

Anger Taming A Powerful Emotion

The Power of Emotional IntelligenceThe Healing Power of EmotionPower of Emotional IntelligenceAwaken Your Power WithinFeeling PowerEmotion, Ritual and Power in Europe, 1200–1920The Power of EmotionsThe Emotional Power of MusicManaging Emotions in OrganizationsMusic and Emotion: Connecting Through MelodyEthics, Emotion, Education, and EmpowermentThe Power of Negative EmotionA Tapestry of EmotionsRobust Emotion Recognition using Spectral and Prosodic FeaturesThe Chief Works of Benedict de Spinoza: De intellectus emendatione. Ethica. Correspondence. (abridged)About ViolenceEmotional Dimensions of Educational Administration and LeadershipDivine Healing: Unlocking the Power WithinRADICAL LIGHTStress LessThe Power of Persuasion: Mastering the Art of InfluenceDie Kuh in der ParklückeThe Emotional Expression of Authority and Power in the Middle AgesGet Rich In Spite of Yourself Collection - An "If You Can Count to Four..." ReferenceHow to Account for Trauma and Emotions in Law TeachingEmotional WellbeingHow Art WorksPower Of The MindModeling Visual Aesthetics, Emotion, and Artistic StyleEmbracing a Feeling HeartThe Compassionate Connection: The Healing Power of Empathy and Mindful ListeningI Am. I Can. I WillHearts in TranscendenceEmotions as Original ExistencesBanarasLife On Purpose: Six Passages to an Inspired LifeOur Thoughts Create Our ExperienceThe Political Theory of Political ThinkingEmotional Labour in Oral History ResearchThe Emotionally Intelligent Manager Molly Potter Diana Fosha ROMIN RANGARA Gerry Hussey Megan Boler Merridee L. Bailey Ute Frevert Tom Cochrane Riikka Harikkala-Laihinén Harry Tekell Lisa Kretz Todd Kashdan Pasquale De Marco K. Sreenivasa Rao Benedictus de Spinoza Artur Victoria Eugenie A. Samier Pasquale De Marco Sylvia Bennett Averil Overton Rae A. Stonehouse Leonard Scheff Wallace D. Wattles Mallika Kaur Lila Santoro Ellen Winner Amoo O. Olaleye James Z. Wang Wendy J. Mahill David Rakel Gerry Hussey Alexander De Foe Demian Whiting Thibaut Meurisse W. Bradford Swift Raymond Simms LPC MA Michael Freedén Jennifer Harding David R. Caruso

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intellectus emendatione. Ethica. Correspondence. (abridged) About Violence Emotional Dimensions of Educational Administration and Leadership Divine Healing: Unlocking the Power Within RADICAL LIGHT Stress Less The Power of Persuasion: Mastering the Art of Influence Die Kuh in der Parklücke The Emotional Expression of Authority and Power in the Middle Ages Get Rich In Spite of Yourself Collection - An "If You Can Count to Four..." Reference How to Account for Trauma and Emotions in Law Teaching Emotional Wellbeing How Art Works Power Of The Mind Modeling Visual Aesthetics, Emotion, and Artistic Style Embracing a Feeling Heart The Compassionate Connection: The Healing Power of Empathy and Mindful Listening I Am. I Can. I Will Hearts in Transcendence Emotions as Original Existences Banaras Life On Purpose: Six Passages to an Inspired Life Our Thoughts Create Our Experience The Political Theory of Political Thinking Emotional Labour in Oral History Research The Emotionally Intelligent Manager Molly Potter Diana Fosha ROMIN RANGARA Gerry Hussey Megan Boler Merridee L. Bailey Ute Frevert Tom Cochrane Riikka Harikkala-Laihinén Harry Tekell Lisa Kretz Todd Kashdan Pasquale De Marco K. Sreenivasa Rao Benedictus de Spinoza Artur Victoria Eugenie A. Samier Pasquale De Marco Sylvia Bennett Averil Overton Rae A. Stonehouse Leonard Scheff Wallace D. Wattles Mallika Kaur Lila Santoro Ellen Winner Amoo O. Olaleye James Z. Wang Wendy J. Mahill David Rakel Gerry Hussey Alexander De Foe Demian Whiting Thibaut Meurisse W. Bradford Swift Raymond Simms LPC MA Michael Freeden Jennifer Harding David R. Caruso

