

Shrink Yourself Break Free From Emotional Eating Forever Roger Gould

[#emotional eating solutions](#) [#break free from food addiction](#) [#stop emotional eating habits](#) [#mindful eating for weight loss](#) [#healing food relationship](#)

Unlock lasting freedom from emotional eating with powerful strategies designed to help you shrink its influence. Learn to break free from compulsive eating habits forever, transforming your relationship with food for a healthier, more mindful life.

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Shrink Yourself

Studies show that the reason why many people gain weight—and keep it on—is emotional eating, not physical eating. Now Dr. Roger Gould, a psychotherapist and a leading authority on emotional eating, shows how to overcome fear, anxiety, and other stresses and stop using food as an over-the-counter tranquilizer that can cause weight gain. With 12 practical ways to stop emotional eating and an eight-session program, Dr. Gould helps you become your own eating therapist and shrink yourself for good.

AARP Shrink Yourself

AARP Digital Editions offer you practical tips, proven solutions, and expert guidance. Studies show that the reason why many people gain weight—and keep it on—is emotional eating, not physical eating. Now Dr. Roger Gould, a psychotherapist and a leading authority on emotional eating, shows how to overcome fear, anxiety, and other stresses and stop using food as an over-the-counter tranquilizer that can cause weight gain. With 12 practical ways to stop emotional eating and an eight-session program, Dr. Gould helps you become your own eating therapist and shrink yourself for good.

Aarp Shrink Yourself

Praise for Shrink Yourself. "In Shrink Yourself, Dr. Gould offers a simple but profound truth: hunger originates in your mind, not your belly. This empowering book will allow you to lose weight by recognizing the psychological stumbling blocks in your life that contribute to your emotional eating.

Strong Choices, Strong Families: A Parent's Guide to Prevent Childhood Obesity

"Wellness coach Babs Hogan highlights practical ways to prevent children from becoming overweight while improving the health of the whole family." -- Cover.

The Lifestyle Fitness Program

How Fit is Your Lifestyle? To lose weight, you may hire a Registered Dietitian to design a healthy eating program. To get in shape, you may hire a Certified Personal Trainer to design a fitness program. True fitness however, is fitness from the inside out. That means that not only do you look better, but ALL aspects of your life are fit, healthy and whole. What about your emotions? Your stress level? Your relationships? Your spiritual needs? Unfortunately, when it comes to these aspects of health and wellness, we may either overlook them, or merely look for tips and suggestions. While advice in these categories can be extremely valuable, it's not enough if we want to look, feel and live our best.

Encyclopedia of Obesity

Obesity is a serious health issue and is a key discussion and research point in several disciplines from the social sciences to the health sciences and even in physical education. This text is a much-needed authoritative reference source covering major issues of, and relating to, obesity.

Good Housekeeping

Discover 46 Powerful Techniques To Help You Break Free From Emotional Eating Are you looking for solid information on how to combat emotional eating?. For anyone who has relationship issues with food, dealing with the daily grind of emotionally driven and often purposeless eating can leave you feeling powerless and mentally drained. And if you're a serial dieter, you know that repeated failed attempts leave you discouraged, unmotivated -- and before too long, slowing gravitating back into old eating habits. However, there is a way to break the cycle. "How Do I Stop Emotional Eating?" is a compilation of effective methods based on trustworthy advice from a variety of experts, including Geneen Roth and Dr Roger Gould. You'll learn: How to beat junk food cravings without having to rely on 'will power'. Why emotional eaters are predestined to fail at dieting "-- even before they start." And what you need to do, if you really want to keep the weight off. How to recognize the destructive behaviour patterns and 8 actionable steps you can take immediately to stop the cycle Yes, we're emotional eaters too: Dealing with the big taboo of eating disorders in men and 5 simple techniques to help with weight loss. 2 effective and proven techniques to help stop emotional eating when you're stressed out, bored or depressed. How to stop emotional eating getting the better of you when you're a stressed out diabetic. Are you Afraid of the dark? How to curb those unhealthy late night eating habits. "Please talk to me!" How to help and support the one you love overcome emotional eating. You've got a friend: How to build a strong support network when dealing with emotional eating. PLUS: A separate guide filled with free support tools, simple (but effective) exercises, as well as lots of audio and video resources. "AND: " A bonus section, "Eating in Peace: The Emotional Healing Toolkit for Body and Mind." So if you want to finally eat without guilt, re-establish a healthier relationship with food and start feeling great, get "How Do I Stop Emotional Eating?" today.

