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**Susan Kerr**



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**Get Started in Reflexology** Chris Stormer, 2010-10-29 Reflexology is a natural therapy to beat stress and heal common ailments Get Started in Reflexology Teach Yourself is the most comprehensive yet straightforward introduction available for the curious beginner It is the only title to give you true spiritual insight into the link between mind and body more importantly it provides clear and direct links to a complete A Z of different ailments both physical and emotional with practical guidance and easy to follow techniques for foot massage and care NOT GOT MUCH TIME One five and ten minute introductions to key principles to get you started AUTHOR INSIGHTS Lots of instant help with common problems and quick tips for success based on the author's many years of experience TEST YOURSELF Tests in the book and online to keep track of your progress EXTEND YOUR KNOWLEDGE Extra online articles at [www.teachyourself.com](http://www.teachyourself.com) to give you a richer understanding of reflexology FIVE THINGS TO REMEMBER Quick refreshers to help you remember the key facts TRY THIS Innovative exercises illustrate what you've learnt and how to use it Teach

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**How to Interpret Dreams: Teach Yourself** Leila Bright, 2013-04-26 What do our dreams mean Throughout recorded history this question has fascinated people all over the world How to Interpret Dreams is a complete handbook simple practical and easy to use which suggests a host of possible answers Dreams can serve as guides to your inner self and to your relationships health and career success How to Interpret Dreams explains how you can benefit from the power of dreams by Recalling dreams vividly and distinguishing significant from insignificant dreams Learning to work with symbols to gain insight into the messages hidden in dreams Appreciating the role played by specific types of dream prophetic anxiety sexual etc Harnessing the power of lucid and mutual dreaming Learning to generate dreams to help solve specific problems It includes case studies and sample entries from dream diaries as well as a comprehensive quick reference A to Z of the meaning of symbols from abyss to zoo fog to sunshine and bereavement to birth plus hundreds of others in between

*Relax And Unwind With Yoga: Teach Yourself* Swami Saradananda, 2010-07-30 Relax and Unwind with Yoga is designed to help you reap the full benefits of yoga for practical and emotional wellbeing by following a daily routine that

doesn't require a huge amount of commitment Ideal for the beginner with no previous experience it outlines all the basic key exercises asanas you will need in addition to giving you information on how where and when to practice them There is plenty of insight into the philosophical background of yoga and helpful tips on diet and lifestyle Supporting materials including a practice diary will allow you to record your progress while a list of teachers and sources for taking it further will be useful to all those who wish to deepen their practice NOT GOT MUCH TIME One five and ten minute introductions to key principles to get you started AUTHOR INSIGHTS Lots of instant help with common problems and quick tips for success based on the authors many years of experience TEST YOURSELF Tests in the book and online to keep track of your progress EXTEND YOUR KNOWLEDGE Extra online articles at [www.teachyourself.com](http://www.teachyourself.com) to give you a richer understanding of how to get on TV FIVE THINGS TO REMEMBER Quick refreshers to help you remember the key facts TRY THIS Innovative exercises illustrate what you've learnt and how to use it

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Management Association, Information Resources,2013-08-31 Individuals with disabilities often have difficulty accomplishing tasks living independently and utilizing information technologies simple aspects of daily life taken for granted by non disabled individuals Assistive Technologies Concepts Methodologies Tools and Applications presents a comprehensive collection of research developments and knowledge on technologies that enable disabled individuals to function effectively and accomplish otherwise impossible tasks These volumes serve as a crucial reference source for experts in fields as diverse as healthcare information science education engineering and human computer interaction with applications bridging multiple disciplines **Expanding the Boundaries of Transformative Learning** E. O'Sullivan,A. Morrell,M. O'Connor,2016-04-30

Transformative learning involves experiencing a deep structural shift in the basic premises of thought feelings and actions It is a shift of consciousness that dramatically and permanently alters our way of being in the world Such a shift involves our understanding of ourselves and our self locations our relationships with other humans and with the natural world our understanding of relations of power in interlocking structures of class race and gender our body awarenesses our visions of alternative approaches to living and our sense of possibilities for social justice and peace and personal joy The editors of this collection make several challenges to the existing field of transformative learning the first is to theoreticians who have attempted to describe the nature of transformative learning without regard to the content of transformative learning The editors argue that transformative learning theory cannot be constructed in a content neutral or context free way Their second challenge which assumes the importance content for transformative learning is to educators as practitioners The

editors argue that transformative learning requires new educational practices consistent with the content Arts based research and arts based teaching learning practices are one example of such new educational practices Education for the soul or spiritual practices such as meditation or modified martial arts or indigenous peoples forms of teaching learning is another example Each article in the collection presents a possible model of these new practices     True to Life Elementary Teacher's Book Joanne Collie,Stephen Slater,1995-09-28 True to Life is a five level course designed specifically for adult learners     The Role of interest in Learning and Development K. Ann Renninger,Suzanne Hidi,Andreas Krapp,Ann Renninger,2014-02-04 Interest is just emerging as a critical bridge between cognitive and affective issues in both learning and development This developing interest in interest appears to be linked to an increasing concern for studying the individual in context examining affective variables as opposed to purely structural features of text analyzing the interrelationship of cognitive and social development understanding practical applications of theories of motivation and recognizing the importance of developmental psychology for the study of learning This book addresses both how individual interest and interest inherent in stimuli books text toys etc across subjects affect cognitive performance While the book s particular emphasis is on theory driven research each of the contributing authors offers a unique perspective on understanding interest and its effects on learning and development As such each has contributed a chapter in which particular questions in interest research are described and linked to a clearly stated theoretical perspective and recent findings Relevant material from the broader literatures of psychology and education are analyzed in the context of these discussions In addition the introductory and concluding chapters build on the contributions to the volume by providing the basis of a coherent view of interest across genres such as stories and expository text and domains as varied as play reading and mathematics

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