we've all been told emotional intelligence is a good thing but are we really clear about what it is and how we can all get more of it we know it helps children self regulate be more motivated maintain relationships and be more resilient but how do we go about accessing these benefits the power of emotional intelligence will help primary school teachers and leaders to increase their awareness and use of emotional intelligence to improve the wellbeing of the whole school community it includes everything you need to embed emotional intelligence at the core of your school's ethos this practical book explores key issues relating to emotional intelligence to help develop adults understanding contains a wealth of activities that can be used with children to help develop their emotional intelligence with extra focus given to anger and anxiety as well as the impact emotions can have on learning and relationships covers the beneficial impact of emotional intelligence when supporting challenging behaviour outlines a straightforward emotional intelligence curriculum that ties into the personal social health and economic education pshe schemes of work and provides ideas for developing a whole school approach to putting emotional intelligence firmly on the agenda this comprehensive resource has been written with teachers and

school leaders in mind particularly pshe leads special educational needs coordinators and those who work in pupil referral units and alternative provisions but it is a useful tool for all adults working with children who are looking to improve children s self awareness and wellbeing

the role of emotion in bodily regulation dyadic connection dissociation trauma transformation marital communication play well being health creativity and social engagement is explored by today s leading researchers and clinicians

power of emotional intelligence how to unlock your full potential in work and life emotions shape our decisions relationships and success but how well do we truly understand and harness them in power of emotional intelligence romin rangara explores the transformative potential of emotional intelligence ei in unlocking your full potential at work and in life this insightful book dives deep into the origins and evolution of ei breaking down its components benefits and real world applications learn how to assess enhance and apply emotional intelligence to improve leadership relationships decision making and resilience in the face of challenges whether you re looking to advance in your career build meaningful connections or better understand yourself this book offers actionable strategies and powerful insights to help you thrive discover the path to a more fulfilling balanced and successful life through the power of emotional intelligence

chosen by woman home as one of their 30 best self care books for 2022 you are an infinite being with infinite potential all you need to do is open yourself to a new consciousness a true vision of who you really are and awaken to the power within from leading health and performance coach gerry hussey comes a powerful guide to transforming your mind body and soul in awaken your power within gerry tells an open honest and mind blowing story of self discovery that takes us inside the heart and mind of a young boy who dared to ask deeper questions about the mind and soul bringing together insights from psychology neuroscience gut health quantum physics mindfulness and philosophy the book shows you how to break free from limiting and self destructive habits and reclaim your inner world so that you can live as your truest and most powerful self from letting go of the fear of not being enough to opening up a deeper level of consciousness awaken your power within is a life changing introduction to the limitless possibilities of which you are capable

first published in 1999 megan boler combines cultural history with ethical and multicultural analyses to explore how emotions have been

disciplined suppressed or ignored at all levels of education and in educational theory feeling power charts the philosophies and practices developed over the last century to control social conflicts arising from gender class and race the book traces the development of progressive pedagogies from civil rights and feminist movements to Bolter's own recent studies of emotional intelligence and emotional literacy drawing on the formulation of emotion as knowledge within feminist psychobiological and post structuralist theories Bolter develops a unique theory of emotion missing from contemporary educational discourses

this volume spans the fourteenth to nineteenth centuries across Europe and its empires and brings together historians art historians literary scholars and anthropologists to rethink medieval and early modern ritual the study of rituals when it is alert to the emotions which are woven into and through ritual activities presents an opportunity to explore profoundly important questions about people's relationships with others their relationships with the divine with power dynamics and importantly with their concept of their own identity each chapter in this volume showcases the different approaches theories and methodologies that can be used to explore emotions in historical rituals but they all share the goal of answering the question of how emotions act within ritual to inform balances of power in its many and varied forms chapter 5 of this book is available open access under a CC BY 4.0 license

emotions make history and emotions have a history through engaging analysis of twenty essential and powerful emotions including anger grief hate love pride shame and trust Ute Frevert explores the emotional worlds of Germans to tell a very different story of the 20th century

how can an abstract sequence of sounds so intensely express emotional states how does music elicit or arouse our emotions what happens at the physiological and neural level when we listen to music how do composers and performers practically manage the expressive powers of music how have societies sought to harness the powers of music for social or therapeutic purposes in the past ten years research into the topic of music and emotion has flourished in addition the relationship between the two has become of interest to a broad range of disciplines in both the sciences and humanities the emotional power of music is a multidisciplinary volume exploring the relationship between music and emotion bringing together contributions from psychologists neuroscientists musicologists musicians and philosophers the volume presents both theoretical perspectives and in depth explorations of particular musical works as

well as first hand reports from music performers and composers in the first section of the book the authors consider the expression of emotion within music through both performance and composing the second section explores how music can stimulate the emotions considering the psychological and neurological mechanisms that underlie music listening the third section explores how different societies have sought to manage and manipulate the power of music the book is valuable for those in the fields of music psychology and music education as well as philosophy and musicology

