

Yoga Cats Together 2018 12 X 12 Inch Monthly Square Wall Calendar With Foil Stamped Cover By Plato Animals Humor Cats

We humans have never been crazier about our cats. And yoga just keeps getting bigger every year. So what happens when you combine cats and yoga? The best of everything and then some! Just seeing a cat makes us feel good, but seeing a cute kitty doing Warrior III? How can you not smile? Yoga Cats remind us of the basic principles of yoga: follow your breath; be present; feel connection to our living world... and don't forget to get in touch with your inner kitty!

Thoroughly updated to reflect the latest advances and technologies, Braddom's Physical Medicine and Rehabilitation, 6th Edition, remains the market leader in the field of PM&R. For more than 20 years, this bestselling reference has been the go-to resource for the entire rehabilitation team, providing in-depth coverage of essential core principles along with the latest research, technologies, and procedures that enhance patient care and facilitate optimal return to function. In this edition, lead editor Dr. David X. Cifu and his team of expert associate editors and contributing authors employ a more succinct format that emphasizes need-to-know material, incorporating new key summary features, including high-yield information and study sheets for problem-based learning. Focuses more heavily on rehabilitation, with case studies throughout and more comprehensive coverage of stroke evaluation, rehabilitation, and therapies. Provides expanded information on key topics such as interventional pain management options, gait and prosthetics, USG, fluoroscopy, electrodiagnosis and more. Features a new chapter on Occupational Medicine and Vocational Rehabilitation, plus enhanced coverage of the neurogenic bladder, rehabilitation and prosthetic restoration in upper limb amputation, and acute medical conditions including cardiac disease, medical frailty, and renal failure. Discusses quality and outcome measures for medical rehabilitation, practical aspects of impairment rating and disability determination, integrative medicine in rehabilitation, and assistive technology. Offers highly illustrated, templated chapters that are easy to navigate without sacrificing coverage of key topics. Includes access to dozens of even more practical videos and hundreds of integrated self-assessment questions for more effective learning and retention.

Jasminne Mϕndez, a Dominican American educator, performance artist and writer, reveals her experiences with chronic illness and infertility in these moving essays and poems.

If you are seeking change and want to align with your highest purpose, the power is in your hands. Many of us know we need a change, an overhaul of the way we "do" life. We feel the need to move forward but we aren't sure where to place our feet to take those first steps. There are countless manuals for bettering our lives, but we crave something that will truly help us to change for the better once and for all. The Change Guidebook ends the search for self-help that works, serving as a life-long companion guide and resource to complement your life. It offers ten points for making a change or adapting to unforeseen circumstances and allows you to become a change master by using the provided solutions to change, grow, and become your bravest and boldest self. These points are a process that you can engage in and turn to in times of need, crisis, or to alter your life's course. Elizabeth Hamilton-Guarino, the founder of The Best Ever You Network, has created a framework for crafting a new way to move through the world and inhabit our lives. By using the tools provided within this book, you will experience the joy of living life as someone firmly grounded in values, anchored by a consistent moment-to-moment practice of gratitude. These principles have been widely used to achieve goals from changing careers to weight loss, becoming a college athlete, and more, and have been proven to change many lives. The Change Guidebook is for anyone who is seeking change and wants to align to their highest purpose. Learn how to unlock the light within. Change is possible and the power is in your hands.

Pete the Cat: I Love My White Shoes

And, Meditations on First Philosophy

Problem Solving for College Students

Your Personal Guide

Cats on Catnip

Stuff You Should Know

Yoga Cats Deck & Book Set features the delightful animal photography and clever digital craft of Dan Borris. The set includes 44 cards and a full color 96-page guidebook that explains the yoga poses and their benefits. Also provided are step-by-step instructions for practicing each yoga pose along with insightful messages. Yoga Cats are lithe and limber, sweet and silly, and each one presents inspirational insight for on and off the mat. This deck is purrfect for cat lovers, yoga lovers, and all those looking for reasons to smile. Dog devotees check out Yoga Dogs Deck & Book Set Alison DeNicola is a yoga teacher, energy healer and author of Mudras For Awakening the Energy Body and Mudras for Awakening the Five Elements. Dan Borris, the creative mind behind Yoga Dogs and Yoga Cats, has worked as a photographer in the advertising and music industries, including Sony and Atlantic Records. His photographs have appeared in

Are you looking for natural remedies to help manage your arthritis symptoms? Emily Johnson, the founder of Arthritis Foodie, has written the ultimate guide to living well with arthritis. After a five year battle with the condition, Emily embarked on a journey of healing - with food, exercise and healthy living - and now with her debut book she puts us on the path to taking back control of our own bodies.

