
Find your voice, speak your truth, listen deeply—a guide to having more meaningful and mindful conversations through nonviolent communication. We spend so much of our lives talking to each other, but how much are we simply running on automatic—relying on old habits and hoping for the best? Are we able to truly hear others and speak our mind in a clear and kind way, without needing to get defensive or go on the attack? In this groundbreaking synthesis of mindfulness, somatics, and nonviolent communication, Oren Jay Sofer offers simple yet powerful practices to develop healthy, effective, and satisfying ways of communicating. The techniques in Say What You Mean will help you to: • Feel confident during conversation • Stay focused on what really matters in an interaction • Listen for the authentic concerns behind what others say • Reduce anxiety before and during difficult conversations • Find nourishment in day-to-day interactions "Unconscious patterns of communication create separation not only in our personal lives, they also perpetuate patterns of misunderstanding and violence that pervade our world. With clarity and great insight, Oren Jay Sofer offers teachings and practices that train us to speak and listen with presence, courage, and an open heart.” —Tara Brach, author of Radical Acceptance and True Refuge

What does it mean to be white in a society that proclaims race meaninglessness yet is deeply divided by race? In the face of pervasive racial inequality and segregation, most whites cannot answer that question. Robin DiAngelo argues that a number of factors make this question difficult for whites miseducation about what racism is; ideologies such as individualism and colorblindness; defensiveness; and a need to protect (rather than expand) our worldviews. These factors contribute to what she terms white racial illiteracy. Speaking as a white person to other white people, Dr. DiAngelo clearly and compellingly takes readers through an analysis of white socialization. She describes how race shapes the lives of white people, explains what makes racism so hard for whites to see, identifies common white racial patterns, and speaks to the popular narratives that work to deny racism. Written as an accessible introduction to white identity from an anti-racist framework, this book provides the tools for members of diversity and anti-racism programs and study groups and students of sociology, psychology, education, and other disciplines. A user-friendly reference guide plus workbook containing the most important rules of English grammar, punctuation, capitalization, and writing numbers that people need every day. Full of helpful, real-world examples, exercises, tests, and answers. Perfect for business professionals, professors, teachers, students, and home schooling families, The Blue Book of Grammar and Punctuation is used in hundreds of universities, high schools, middle schools and corporations through the United States as well as in developing nations. Take an online quiz, get editing help, order the book, join the Q&A club, read Jane Straus’s articles, or register for her monthly newsletter. The book is a clear treatment, in nontechnical language, of the Christian doctrine of anthropology. It describes human beings as created by God and defined by relationships—with God and others. The Foundations of Christian Faith series enables readers to learn about contemporary theology in ways that are clear, enjoyable, and meaningful. It examines the doctrines of the Christian faith and stimulates readers not only to think more deeply about their faith but also to understand their faith in relationship to contemporary challenges and questions. Individuals and study groups alike will find these guides invaluable in their search for depth and integrity in their Christian faith. A Mom’s Choice Gold Award Winner! Being present means... Noticing when someone needs help Waiting patiently for your turn Focusing on what’s happening now Follow a group of friends at school, at home, and at the beach as they experience just what it means to be present. More Awards for What Does It Mean To Be Present? The Living Now: Books for Better Living Award The Nautilus Silver Award for Children’s Picture Book The Moonbeam Gold Children’s Book Award for Mind-Body-Spirit/Self-Esteem This book opens up alternative ways of thinking and talking about ways in which a person can “know” a subject (in this case, mathematics), leading to a reconsideration of what it may mean to be a teacher of that subject. In a number of European languages, a distinction is made in ways of knowing that in the English language is collapsed into the singular word know. In French, for example, to know in the savoir sense is to know things, facts, names, how and why things work, and so on, whereas to know in the connaître sense is to know a person, a place, or even a thing—namely, an other—in such a way that one is familiar with, or in relationship with this other. Primarily through phenomenological reflection with a touch of empirical input, this book fleshes out an image for what a person’s connaître knowing of mathematics might mean, turning to mathematics teachers and teacher educators to help clarify this image. Delaney was diagnosed with dyslexia. What does that mean? How should she explain dyslexia to her friends and her teachers? Will Delaney learn to read, write and spell? Can she be successful in school? Understand dyslexia through the eyes of an eight-year-old girl