this book takes a fresh perspective to acquisition research focusing on employee emotions it builds on the human centric approach to mergers and acquisitions where previous literature has concluded that emotions are important yet few studies have explored them in depth to fill the gap this book takes emotion research in organizations as its starting point exploring what emotions are how they emerge and how they influence organizational contexts such as acquisitions whereas previous acquisition literature has concluded that emotions are most often negative and lead to complications this book shows how emotions can become a positive force driving post acquisition change and unification this book combines multidisciplinary theoretical insights with practical real world case studies to provide detailed analysis and approachable findings that will appeal to academics and practitioners alike

music and emotion connecting through melody delves into the profound relationship between music and our emotional lives this comprehensive exploration takes you through the fundamental elements of music melody harmony rhythm timbre and texture and their powerful effects on our emotions discover how music influences emotional development serves as a tool for healing and shapes our experiences in media and culture from the early pioneers of emotional music to the latest technological advancements this book offers a deep dive into how music moves us whether you re a musician therapist or music lover music and emotion connecting through melody provides valuable insights and practical knowledge to enhance your understanding of music s emotional power

universities teach courses in ethics but do they teach students how to be ethical in practice lisa kretz s ethics emotion education and empowerment explores the ways that philosophical ethics are currently taught and argues that dominant approaches fail to adequately support ethical action in part because emotions are all too often ignored or repressed in university classrooms in isolation abstract theoretical content fails to motivate the ability to reason through an ethical dilemma does not by itself of necessity impact ethical action

empowered action requires intentional emotional engagement kretz argues that part of the reason affective pedagogy fails to get sufficient uptake is due to the operations of oppression there is a long history of the reason emotion dualism undermining recognition of the necessary and valuable epistemic roles emotions play in moral life and serving as a political tactic to undermine the experience of oppressed groups this impoverishes ethical pedagogy because it is to the detriment of their ability to teach ethics in a comprehensive way and strips the potential of supporting students to enact their own reflectively held ethical beliefs and values using the example of the environmental crisis kretz makes a case for supporting students as engaged activists aware of their capacity to ethically change the world

feelings like anger boredom guilt and anxiety might be uncomfortable but they are also incredibly useful in this ground breaking book acclaimed psychologists dr todd kashdan and dr robert biswas diener explain why positivity and mindfulness can only take us so far to live life to the full we need to cultivate emotional agility the ability to access our full range of emotions not just the good ones find out why anger fuels creativity guilt sparks improvement self doubt enhances performance selfishness increases courage drawing on years of scientific research and a wide array of real life examples from sports parenting relationships business and more the power of negative emotion is a bold handbook for a more fulfilling and successful life

a tapestry of emotions is a comprehensive guide to understanding and managing the full spectrum of human emotions drawing on the latest research in psychology and neuroscience this book provides practical tools and techniques for developing emotional intelligence and creating a more fulfilling life in a tapestry of emotions you will learn about the different types of emotions how they work and how they impact your thoughts behaviors and relationships you will also discover strategies for managing emotions effectively both positive and negative this book is divided into ten chapters each of which focuses on a different aspect of emotions in chapter 1 you will explore the basic nature of emotions and how they work in chapter 2 you will discuss the different types of positive emotions and how they can benefit your life in chapter 3 you will turn your attention to negative emotions and how to manage them effectively in chapter 4 you will discuss the importance of emotional regulation and how to develop skills for managing your emotions in healthy ways in chapter 5 you will explore the role of emotions in relationships and how to communicate and resolve conflict in a compassionate and constructive manner in chapter 6 you will examine the impact of emotions on

physical health and well being in chapter 7 you will discuss the importance of emotional intelligence in the workplace and how to create a positive and emotionally healthy work environment in chapter 8 you will explore the role of emotions in personal growth and transformation finally in chapter 9 you will discuss the spiritual dimension of emotions and how emotions can be a path to self discovery and connection with something greater than ourselves throughout this book you will find inspiring stories and examples from real life to illustrate the power of emotions and the importance of emotional well being you will also find practical exercises and worksheets to help you apply the concepts you learn to your own life a tapestry of emotions is an essential guide for anyone who wants to understand and manage their emotions more effectively this book will help you to develop a deeper understanding of yourself and others build stronger relationships and live a more fulfilling and meaningful life if you like this book write a review on google books

in this brief the authors discuss recently explored spectral sub segmental and pitch synchronous and prosodic global and local features at word and syllable levels in different parts of the utterance features for discerning emotions in a robust manner the authors also delve into the complementary evidences obtained from excitation source vocal tract system and prosodic features for the purpose of enhancing emotion recognition performance features based on speaking rate characteristics are explored with the help of multi stage and hybrid models for further improving emotion recognition performance proposed spectral and prosodic features are evaluated on real life emotional speech corpus