Beat Arthritis Naturally shares Emily's top tips and tricks for managing symptoms, along with quick exercise sequences and delicious recipes made with unprocessed whole foods, such as Cajun Salmon Burgers, Warming Parsnip Soup and Bright Blueberry Muffins. Emily delves into a variety of topics to help you naturally feel better, including: - Healthy delicious recipes - Key anti-inflammatory foods and potential inflammatory foods - Pain management - The importance of sleep - Mindset and how to think more positively Combining Emily's own challenges with seronegative arthritis and backed-up expert advice from leading therapists and rheumatologists, Beat Arthritis Naturally will give you the confidence you need to live a healthier and happier life. 'Emily has compiled a fantastic book full of useful and scientifically robust information about how lifestyle and food can help with this debilitating group of conditions. Most people resort to medications alone, when actually we know just how impactful lifestyle can be. Emily is banging the drum for arthritis patients everywhere and this is a must read for anyone suffering alone and looking to improve their wellbeing holistically.' - Dr Rupy. Aujla, MBBS, BSc, MRCPG, Founder Doctor's Kitchen

A fun and sassy no-nonsense invitation to the practice of astrology with easy-to-understand tools for self-development and conscious living Astrology books are typically either overly simplistic sun-sign books or overly complicated chart calculations filled with astro jargon. Astrology for Real Life goes beyond simple sun-sign interpretation and at the same time cuts through the complications of horoscope analysis to make understanding your chart in depth, simple and easy. The goal is to make astrology accessible to total newbies and provide a working reference guide for intermediates. The book is presented in workbook format exploring each part of chart interpretation—signs, planets, houses, aspects—with exercises following each chapter and fill-in-the-blank lessons that take the reader through all the just-learned steps. The tone is warm, fun, and personal, and the exercises give the reader experiential hands-on practice. The end result: once you learn the basics in Astrology for Real Life, you can easily navigate the cosmos by making them work for you. It's kind of like a roadmap where we begin by understanding the terrain and the tools available. From there, the planets will guide you in making brave, excellent choices in love, work, and life. It's profound, fun, and practical. You'll learn how to interpret your chart with confidence and use astrology in a practical, proactive way, with no astro excuses (blaming the stars for your issues).

Author Jacqueline Towers expertly explains the history and multiple branches of the ancient practice of meditation, as well as explaining the necessary tools to extend your knowledge, make spiritual connections, and obtain spiritual protection—and to just relax. Included inside the back cover is a set of 7 beautifully illustrated reference cards that provide quick-and-easy guided meditations and mindfulness exercises. With our lives a hectic combination of running to and from work, planning events, fulfilling family responsibilities, and building personal relationships, we are on overdrive for the better part of each day. Add in the impossible task of keeping up in our social media lives, it's no wonder we are stressed out and yearning for spiritual meaning. In Focus Meditation begins with an introduction to meditation, followed by details about meditation equipment and the history of meditation. A wide breadth of meditation topics are covered: Spiritual guide and angelic Emotional or psychological Spirit and totem animals Mindfulness Visualization Reincarnation The In Focus series applies a modern approach to teaching the classic body, mind, and spirit subjects. Authored by experts in their respective fields, these beginner's guides feature smartly designed visual material that clearly illustrates key topics within each subject. As a bonus, each book includes reference cards or a poster, held in an envelope inside the back cover, that give you a quick, go-to guide containing the most important information on the subject.

Target 100

RRB Group D Level 1 Solved Papers and Practice Sets

Singapore, Spirituality, and the Space of the State

In Focus Meditation

Supercharge your health with 65 recipes and lifestyle tips from Arthritis Foodie

Ohio Day Trips by Theme

An artist and activist committed to the empowerment of women and girls has created a gorgeous illustrated volume, blending watercolor and short biography to showcase the contributions of more than fifty influential female leaders whose words and actions are a passionate call to arms. Distraught by the results of the 2016 election and the realization that the nation was not ready for its first female president, Kimothy Joy found herself poring over the biographies of brave women throughout history—those who persisted in the face of daunting circumstances—to learn from their experiences. Turning to art, Joy channeled her feelings to the canvas, bringing these strong women to life in bold watercolor portraits surrounded by inspirational hand-lettered quotes. With each creation, Joy found catharsis and hope. She shared her watercolors with her online community and encouraged everyone to raise their own voices and recharge for the battles ahead. Now, in this beautiful gift book, Joy has gathered her stunning illustrations and quotes and paired them with surprising, illuminating biographies of her subjects to inspire women of all ages, races, and backgrounds. That's What She Said honors a powerful and diverse group of over fifty women—from Maya Angelou, Gloria Steinem, and Virginia Woolf to Sojourner Truth, Malala Yousafzai, and Ruth Bader Ginsburg—role models whose words and insights remind us that we must never give up the fight for a more just and equitable society. Reclaiming the derogatory cultural barb "that's what she said," this stunning book celebrates strong female leadership throughout history and empowers current and future generations to find their voices and inspire change in their communities.

