

59 Seconds Think A Little Change A Lot

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59 Seconds: Decision Making
59 Seconds: Persuasion
Making Every PE Lesson
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Practical Meditation For Beginners
The Mind–Body Diabetes Revolution
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most people would like to be more creative more persuasive and more attractive for years gurus and life coaches have urged people to improve their lives by changing the way they think and behave but scientific research has revealed that many of their techniques

from group brainstorming to visualization are ineffective fortunately psychologist richard wiseman is on hand to provide fast acting myth busting scientific answers to a huge range of everyday problems from job hunting to relationships and from parenting to self esteem personal and professional success may be less than a minute away

in 59 seconds psychologist professor richard wiseman presents a fresh approach to change that helps people achieve their aims and ambitions in minutes not months from mood to memory persuasion to procrastination and resilience to relationships wiseman outlines the research supporting this new science of rapid change and describes how these quick and quirky techniques can be incorporated into everyday life think a little change a lot discover why even thinking about going to the gym can help you keep in shape learn how pot plants make you more creative find out why putting a pencil between your teeth instantly makes you happier at last a self help guide that is based on proper research perfect for busy curious smart people simon singh author of fermat s last theorem a triumph of scientifically proven advice over misleading myths of self help challenging uplifting and long overdue derren brown

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written by james crane making every pe lesson count six principles to support great physical education teaching provides realistic and practical strategies that will help teachers make abstract ideas more concrete and meaningful in both practical and theory pe pe provides a unique opportunity for some students to flourish and become professional athletes or achieve excellent academic outcomes however if you ask any pe teacher their main aim is that all students leave school with a love of physical activity and lifelong participation in sport the benefits on physical mental and social health are undeniable the place pe holds in the curriculum is therefore fundamental to society in that it acts as a vehicle to promote resilience determination and perseverance writing in the engaging style of the award winning making every lesson count series james crane articulates the fundamentals of great pe teaching and shares simple and practical strategies designed to challenge students across all aspects of the subject in an age of educational quick fixes and ever moving goalposts this precise and timely book returns to the fundamental questions that all pe teachers must consider what can i do to help my students thrive in the wide world of physical education making every pe lesson count is underpinned by six pedagogical principles challenge explanation modelling practice feedback and questioning good pe teaching is littered with all these principles not as a checklist or plan as such but to ensure that teaching is well structured and thought out this book aims to bring the evidence around effective teaching linked to the six pedagogical principles to life through the lens of a physical education teacher it focuses on all aspects of pe in secondary schools with reference to real life examples from a huge range of sports and physical activities and classroom theory james links his findings back to the subject throughout and offers reflective questions for teachers to sharpen their practice making every pe lesson count aims to synthesise the latest research on teaching and learning and link it specifically to pe there is a huge amount of evidence available for teachers and this book acts as an practical guide that will successfully bridge the gap between the world of academic research and pe teaching

do you feel like you can never find inner peace finding yourself chasing after no one knows what are you tired of the stress and

endless responsibilities of daily life do you want to find your center and have more energy and vitality if your answer is yes then know that you are not alone the lack of time inner peace and awareness is steadily increasing fortunately there is now a solution in fact it is one that has worked for millennia you have probably heard of meditation and seen people practising it you may have tried it once and dismissed it as a waste of time you may even have thought that it is a tool reserved for monks nuns and priests and wondered why it is so popular it is not surprising that you have these misconceptions many people approaching meditation for the first time have the same questions the most common question asked by those who want to start meditating is what are the benefits of meditation why is meditation so effective this book answers all these questions and takes the reader on a journey to meditation and mindfulness with this book you will learn the 5 steps on how to start meditating and integrate it into your life how to make the most of relaxing moments regain inner balance and have a better life in so many ways the best 7 meditation techniques to find your centre again from zen and vipassana to oriental meditations simple practices to make it immediate to build a meditation routine and savor all the benefits the practice of meditation can really change your days your thoughts and your whole life the goal of this book is to show you how to approach this practice in the right way and how with an investment of a few minutes each day you can regain control of your life you will come to understand the benefits of meditation its origin and why it is effective it is designed to be a path within yourself and your mind it will also teach you the 5 keys to proper meditation which are the basis of techniques this easy to follow guide is ideal for beginners and those who want to improve their meditation practice inside the book you will find a qr code to scan that will take you to our youtube channel where you can listen to music dedicated to meditation also as a thank you the very useful emotional diary and the 5 useful items to improve your meditation begin a journey of mindfulness and spiritual growth with simple meditation techniques and mindfulness exercises to grow spiritually the key to building a solid meditation practice is in the practice itself so what are you waiting for immerse yourself in this book and start experiencing the benefits of meditation scroll up and click the buy now button to purchase yours

the mind body diabetes revolution is the first book to show how stress depression and anger affect blood sugar it s also the first to provide a proven step by step health program to help the millions of people with diabetes manage their disease until now this life changing program was available only to patients at duke university medical center but the mind body diabetes revolution makes it available to everyone who needs it diabetic people and the millions at risk for developing the disease over the past forty years little

has changed in the treatment of type 2 diabetes diet exercise and medication are still the three primary methods blood sugar yet diabetes is reaching epidemic proportions not just in the united states but also in other countries all over the world now after twenty years of research dr richard s surwit a leader in the field of the psychology of diabetes adds the vital fourth component to treating diabetes a revolutionary mind body program that lowers blood sugar levels and dramatically reduces the disease's serious damaging side effects which can include painful nerve damage heart disease impotence eye problems and kidney ailments the mind body diabetes revolution explains how thoughts and beliefs influence a person's emotions and moods and shows how these can translate into chronic anger cynicism anxiety and depression all of which increase your blood sugar level but with compelling case studies and a powerfully effective step by step six week program dr surwit demonstrates how you can learn to manage the emotions and stress that lead to elevated hormones and higher blood sugar levels after he explains the mind metabolism connection so that you see how it works in your own body dr surwit provides self tests and reflective quizzes to test your personality type and decide on the best and easiest psychological techniques to help you lower your blood sugar level and keep it low then he helps you develop the best long term mind body program for your needs and shows how to use the planner to keep track of your progress an invaluable aid to your overall well being the mind body diabetes revolution helps you enlist your own mind and body as powerful allies in controlling your diabetes and enjoy greater general health as a result

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want to improve your relationship make better decisions or simply be happier success is now only seconds away in 59 seconds psychologist professor richard wiseman presents a fresh approach to change that helps people achieve their aims and ambitions in minutes not months from mood to memory persuasion to procrastination and resilience to relationships wiseman outlines the research supporting this new science of rapid change and describes how these quick and quirky techniques can be incorporated into everyday life think a little change a lot

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