensive, research-based analysis of a young but growing field in linguistics and interpretation.

Dissertation Abstracts International 2007

Encyclopedia of Interpersonal Violence Claire M. Renzetti
2008-06-19 This Encyclopedia is the definitive resource for students, researchers and practioners needing further information on various aspects of interpersonal violence, including different forms of interpersonal violence, incidence and prevalence, theoretical explanations, public policies, and prevention and intervention strategies.

Sex and America's Teenagers Alan Guttmacher Institute 1994
Although sexual activity is common among teenagers, it is not as widespread, and does not begin as early, as most adults believe. This report provides detailed data and analysis of sex among adolescents. Adolescent sexual activity is grouped in ten categories: (1) Rites of passage; (2) The context of adolescents' lives; (3) Sex among teenagers; (4) Risks and prevention of unintended pregnancy and STDs; (5) Incidence and consequences of STDs; (6) Adolescent pregnancy; (7) Outcomes of adolescent pregnancies; (8) Adolescent mothers and their children; (9) Organized responses to adolescent sexual and reproductive

behavior; and (10) Where do we go from here? Although young people's sexual behavior today is broadly seen as problematic, no consensus exists as to what the problem is. Most adolescents have always experienced sex, but in the past it was closely linked to marriage, especially for young women. However, over the last century, puberty has slowly moved to earlier ages, as has the initiation of sexual activity, while marriage has been postponed to later years. Adolescents live in a more diverse country than the one their parents knew -- society, family, violence, and sexual messages differ dramatically from the standards of the previous generation. Included in this booklet are numerous graphs. Citations appear for all data. (Contains over 200 references.) (RJM)

Hooking Up Kathleen A. Bogle 2008 A closer look into the new sexual culture on college campuses It happens every weekend: In a haze of hormones and alcohol, groups of male and female college students meet at a frat party, a bar, or hanging out in a dorm room, and then hook up for an evening of sex first, questions later. As casually as the sexual encounter begins, so it often ends with no strings attached; after all, it was "just a hook up." While a hook up might mean anything from kissing to oral sex to going all the way, the lack of commitment is paramount. *Hooking Up* is an intimate look at how and why college students get together, what hooking up means to them, and why it has replaced dating on college campuses. In surprisingly frank interviews, students reveal the circumstances that have led to the rise of the booty call and the death of dinner-and-a-movie. Whether it is an expression of postfeminist independence or a form of youthful rebellion, hooking up has become the only game in town on many campuses. In *Hooking Up*, Kathleen A. Bogle argues that college life itself promotes casual relationships among students on campus. The book sheds light on everything from the differences in what young men and women want from a hook up to why freshmen girls are more likely to hook up than

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their upper-class sisters and the effects this period has on the sexual and romantic relationships of both men and women after college. Importantly, she shows us that the standards for young men and women are not as different as they used to be, as women talk about "friends with benefits" and "one and done" hook ups. Breaking through many misconceptions about casual sex on college campuses, *Hooking Up* is the first book to understand the new sexual culture on its own terms, with vivid real-life stories of young men and women as they navigate the newest sexual revolution.

Social Change and the General Social Survey 1974

Insatiable Wives David J. Ley 2012-01-16 "This enlightening work investigates the history, incidence, and causes of a unique sexual lifestyle pursued by increasing numbers of couples. The most common terms used to describe it are 'hotwife/cuckold lifestyle.' This sexual practice, a form of sexual nonmonogamy, is distinguished from swinging and polyamory in that the husband rarely seeks sexual contact outside the marriage except for participation in group sex with his wife and other men, while the wife is permitted, and often encouraged, to pursue unrestrained sexual encounters with other men. The author includes interviews and comments from couples living the lifestyle throughout the United States and presents the stories in an attempt to determine the history of this sexual practice and evolutionary underpinnings of this uncommon and socially taboo behavior in an effort to make it more comprehensible to those engaged in the lifestyle and those who are just curious." -- page 4 of cover.