and learn how to explain dyslexia to school-aged children. Part of the award-winning What Does It Mean To Be...? series, What Does It Mean To Be an Entrepreneur? is a marvelous introduction for children of all ages to the concept of entrepreneurship and creativity. Being an entrepreneur means... Following your dream Loving to learn and being curious Taking risks Celebrated by Co-Founder of Ben & Jerry’s, Jerry Greenfield, What Does It Mean To Be an Entrepreneur? is a book that “Inspires young dreamers to find the courage to be doers.” When Rae witnesses an ice cream-and-doggie mishap, she’s inspired to create a big-scale solution to wash dogs. Rae draws on her determination, resilience, and courage until she—and everyone else in her community—learns just what it means to be an entrepreneur. This fun approach to a sometimes complicated concept is sure to inspire budding entrepreneurs to follow their dreams. After all, being an entrepreneur takes courage, creativity, and a growth mindset! The Cambridge Advanced Learner’s Dictionary gives the vital support which advanced students need, especially with the essential skills: reading, writing, listening and speaking. In the book: * 170,000 words, phrases and examples * New words: so your English stays up-to-date * Colour headwords: so you can find the word you are looking for quickly * Idiom Finder * 200 ‘Common Learner Error’ notes show how to avoid common mistakes * 25,000 collocations show the way words work together * Colour pictures: 16 full page colour pictures On the CD-ROM: * Sound: recordings in British and American English, plus practice tools to help improve pronunciation * UNIQUE! Smart Thesaurus helps you choose the right word * QUICKfind looks up words for you while you...
are working or reading on screen * UNIQUE! * SUPERwrite gives on screen help with grammar, spelling and collocation when you are writing * Hundreds of interactive exercises When this important work was originally published in 1950-the first book in this country on anxiety-it was hailed as a work ahead of its time. In the revised edition of this now-classic study, the distinguished author of Love and Will deepens his exploration into anxiety theory. Dr. May challenges the idea that mental health means living without anxiety, and he explores anxiety's potential for self-realization as well as ways to avoid its destructive aspects. In What Does It Mean to Grow Old? essayists come to grips with the phenomenon of aging in America that is about to become the Old Country. They have been drawn from every relevant discipline—gerontology, social medicine, politics, health, anthropology, ethics, law—and asked to speak their mind. Most of them write extremely well [and their] sharply individual voices are heard. There are many people who experience invisible, and often undiagnosed, disabilities and conditions which affect their everyday life. As part of the survey, it might not be immediately obvious that someone perhaps has a different way of thinking, experiencing or processing the world around them. Having an invisible disability usually means that it is difficult to provide concrete, visible evidence for it and it can be perceived as ‘not real’ by other people. Indeed, some individuals can often be made to feel they are not good enough, and may end up masking or hiding their difficulties in order to just get by in day-to-day life without being judged. In this collection, we introduce and educate Young Minds about a range of “invisible” conditions, for example mental health conditions like Post-Traumatic Stress Disorder, autism, chronic pain conditions, intellectual disabilities, stuttering, and many others. We also highlight some of the wider challenges faced within society, such as the lack of understanding from other people, and discuss how Young Minds can potentially support their friends and family who might be experiencing one of these disabilities or conditions. This collection covers what Young Minds could learn about what it means to have an invisible condition and how it can impact on relationships, education, thinking, communication, emotions, behaviours, and generally navigating everyday life. Further, some people might be unwilling to seek help and share their concerns with others, because they are worried that others don’t really understand what life is like for them. We hope that this collection offers a way without the invisible condition to think carefully about how they can make the world a more supportive and inclusive place for everyone. At the Beginning of the Second Millennium, Men Are cautiously seeking alternative models of masculinity. They ask: Can I be a feeling person without being spineless? Can I welcome liberated women without losing my own freedom? Do I dare be friendly with gay men? Can I be a caring lover, husband, dad – successful in the marketplace – while still honoring my authentic maleness? This book gives men a chance to explore and dialogue with that emerging self. It is not just a book to read; it is a book to do. Interactive features allow men to face and heal boyhood wounds, recognize stored-up anger, deal with the strains of the workplace, and commit more deeply to relationships. Book jacket. When Tanisha spills grape juice all over her new dress, her classmate contemplates how to make her feel better and what it means to be kind. From asking the new girl to play to standing up for someone being bullied, this moving and thoughtful story explores what a child