How Do I Stop Emotional Eating?

Does this sound like you? Food will make me fat. My body should be perfect. I am ashamed of how I eat. I am not in control of my body. I am only loveable when I'm thin. Written in easy-to-understand, everyday language, Koenig lays out the four basic rules that "normal" eaters follow instinctively - eating when they're hungry, choosing foods that satisfy them, eating with awareness and enjoyment, and stopping when they're full or satisfied. Along with specific skills and techniques that help promote change, the book presents a proven cognitive-behavioral model of transformation that targets beliefs, feelings, and behaviors about food and eating and points the way toward genuine physical and emotional fulfillment. Learn the four rules that "normal" eaters follow instinctively Change negative thinking and unhealthy habits Manage difficult emotions, rather than starving or stuffing them Feel healthy and "normal" around food Create a life that is truly satisfying.

The Rules of Normal Eating

Most of us are really, really good at devising reasons to indulge in foods that derail our diets and healthy eating plans. Who among us hasn't thought, "I had a stressful day, so I deserve this chocolate," or, "Buttery popcorn would go so well with this movie!" When we view food as a reward, emotional eating

can be difficult to overcome. Most fad diets tell you to “control” your eating, use willpower, ignore your cravings, or just stop eating. Recall for a moment where this got you in the past. Feeling frustrated or hopeless? Maybe it led you to make more excuses? Perhaps you’re thinking I need to get control. This is a sign that the diet mentality may be deeply ingrained in you. Rest assured that there are alternatives to fad dieting and trying to “control” your body. In *But I Deserve This Chocolate!*, psychologist Susan Albers takes aim at the fifty most common self-sabotaging thoughts and excuses that keep you from eating right and looking great. This guide dismantles each excuse and offers a mindfulness exercise to help reroute your thoughts so you can meet your health goals. Whether you’re a man or woman, teen or adult, this book is for you if you are trying to eat more mindfully, manage your weight, lose weight, or take charge of your eating habits. Forget the chocolate and unwrap some truly nourishing habits you can feel good about—your body will thank you!

But I Deserve This Chocolate!

What is optimal health? As one of the nation's foremost physicians in nutritional intervention, Dr. Wayne Scott Andersen has devoted his career to creating optimal health through a comprehensive approach that addresses and breaks through logistical and psychological barriers. Widely and affectionately known for his work in the field of health coaching as "Dr. A," in *Discover Your Optimal Health*, he provides an integrative approach that begins with developing (and maintaining) healthy habits each day. This crucial approach makes health the centerpiece of your life instead of something you do when you discover you have an illness or imbalance. Dr. A reveals how a little attention and discipline now can avoid health crises down the road. No matter what your current health status, you can be as healthy as possible. The habits you develop now make the difference between surviving and thriving, life or death. The steps toward reaching and maintaining your optimal health include: Integrating the Habits of Health into Your Life Discovering the Habits of Healthy Weight Loss Using the Habits of Healthy Eating Understanding the Habits of Healthy Motion Practicing the Habits of Healthy Sleep Employing the Habits of a Healthy Mind

Discover Your Optimal Health

Two psychotherapists present a supportive guide to coping with the emotional and psychological aftermath of abortion, offering a step-by-step program that combines information, reassurance, and guidance to help women begin the process of recovery. “This is a book for any women who feels psychological pain from her abortion...this is not a book about judgment, politics, or religion.” —from the authors’ introduction Few women can walk away from the experience of abortion without some lingering emotional discomfort. Unresolved feelings of guilt, shame, and sadness may not surface until months, often years, after an abortion. We may lead outwardly normal lives, but these emotions can continue to cast a shadow, having a negative impact on personal relationships, coloring our moral or religious beliefs, even causing anxiety when we deal with a planned pregnancy. These feelings, if ignored, can possibly manifest themselves in more troubling ways, resulting in unstable relationships, self-destructive and addictive behaviors, depression, and low self-esteem. Now, two experienced psychotherapists share their approach to dealing with sensitive and long-overlooked issue of post-abortion pain or trauma. *The Healing Choice* breaks the silence surrounding a topic often clouded by debate and focuses exclusively on helping women chart a path toward emotional recovery. Through a step-by-step process, complete with self-tests, exercises, and interviews with women who share their own post-abortion experiences, Dr. Candace De Puy and Dr. Dana Dovitch will help you come to terms with your post-abortion emotions and offer support as you begin the process of healing.