violence in its myriad forms remains a persistent and devastating challenge for individuals communities and societies worldwide to unravel the complexity of violence it is necessary to distinguish between the individual act and the broader context of aggression at the community level each of which requires different perspectives and approaches while recognising the interconnectedness of these forms we will make a clear distinction between individual violence rooted in psychological factors and personal experience and community violence fuelled by societal inequalities structural issues and cultural dynamics we seek to explore in depth the psychological roots of individual violence including mental illness anger management issues and the significant role of substance abuse in triggering or escalating violent behaviour we analyse specific examples delving into the motivations behind acts of aggression to illuminate the complex interplay of factors that contribute to such behaviour we then broaden our scope to examine the societal factors that give rise to community violence including social inequalities economic hardship

gang activity and the influence of cultural and ideological differences the analysis will include a deep dive into the complex dynamics of gang violence and disputes highlighting the impact of community disorganisation the discussion will also extend to the profound consequences of violence at both individual and societal levels examining the long term physical and psychological effects on victims the economic costs and the erosion of trust and social cohesion within communities we will outline comprehensive strategies for violence prevention and intervention emphasising the need for multi stakeholder collaboration and highlighting the effectiveness of community based initiatives educational programmes and policy recommendations ultimately we hope to contribute to a more informed and effective approach to reducing violence and building safer more peaceful communities for all

exploring foundational theories for emotional dimensions of educational administration and leadership this collection covers a broad range of topics such as ethics personality social justice gender discrimination and organisational culture

divine healing unlocking the power within is a comprehensive guide to divine healing that explores the many ways in which we can access this powerful force to heal ourselves and others in this book pasquale de marco shares her insights and experiences on the following topics the nature of divine healing the role of faith in healing the mind body connection energy healing herbal medicine crystals and gemstones sound healing gratitude divine healing and your life purpose pasquale de marco also shares stories of people who have experienced divine healing in their own lives and she provides practical tips and exercises to help you on your own healing journey whether you are new to the concept of divine healing or you are a seasoned practitioner this book has something to offer you pasquale de marco invites you to open your heart and mind to the possibility of healing and transformation divine healing is a journey not a destination it is a process of growth and evolution that can lead to a deeper connection with your true self and a more fulfilling and abundant life pasquale de marco hopes that this book will be a valuable resource on your healing journey she encourages you to read it with an open heart and mind and to experiment with the ideas and practices that resonate with you may you be blessed with divine healing and wholeness if you like this book write a review on google books

this second book of the real magic series continues to explore the ancient hermetic teachings as a mental art the art of using consciousness itself as the tool for creating changes in

consciousness what does the hermetic axiom as above so below really mean the relationship between macrocosm above and microcosm below is the key to the hermetic teachings macrocosm refers to the eternal reality of light the realm of god microcosm is its reflection a fragmentation of light the world of human existence and human ego the core of the hermetic teachings for centuries has been focused on transforming the fragmented body of light in human consciousness and uniting below with above

understand your stress triggers and develop resilience and mindfulness so you can cope well an excellent overview of what stress is and what causes it including the thoughts and feelings that generate stress the things we do when we are stressed and the red alerts for stress at work the author a psychologist who specialises in this field describes how we can use stress to our advantage the message of distress means that something needs to change she describes the role of our reactions to potentially stressful situations where our reactions come from and things that influence our reactions includes practical advice on getting rid of stress taking control of your life and coping with stress at work how to prevent stress how to build stress resistance by taking agency in our lives life balance and self care and everyday relaxation techniques with a focus on the miracle of mindfulness this book will help you keep on keeping on

in the power of persuasion mastering the art of influence author rae a stonehouse delves into the daily act of persuasion and how it affects our lives from childhood negotiations for an extra dessert to convincing our boss to take a chance on our idea we are constantly honing our persuasive skills drawing on research conducted for a presentation titled the power of influence speaking to make things happen stonehouse shares insights on the art of persuasion and how to become a master influencer whether you are looking to improve your personal relationships excel in your career or deliver a persuasive speech the power of persuasion is the ultimate guide to help you achieve your goals and speak to get others to make things happen

the relationship between rulers and their subjects is always channelled by emotion this volume explores the specific tones this relationship took on in the middle ages as well as their accordance with a concept of power based ultimately on agreement an inclination to visualise emotions a social pedagogy based on fear and a religious ideology which placed humanity between divine order and divine wrath it also examines the emotive models used to rule society and deal with conflicts together the contributions in this book demonstrate how our understanding of late medieval society can be enhanced by

recognising the emotional strategies present in the game of power and how they were used to build authority contributors are alexandru stefan anca attila bárány ulrike becker luciano gallinari sari katajala peltomaa vinni lucherini esther martí sentañés francesc massip rob meens tamás olbei bernard ribémont flocel sabaté and hans joachim schmidt