can do to be kind, and how each act, big or small, can make a difference—or at least help a friend. With award-winning author Pat Zietlow Miller’s gentle text and Jen Hill’s irresistible art, Be Kind is an unforgettable story about how two simple words can change the world. Who was Jesus? And what does it mean to follow him? Nancy Birdsall examines the identity and mission of Jesus of Nazareth. Learn about the incarnation, how Christians have understood Jesus to be both human and divine, and what his radical teachings and ministry can mean for us today. Find out how Christians through the centuries have understood who Jesus is and explore communal and individual practices for following him. The Jesus Way: Small Books of Radical Faith delve into big questions and wide-ranging issues of the world. These concise, practical books are deeply rooted in Anabaptist theology. Crafted by a diverse community of internationally renowned scholars, pastors, and practitioners, The Jesus Way series helps readers deepen their faith in Christ and enliven their witness. Analyses of the dynamics of change present in Europe are not complete without taking into account the role and function of the critical approach as a founding element of European culture. An appreciation of critical thinking must go hand-in-hand with reflection on its essence, forms, and centuries-long tradition. The European philosophical tradition has thematized the problem of criticism since its appearance. This book contains articles on the history of philosophical criticism and ways that it has been understood in European thought. Individual chapters contain both historical-philosophical and problem-oriented analyses, indicating the relationships between philosophical criticism and rationalism, logic, scepticism, atheism, dialectic procedure, and philosophical counseling, among others. Philosophical reflection on critical thinking allows for an acknowledgment of its significance in the fields of epistemology, philosophy of politics, aesthetics, methodology, philosophy of language, and cultural theory. The book should interest not only humanities scholars, but also scholars in other fields, as the development of an anti-dogmatic critical approach is an open challenge for all disciplines. In this cogent and accessible introduction to philosophy, the distinguished author of Mortal Questions and The View From Nowhere sets forth the central problems of philosophical inquiry for the beginning student. Arguing that the best way to learn about philosophy is to think about its questions directly, Thomas Nagel considers possible solutions to nine problems—knowledge of the world beyond our minds, knowledge of other minds, the mind-body problem, free will, the basis of morality, right and wrong, the nature of death, the meaning of life, and the meaning of words. Although he states his own opinions clearly, Nagel leaves these fundamental questions open, allowing students to entertain other solutions and encouraging them to think for themselves. What does it mean you find a Feather? What does it mean when you see a Feather falling in front of you? Do Feathers have healing powers? Whether you have been walking on your spiritual path for eons of time or just stepped forward, the information received was out of a need, and urge to learn more about what feathers mean, and why they sometimes magically appear. Are they here to teach us something about ourselves? Can feathers hold messages for us, that can unlock healing and change? Can they help with creativity and bring messages from beyond time and space? I believe they can. I believe we can consider them the way you will too. Originally published as one section of a collaborative volume entitled introduction to literature. List of Tables. List of Figures. Series Editor’s Foreword. Preface. Prologue. Acknowledgements. What It Means to Be a Parent After a Child Had Died. The “Mothers Now Childless” Study: Research Design and Findings. When a Child Dies, Does Grieving Ever End? One Death - A Thousand Strands of Pain Surrounding the Horror. Family, Friends, and the Bereaved Parents’ Search for Understanding: The Paradox of Healing. Confronting a Spiritual Crisis: Where is God When Bad Things Happen? Confronting an Existential Crisis: Can Life Have Purpose Again? Deciding to Survive: Reaching Bottom - Climbing Up. Remembering With Love: Bereaved Parents as Biographer. Reaching Out to Help Others: Wounded Healers. Reinventing the Self: Parents Ask, “Who Are We Now?”: The Legacy of Loss. References. Resources. Appendices. Index. This generously illustrated book tells the story of the human family, showing how our species’ physical traits and behaviors evolved over millions of years as our ancestors adapted to dramatic environmental changes. In What Does It Mean to Be Human? Rick Potts, director of the Smithsonian’s Human Origins Program, and Chris Sloan, National Geographic’s paleoanthropology expert, delve into our distant past to explain when, why, and how we acquired the unique biological and cultural qualities that govern our most fundamental connections and interactions with other people and with the natural world. Drawing on the latest research, they conclude that we are the last survivors of a once-diverse family tree, and that our evolution was shaped by one of the most unstable eras in Earth’s environmental history. The book presents a wealth of attractive new material especially developed for the Hall’s displays, from life-like reconstructions of our ancestors sculpted by the acclaimed John Gurche to photographs from National Geographic and Smithsonian archives, along with informative graphics and illustrations. In coordination with the exhibit opening, the PBS program NOVA will present a related three-part television series, and the museum will launch a website expected to draw 40 million visitors. What Does Dead Mean? is a beautifully illustrated book that guides children gently through 17 of the ‘big’ questions they often ask about death and dying. Questions such as ‘Is being dead like sleeping?’, ‘Why do people have to die?’ and ‘Where do dead people go?’ are answered simply, truthfully and clearly to help adults explain to children what happens when someone dies. Prompts encourage