The HEALING CHOICE

How do we understand mental health problems in their social context? A former BMA Medical Book of the Year award winner, this book provides a sociological analysis of major areas of mental health and illness. The book considers contemporary and historical aspects of sociology, social psychiatry, policy and therapeutic law to help students develop an in-depth and critical approach to this complex subject. New developments for the fifth edition include: Brand new chapter on prisons, criminal justice and mental health Expanded coverage of stigma, class and social networks Updated material on the Mental Capacity Act, Mental Health Act and the Deprivation of Liberty A classic in its field, this well established textbook offers a rich and well-crafted overview of mental health and illness unrivalled by competitors and is essential reading for students and professionals studying a range of medical sociology and health-related courses. It is also highly suitable for trainee mental health workers in

the fields of social work, nursing, clinical psychology and psychiatry. "Rogers and Pilgrim go from strength to strength! This fifth edition of their classic text is not only a sociology but also a psychology, a philosophy, a history and a polity. It combines rigorous scholarship with radical argument to produce incisive perspectives on the major contemporary questions concerning mental health and illness. The authors admirably balance judicious presentation of the range of available understandings with clear articulation of their own positions on key issues. This book is essential reading for everyone involved in mental health work." Christopher Dowrick, Professor of Primary Medical Care, University of Liverpool, UK "Pilgrim and Rogers have for the last twenty years given us the key text in the sociology of mental health and illness. Each edition has captured the multi-layered and ever changing landscape of theory and practice around psychiatry and mental health, providing an essential tool for teachers and researchers, and much loved by students for the dexterity in combining scope and accessibility. This latest volume, with its focus on community mental health, user movements criminal justice and the need for inter-agency working, alongside the more classical sociological critiques around social theories and social inequalities, demonstrates more than ever that sociological perspectives are crucial in the understanding and explanation of mental and emotional healthcare and practice, hence its audience extends across the related disciplines to everyone who is involved in this highly controversial and socially relevant arena." Gillian Bendelow, School of Law Politics and Sociology, University of Sussex, UK "From the classic bedrock studies to contemporary sociological perspectives on the current controversy over which scientific organizations will define diagnosis, Rogers and Pilgrim provide a comprehensive, readable and elegant overview of how social factors shape the onset and response to mental health and mental illness. Their sociological vision embraces historical, professional and socio-cultural context and processes as they shape the lives of those in the community and those who provide care; the organizations mandated to deliver services and those that have ended up becoming unsuitable substitutes; and the successful and unsuccessful efforts to improve the lives through science, challenge and law." Bernice Pescosolido, Distinguished Professor of Sociology, Indiana University, USA

EBOOK: A Sociology of Mental Health and Illness

From #1 New York Times bestselling author Geneen Roth, an exploration of the link between dieting, compulsive eating, and emotion, complete with life-changing advice on how to break the binge-diet cycle forever. There is an end to the anguish of emotional eating—and Geneen Roth has made it her life's work to help people heal their relationship with food through an understanding of the deeply personal and spiritual issues at the root of compulsive eating. In this edition of *Breaking Free From Emotional Eating*, updated with a new introduction, Roth outlines her proven program for resolving the conflicts at the heart of overeating using simple techniques developed in her highly successful seminars to offer reassuring, practical advice on: • Learning to recognize the signals of physical hunger • Eating without distraction • Knowing when to stop • Kicking the scale-watching habit • Withstanding social and family pressures And more! By not only explaining the cause of emotional binge eating but also providing actionable techniques for readers to implement in their own lives, *Breaking Free* continues to help people end the binge-diet-cycle once and for all.

Breaking Free from Emotional Eating

An introduction to the science of neuroplasticity recounts the case stories of patients with mental limitations or brain damage whose seemingly unalterable conditions were improved through treatments that involved the thought re-alteration of brain structure.

The Brain That Changes Itself

This comprehensive five-volume set covers notable theories, people, social issues, life stages, the physiology and anatomy of the nervous system, and various mental illnesses or conditions --from publisher description.