imagine having everything you ve ever wanted all the wealth fine clothes nice house good food everything you ve ever thought of having and your job or place in life is exactly as you ever dreamed of you are being just what you always wanted to be this is a collection of references for anyone studying james breckenridge jones classic millionaire making handbook if you can count to four in this collection get rich in spite of yourself louis m grafe the science of getting rich wallace d wattles how to acquire millions n h moos the message of a master john mcdonald and the miracles of your mind joseph murphy your life is up to you you are what you think about there are no limits you can be whatever you want to be you can have whatever you want to have but first you have to read and study and apply these books to your life from the forward get your copy today

subverting the narrative that the legal profession must be austere and controlled this prescient how to guide addresses the crucial need for holistic trauma centred law teaching it advocates for a healthier more inclusive profession by identifying strategies to engage and even encourage emotions within legal education

emotional wellbeing addresses the pervasive challenges of anxiety and depression in women emphasizing the unique biological and social factors at play it explores how hormonal fluctuations throughout a woman s life from puberty to menopause can significantly impact emotional stability furthermore the book highlights the influence of societal pressures on women s mental health offering insights into stress management and emotional resilience this self help guide uniquely integrates psychology endocrinology and lifestyle medicine providing tailored strategies grounded in the latest research on women s health readers will gain practical tools based on cognitive behavioral therapy and mindfulness to manage stress and improve mood emphasizing the mind body connection emotional wellbeing guides readers through a logical progression starting with core concepts of anxiety and depression then delving into biological underpinnings lifestyle impacts and culminating in actionable strategies for cultivating wellbeing

there is no end of talk and of wondering about art and the arts this book examines a number of questions about the arts broadly defined to

include all of the arts some of these questions come from philosophy examples include what makes something art can anything be art do we experience real emotions from the arts why do we seek out and even cherish sorrow and fear from art when we go out of our way to avoid these very emotions in real life how do we decide what is good art do aesthetic judgments have any objective truth value why do we devalue fakes even if we indeed even the experts can't tell them apart from originals does fiction enhance our empathy and understanding of others is art making therapeutic others are common sense questions that laypersons wonder about examples include does learning to play music raise a child's iq is modern art something my kid could do is talent a matter of nature or nurture this book examines puzzles about the arts wherever their provenance as long as there is empirical research using the methods of social science interviews experimentation data collection statistical analysis that can shed light on these questions the examined research reveals how ordinary people think about these questions and why they think the way they do an inquiry referred to as intuitive aesthetics the book shows how psychological research on the arts has shed light on and often offered surprising answers to such questions

never underestimate the power of using your mind it's one of the best tools you have for success this book is about how to use your mind to be successful in life and work it is not a how to book on meditation but rather a book on the power of your mind this book is about how to use your mind to be successful in life and work this book will give you the mental tools you need to achieve all your goals no matter how big or small they may be how to use your mind to achieve greater success in life and work your mind is what makes you it is what you use to think remember decide create imagine and feel your mind is the most important tool you have in life it is truly the most powerful tool you have it's one of the main reasons you are here reading this guide your mind is what got you interested in this book it is what will keep you coming back for more what you will learn in this book how to use your mind to get yourself out of any situation even if that situation is in your own mind how to use your mind to instantly increase your self esteem how to use your mind to achieve virtually anything you can think of how to use your mind to become a super human being some parts of this book contain the core principles you must understand in order to use your mind effectively these are the bedrock basics you must learn if you ever want to use your mind to be more successful in life and work another section of this book is where all the magic happens it is here that you will learn specific techniques you can use to put these principles into action in your daily life throughout this entire book i will be giving you tools

techniques hints and insider secrets on how to use your mind to be more successful i am going to give you an incredible number of instructions to chew on you won t be able to stop thinking about what you are going to learn in this book this book was written for everyone no matter who you are what you do for a living or how much money you make

modeling visual aesthetics emotion and artistic style offers a comprehensive exploration of the increasingly significant topic of the complex interplay between human perception and digital technology it embodies the cumulative knowledge and efforts of a wide array of active researchers and practitioners from diverse fields including computer vision affective computing robotics psychology data mining machine learning art history and movement analysis this volume seeks to address the profound and challenging research questions related to the computational modeling and analysis of visual aesthetics emotions and artistic style vital components of the human experience that are increasingly relevant in our digitally connected world the book s vast scope encompasses a broad range of topics the initial chapters lay a strong foundation with background knowledge on emotion models and machine learning which then transitions into exploring social visual perception in humans and its technological applications readers will uncover the psychological and neurological foundations of social and emotional perception from faces and bodies subsequent sections broaden this understanding to include technology s role in detecting discrete and subtle emotional expressions examining facial neutrality and including research contexts that involve children as well as adults furthermore the book illuminates the dynamic intersection of art and technology the language of photography the relationship between breath driven robotic performances and human dance and the application of machine learning in analyzing artistic styles this book sets itself apart with its unique multidisciplinary approach encouraging collaboration across related domains packed with comprehensive tutorials theoretical reviews novel methodologies empirical investigations and comparative analyses the book offers a rich combination of knowledge and methodologies the book s focus on cutting edge research not only presents the latest developments in the field but also illuminates potential paths that can lead to significant advancements in computer and robotic applications