Many people are drawn to a physical yoga practice as a way to reduce stress and move more. However, because most of their time is spent at a desk, their bodies are often not prepared to perform many of the traditional physical poses. Additionally, naturally flexible people will be drawn to the practice, because it comes easily to them. However, they frequently lack the stability needed to support their joints in these positions, which makes them vulnerable to pain and repetitive stress injuries. Yoga Deconstructed offers the experience of yoga with an interdisciplinary approach that integrates other movement modalities and modern movement science. This approach helps students become more well-rounded in their movements, which better prepares them for asana and improves their ability to function in everyday life. This book teaches: How to help students move better and reduce their risk of injury within the scope of yoga, Pilates or any other movement modality. Regressions and progressions for human movement and yoga asana to fit the unique needs of the student. Critical thinking skills to help students safely transition from physical therapy to group classes. Strategies to introduce variability and neuromuscular re-education that help facilitate tissue resiliency, neuroplasticity, and new motor patterns. How to apply a skills-based approach, instead of a lineage-based approach Modern movement applications, including somatics, sensory feedback methods, and corrective exercise. How to deconstruct and expand yoga asana beyond static, two-dimensional shapes to reduce the risk of hypermobility and repetitive stress injuries.

Descartes' ideas not only changed the course of Western philosophy but also led to or transformed the fields of metaphysics, epistemology, physics and mathematics, political theory and ethics, psychoanalysis, and literature and the arts. This book reprints Descartes' major works, Discourse on Method and Meditations, and presents essays by leading scholars that explore his contributions in each of those fields and place his ideas in the context of his time and our own. There are chapters by David Weissman on metaphysics and psychoanalysis, John Post on epistemology, Lou Massa on physics and mathematics, William T. Bluhm on politics and ethics, and Thomas Pavel on literature and art. These essays are accompanied by others by David Weissman and by Stephen Toulmin that introduce the idea of intellectual lineages, discuss the period in which Descartes wrote, and reexamine the premises of his philosophy in light of contemporary philosophical, political, and social thinking.

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How to Free Yourself and Your Family from a Lifetime of Clutter

International Books in Print

The Gentle Art of Swedish Death Cleaning

Take Life One Pose at a Time

The Little Book of Goat Yoga

How to Align Your Heart, Truths, and Energy to Find Success in All Areas of Your Life

Advanced Kriya Yoga And Philosophy Kriya Yoga Is The Science Of The Evolution Of Human Consciousness Babaji's Kriya Yoga Is The Alchemy Of Total Transformation! The Master's Pen

Your All-in-One Guide to Ohio's Best Outings! If you've ever asked, "What should we do today?" then you've never seen Ohio Day Trips by Theme. This comprehensive guide to the Buckeye State is jam-packed with hundreds of Ohio's top spots for fun and entertainment. Take a simple day trip, or string together a longer vacation of activities that catch your interest. Destinations in the book are organized by themes, such as Airplanes & Railroads, Festivals, Outdoor Adventures, and Sports, so you can decide what to do and then figure out where to do it. Useful for singles, couples, and families—visitors and residents alike—this guide by Cathy Hester Seckman encompasses a wide range of interests. Discover the state's unique attractions—state parks, museums, beaches, winter activities, and more. The book's handy size makes it perfect for bringing along on your road trips. Plus, with tips for other things to do in the area, you're sure to maximize the fun on every outing. With Ohio Day Trips by Theme at your fingertips, you'll always have something to do!