Salem Health

SHORTLISTED FOR THE HWA DEBUT CROWN 2018 *** A RADIO 2 BOOK CLUB PICK *** 'A perfect hammock read for those who love the Brontë sisters and Jodi Picoult in equal measure' PUBLISHERS WEEKLY Elizabeth grew up in a lighthouse, inseparable from her enigmatic twin sister Emily. Their father, the lightkeeper, kept a journal of his observations and their daily life. When those journals are discovered on a shipwrecked boat, many decades later, Elizabeth is living in a retirement home and her

eyesight is failing. She enlists the help of a troubled teenager, Morgan, to read to her, and an unlikely friendship grows between the two. But as Morgan reads on, Elizabeth discovers that the past revealed is not as she remembers it, and that the journal may contain answers to unexplained events that have haunted her all her life . . .

The Lightkeeper's Daughters

Emotions are back. Once at the center of the study of politics, emotions have receded into the shadows during the past three decades, with no place in the rationalistic, structural, and organizational models that dominate academic political analysis. With this new collection of essays, Jeff Goodwin, James M. Jasper, and Francesca Polletta reverse this trend, reincorporating emotions such as anger, indignation, fear, disgust, joy, and love into research on politics and social protest. The tools of cultural analysis are especially useful for probing the role of emotions in politics, the editors and contributors to *Passionate Politics* argue. Moral outrage, the shame of spoiled collective identities, or the joy of imagining a new and better society, are not automatic responses to events. Rather, they are related to moral institutions, felt obligations and rights, and information about expected effects, all of which are culturally and historically variable. With its look at the history of emotions in social thought, examination of the internal dynamics of protest groups, and exploration of the emotional dynamics that arise from interactions and conflicts among political factions and individuals, *Passionate Politics* will lead the way toward an overdue reconsideration of the role of emotions in social movements and politics generally. Contributors: Rebecca Anne Allahyari Edwin Amenta Collin Barker Mabel Berezin Craig Calhoun Randall Collins Frank Dobbin Jeff Goodwin Deborah B. Gould Julian McAllister Groves James M. Jasper Anne Kane Theodore D. Kemper Sharon Erickson Nepstad Steven Pfaff Francesca Polletta Christian Smith Arlene Stein Nancy Whittier Elisabeth Jean Wood Michael P. Young

Passionate Politics

The positive benefits of physical activity for physical and mental health are now widely acknowledged, yet levels of physical inactivity continue to be a major concern throughout the world. Understanding the psychology of physical activity has therefore become an important issue for scientists, health professionals and policy-makers alike as they address the challenge of behaviour change. *Psychology of Physical Activity* provides comprehensive and in-depth coverage of the fundamentals of exercise psychology, from mental health, to theories of motivation and adherence, and to the design of successful interventions for increasing participation. Now publishing in a fully revised, updated and expanded fourth edition, *Psychology of Physical Activity* is still the only textbook to offer a full survey of the evidence base for theory and practice in exercise psychology, and the only textbook that explains how to interpret the quality of the research evidence. As the field continues to grow rapidly, the new edition expands the behavioural science content of numerous important topics, including physical activity and cognitive functioning, automatic and affective frameworks for understanding physical activity involvement, new interventions designed to increase physical activity (including use of new technologies), and sedentary behaviour. A full companion website offers useful features to help students and lecturers get the most out of the book during their course, including multiple-choice revision questions, PowerPoint slides and a test bank of additional learning activities. *Psychology of Physical Activity* is the most authoritative, engaging and up-to-date book on exercise psychology currently available. It is essential reading for all students working in behavioural medicine, as well as the exercise and health sciences.

Psychology of Physical Activity

Shows that if we can learn to understand that every adult step we take away from childhood consciousness-leave-taking, marriage, career, birth and death-is followed by a normal and natural period of mourning and discomfort, we have taken the first step toward adult fulfillment and control of our own lives. Each step we take and understand helps us shed the assumptions, rules, fantasies and irrationalities, established in childhood, that can hold us back from a creative adult life.

