



Suicide and Attempted Suicide Among Children and Adolescents



Keith Hawton



Developmental Clinical
Psychology and Psychiatry

Suicide And Attempted Suicide Among Children And Adolescents

**United States. Department of Health
and Human Services. Secretary's Task
Force on Youth Suicide**

Suicide And Attempted Suicide Among Children And Adolescents:

Suicide and Attempted Suicide Among Children and Adolescents Keith Hawton,1986 Abstract This book discusses suicide and attempted suicide among children and adolescents Research from many different nations is used providing a broad base from which conclusions are deduced The book details multiple dimensions of suicidal behavior including the possible causes motives and precipitants and personal and interpersonal consequences following suicidal attempt Theoretical issues clinical management treatment and prevention are also presented

The International Handbook of Suicide and Attempted Suicide Keith Hawton,Kees van Heeringen,2000-11-21 Recent research in the area of suicidology has provided significant new insights in the epidemiological psychopathological and biological characteristics of suicidal behaviour The International Handbook of Suicide and Attempted Suicide is the first book to bring together this expertise and translate it into practical guidelines for those responsible for policy issues and for those involved in the treatment and prevention of suicidal behaviour Leading international authorities provide a truly comprehensive and research based reference to understanding treating and preventing suicidal behaviour They explore concepts and theories which best guide work within this field and detail key research which has supported conceptual developments preventive interventions and clinical treatment No self respecting worker in deliberate self harm and suicide prevention either clinical or research can afford to be without access to this comprehensive handbook possession and regular use may well become a marker of serious involvement in the subject This is the most comprehensive up to date informative and well written source of information on suicide and suicidal behaviour an invaluable work of reference which will be essential for clinicians and researchers for many years to come Andrew Sims Emeritus Professor of Psychiatry St James s University Hospital Leeds UK British Journal of Psychiatry

Child and Adolescent Suicide ,1981

Suicide in Children and Adolescents Robert A. King,Alan Apter,2003-08-28 In an epoch when rates of death and illness among the young have steadily decreased in the face of medical progress the persistently high rates of youth suicide and suicide attempts around the world remain a tragic irony and a challenge to both our clinical practice and theoretical understanding How can these deaths be prevented Can they be anticipated Are there perceptible patterns of risk and vulnerability What role do families gender culture and biology play What are the treatments for and outcomes of suicide attempters To address these questions experts from around the world in all areas of psychiatry from epidemiology neurobiology genetics and psychotherapy have brought together their current findings in Suicide in Children and Adolescents

Report of the Secretary's Task Force on Youth Suicide United States. Dept. of Health and Human Services. Secretary's Task Force on Youth Suicide,1989

Report of the Secretary's Task Force on Youth Suicide: Risk factors for youth suicide United States. Department of Health and Human Services. Secretary's Task Force on Youth Suicide,1989

Handbook of Adolescent Health Risk Behavior Ralph J. DiClemente,William B. Hansen,Lynn E. Ponton,1996-01-31 This reference provides a comprehensive assessment of adolescent health risk

behaviors such as smoking violence teen pregnancy and AIDS among many others Experts describe trends and changes in risk behaviors over time illustrate theoretical models useful for understanding adolescent risk taking behavior and developing preventive interventions review the state of the science with respect to prevention strategies for each risk behavior and identify effective treatment modalities

Suicidal Behavior in Children and Adolescents Barry M. Wagner, 2009-10-13 In this remarkably clear and readable evaluation of the research on this topic Barry Wagner presents the current state of knowledge about suicidal behaviors in children and adolescents addressing the trends of the past ten years and evaluating available treatment approaches Wagner provides an in depth examination of the problem of suicidal behavior within the context of child and adolescent behavior Among the developmental issues covered are the evolving capacity for emotional self regulation change and stresses in family peer and romantic relationships and developing conceptions of time and death He also provides an up to date review of the controversy surrounding the possible influence of antidepressant medications on suicidal behavior Within the context of an integrative model of the suicide crisis Wagner discusses issues pertaining to assessment treatment and prevention

Risk Factors for Youth Suicide Lucy Davidson, Markku Linnoila, 2013-02-01 Papers presented at the National Conference on Risk Factors for Youth Suicide held at Bethesda in 1986 The authors catalogued analyzed and synthesized the literature on factors linked to youth suicide

Child & Adolescent Mental Health: A Practical, All-in-One Guide (Third Edition) Jess P. Shatkin, 2024-01-16 What clinicians need to know about the emotional well being of kids now updated and revised With the number and variety of mental health issues affecting kids on the rise and as more clinicians and counselors are pushed to the front lines of defense there is an acute need for a comprehensive practical resource that guides professionals through the complexities of child and adolescent mental health This comprehensive book now in its third edition answers that call Fully revised and updated Child Adolescent Mental Health now includes chapters addressing mental health during a pandemic and gender dysphoria Child and adolescent psychiatry expert Jess P Shatkin distills three decades of clinical experience research and teaching into an effective guide that providers and trainees have kept within arm s reach for the past fifteen years