"When I was losing weight, Liz was more than my coach; she was my rock, and I couldn't have done it without her. She just got it, because she'd been through it herself (and helped about a million other people through it, too). Target 100 is Liz in book form—smart, supportive, and full of practical, simple solutions. Liz changed my life and my whole concept of dieting—and now can change, yours too." —Jessica Simpson When did weight loss get so complicated? Today, it feels like there are a million different apps, tools, workouts, and eating plans designed to help you lose weight. Some promise success via drastic, unlivable restrictions, others are so complex they turn losing weight into a second job. In Target 100, celebrity weight-loss coach Liz Josefsberg shows you don't have to be a slave to your weight-loss program. You don't have to count every gram of every nutrient and every calorie you eat at every meal. Believe it or not, weight loss can be simple. It can even be . . . fun. A 15-year veteran of the weight-loss industry and who lost—and kept off—65 pounds herself, Liz has accrued a high-profile clientele. She helped Oscar-winner Jennifer Hudson lose weight and transform her life and coached Jessica Simpson to shed over 50 pounds of baby weight (twice!). But along with the likes of Charles Barkley and Katie Couric, Josefsberg has also coached thousands of others, everyone from stay-at-home moms to office jockeys. Along the way, she's learned what works—and what doesn't—when it comes to lasting weight loss, and she's ready to share her secrets with the rest of us. Target 100 streamlines the weight-loss process into six easy-to-follow guidelines and shows you how to adjust them to fit your lifestyle, personalizing the program so that it works for you. Josefsberg offers tips, worksheets, and powerful insights to help you fine-tune a range of weight-related behaviors, from battling stress to getting more sleep, setting the stage for permanent, long-term weight loss. Instead of counting calories, you'll learn how simple changes come together to jumpstart your health and wellbeing, such as: • Drinking 100 ounces of water a day • Exercising for 100 minutes a week • Adding 100 minutes of Sleep a week • De-Stressing for 100 minutes a week • And more! Warm and no-nonsense, encouraging and informative, Target 100 is a holistic and revolutionary wellness book with a simple message: You don't need to be perfect to lose weight, or transform yourself into someone you're not. You can lose weight for good, with the world's simplest weight loss program.

Field Manual for Small Animal Medicine offers anyone working in resource-limited environments a practical resource for delivering veterinary care outside the traditional hospital or clinic setting. Offers the only comprehensive resource for best practices when practicing veterinary medicine in resource-limited environments Integrates practical and cost-effective protocols where the ideal solution may not be available Presents information on vital topics such as operating a field spay/neuter clinic, emergency sheltering, sanitation and surgical asepsis, preventive care practices, zoonotic diseases, and euthanasia Serves as a quick reference guide for common surgical procedures, cytology interpretation, anesthesia and treatment protocols, and drug dosing

Draplin Design Co.

Braddom's Physical Medicine and Rehabilitation E-Book

War of the Gods

The Change Guidebook

A Cat Who Has an Unlimited Data Plan...and Isn't Afraid to Use It

Strategies for Successful Animal Shelters

Learn the skills essential to clinical practice with Foundations and Adult Health Nursing, 8th Edition! This all-inclusive guide to fundamentals and medical-surgical nursing for the LPN/LVN covers everything from anatomy and physiology to nursing interventions and maternity, neonatal, pediatric, geriatric, mental health, and community health care. Guidelines for patient care are presented within the framework of the nursing process; Nursing Care Plans are described within a case-study format to help you develop skills in clinical decision-making. In addition, the accessible, friendly overall style and clearly written review questions helps you to prepare for the NCLEX-PN® examination. Clear coverage of skills across the human lifespan includes maternity, pediatrics, adults, and older adults. Full-color, step-by-step instructions for over 110 skills show nursing techniques and procedures along with rationales for each. Tenth grade reading level helps you to understand complex topics. Skills are presented in a step-by-step format with clearly defined nursing actions and rationales. Mathematics review in Dosage Calculation and Medication Administration chapter covers basic arithmetic skills prior to the discussion of medication administration. Safety Alerts cover issues related to safe patient care in a variety of settings. Health Promotion Considerations boxes highlight information on wellness and disease prevention, including infection control, diet, and pregnancy. Nursing Care Plans emphasize patient goals and outcomes within a case-study format, and promotes clinical decision-making with critical thinking questions at the end of each care plan. Patient Teaching boxes include post-hospital discharge guidelines and disease prevention instructions with a strong focus on three-way communication among the nurse, patient, and family members. Communication boxes illustrate communication strategies using real-life examples of nurse-patient dialogue. Lifespan Consideration boxes provide you with age-specific information for the care of the patient. Home Health Considerations boxes discuss issues facing patients and their caregivers in the home setting. Get Ready for the NCLEX® Examination section at the end of each chapter provides Key Points, Review Questions, and Critical Thinking Activities to reinforce learning. Coordinated Care boxes promote comprehensive patient care with other members of the health care team, focusing on prioritization, assignment, supervision, collaboration, delegation, and leadership topics.

Introducing the fun, furry fitness sensation: goat yoga! Lainey Morse didn't set out to start a fitness craze, but she got one when her yoga-instructor friend asked her if she could hold a yoga class on Lainey's farm. The appeal was immediately apparent, with word spreading quickly and waitlist developing almost overnight. Now, Lainey has people traveling from every corner of the globe -- from Iceland to Australia -- to experience goat yoga where it all began. If you don't have goat yoga in your city just yet, this book offers a delightful "armchair goat yoga" experience, complete with adorable photos of Lainey's goats (each of which has a big personality and will be profiled in the book) and a gentle yoga sequence you can do with or without hooved friends.