Transformations

STORIES FOR THE MIDLIFE TRAVELER In fairytales, the Prince and Princess marry and live happily ever after. But what really happens then? The unique stories in this book, collected from around the world, provide the answer. They portray men and women at midlife, and offer timeless wisdom for surviving and growing in this often turbulent time. This expanded edition of the popular, international

classic contains further commentary, especially useful for a post 9/11 world. "These are tales of the surprising twists and turns of life that occur between the loss of youthful magic and the gaining of elder's wisdom delightfully told by a wise and witty psychiatrist." -June Singer, Ph.D., author of *Boundaries of the Soul* and *Seeing through the Visible World*. "This book contains storytelling at its best. The tales can guide the reader through the trials and tribulations of this time by shining a light into the darkness." -Robert A. Johnson, author of *He and She*.

Once Upon a Midlife

Clinical practice related to sleep problems and sleep disorders has been expanding rapidly in the last few years, but scientific research is not keeping pace. Sleep apnea, insomnia, and restless legs syndrome are three examples of very common disorders for which we have little biological information. This new book cuts across a variety of medical disciplines such as neurology, pulmonology, pediatrics, internal medicine, psychiatry, psychology, otolaryngology, and nursing, as well as other medical practices with an interest in the management of sleep pathology. This area of research is not limited to very young and old patients—sleep disorders reach across all ages and ethnicities. *Sleep Disorders and Sleep Deprivation* presents a structured analysis that explores the following: Improving awareness among the general public and health care professionals. Increasing investment in interdisciplinary somnology and sleep medicine research training and mentoring activities. Validating and developing new and existing technologies for diagnosis and treatment. This book will be of interest to those looking to learn more about the enormous public health burden of sleep disorders and sleep deprivation and the strikingly limited capacity of the health care enterprise to identify and treat the majority of individuals suffering from sleep problems.

Sleep Disorders and Sleep Deprivation

The calculated use of media by those in power is a phenomenon dating back at least to the seventeenth century, as Harold Weber demonstrates in this illuminating study of the relation of print culture to kingship under England's Charles II. Seventeenth-century London witnessed an enormous expansion of the print trade, and with this expansion came a revolutionary change in the relation between political authority—especially the monarchy—and the printed word. Weber argues that Charles' reign was characterized by a particularly fluid relationship between print and power. The press helped bring about both the deconsecration of divine monarchy and the formation of a new public sphere, but these processes did not result in the progressive decay of royal authority. Charles fashioned his own semiotics of power out of the political transformations that had turned his world upside down. By linking diverse and unusual topics—the escape of Charles from Worcester, the royal ability to heal scrofula, the sexual escapades of the "merry monarch," and the trial and execution of Stephen College—Weber reveals the means by which Charles took advantage of a print industry instrumental to the creation of a new dispensation of power, one in which the state dominates the individual through the supplementary relationship between signs and violence. Weber's study brings into sharp relief the conflicts involving public authority and printed discourse, social hierarchy and print culture, and authorial identity and responsibility—conflicts that helped shape the modern state.

Paper Bullets

Cover -- Half-title -- Title -- Copyright -- Dedication -- Contents -- Preface -- 1 Youth and Media -- 2 Then and Now -- 3 Themes and Theoretical Perspectives -- 4 Infants, Toddlers, and Preschoolers -- 5 Children -- 6 Adolescents -- 7 Media and Violence -- 8 Media and Emotions -- 9 Advertising and Commercialism -- 10 Media and Sex -- 11 Media and Education -- 12 Digital Games -- 13 Social Media -- 14 Media and Parenting -- 15 The End -- Notes -- Acknowledgments -- Index -- A -- B -- C -- D -- E -- F -- G -- H -- I -- J -- K -- L -- M -- N -- O -- P -- Q -- R -- S -- T -- U -- V -- W -- X -- Y -- Z

Plugged in

Caffeine in Food and Dietary Supplements is the summary of a workshop convened by the Institute of Medicine in August 2013 to review the available science on safe levels of caffeine consumption in foods, beverages, and dietary supplements and to identify data gaps. Scientists with expertise in food safety, nutrition, pharmacology, psychology, toxicology, and related disciplines; medical professionals with pediatric and adult patient experience in cardiology, neurology, and psychiatry; public health professionals; food industry representatives; regulatory experts; and consumer advocates discussed the safety of caffeine in food and dietary supplements, including, but not limited to, caffeinated beverage