embracing a feeling heart is a christ centered curriculum for people who would like to learn about the role that emotions play in our lives god created people to feel a wide array of emotions which give us valuable information about our hearts because of the fall we tend to mishandle misread repress suppress avoid or deny feelings which make us great pretenders and experts at deceit if you ve been taught

that emotions are unimportant or wrong to feel and express or you have experienced shame over the emotions you experience this book will give you new insights that will give you the freedom to experience all the emotions you were created to feel this book can also help you learn to live a more authentic life experience a deeper sense of community by helping you to form heart connections and give you a deeper understanding of the creator wendy j mahill is a member of the american association of christian counselors a lay counselor at riverlakes community church in bakersfield california and the director of passionate heart ministries she s written two other books used in this ministry growing a passionate heart is designed to help survivors of childhood sexual abuse and growing a courageous heart is designed to help women struggling with eating disorders for more information visit our website passionateheartministry.com in embracing a feeling heart wendy mahill gives feelings a voice in this epic journey of healing through feeling wendy pours out her personal testimony in each chapter helping to bring about greater relevance awareness and understanding i whole heartedly recommend wendy s book through this curriculum and the power of christ healing steps can be taken from denying a wounded heart to embracing a feeling heart tim hardy mft pastor of care ministries laurelglen bible church

this book explains not only the healing power of compassionate human connection but in the most accessible and practical ways how to cultivate our capacity to create that connection and thereby empower others to find their best selves john makransky author of awakening through love all of us have an innate capacity for compassion we recognize when others are hurting and we want to help but we re not always good at it there is another way in the compassionate connection dr david rakel explains how we can strengthen our bonds with others all the while doing emotional and physical good for ourselves as founder and director of the university of wisconsin integrative medicine program dr rakel discovered that we become the most effective helpers when we use the tool of human connection drawing on his own research and practice as well as thirty years of published studies in medicine sociology psychology meditation and neuroscience dr rakel stacks the deck in favor of healing and introduces the concept of bio psycho spiritual authentic awareness not only are our bodies and minds connected but also it has been scientifically proven that our capacity to feel beauty awe and compassion enhances our health and wellbeing in the compassionate connection dr rakel provides an innovative approach to enhancing health in others and strengthening relationships through the art of connecting these tools guide us to improve our connections whether between doctor and patient husband and wife parent and child or boss

and employee and live with clarity wisdom and good health

the limits of our lives are the limits of our inner voice through gerry hussey s work as a performance coach for some of the world s most successful people he has developed a unique understanding of the key pillars of a winning mindset among the most important of which is your inner voice when you create an inner voice that supports you empowers you and treats you with compassion the possibilities and opportunities for your life become exponential this groundbreaking book gives you the tools to transform your life i am become aware of the power of your inner story and the narratives and words in that story that are holding you back i can rewrite your story reconnect with your dreams and embrace the confidence to make them happen i will build practices and habits to help you feel empowered and stay focused it s time to wake up your inner coach and become the best version of yourself

hearts in transcendence offers an insightful exploration of transcendental consciousness states that challenge the boundaries of human potential these exceptional states of consciousness have been captured throughout literature but seldom is the real tangible and practical significance of exceptional experiences discussed in the modern world this book sets out to do just that to uncover the greater potential of the human being through a practical applied approach to consciousness states and cosmic experiences of transcendence

this book defends the much disputed view that emotions are what hume referred to as original existences feeling states that have no intentional or representational properties of their own in doing so the book serves as a valuable counterbalance to the now mainstream view that emotions are representational mental states beginning with a defence of a feeling theory of emotion whiting opens up a whole new way of thinking about the role and centrality of emotion in our lives showing how emotion is key to a proper understanding of human motivation and the self whiting establishes that emotions as types of bodily feelings serve as the categorical bases for our behavioural dispositions including those associated with moral thought virtue and vice the book concludes by advancing the idea that emotions make up our intrinsic nature the characterisation of what we are like in and of ourselves when considered apart from how we are disposed to behave the conclusion additionally draws out the implications of the claims made throughout the book in relation to our understanding of mental illness and the treatment of emotional disorders