This New York Times bestselling Pete the Cat hardcover picture book is a perfect Christmas gift for Pete the Cat fans who are eagerly awaiting Santa’s arrival! Pete and his friends are rockin’ and groovin’ while counting down the days to Christmas! Who needs five golden rings, when you can have five onion rings? Join Pete and the gang for one-of-a-kind holiday cheer. He adds a cool-cat spin on a well-known Christmas carol, bringing a hip and energetic spirit to the season. Plus, don't miss Pete's other spin on a holiday classic, Pete the Cat Saves Christmas. And Pete's other groovy guides, Pete the Cat's Groovy Guide to Life, Pete the Cat's Groovy Guide to Love, and Pete the Cat's Groovy Guide to Kindness!

Barb Cook and 14 other autistic women describe life from a female autistic perspective, and present empowering, helpful and supportive insights from their personal experience for fellow autistic women. Michelle Garnett's comments validate and expand the experiences described from a clinician's perspective, and provide extensive recommendations. Autistic advocates including Liane Holliday Willey, Anita Lesko, Jeanette Purkis, Artemisia and Samantha Craft offer their personal guidance on significant issues that particularly affect women, as well as those that are more general to autism. Contributors cover issues including growing up, identity, diversity, parenting, independence and self-care amongst many others. With great contributions from exceptional women, this is a truly well-rounded collection of knowledge and sage advice for any woman with autism.

Soul of the Little Red Dot

Personal Essays and Poetry

Pretty Much Everything

The Woman in the Window

Crossing the River with Dogs

Field Manual for Small Animal Medicine

A charming, practical, and unsentimental approach to putting a home in order while reflecting on the tiny joys that make up a long life. In Sweden there is a kind of decluttering called döstädning, dö meaning “death” and städning meaning “cleaning.” This surprising and invigorating process of clearing out unnecessary belongings can be undertaken at any age or life stage but should be done sooner than later, before others have to do it for you. In The Gentle Art of Swedish Death Cleaning, artist Margareta Magnusson, with Scandinavian humor and wisdom, instructs readers to embrace minimalism. Her radical and joyous method for putting things in order helps families broach sensitive conversations, and makes the process uplifting rather than overwhelming. Margareta suggests which possessions you can easily get rid of (unworn clothes, unwanted presents, more plates than you’d ever use) and which you might want to keep (photographs, love letters, a few of your children’s art projects). Digging into her late husband’s tool shed, and her own secret drawer of vices, Margareta introduces an element of fun to a potentially daunting task. Along the way readers get a glimpse into her life in Sweden, and also become more comfortable with the idea of letting go.

Esquire. Ford Motors. Burton Snowboards. The Obama Administration. While all of these brands are vastly different, they share at least one thing in common: a teeny, little bit of Aaron James Draplin. Draplin is one of the new school of influential graphic designers who combine the power of design, social media, entrepreneurship, and DIY aesthetic to create a successful business and way of life. Pretty Much Everything is a mid-career survey of work, case studies, inspiration, road stories, lists, maps, how-tos, and advice. It includes examples of his work—posters, record covers, logos—and presents the process behind his design with projects like Field Notes and the “Things We Love” State Posters. Draplin also offers valuable advice and hilarious commentary that illustrates how much more goes into design than just what appears on the page. With Draplin’s humor and pointed observations on the contemporary design scene, Draplin Design Co. is the complete package for the new generation of designers.

A humorous collection of dozens of photos of funny and adorable cats as they play with, roll in, and chow down their favorite snack of choice -- catnip. Cats love catnip. Whether it's eating it, playing with it, or rolling around in it, catnip turns our domestic feline friends into hilarious balls of activity. Carefree and unconstrained, they are free to be silly, exceptionally playful, and downright gnarly. Professional pet photographer and self-confessed crazy cat man Andrew Marttila (the photographer behind Shop Cats of New York) captures a range of the cats' silly and expressive personalities as they react to their catnip trip. Delightful, elegant Fluffy transforms into a hell-bent renegade.

Shy, reserved Mittens becomes a free-loving acrobat. In the blink of an eye, a cat's expression transforms from bored to inquisitive to playful to curious to bizarre. . . to utterly unhinged. A fun and delightful look at our furry companions, this gift book is perfect for every cat lover.

