you can use to protect yourself from stress, and information about how to protect your children against developing shorter telomeres, from pregnancy through adolescence. And they describe how we can improve our health spans at the community level, with neighborhoods characterized by trust, green spaces, and safe streets. THE TELOMERE EFFECT will make you reassess how you live your life on a day-to-day basis. It is the first book to explain how we age at a cellular level and how we can make simple changes to keep our chromosomes and cells healthy, allowing us to stay disease-free longer and live more vital and meaningful lives. The Twelve Healers introduces Dr Bach's world-renowned flower remedies, which provide a system for healing the mental and spiritual anguish at the root of ill health and unhappiness. The 38 remedies are grouped in seven helpful categories and advice is given on the types of personality most likely to benefit from each remedy. In Heal Thyself, Dr Bach explains the philosophy that underpins any practical work with the flower remedies. He looks at the real cause and cure of disease, and gives practical as well as spiritual guidance on how we can all help to heal ourselves. From a young person's rejection of Christianity, to a mature philosopher's cogent critique of all religions; Raymond Bradley was raised as a 'winner of souls for Christ' but went on to become a revered atheist philosopher. 'God's Gravediggers' is an easy to read, compelling and thorough analysis of religion using logic, science and moral theory beyond the breakwater tells the story of Catherine Foley's transition from childhood into adulthood. She chronicles her family's journey from Witterford city to the Gaeltacht in 1970 and she monitors the shifting landscapes of each successive decade, recalling interwoven tales of friends and communities she has known. Told in the first person, memories and experiences of a writer who is always mindful and mystified by the march of time. Although her stories are always shaped and honed by the salty landscape of the Ring Peninsula, she also describes times when she was away from home, either travelling living in Cork, Tipperary and Dublin. This is a story concerned with the complexities, mysteries and longing of the heart and the mind. They celebrate a passionate engagement with the natural world and recount a history that spans the generations, describing how the march of time continues to mark individuals and communities.No further information has been provided for this title. The Most Complete, Up-to-Date CTS Exam Study System Published with InfoComm International, CTS Certified Technology Specialist Exam Guide, Second Edition provides comprehensive coverage of all objectives on the latest release of the InfoComm Certified Technology Specialist exam—the leading internationally recognized audiovisual (AV) certification. You'll get learning objectives at the beginning of each chapter, best practices, checklists, diagrams, photos, chapter review questions with in-depth explanations, and a full-color insert. Designed to help you prepare for the CTS exam, this authoritative resource also serves as an essential on-the-job reference. Electronic content includes: One all-new CTS practice exam Covers all current CTS exam objectives, including how to: Conduct a site survey Gather customer information Evaluate and recommend changes to a site environment Develop a functional AV scope Design, provide, and sell AV solutions Conduct a vendor selection process Operate AV solutions Conduct maintenance activities Manage AV solutions and operations Project manage AV projects Perform AV finance and job costing activities Troubleshoot and repair AV solutions A visual demonstration of the step-by-step procedures followed for three different services: virgin hair relaxer application, relaxer rebouch, and soft curl permanent waving. Individual procedures include hair examination, strand testing, client protection, product formulation, processing and neutralizing.Forns of reflexology have been in existence for thousands of years yet the average Westerner is only now recognizing its positive effects. This helpful book provides step-by-step instruction for manipulating special zones in the hands and feet to alleviate common ailments, reduce stress, and improve circulation. A do-it-yourself reference provides visual instructions for grooming the skin and nails on hands and feet, drawing on the advice of podiatrists, nail technicians and beauty therapists to provide coverage of how to achieve professional-looking results. Reprint.A remarkable story of growing up in extraordinary circumstances that will touch the hearts of all readers. Katie's whole world is turned upside down when her family's home is destroyed by fire. Everything they had is gone, and instead of pulling together it seems as though her family is falling apart. They move to a new house, to a school where nobody wants to know her, and Katie wonders just how many changes she can take. In her fight for acceptance and to keep the