are you struggling with negative thoughts do you hold on to too many

limiting beliefs do you feel like you re capable of more if so it s time for you to replace disempowering beliefs with more empowering ones and improve your life in the process author and coach thibaut meurisse wants you to think better more empowering thoughts in his latest book you ll learn about 100 negative assumptions that often unconsciously prevent you from designing a more fulfilling life he addresses questions such as why you often feel like you re not good enough and what to do about it how your fear of missing out is working against you why being hard on yourself doesn t work and what you should do instead and much more think better thoughts is a must read guide to reprogramme your mind have more empowering thoughts and make lasting changes in your life

your journey along the road to self discovery does not have to be so long and torturous cut decades off the process of finding your life purpose by following the six steps outlined in life on purpose infuse purpose passion and play into every aspect of your life this is a truly excellent book on how to discover your life purpose i highly recommend it to anyone looking to gain clarity with respect to their core reason for being here steve pavlina personal development expert author of personal development for smart people decades ago dr brad swift appeared successful from the outside but inside he was burned out wracked with emotional pain and ready to end it all because he was living at odds with his true life purpose but then he turned his life around to follow his true life calling and in the process invented this six step method to determining one s life purpose he has since made a difference in the lives of thousands through this proven systematic and practical process brad has created a simple and easy way to become crystal clear about your reason for being on this planet life on purpose is your road atlas to live a more purposeful passionate and playful life mark victor hansen co creator 1 new york times best selling series chicken soup for the soul in life on purpose you will find a step by step process for clarifying your life purpose and then designing your life to be a true and authentic reflection of that purpose a proven process that works prepare for the journey along the purposeful path as with any challenging journey it s best to thoroughly prepare yourself for your travels along the purposeful path this includes accurately determining where you are starting from and where you intend to end up as well as knowing some of the obstacles that could possibly get in the way of completing the journey start on the purposeful path with the life on purpose perspective it s important to begin your journey on the path that will get you where you want to go most expediently starting with rethinking the whole notion of what a life purpose is that has kept most people looking for their purpose in all the wrong places uncover

what has been shaping your life another key passage is clearly identifying the powerful force based in fear lack and a need to struggle to survive that has been shaping your life and keeping you from living on purpose many who have already traveled along the purposeful path feel that this passage is one of the most powerful transforming parts of the process clarify and polish your true divinely inspired purpose after cleaning the slate by identifying and beginning to be responsible for your inherited purpose the real fun begins as you go through a process called priming your passion to clarify your true divinely inspired life purpose the process can be not only life affirming but also life transforming learn the 16 tools for living on purpose now it s time to begin to live true to your life purpose with the 16 power tools for living on purpose you will use these tools to begin to design your life on purpose master the tools for living on purpose in passage 6 you will learn how to master the art and science of creating a life that is shaped by your true divinely inspired life purpose

this book covers the whole man and how to align the body soul and spirit as one your purpose and calling are tied together as you discover your purpose you will then discover your calling your purpose is inside and your calling is outward this book will assist you in the process of preparing first the foundation which begins in the soul the reason people are so unhappy in what they do is that they have not discovered their god given purpose inwardly which is revealed by the holy spirit our purpose is internal and eternal our souls are also internal and eternal god given purpose has to do solely with man s soul it first begins with the soul then outward to one s calling it is important to first develop the soul s purpose as the soul houses the character of the man man s character will affect positively or negatively man s calling this is the process that the holy spirit takes god s people through as he did with jesus in the wilderness to test his character that is his soul

this book is the first to explore systematically what it means to think politically using detailed contemporary and historical material and investigating both professional and amateur forms of political thinking this study challenges much accepted wisdom on the topic arguing that it is to be approached as a cluster of interacting features

emotional labour in oral history research critically appraises the many complex ways in which emotion management features in oral history research and its specific implications for the researcher uniquely this volume draws on oral historians personal accounts of conducting sensitive research and assesses the applicability of the

term emotional labour to this work it examines how oral historians may perform emotional labour highlighting the often hidden emotional toll it takes on them this volume considers how the emotionally taxing implications of conducting sensitive research may be exacerbated or mitigated by the institutional relations and contexts in which the researcher works the authors evaluate recommendations from related disciplinary fields for ways of supporting researchers and consider how an ethics of care can be fostered in local research environments emotional labour in oral history research engages critically with theories of emotion conceptualisations of emotional labour questions of power and positionality an ethics of care and debate on the impact of neoliberal ideas and policies on the higher education sector this book will be of interest to all those using oral history to conduct sensitive research in all locations and at all career stages including doctoral students academics new to oral history established oral historians community based oral historians and qualitative researchers in adjacent disciplines