From the duo behind the massively successful and award-winning podcast Stuff You Should Know comes an unexpected look at things you thought you knew. Josh Clark and Chuck Bryant started the podcast Stuff You Should Know back in 2008 because they were curious—curious about the world around them, curious about what they might have missed in their formal educations, and curious to dig deeper on stuff they thought they understood. As it turns out, they aren't the only curious ones. They've since amassed a rabid fan base, making Stuff You Should Know one of the most popular podcasts in the world. Armed with their inquisitive natures and a passion for sharing, they uncover the weird, fascinating, delightful, or unexpected elements of a wide variety of topics. The pair have now taken their near-boundless "whys" and "hows" from your earbuds to the pages of a book for the first time—featuring a completely new array of subjects that they’ve long wondered about and wanted to explore. Each chapter is further embellished with snappy visual material to allow for rabbit-hole tangents and digressions—including charts, illustrations, sidebars, and footnotes. Follow along as the two dig into the underlying stories of everything from the origin of Murphy beds, to the history of facial hair, to the psychology of being lost. Have you ever wondered about the world around you, and wished to see the magic in everyday things? Come get curious with Stuff You Should Know. With Josh and Chuck as your guide, there’s something interesting about everything (...except maybe jackhammers).

Opening Spaces for Complexity, Subjectivity and the Future

Poses and Wisdom to Inspire Your Practice

Beat Arthritis Naturally

Pete the Cat's 12 Groovy Days of Christmas

Night-blooming Jasmin(n)e

Yoga with Cat

Texts from Mittens is a series of text message conversations between a snappy, self-absorbed housecat named Mittens and his long-suffering human, a single woman who works away from home during the day. Mittens relentlessly hassles his human all day long, while only taking breaks to watch Judge Judy, hang with his best friend Stumpy, complain about the antics of Drunk Patty the neighbor, ask Grandma for money to buy useless items from QVC, and harass the “filthy beast” dog, Phil. Angie Bailey is an award-winning writer and blogger, humorist, and professional member of the Cat Writers’ Association. Her primary blog, Catladyland, has won many awards, and her humor writing is featured nearly daily on Catster.com, one of the most popular cat sites on the Web. She loves to photograph her cats in silly poses and sleeps with one eye open. And yes, she has three cats. “Each installment of Texts From Mittens is like a little gift to brighten your day!” —Kate Benjamin, Hauspanther founder and co-author of Catification with Jackson Galaxy “Texts From Mittens makes me wish my cat had thumbs! This is a hilarious book; Angie Bailey has done it again!” —Jeremy Greenberg, Author of Sorry I Barfed on Your Bed “We all knew that cats were hilarious, but Ms. Bailey's sardonic cat quips really take their mannerisms, attitude and occasional apathy to another level.” —Susan Michals, Curator of Cat Art Show Los Angeles Come home! There's an emergency! What?? Are you OK? My dish is half empty! I'll be home soon. You wish starvation upon me! Stop being dramatic. Am weeak. Caan hasrdly tyyppe. Are you going to wear those black pants on your bed? Yes. I have a date. They're comfortable. Mittens, get off my pants! FYI: Poly-blend makes your butt look big Make sure you have the foundation you need to begin a successful nursing career! Foundations of Nursing, 8th Edition covers the skills needed for clinical practice, from nursing interventions to maternity, neonatal, pediatric, geriatric, mental health, and community health care. Guidelines for patient care are presented within the framework of the nursing process; Nursing Care Plans are described within a case-study format to help you develop skills in clinical decision-making. The accessible, friendly overall style and clearly written review questions also helps you prepare for the NCLEX-PN® examination! Clear coverage of skills across the human lifespan includes maternity, pediatrics, adults, and older adults. Full-color, step-by-step instructions for over 110 skills show nursing techniques and procedures along with rationales for each. Tenth grade reading level helps you to understand complex topics. Expanded and updated Cultural Considerations boxes explore specific health and cultural issues to help you address the needs of the increasingly diverse patient and resident populations. Skills are presented in a step-by-step format with clearly defined nursing actions and rationales. Mathematics review in Dosage Calculation and Medication Administration chapter covers basic arithmetic skills prior to the discussion of medication administration. Safety Alerts cover issues related to safe patient care in a variety of settings. Health Promotion Considerations boxes highlight information on wellness and disease prevention, including infection control, diet, and pregnancy. Nursing Care Plans emphasize patient goals and outcomes within a case-study format, and promotes clinical decision-making with critical thinking questions at the end of each care plan. Patient Teaching boxes include post-hospital discharge guidelines and disease prevention instructions with a strong focus on three-way communication among the nurse, patient, and family members. Communication boxes illustrate communication strategies using real-life examples of nurse-patient dialogue. Lifespan Consideration boxes provide you with age-specific information for the care of the patient. Home Health Considerations boxes discuss issues facing patients and their caregivers in the home setting. Get Ready for the NCLEX® Examination section at the end of each chapter provides Key Points, Review Questions, and Critical Thinking Activities to reinforce learning. Coordinated Care boxes promote comprehensive patient care with other members of the health care team, focusing on prioritization, assignment, supervision, collaboration, delegation, and leadership topics.