products, and identified data gaps. Caffeine, a central nervous stimulant, is arguably the most frequently ingested pharmacologically active substance in the world. Occurring naturally in more than 60 plants, including coffee beans, tea leaves, cola nuts and cocoa pods, caffeine has been part of innumerable cultures for centuries. But the caffeine-in-food landscape is changing. There are an array of new caffeine-containing energy products, from waffles to sunflower seeds, jelly beans to syrup, even bottled water, entering the marketplace. Years of scientific research have shown that moderate consumption by healthy adults of products containing naturally-occurring caffeine is not associated with adverse health effects. The changing caffeine landscape raises concerns about safety and whether any of these new products might be targeting populations not normally associated with caffeine consumption, namely children and adolescents, and whether caffeine poses a greater health risk to those populations than it does for healthy adults. This report delineates vulnerable populations who may be at risk from caffeine exposure; describes caffeine exposure and risk of cardiovascular and other health effects on vulnerable populations, including additive effects with other ingredients and effects related to pre-existing conditions; explores safe caffeine exposure levels for general and vulnerable populations; and identifies data gaps on caffeine stimulant effects.

Caffeine in Food and Dietary Supplements

If you binge eat, continually overeat, turn to food for comfort or graze incessantly throughout the day, then this book is for you. The 10-Day Binge Eating Detox Plan will effectively and compassionately guide you through a program of detoxing from the eating behaviour which is causing you so much distress. In this 10-day program you will learn how to: Detox from binge eating the foods that are most problematic for you. Detox from the poison of the diet culture. Detox from any negativity you may feel about your body. On the other side of the 10 days, a new world of grace and ease awaits you, where you will be at peace with food and your body. So far, so good, you might be thinking - but what do I have to do? Is this going to be too difficult? The great news is that all you have to do is read the daily chapters, listen to a specially-recorded hypnotherapy audio download, and apply the concepts to your day. That's all. You do not need to rush out to buy any special equipment or gadgets. You already possess the most powerful tool - your mind. What's more, you don't have to make huge sacrifices. This book is about detoxing from binge eating, not about living on green juices or never drinking coffee. You can even have a glass of wine if you want. And it's certainly not about dieting, because if you need to lose weight, you will as a natural result of reading this book. Two writers collaborated on this book. I am Antonia Ryan. I graduated from Queen's University in Belfast, Northern Ireland, and have post-graduate qualifications in psychology and teaching. I have worked for 30 years in social services and education in England, the USA and Portugal. During my time as a social work professional, I counselled clients in clinical settings for eating disorders. I am passionate about healthy diet and nutrition, an accredited weight management counsellor, and author of the book *Mindfulness for Binge Eating*. My co-author is bestselling self-development writer Lewis David. Before becoming an author, Lewis was a leading therapist and trainer in the field of compulsive behaviours. It was during this time he developed a unique 10-day therapeutic training program, which was evidence-based to government-approved clinical practice standards. It proved to be astonishingly effective, worked for a variety of behavioural problems, and provides the framework for this book. Order this book today and find release from the grip of food obsession.

The 10-Day Binge Eating Detox Plan

How do you tailor education to the learning needs of adults? Do they learn differently from children? How does their life experience inform their learning processes? These were the questions at the heart of Malcolm Knowles' pioneering theory of andragogy which transformed education theory in the 1970s. The resulting principles of a self-directed, experiential, problem-centred approach to learning have been hugely influential and are still the basis of the learning practices we use today. Understanding these principles is the cornerstone of increasing motivation and enabling adult learners to achieve. The 9th edition of *The Adult Learner* has been revised to include: Updates to the book to reflect the very latest advancements in the field. The addition of two new chapters on diversity and inclusion in adult learning, and andragogy and the online adult learner. An updated supporting website. This website for the 9th edition of *The Adult Learner* will provide basic instructor aids. For each chapter, there will be a PowerPoint presentation, learning exercises, and added study questions. Revisions throughout to make it more readable and relevant to your practices. If you are a researcher, practitioner, or student in education, an adult learning practitioner, training manager, or involved in human resource development, this is the definitive book in adult learning you should not be without.

The Adult Learner

Explores cities as the origin of revolutionary politics, where social and political issues are always at the surface, using examples from such cities as New York City and Mumbai to examine how they can be better ecologically reorganized.