family together, she learns a lot about herself. Lorraine Nordmann's leading textbook, Beauty Therapy: The Foundations has been fully revised to reflect VRQ Beauty Therapy at Level 2, and to be the only Official Guide to Level 2 Beauty Therapy fully endorsed by Habia while matching the recently updated VRQ National Occupational Standards. The comprehensive and updated textbook features content that specifically supports VRQ learning outcomes and range statements with VRQ terminology throughout and covers the most popular optional VRQ units. Maintaining a clear presentation and user-friendly format, this revised edition boasts new photography, new assessment questions, a revised glossary and four new chapters, with contributions from bestselling author of The Complete Nail Technician Marian Newman. This authoritative guide will encourage and inspire trainee beauty therapists towards a rewarding career. For a complete blended learning solution, this textbook can be used alongside U2Learn student learning website and e-Teach Beauty Therapy, providing a whole host of teaching and learning resources for the qualification. The Pocket Guide to Key Terms for Beauty Therapy is fully endorsed by Habia and is THE essential reference tool to all the key terms learners will need to know for their Beauty Therapy studies. This easy-to-use revision tool provides quick and simple definitions for all key topics at Level 1, 2 and 3 to help learners prepare for assessments and the exciting world of work. The Pocket Guide works alongside our leading series of Beauty Therapy textbooks by Lorraine Nordmann and our successful Nail textbook, The Complete Nail Technician 3rd edition, by Marian Newman."K'ity O'Meara... offers us wisdom that can help during the COVID-19 pandemic and beyond. She is challenging us to grow." -- Deepak Chopra, M D, author, Metahuman "K'ity O'Meara is the poet laureate of the pandemic" -- O, The Oprah Magazine "An eloquent, heartwarming reflection that will resonate with generations to come... encouragement for a brighter tomorrow." -- K ate W inslet "A nd the People Stayed Home is an uplifting perspective on the resilience of the human spirit and the healing potential we have to change our world for the better." -- Shelf Awareness "Images of nature healing show the author's vision of hope for the future... The accessible prose and beautiful images make this a natural selection for young readers, but older ones may appreciate the work's deeper meaning." -- Kirkus Reviews "This is a perfectly illustrated version of a poem that continues to be relevant." -- School Library Journal "A stunning and peaceful offering of introspection and hope." -- The Children's Book Review Ten Best Children's Books of 2020: "A calming, optimistic
read, and a salve for children trying their best to navigate this time.” — Smithsonian Magazine “It captured the kind of optimism people need right now.” — Esquire (UK) “Thank you, Kitty O’Meara… for pointing out that at this very moment, this very day, we can seize the opportunity to restore wholeness to our world.” — Sy Montgomery, bestselling author of The Good Good Pig and The Soul of an Octopus “A poem by American author Kitty O’Meara has deservedly gone viral.” — Edinburgh Evening News And the People Stayed Home is a beautifully produced picture book featuring Kitty O’Meara’s popular, globally viral prose poem about the coronavirus pandemic, which has a hopeful and timeless message. Kitty O’Meara, author of And the People Stayed Home, has been called the “poet laureate of the pandemic.” This illustrated children’s book (ages 4-8) will also appeal to readers of all ages. O’Meara’s thoughtful poem about the pandemic, quarantine, and the future suggests there is meaning to be found in our shared experience of the coronavirus and conveys an optimistic message about the possibility of profound healing for people and the planet. Her words encourage us to look within, listen deeply, and connect with ourselves and the earth in order to heal. O’Meara, a former teacher and chaplain and a spiritual director, clearly captures important aspects of the pandemic experience. Her words, written in March 2020 and shared on Facebook, immediately resonated nationally and internationally and were widely circulated on social media, covered in mainstream news media, and inspired an outpouring of creativity from musicians, dancers, artists, filmmakers, and more. The many highlights include an original composition by John Corigliano that was premiered by Renée Fleming. Offers guidance for employers and employees in assessing risks in the workplace. This book is suitable for firms in the commercial, service and light industrial sectors. This manual lymph drainage guide covers the anatomy, physiology, and pathophysiology of the lymphatic system, providing key background information necessary for effective treatment. Chapters are structured according to anatomic regions, focusing on the lymphatic knots and their tributary regions in the throat, armpit, trunk, and groin. Photographs illustrate the