Don't miss the first and bestselling book in the beloved Pete the Cat series! Pete the Cat goes walking down the street wearing his brand-new white shoes. Along the way, his shoes change from white to red to blue to brown to WET as he steps in piles of strawberries, blueberries, and other big messes! But no matter what color his shoes are, Pete keeps movin' and groovin' and singing his song...because it's all good. Pete the Cat: I Love My White Shoes asks the reader questions about the colors of different foods and objects—kids love to interact with the story. The fun never stops—download the free groovin’ song. Don't miss Pete's other adventures, including Pete the Cat: Rocking in My School Shoes, Pete the Cat and His Four Groovy Buttons, Pete the Cat Saves Christmas, Pete the Cat and His Magic Sunglasses, Pete the Cat and the Bedtime Blues, Pete the Cat and the New Guy, Pete the Cat and the Cool Cat Boogie, Pete the Cat and the Missing Cupcakes, Pete the Cat and the Perfect Pizza Party, and Pete the Cat: Crayons Rock!

This book examines spirituality in Singapore, showing how important the city state is for understanding contemporary global configurations of urban space, religion, and spirituality. Joanne Punzo Waghorne highlights how the formal religious spaces-temples, churches, and mosques-have been confined to allotted sites on the map of Singapore, whereas various “spiritual” organizations, particularly of Hindu origins and headed by a guru, still continue to operate as “societies” classified by the government with other “clubs.” These unconventional religiosities are not confined but ironically make their own places, meeting in ostensive secular venues: high-rise flats, malls, businesses, and community centers, thus existing in the overall space of religion, commerce, and the state. The book argues that State of Singapore also operates between the secular and the religious, constructing an overarching spatial regime that both accommodates and yet rivals the alternate spheres that spiritual movements construct under its umbrella. Both spatial configurations challenge the presumed relationships between myth and reality, religion and commerce, the ethereal and the concrete, the sacred and the secular, on the levels of self, community, and polity. Singapore, now deemed a model for urban development in Asia, also offers an understanding of a new post-secularity and perhaps reveals where the urbanized world is headed.

A Workbook for Beginners (A No B.S. Guide for the Astro-Curious)

Sleep and Brain Injury

Walking to the Beat of Autism

Wise Words from Influential Women

Yoga Deconstructed(R)

Goethe's Modernisms

Strategies for Successful Animal Shelters is the first book to assess the relationship between shelter traits, activities and critical outcome variables, such as live release or save rates. This book provides a data-based evaluation of shelter processes and practices with explicit recommendations for improved shelter activities. Using a survey of licensed animal shelters, complaints, and save rates, this book provides an assessment of the activities, processes, and procedures that are most likely to lead to positive outcomes for a variety of animal shelters. The book also contributes to community debate around animal sheltering and provides best practices, methods and means to assess local shelters to ensure the highest level of an shelter professionals and rescue groups, as well as students in disciplines such as animal science, animal welfare and shelter medicine. Offers best-practice recommendations and how they are used in animal shelters Analyzes which shelter traits, programs and activities are most strongly associated with optimal outcomes, including live release rates Includes an asses optimize animal welfare within shelters

This ground-breaking book binds together a contemporary understanding of sleep and brain injury, pairing empirical understanding through clinical practice with extensive up-to-date research, to provide a deeply considered approach to these overlapping topics. Firstly, the author discusses the neuroanatomy and architecture of sleep, including the need for sleep, defin wrong with sleep. The focus then moves to the neuroanatomical damage and dysfunction from brain injury, and the resultant functional effects. The author then adroitly fuses the two streams of coverage together, focusing on the neurobiological, neurochemical, and functional aspects of both sleep and brain injury to offer new insights as to how they interrelate. Th treatment and rehabilitation, bringing further thoughts of how, because of this new understanding, we can potentially offer novel treatments for brain injury recovery and sleep problems. In this final practical part, four sleep foundations are given, necessary to optimize the three most common sleep problems and their treatments after brain injury. This new approach functional effects of brain injury and how brain injury can exacerbate some of the specific functional effects of sleep problems, thus having the potential to transform the field of neurorehabilitation. It is essential reading for professionals working with brain injury and postgraduate students in clinical neuropsychology.

Learn how to sit, stay, and roll over with this fully illustrated, “delightful” guide to yoga starring man’s best friend (Shutterbug magazine). Inspired by a friend’s mastiff who would imitate his master’s morning yoga routine, photographer Dan Borris created Yoga Dogs, a full-color collection of forty-five different dogs and puppies doing human yoga poses. Don’t worry: I making of these images; their extreme flexibility is the result of clever digital trickery. The curious, humorous, and distinctly original pictures are paired with useful information about the poses, as well as some funny canine meditations. “A fresh and highly entertaining visual treat,” Yoga Dogs is perfect for any yogi of the two or four-legged variety (Shutterbug magazine).