Rebel Cities: From the Right to the City to the Urban Revolution

In this important contribution both to the study of social protest and to French social history, Roger Gould breaks with previous accounts that portray the Paris Commune of 1871 as a continuation of the class struggles of the 1848 Revolution. Focusing on the collective identities framing conflict during these two upheavals and in the intervening period, Gould reveals that while class played a pivotal role in 1848, it was neighborhood solidarity that was the decisive organizing force in 1871. The difference was due to Baron Haussmann's massive urban renovation projects between 1852 and 1868, which dispersed workers from Paris's center to newly annexed districts on the outskirts of the city. In these areas, residence rather than occupation structured social relations. Drawing on evidence from trial documents, marriage records, reports of police spies, and the popular press, Gould demonstrates that this fundamental rearrangement in the patterns of social life made possible a neighborhood insurgent movement; whereas the insurgents of 1848 fought and died in defense of their status as workers, those in 1871 did so as members of a besieged urban community. A valuable resource for historians and scholars of social movements, this work shows that collective identities vary with political circumstances but are nevertheless constrained by social networks. Gould extends this argument to make sense of other protest movements and to offer predictions about the dimensions of future social conflict.

Insurgent Identities

Why do diets fail? Is it because of genetic disposition? A sluggish metabolism? An underactive thyroid? A behavioural psychologist reveals the truth about dieting, including how she lost over 50 kg in one year. After years of failed diets, Dr Nadja Hermann weighed 150 kg at the age of 30. All her life, she had heard and read about hundreds of reasons why diets wouldn't work for her. But when her weight started to seriously affect her health, she took a hard look at the science and realised that most of what she believed about dieting was a myth. What was more, those very myths were preventing her from losing weight. Forget clean eating, paleo, or fasting — it was conquering these elements of 'Fat Logic' that nally led to Hermann achieving a healthy weight. One and a half years later, she weighed 65 kg, and has maintained that weight to this day. Now, using humour, the insight she's acquired, and a dose of science, Hermann debunks widespread lies about weight loss, and shows how it is possible to attain a healthy weight.

Conquering Fat Logic

Philippe Tahon has made a thrilling discovery, and it's something many of us will want to know. This highly sought-after London psychotherapist has created a unique set of tools that not only enabled him to lose five stone, but is now doing the same for hundreds of others. In *Shrink*, Philippe shares his easy programme and teaches you to eat mindfully, intuitively and positively. He encourages you to throw

away the rulebook and free yourself forever from emotional eating and the diet trap. In being mindful we can tell how hungry we really are. Using our intuition, we eat only what our body knows is good for us, and when. By eating positively, we no longer regard food as the enemy but make friends with it, embracing it for the pleasure and nourishment it brings. Philippe's holistic technique gives you back your confidence, allows you to retake control and enjoy food guilt-free. Step by step, his clients identify the patterns in their eating habits and learn how to eat what they like whilst losing weight for good. The simple beauty of this hugely successful programme is that it allows you to 'think like a shrink' and have the body you really want - for life.

SHRINK

This book combines detailed scientific historical research with characteristic philosophic breadth and verve.

The Taming of Chance

Motivational speaker Chandler highlights 100 proven methods to positively change the way people think and act, methods based on feedback from the corporate and public seminar attendees he speaks to each year.

100 Ways to Motivate Yourself

Would you like to develop some strategies to manage knowledge deficits, near misses and mistakes in practice? Are you looking to improve your reflective writing for your portfolio, essays or assignments? Reflective practice enables us to make sense of, and learn from, the experiences we have each day and if nurtured properly can provide skills that will you come to rely on throughout your nursing career. Using clear language and insightful examples, scenarios and case studies the third edition of this popular and bestselling book shows you what reflection is, why it is so important and how you can use it to improve your nursing practice. Key features: · Clear and straightforward introduction to reflection directly written for nursing students and new nurses · Full of activities designed to build confidence when using reflective practice · Each chapter is linked to relevant NMC Standards and Essential Skills Clusters

Reflective Practice in Nursing

Would you like to eat whatever you want and still lose weight? Would you like to feel really happy with your body? Are you unable to lose those last 10 pounds? Do you find it difficult to say no to second helpings? Do you get disheartened about your eating habits and your weight? Have you tried every diet and it made no difference long-term? Then this amazing system is for you! Welcome to a revolutionary new way to stop overeating, control cravings, and feel totally motivated to exercise. Paul McKenna has developed a breakthrough weight-loss system that re-patterns your thoughts, attitudes, and beliefs about yourself, your health, and food to help you easily take control of your diet and lose weight permanently. As you use Dr. McKenna's unique book and audio system, the latest psychological techniques will automatically help you to start losing weight right away! You can use it again and again to make you feel happier about yourself as you go all the way to your ideal shape, size, and weight.