lymphatic knots and lymphatic courses, which are drawn on the human body, and provide a clear picture of the structures to be treated. Designated points are numbered to illustrate the progression of treatment in each region. Also includes coverage of complete decongestive therapy (CDT). Explains procedures in a detailed, step-by-step format. Features a helpful chart of lymph node groups and their tributary regions that outlines each lymph node as it pertains to a specific anatomical region. Key information is summarized in the margins, making it easier for readers to review what they’ve read and focus on important topics. Self-test questions provide an excellent means for readers to assess their comprehension and review key material in the book. These questions are also helpful in preparing for exams. Two-color illustrations help the reader visualize and learn theoretical aspects of this therapy. The text has been completely updated to reflect the latest techniques in lymph drainage therapy. Coverage of individual treatment strokes and stroke sequences have been updated, with more comprehensive descriptions and detailed photos that illustrate proper hand placement, pressure, and movement. Expanded coverage of complete decongestive therapy, including a CDT survey — consisting of the case history, examination, and palpation — that can be used to gather valuable information to formulate therapeutic goals and evaluate treatment results. TobakkoNacht -- The Antismoking Endgame, is a frontal attack on the misuse of science and language to promote unjustified levels of smoking bans and taxes. The author, trained in statistics and propaganda analysis at Pennsylvania’s Wharton School, “dissects” the scary antismoking studies that have made headlines over the past ten years. He shows clearly in each case how the data and language have been jiggered to reach and promote the conclusions desired by those holding out the grant money and those in government who are pushing for ever wider bans and ever higher taxes. The book concludes with a strong section painting a path toward a winning endgame for those in the Free Choice movement, pointing to the weaknesses of the current crop of smoking prohibitionists and suggesting how they can best be countered. TobakkoNacht can best be summed up like this: It shows how the denormalization of smokers has warped science and ripped holes in our social fabric while transforming a worthy public health effort into a destructive social force assaulting our lives, our families, and our communities — and it shows how to fight back!It contains essential information needed to understand how the human body moves and maintains posture. There are 40 accurate anatomical illustrations in colour and every part of the moving body is fully described, identified and indexed. In addition there are tables of muscles, joints, posture and movement patterns, definitions of technical terms and a listing of common types of injury. It draws together knowledge from several different areas of medical science, and presents it in a very clear and simple style.” — Cover Roads (Traffic Calming) (Scotland) Regulations 1994 The Art & Science of Beauty Therapy is an indispensable reference for beauty therapists, providing up to the minute guidance for student Estheticians. Each treatment is explained using insights and practical advice from a team of industry experts, and the book clearly illustrates the personal qualities and professional skills that make a successful beauty specialist. * Step-by-step photo sequences and diagrams * Checklists, key points and topic summaries * Anatomy & Physiology for easy understanding * Full coverage of Facial Electrical treatments! The first comprehensive guide to the fast-growing field of non-surgical cosmetic treatments. A lice Hart-Davis is a multiple award-winning journalist, widely considered by doctors to be the UK’s leading non-medical expert in this field. She has tried these tweakments herself and provides clear unbiased information on how tweakments work. This widely acclaimed text demonstrates the application of developmental approaches to career guidance and counseling for children, adolescents, and adults across a variety of settings, including schools, businesses, and community agencies. Lorraine Nordmann’s leading textbook, Beauty Therapy: The Foundations 2nd edition has been fully revised to reflect VRQ
Beauty Therapy at Level 2, with content specifically mapped to VRQ learning outcomes and range statements throughout. This textbook continues to be the only Official Guide to Level 2 Beauty Therapy fully endorsed by Habia while matching the recently updated National Occupational Standards. Maintaining a clear presentation and user-friendly format, this revised edition boasts new photography, new assessment questions, a revised glossary and four new chapters, with contributions from bestselling author of The Complete Nail Technician Marian Newman. This authoritative guide will encourage and inspire trainee beauty therapists towards a rewarding career.

