

Transcendent Self

The Leader's Brain, Updated and Expanded Theory and Structure in Addiction and Cure Logic-Based Therapy and Consultation The Mindfulness and Acceptance Workbook for Depression The Pearl and the Hut Lifestyle Medicine, Fourth Edition Oxford Textbook of Palliative Nursing Self-Transcendence Michael Platt Adi Ann Berkovic Himani Chaukar Kirk D. Strosahl Yiana Belkalopolos James M. Rippe Betty R. Ferrell Thomas Hora

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in this updated and expanded edition of his groundbreaking book wharton neuroscience initiative director michael platt reveals how the latest advances in neuroscience including new insights from artificial intelligence are transforming our understanding of effective leadership drawing on more than two decades of research at the intersection of neuroscience psychology and business platt reveals how leaders can develop critical abilities through understanding the brain s inner workings in the leader s brain expanded and updated platt offers the latest cutting edge insights on what neuroscience can teach us about how to be a better leader in an all new chapter on generative artificial intelligence ai platt reveals how visionary leaders can harmonize human limitations with ai s boundless potential he introduces three essential skills for ai ready leadership and offers practical strategies for fostering workplace cultures where technology enhances rather than disrupts human connection in the process he illuminates the path to a more intuitive ethical and productive partnership between human intelligence and its artificial counterpart neuroscience provides answers to many of the most vexing challenges leader s face including why different managers make vastly different decisions when presented with identical information

how companies like apple build strong emotional connections with customers while others fail what neuroscience teaches us about building high performing teams how to avoid common decision making traps that plague even visionary leaders what secrets ai can reveal about the brain techniques for optimizing communication and inspiring innovation the leader s brain updated and expanded provides an essential blueprint for leadership development in a rapidly evolving business landscape where artificial intelligence and human potential must work in harmony whether you re a seasoned executive or an emerging leader it offers evidence based insights to help you lead more effectively in our technology driven world

this book will be of value to everyone interested in the prevention of addiction and the detection treatment and rehabilitation of drug addicts it interprets and applies research findings about the causation and cure of drug addiction using the author s personality theory which is extensively compared with that of other personologists the book includes the qualitative analysis of 12 addict case studies it is especially timely in view of the need for effective legislation judicial procedures and treatment programs to deal with the opioid crisis in the united states and canada

logic based therapy consultation lbtc is a popular modality of philosophical counseling developed by philosopher elliot d cohen and the first one to have undergone a randomized controlled efficacy study logic based therapy and consultation theory and applications brings together leading lbtc researchers trainers and practitioners to provide the latest account of its theory and apply it to diverse populations including persons with mental health issues children athletes persons with drug and alcohol addictions persons in a detention center human services workers and adolescents edited by elliot d cohen s zinaich jr himani chaukar and florin lobont this collection shows how religious and philosophical traditions from east to west can be used with lbtc to inspire meaningful life change tackle social issues such as civic conflict and even attain romantic love spanning forty years of research and development this book should interest instructors of philosophy religion psychotherapy and related areas social workers and human services mental health providers philosophical counselors and consultants and anyone interested in learning about this versatile approach to coping constructively with problems of living

what if depression could lead to positive change written by acceptance and commitment therapy act cofounder kirk strosahl and patricia robinson this fully revised and updated edition of best selling classic the mindfulness and acceptance workbook for depression includes

updated exercises based in breakthrough research on self compassion mindfulness and neuroscience to help readers work through their depression rather than avoid it and go on to create a more meaningful life

the pearl and the hut volume i is a comprehensive therapeutic resource for adult children of divorce and for caregivers helping young children who are experiencing parental divorce yiana belkalopolos addresses the trauma many children experience in parent divorce through the lens of the practical and soul spiritual philosophy of rudolf steiner the austrian scientist and philosopher behind waldorf education and the international anthroposophical movement belkalopolos work gives psychosocial and soul spiritual support as well as loving practical encouragement for children and adult children of divorce through individual honoring biographies that speak to the support that other growing children of divorce and adult children of divorce have experienced from rudolf steiner s work providing safe soul spiritual developmental approaches and demonstrating practices that are supported around the world helping children of divorce feel more calm whole steady supported and rightful within themselves revealing to adult children of divorce that there are true and rational explanations for what they are feeling which make them capable of a wholesome life empowering pearl people to take care of their own holistic wellbeing more thoroughly and to know where to reach out for help

the fourth edition of dr james rippe s classic lifestyle medicine textbook continues to lead and inform the rapidly growing field of lifestyle medicine this is the discipline that focuses on the impact of daily habits and actions on both short and long term health and quality of life the first edition of this comprehensive work named the field of lifestyle medicine in the academic medical literature the fourth edition continues to span and expand the field and offers extensive evidence based literature in virtually every aspect of lifestyle medicine this textbook edited by cardiologist dr james rippe who is a leading lifestyle medicine researcher represents the combined wisdom and recommendations of over 325 experts in virtually every aspect of lifestyle medicine chapter authors have been chosen because of their background as leaders in various aspects of lifestyle medicine lifestyle medicine fourth edition contains extensive sections on the treatment and prevention of coronary heart disease stroke cancer diabetes obesity substance abuse dementia and many other clinical conditions key lifestyle modalities such as physical activity nutrition weight management sleep stress reduction and positive connections with other humans are supported by detailed discussion and state of the art evidence the expanded section on behavioral medicine provides an important framework for these discussions every chapter has been completely revised and many new

topics added such as lifestyle medicine for nursing psychiatry and preventive neurology the fourth edition of this classic text continues to serve as the leading comprehensive textbook in lifestyle medicine the original has been called the indispensable bible of lifestyle medicine and the fourth edition of this work continues to justify this designation there is no longer any serious doubt that daily habits and actions have a significant impact on multiple aspects of health the fourth edition of lifestyle medicine provides the scientific evidence to support this assertion and will serve as an invaluable reference and guide not only to lifestyle medicine practitioners but to all primary care physicians subspecialty physicians nurses and other healthcare practitioners

the oxford textbook of palliative nursing is the definitive text on nursing care of the seriously ill and dying it is a comprehensive work addressing all aspects of palliative care including physical psychological social and spiritual needs the text is written by leaders in the field and includes an impressive section on international palliative care each chapter includes case examples and a strong evidence base to support the highest quality of care the book is rich with tables and figures offering practical resources for clinical practice across all settings of care and encompassing all ages from pediatrics to geriatrics

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