children to explore the concepts by talking about, drawing or painting what they think or feel about the questions and answers. Suitable for children aged 4+, this is an ideal book for parents and carers to read with their children, as well as teachers, therapists and counsellors working with young children. E.P. thinks To-Be is beautiful! It is the place he wants to call home. After settling in the green apple tree, E.P. finds the town is not as eco-friendly as he'd hoped! He sets out to educate his new neighbors with tips on saving energy and recycling. Soon, everyone is on board to help protect our planet. Looking Glass Library is an imprint of Magic Wagon, a division of ABDO Company. Along race, class or generational lines, hip-hop music has been a source of controversy since the beats got too big and the voices too loud for the block parties that spawned them. America has condemned and commended this music and the culture that inspires it. Dubbed "the Hip-Hop Intellectual" by critics and fans for his pioneering explorations of rap music in the academy and beyond, Michael Eric Dyson is uniquely situated to address the complex political and cultural dimensions of hip-hop culture. Know What I Mean? addresses salient issues within hip hop: the creative expression of degraded youth that has garnered them global exposure; the vexed gender relations that have made rap music a lightning rod for pundits; the commercial explosion that has made an art form a victim of its success; the political elements that have been submerged in the most popular form of hip-hop; and the intellectual engagement with some of hip-hop’s most influential figures. In spite of changing trends, both in the music industry and among the intelligentsia, Dyson has always supported and interpreted this art that bloomed un watered, and in many cases, unwanted from our inner cities. For those who wondered what all the fuss is about in hip hop, Dysons bracing and brilliant book breaks it all down. There is no doubting Shakespeare’s literary genius, immortalised in his published work. However, statements along these lines are frequently followed by lamentations of how little is known about this life. This is true if we wish to know about Shakespeare’s movements on even a month-by-month basis, or about his working practices and relationships with his theatrical fellows. However, too great an emphasis on this dearth of material not only leads to ill-informed comment that this is somehow ‘suspicious’ but also tends to downgrade the importance of what material has survived, often dismissed instead simply as evidence of the contortions which have little bearing on his creative work. However, this material does at least help us to evaluate how successful Shakespeare was in earning a living in a profession which, in his day, was far from mainstream. By calculating his income from theatrical sources and exploring how this affected his financial circumstances and his ability to invest for his and his family's security, we can come to a better understanding of his social standing at different periods in his life, the most obvious evidence to his late sixteenth- and early seventeenth-century contemporaries of his success. Shakespeare undoubtedly died a man of comfortable means, but, as this book demonstrates, there is little to justify claims that he died possessed of great wealth. The circumstances of his daughters' marriages are a sufficient indication that he had not achieved true gentlemanly status. Other evidence suggests that he had not broken convincingly into the ranks of leading figures even of a small market town. Moreover, following a period of increasing prosperity, these 'business records' also reflect a declining income during the last ten years or so of his life and of his efforts to safeguard his assets. On the other hand, when compared with his father's business failure, mainly the result of a loss of credit, it is clear that, consciously or unconsciously, Shakespeare had the good sense or foresight not to over-reach himself. Although this book does not attempt to hedge up the person's own judgement about the degree of genuine, or sly, or even actual, business dealings which have somehow 'suspicious' but also tends to lead to ill-informed comment that this is what Does It Mean to Be Global? • The USA Book News Best Books Award for Children’s Picture Book: Nonfiction • The Next Generation Indie Book Award for Multicultural Nonfiction • Learning Solutions Magazine Teachers’ Choice Award for Children's Books • IBPA Benjamin Franklin Silver Winner for Interior Design in Children's/Young Adult • The Nautilus Silver Award for Children's Illustrated Now in paperback! A Girl, Too Many! is a must read!