I Can Make You Thin

Made to Break is a history of twentieth-century technology as seen through the prism of obsolescence. Giles Slade explains how disposability was a necessary condition for America's rejection of tradition and our acceptance of change and impermanence. This book gives us a detailed and harrowing picture of how, by choosing to support ever-shorter product lives, we may well be shortening the future of our way of life as well.

Made to Break

The sequel to the #1 New York Times bestseller *Travel Team!* When you're the smallest kid playing a big man's game, the challenges never stop—especially when your name is Danny Walker. Leading your travel team to the national championship may seem like a dream come true, but for Danny, being at the top just means the competition tries that much harder to knock him off. Now Danny's leaving Middletown for the summer and heading to Right Way basketball camp, where he's out of his element and maybe out of his league. The country's best ballers are in attendance, and Danny will need to raise his game

if he wants to match up. But it won't be easy. Old rivals and new battles leave Danny wondering if he really has what it takes to stand tall. "Lupica is at his best when he puts the reader right in the center of the action on the court. His game descriptions are fast, accurate, and exciting. Young sports-fiction fans will eat this up." —Booklist "Sports fans will relish the on-court action, expertly rendered in Lupica's taut prose. This worthy sequel to Travel Team should earn a wide audience." —School Library Journal "Lupica knows his basketball and knows how to spin a page-turner of a story. Those who enjoyed the first installment of Danny's story will be thrilled to read a sequel, and even those middle school readers who are not huge sports fans will want to cheer for Danny Walker, who proves that determination can be a whole lot bigger than height." —VOYA

Summer Ball

The Beck Diet Solution Weight Loss Workbook has descriptive copy which is not yet available from the Publisher.

The Beck Diet Solution Weight Loss Workbook

How to fix the Modern American Diet and reclaim our minds and waistlines "An insightful, eye opening adventure into diet and nutrition. Concise and witty, this book kept me engaged from cover to cover. A must-have for anyone serious about getting happy and healthy naturally."—Andrew Morton, MD, Board-certified Family Physician; Former Medical Corps, US Navy and Army Infantry Medic, Desert Storm For the first time in history, too much food is making us sick. The Modern American Diet (MAD) is expanding our waistlines while starving and shrinking our brains. Rates of obesity and depression have recently doubled, and though these epidemics are closely linked, few experts are connecting the dots for the average American. Using data from the rapidly changing fields of neuroscience and nutrition, The Happiness Diet shows that over the past several generations, small, seemingly insignificant changes to our diet have stripped it of nutrients—like magnesium, vitamin B12, iron, and vitamin D, as well as some very special fats—that are essential for happy, well-balanced brains. These shifts also explain the overabundance of mood-destroying foods in the average American's diet and why they predispose most of us to excessive weight gain. After a clear explanation of how we've all been led so far astray, The Happiness Diet empowers the reader to steer clear of this MAD way of life with simple, straightforward solutions, including: • A list of foods to swear off • Shopping tips and kitchen organization tricks • A compact healthy cookbook full of brain-building recipes • Practical advice, meal plans, and more! Graham and Ramsey guide you through these steps and then remake your diet by doubling down on feel-good foods—even the all-American burger. Praise for The Happiness Diet "Finally, a rock-solid, reliable, informative, and entertaining book on how to eat your way to health and happiness. Run—don't walk—to read and adopt The Happiness Diet. This is the only diet book I've encountered that I can actually recommend to patients without reservation."—Bonnie Maslin, PhD, Psychologist and author of Picking Your Battles "A lively, thorough, and iron-clad case for real food. You will never eat an egg-white omelet or soy protein shake again."—Nina Planck, author of Real Food and Real Food for Mother and Baby "The book includes food lists, shopping tips, brain-building recipes, smart slimming strategies, and other useful tools to lose weight and keep the blues at bay."—AM New York

The Happiness Diet

When doctors and patients talk