Coping with Negative Life Events C.R. Snyder 2013-06-29 "Like a Bridge over Troubled Waters" The surge of current interest in the interface between clinical and social psychology is well illustrated by the publication of a number of general texts and journals in this area, and the growing emphasis in graduate programs on providing training in both disciplines. Although the benefits of an integrated clinical-social approach have been recognized for a

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number of years, the recent work in this area has advanced from the theoretical extrapolations of social psychological models to clinical issues to theory and research that is based on social principles and conducted in clinical domains. It is becoming increasingly common to find social psychologists pursuing research with clinical populations and clinical psychologists investigating variables that have traditionally been in the realm of social psychology. A major area of interface between the two disciplines is in research and theory concerned with how individuals respond to negative events. In addition to the trend toward an integrated clinical-social approach, the growing body of literature in this area reflects the explosion of current interest in the area of health psychology; work by clinical and social psychologists on the topics of stress and coping has been one of the major facets of this burgeoning field. The purpose of the present volume is to provide a common forum for recent advances in the clinical and social literature on responses to negative life outcomes.

Adult Attachment Omri Gillath 2016-03-29 Adult Attachment: A Concise Introduction to Theory and Research is an easy-to-read and highly accessible reference on attachment that deals with many of the key concepts and topics studied within attachment theory. This book is comprised of a series of chapters framed by common questions that are typically asked by novices entering the field of attachment. The content of each chapter focuses on answering this overarching question. Topics on the development of attachment are covered from different levels of analysis, including species, individual, and relationship levels, working models of attachment, attachment functions and hierarchies, attachment stability and change over time and across situations, relationship contexts, the cognitive underpinnings of attachment and its activation of enhancement via priming, the interplay between the attachment behavioral system and other behavioral systems, the effects of context on attachment, the contribution of

physiology/neurology and genetics to attachment, the associations/differences between attachment and temperament, the conceptualization and measurement of attachment, and the association between attachment and psychopathology/therapy. Uses a question-and-answer format to address the most important topics within attachment theory Presents information in a simple, easy-to-understand way to ensure accessibility for novices in the field of attachment Covers the main concepts and issues that relate to attachment theory, thus ensuring readers develop a strong foundation in attachment theory that they can then apply to the study of relationships Addresses future directions in the field of attachment theory Concisely covers material, ensuring scholars and professionals can quickly get up-to-speed with the most recent research

Analyzing and Modeling Spatial and Temporal Dynamics of Infectious Diseases Dongmei Chen 2014-12-31 Features

modern research and methodology on the spread of infectious diseases and showcases a broad range of multi-disciplinary and state-of-the-art techniques on geo-simulation, geo-visualization, remote sensing, metapopulation modeling, cloud computing, and pattern analysis Given the ongoing risk of infectious diseases worldwide, it is crucial to develop appropriate analysis methods, models, and tools to assess and predict the spread of disease and evaluate the risk. Analyzing and Modeling Spatial and Temporal Dynamics of Infectious Diseases features mathematical and spatial modeling approaches that integrate applications from various fields such as geo-computation and simulation, spatial analytics, mathematics, statistics, epidemiology, and health policy. In addition, the book captures the latest advances in the use of geographic information system (GIS), global positioning system (GPS), and other location-based technologies in the spatial and temporal study of infectious diseases. Highlighting the current practices and methodology via various infectious disease studies, Analyzing and Modeling Spatial and Temporal Dynamics

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of Infectious Diseases features: Approaches to better use infectious disease data collected from various sources for analysis and modeling purposes Examples of disease spreading dynamics, including West Nile virus, bird flu, Lyme disease, pandemic influenza (H1N1), and schistosomiasis Modern techniques such as Smartphone use in spatio-temporal usage data, cloud computing-enabled cluster detection, and communicable disease geo-simulation based on human mobility An overview of different mathematical, statistical, spatial modeling, and geo-simulation techniques Analyzing and Modeling Spatial and Temporal Dynamics of Infectious Diseases is an excellent resource for researchers and scientists who use, manage, or analyze infectious disease data, need to learn various traditional and advanced analytical methods and modeling techniques, and become aware of different issues and challenges related to infectious disease modeling and simulation. The book is also a useful textbook and/or supplement for upper-undergraduate and graduate-level courses in bioinformatics, biostatistics, public health and policy, and epidemiology.

Extent, Nature, and Consequences of Rape Victimization U S Department of Justice 2014-08-01 This report seeks to provide more in-depth information about the physical, social, and psychological consequences of rape victimization by further investigating the findings from the National Violence Against Women Survey on this issue.

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