Rae Morris has been described as one of the world's most creative artists, but her work is not hanging in museums, it's seen on the faces and bodies of some of the best-known international models and actors. In Makeup: The ultimate guide, Rae brings the world of fashion makeup to you. With her simple step-by-step she makes even the most sophisticated and creative makeup easy to achieve. She also reveals all the tricks, techniques and trade secrets that have seen her awarded Australian Makeup Artist of the Year four times over.

Discover: * All the essential makeup tools you'll need * How to find the right product at the right price * Which eye shadow colours work best for you, and which ones will make your eye colour 'pop' * How to achieve the perfect eyebrows * All about false eyelashes * Contouring and highlighting your face * Ten-minute makeovers for days, evenings and the morning after and much more.

This gorgeous, glamorous guide will inspire you to create looks you have admired but never dreamed possible! How to help your children make healthy food choices throughout their lives. The choices we make influence our children in ways we are not always aware of. This book helps readers recognise their hidden assumptions about food, and the ways we can offer food options to children that help them make good choices - and not just while Mum and Dad are watching! Packed full of brilliant ideas that will make you really think about how you see food, this book also offers practical suggestions and action steps to set your children on a healthy pathway for a lifetime. You will gain confidence through seeing the bigger picture and will be able to choose eating habits that fit your particular lifestyle. Use this book to make your mealtimes less stressful and more enjoyable.

Revised and updated, with a new page layout, this edition contains material on facial cosmetics and treatments, skin diagnosis, new products, guidance on the selling role of beauty therapists, and expanded use of tables and charts for skin conditions and products. Exercises and questions are included.

Libby has an idyllic life on an apple orchard and is close to her grandfather, a cider maker. When he dies in a freak accident, Libby is devastated. She finds it difficult to talk to her parents about her feelings as her mother seems cold and her father says little. Grieving, angry, and feeling distant from her parents who are struggling with their own relationship, she begins compulsively pulling her hair out. To get away from the unhappiness, Libby unwillingly goes to boarding school. There, she befriends Charlie, and goes to stay with her family, which is warm, friendly and fun. While there, Libby enjoys being part of all the outdoor adventures and gains new perspectives on herself and her parents. This young adult novel is a story of strong friendships and growing understanding that combine to overcome difficulties.

A comprehensive, practical guide to professional make-up, this text has a special emphasis on creativity and developing individual style and skills. Also covers: creating fashion and photographic image, cosmetic camouflage and body art, hairstyling and wigs, and how to run a successful business as a make-up artist.

The spa industry is currently the fastest growing segment of the hospitality and leisure industry with revenues exceeding those from amusement parks, box office receipts, vacation ownership gross sales and ski resort ticket sales. Understanding the Global Spa Industry is the first book to examine management practices in this industry and offers a groundbreaking and comprehensive approach to global spa management, covering everything from the beginnings of the industry through to contemporary management and social and ethical issues. With contributions from internationally renowned business leaders, practitioners and academics, this unique book is packed with case studies, examples and advice for all those working in, and studying, the international spa industry. Understanding the Global Spa Industry brings an analytic lens to the spa movement, examining past, current and future trends and the potential for shaping wellness and health services in the 21st century.

Have you ever wondered why you crave certain foods, get bumps on the back of your arms or have lines, breakouts or markings on certain areas of your face or body? Your body has its own language of communication and has ways of telling you what it really needs. The Forensic Nutritionist helps you learn how to recognise nutritional deficiencies, detect early health warning signs, banish food cravings and overeating and make the changes you personally need for good health and longevity. If you want to dispel the health myths and get the real deal on what healthy eating really means this book is for you.