we have long been taught that emotions should be felt and expressed in carefully controlled ways and then only in certain environments and at certain times this is especially true when at work particularly when managing others it is considered terribly unprofessional to express emotion while on the job and many of us believe that our biggest mistakes and regrets are due to our reactions at those times when our emotions get the better of us david r caruso and peter salovey believe that this view of emotion is not correct the emotion centers of the brain they argue are not relegated to a secondary place in our thinking and reasoning but instead are an integral part of what it means to think reason and to be intelligent in the emotionally intelligent manager they show that emotion is not just important but absolutely necessary for us to make good decisions take action to solve problems cope with change and succeed the authors detail a practical four part hierarchy of emotional skills identifying emotions using emotions to facilitate thinking understanding emotions and managing emotions and show how we can measure learn and develop each skill and employ them in an integrated way to solve our most difficult work related problems

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Decoding the Weight: 68kg in lbs and the Art of Unit Conversion

Understanding different units of measurement is crucial in various aspects of life, from cooking and crafting to international trade and scientific research. This article focuses specifically on converting kilograms (kg) to pounds (lbs), a common weight conversion needed across numerous contexts. We will delve into the precise calculation of 68kg in lbs, exploring the underlying methodology and providing practical examples to solidify your understanding. Beyond the simple conversion, we will also explore the practical applications of this knowledge and address common questions surrounding weight conversions.

Understanding Kilograms and Pounds

Before diving into the conversion, let's briefly define our units. The kilogram (kg) is the base unit of mass in the International System of Units (SI), often referred to as the metric system. It's a widely used unit globally, especially in scientific and engineering fields. The pound (lbs) is a unit of mass in the imperial system, predominantly used in the United States and some other countries. Understanding the difference is key to performing accurate conversions.

The Conversion Factor: Bridging the Metric and Imperial Systems

The key to converting between kilograms and pounds lies in the conversion factor. One kilogram is approximately equal to 2.20462 pounds. This factor is derived from established relationships between the two systems and remains consistent regardless of the weight being converted. This means that to convert kilograms to pounds, you simply multiply the weight in kilograms by this factor.

Calculating 68kg in lbs

Now, let's apply this knowledge to our specific question: converting 68kg to lbs. Using the conversion factor, we perform the following calculation: $68 \text{ kg} \times 2.20462 \text{ lbs/kg} \approx 149.9 \text{ lbs}$. Therefore, 68 kilograms is approximately equal to 149.9 pounds. It's important to note that we use the approximate value of the conversion factor for practical purposes. More precise calculations might involve using more decimal places in the conversion factor, but for most everyday situations, this level of accuracy suffices.

Practical Applications of Weight Conversion

The ability to convert between kilograms and pounds has numerous practical applications. Consider these examples: **International Shipping:** When shipping goods internationally, understanding weight conversions is vital to ensure accurate pricing and documentation. A package weighing 68kg needs to be correctly declared in pounds for US-bound shipments. **Recipe Conversions:** Many recipes, particularly those originating from the US, use pounds for ingredient measurements. Converting kilogram measurements to pounds is essential for accurate baking or cooking. **Fitness and Health:** Individuals tracking their weight or fitness progress might need to convert between kg and lbs depending on the devices and apps they use. **Engineering and Construction:** In projects involving materials with weights specified in different units, conversions are necessary for accurate calculations and estimations.

Beyond the Calculation: Understanding Precision and Rounding

It's crucial to understand the concept of significant figures and rounding in weight conversions. The precision of the final result depends on the precision of the initial measurement and the conversion factor used. In the case of 68kg, assuming this measurement is precise, rounding the result to 150 lbs is often sufficient for most practical situations. However, in scenarios requiring higher precision, more decimal places should be retained.

Conclusion

Converting 68kg to lbs highlights the importance of understanding unit conversion and the significance of the conversion factor. The ability to seamlessly transition between different measurement systems is crucial across various disciplines and everyday activities. By applying the conversion factor accurately and understanding the concept of rounding, one can confidently navigate weight conversions in numerous practical scenarios.

FAQs

1. Is the conversion factor 2.20462 lbs/kg exact? No, it's an approximation. The exact conversion factor has more decimal places, but this approximation is sufficient for most purposes. 2. Can I convert lbs to kg using the same factor? Yes, you can. Simply divide the weight in lbs by 2.20462 to get the weight in kg. 3. What are some online tools for kg to lbs conversion? Numerous websites and apps offer weight conversion calculators, providing quick and easy conversions. 4. Why is it important to understand significant figures? Significant figures determine the precision of your measurements and calculations. Using too many or too few can lead to inaccurate results. 5. Are there any other common weight units besides kg and lbs? Yes, other units include grams (g), ounces (oz), and tons (both metric and imperial). Each requires its own specific conversion factor.

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