Created by award-winning professional photographer, Dan Borris, YOGA KITTENS is a whimsical view of our most faithful companions.

Foundations and Adult Health Nursing E-Book

Transactions of the Kansas Academy of Science

Yoga Cats Deck & Book Set

The World's Simplest Weight-Loss Program in 6 Easy Steps

Herbs for Strength, Stamina, and Stress Relief

Adaptogens

Crossing the River with Dogs: Problem Solving for College Students, 3rd Edition promotes the philosophy that students learn best by working in groups and the skills required for real workplace problem solving are those skills of collaboration. The text aims to improve students' writing, oral communication, and collaboration skills while teaching mathematical problem-solving strategies. Focusing entirely on problem solving and using issues relevant to college students for examples, the authors continue their approach of explaining classic as well as non-traditional strategies through dialogs among fictitious students. This text is appropriate for a problem solving, quantitative reasoning, liberal arts mathematics, mathematics for elementary teachers, or developmental mathematics course.

An updated and expanded edition of the definitive guide to adaptogenic herbs • Includes a Materia Medica with monographs covering 25 adaptogens, including eleuthero, ginseng, rhodiola, schisandra, ashwagandha, licorice, shatavari, reishi, and holy basil, as well as complementary nervines, restorative tonics, and nootropics • Explains how adaptogens increase the body’s resistance to adverse influences, increase energy and stamina, and counter the effects of age and stress on the body • Details the actions, properties, preparation, and dosage for each herb and their uses in Ayurveda and Chinese medicine and as remedies for animals Every day our bodies strive to adapt and stay balanced, energized, and healthy, yet chronic stress and the resulting elevation of stress hormones such as cortisol have been shown to be major factors behind not only fatigue and weight gain but also many chronic and degenerative diseases. In this updated edition of the definitive guide to adaptogenic herbs, clinical herbalist David Winston and researcher Steven Maimes provide a comprehensive look at adaptogens: non-toxic herbs such as ginseng, eleuthero, and ashwagandha that help the body “adapt” to the many influences it encounters and manage the stresses it experiences. They also increase stamina and energy, boost cognitive function, restore the immune system, and counter the effects of aging, especially when used in appropriate combinations. Beginning with a history of the use of adaptogens, including in Ayurveda, Chinese medicine, and Russian medicine, the book examines how these herbal remedies work and why they are so effective at combating stress-induced illness and ailments. The extensive Materia Medica includes monographs on 25 adaptogens, including eleuthero, ginseng, rhodiola, schisandra, ashwagandha, shatavari, reishi, and holy basil, as well as complementary nervines, restorative tonics, and nootropic herbs, such as milky oats, astragalus, St. John’s wort, and ginkgo. Each monograph presents the latest scientific research and details the origin, traditional and clinical uses, actions, properties, preparation, and dosage for each herb. The book also includes guidance on adaptogenic remedies for our animal companions. Aimed not only at herbalists but also those interested in natural health, this guide to adaptogens will allow you to safely and effectively use these herbal remedies to enhance your health and improve your chances of living a longer, healthier, and well-balanced life.

In a world struggling with environmental and social problems resistant to current solutions, education needs to explore ways to ‘enlarge the space of the possible’ rather than only ‘replicate the existing possible’. To respond to this challenge, this book troubles dominant Western philosophical conceptions which continue to have wide-ranging influence in education worldwide and which limit more sustainable ways to be in the world together. It argues for the importance of opening spaces in and through which unique subjects can emerge, bringing potential for new ways of being and as yet unimagined futures. The book makes a valuable contribution to international growing interest in Arendtian thinking, complexity and emergence, feminist thinking, the emerging field of anticipation studies, the posthuman and engagement with Indigenous scholarship and practices in ways which attempt to be non-appropriating. Sustainability continues to be a vital theme in education, and the book responds to a desire to encourage education which invites more sustainable processes and ways of being in addition to education which limits itself to teaching about, or for, sustainability. Sustainable and Democratic Education will be of great interest to academics and practitioners working with sustainability, Indigenous scholarship, complexity theory and the posthuman and what these ideas can mean in and for education.

Follow these feline instructors, and you will surely become fit and flexible! This unique book is full of cats which look like they are practicing yoga poses, so adorable that you cannot help but follow them and move your body. This book shows you how to pose correctly through full-color large photographs and easy-to-follow instructions supervised by an acclaimed (human) teacher. Always keep this book near you, and you will be relaxed and amused.

An Incomplete Compendium of Mostly Interesting Things

That’s What She Said

Foundations of Nursing E-Book

Texts from Mittens

Discourse on the Method

Astrology for Real Life