products and processes without an illustrator—just like Google, eBay, and Adobe do. In "What is Meaning" (1903) the author elaborates on the fundamental tenets of her theory of sign, to which she give the overall term significs. One of the main obstacles to an adequate theory of meaning, in Lady Welby's opinion, is the unfounded assumption of fixed sign meaning. "There is, strictly speaking, no such thing as the Sense of a word, but only the sense in which it is used the circumstances, state of mind, reference, universe of discourse belonging to it. The Meaning of a word is the intent which it is desired to convey the intention of the user. The Significance is always manifold, and intensifies its sense as well as its meaning, by expressing its importance, its appeal to us, its moment for us, its emotional force, its ideal value, its moral aspect, its universal or at least social range." This facsimile of the 1903 edition of "What is Meaning" is accompanied by an essay on "Significs as a Fundamental Science" by Achim Eschbach, and "A Concise History of Significs" by G. Mannoury. The bestselling workbook and grammar guide, revised and updated! Hailed as one of the best books around for teaching grammar, The Blue Book of Grammar and Punctuation includes easy-to-understand rules, abundant examples, dozens of reproducible quizzes, and pre- and post-tests to help teach grammar Ideal for students from seventh grade through adulthood in the US and abroad. For anyone who wants to understand the major rules and subtle guidelines of English grammar and usage. The Blue Book of Grammar and Punctuation offers comprehensive, straightforward instruction. A NEW YORK TIMES NOTABLE BOOK OF THE YEAR • NEW YORK TIMES BEST SELLER • From one of our most iconic and influential writers, the award-winning author of The Year of Magical Thinking: a timeless collection of mostly early pieces that reveal what would become Joan Didion's subjects, including the press, politics, California robber barons, women, and her own self-doubt. With a forward by Hilton Als, these twelve pieces from 1968 to 2000, never before gathered together, offer an illuminating glimpse into the mind and process of a legendary figure. They showcase Joan Didion's incisive reporting, her empathetic gaze, and her role as "an articulate witness to the most stubborn and intractable truths of our time" (The New York Times Book Review). Here, Didion touches on topics ranging from newspapers ("the problem is not so much whether one trusts the news as to whether one finds it"), to the fantasy of San Simeon, to not getting into Stanford. In "Why I Write," Didion ponders the act of writing: "I write entirely to find out what I'm thinking, what I'm looking at, what I see and what it means." From her admiration for Hemingway's sentences to her acknowledgment that Martha Stewart's story is one "that has historically encouraged women in this country, even as it has threatened men," these essays are acutely and brilliantly observed. Each piece is classic Didion: incisive, bemused, and stunningly prescient. Canadians have seen Liberal governments. They've seen Conservative governments. And they've seen New Democrat governments. But as of 2019 they still have yet to see a Green government. Around the rest of the world, however, Green Parties have formed governments many times. In many countries they have been an established part of the political domain for decades. And they're not seen as a "single-issue party", as they're so often wrongly described in Canada. What Does Green Mean? is a world tour of Green parties and Green political ideas. Using international examples of Green parties from around the globe, it explores what the Greens are trying to do for politics and for the planet. From Green governments in Germany, Sweden, and Ireland, to the individuals who founded the Canadian Green movement, the book aims to leave the reader with a richer understanding of what Green truly means. idahotrust.org