Chesterfield

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tracing the life of the author's father this passionate vivid memoir follows him through his childhood in the west of england his successful 25 year career in the indian army prior to the country's independence in 1947 and his final years in devonshire where he raised a family while the symptoms of huntington's disease gradually set in born of a family of impoverished cornish fishermen he and his six sisters cared for their dying mother after losing their father at the start of the first world war before huntington's reared itself in their lives and led to the early death of

three of the siblings an absorbing tense story of an emerging family crisis this is an inspiring narrative showing that through courage and faith in the face of great adversity peace can be found william symons was born in newlyn in 1878 following family tradition he became a fisherman and a member of the royal naval volunteer reserve in 1914 following some early action at sea in the first world war he died at the age of 36 yrs leaving a widow and seven children a boy and six girls unknown to him and to his family he left another legacy in his body he carried a faulty gene which if inherited could lead to huntington s chorea a disease that normally becomes apparent in middle age william died before symptoms appeared but the disease known at the time as st vitus dance was to claim the lives of a number of his descendants this book chronicles the life of his eldest child and only son william john who was 12 years old at the time of his father s death there was a small naval pension and william earned what pennies he could in his spare time until he left school the following year aged 13 years and went to work initially for dick bath the coal merchant somehow the family managed to stay together even after the death of his mother florence louisa from tuberculosis in 1921 they attended st

the teaching of reality is as far as we know the first translation into english of tattvopadeśa a work attributed to the great spiritual teacher Śankara the text reveals the full significance of the great sentence you are that tat twam asi which is said to convey the essence of the entire teaching of the upanishads and to be the key to advaita the philosophy of non duality the reader is led through a systematic process enabling the real self to be realised in practice

in recent years there has been a growing body of evidence from fields such as public health architecture ecology landscape forestry psychology sport science psychiatry geography suggesting that nature enhances psychological health and wellbeing physical activity in the presence of nature feelings of connection to nature engagement with nature specific environmental features e g therapeutic water and trees and images of real and virtual nature have all been posited as important wellbeing facilitators thus the association between natural environments and health outcomes might be more complex than initially understood pritchard richardson sheffield mcewan 2019 despite the number of studies showing improvements in psychological health and wellbeing through nature based physical activities or feelings of connection to nature the exact role and influence of the natural environment in this process is still rather unclear brymer davids mallabon 2014 karmanov hamel 2008 research is also beginning to consider the importance of individual differences meaning and the person environment relationship freeman akhurst bannigan james 2016 freeman akhurst 2015 in the development of wellbeing and health outcomes furthermore traditional theoretical notions such as biophilia topophilia restoration theories and stress reduction theories typically used to interpret findings are also being critiqued often one of the main barriers for practitioners is the vast array of theories that claim to effectively explain research findings but that tend to be only partially relevant e g for physical activity or restoration focus on the characteristics of the person e g nature relatedness and only some features of the landscape e g therapeutic landscapes this special edition therefore brings together cutting edge ideas and research from a wide set of disciplines with the purpose of exploring interdisciplinary or trans disciplinary approaches to understanding the psychological health and wellbeing benefits of human nature interactions

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