Oxford Textbook of Suicidology and Suicide Prevention Danuta Wasserman, 2021 Part of the authoritative Oxford Textbooks in Psychiatry series the new edition of the Oxford Textbook of Suicidology and Suicide Prevention remains a key text in the field of suicidology fully updated with new chapters devoted to major psychiatric disorders and their relation to suicide

Child and Adolescent Mental Health Services Richard Williams, Michael Kerfoot, 2005-01-20 This volume synthesizes material and evidence on how best to plan and deliver child and adolescent mental health care services providing a one stop reference guide for all those with responsibility for these services It includes a concise update on the most common child psychiatric conditions

Current Catalog National Library of Medicine (U.S.), First multi year cumulation covers six years 1965 70

Advances in Clinical Child Psychology Benjamin Lahey, 2013-11-11 Advances in Clinical Child Psychology is a serial publication designed to

bring together original summaries of the most important new developments in the field of clinical psychology and its related disciplines. Each chapter is written by a key figure in an innovative area of research or by an individual who is particularly well qualified to comment on a topic of major contemporary importance. These chapters provide convenient concise explorations of empirical and clinical advances in the field. The contents of Volume 7 reflect the broad changes that are occurring within the field. The continuing growth of research emphasis on etiology is seen in two chapters on the causative role played by chemical substances, one chapter on the effects of divorce on children and one on the influence of televised violence. The difficult issue of suicide by children and adolescents is dealt with the role of cognition in behavior disorders is explored and the clinical applications of direct behavioral observation are evaluated. Although the fields of pediatric psychology and prevention have been treated in earlier volumes in the series, progress in these fields has been so rapid that chapters on each topic have been included in the present volume. We appreciate the roles played by the advisory editors in suggesting excellent topics and thoughtfully editing the chapters. As always, our strongest thanks go to the volume's authors for their outstanding contributions.

Rutter's Child and Adolescent Psychiatry Anita Thapar, Daniel S. Pine, James F. Leckman, Stephen Scott, Margaret J. Snowling, Eric A. Taylor, 2017-12-26. Rutter's Child and Adolescent Psychiatry is the leading textbook in its field. Both interdisciplinary and international, it provides a coherent appraisal of the current state of the field to help researchers, trainees, and practicing clinicians in their daily work. Integrating science and clinical practice, it is a comprehensive reference for all aspects of child and adolescent psychiatry. New to this full color edition are expanded coverage on classification including the newly revised Diagnostic and Statistical Manual of Mental Disorders DSM 5 and new chapters on systems neuroscience, relationship based treatments, resilience, global psychiatry, and infant mental health. From an international team of expert editors and contributors, this sixth edition is essential reading for all professionals working and learning in the fields of child and adolescent mental health and developmental psychopathology, as well as for clinicians working in primary care and pediatric settings. Michael Rutter has contributed a number of new chapters and a Foreword for this edition. I greatly welcome this new edition as providing both a continuity with the past and a substantial new look.

Professor Sir Michael Rutter, extract from Foreword, Reviews of previous editions. This book is by far the best textbook of Child Adolescent Psychiatry written to date. Dr Judith Rapoport, NIH. The editors and the authors are to be congratulated for providing us with such a high standard for a textbook on modern child psychiatry. I strongly recommend this book to every child psychiatrist who wants a reliable up to date comprehensive, informative, and very useful textbook. To my mind, this is the best book of its kind available today. Journal of Child Psychology and Psychiatry.

Treating and Preventing Adolescent Mental Health Disorders Dwight L. Evans, Edna B. Foa, Raquel E. Gur, Herbert Hendin, Charles P. O'Brien, Daniel Romer, Martin E.P. Seligman, B. Timothy Walsh, 2017-07-12. This volume reviews the latest information about the treatment and prevention of major mental disorders that emerge during adolescence. It should be a primary resource for both clinicians

and researchers with special attention to gaps in our knowledge **Child and Adolescent Suicidal Behavior** David N. Miller, 2021-07-05 This comprehensive resource now revised and expanded provides school practitioners with an evidence based framework for preventing and effectively responding to youth suicidal behavior David N Miller guides readers to understand screen and assess for suicide risk in students in grades K 12 He presents collaborative strategies for intervening appropriately within a multi tiered system of support The book also shows how to develop a coordinated plan for postvention in the aftermath of a suicide offering specific dos and don ts for supporting students parents and school personnel User friendly tools include reproducible handouts the book s large size format facilitates photocopying Purchasers get access to a webpage where they can download and print the reproducible materials New to This Edition Chapter on the roles and responsibilities of the school based suicide prevention team Significantly revised coverage of screening and suicide risk assessment Situates prevention and intervention within a schoolwide multi tiered system of support Updated throughout with current data practical recommendations and resources *Suicide* Matthew K. Nock,Guilherme Borges,Yutaka Ono,2012-03-22 Presents a unique global perspective on suicidal behaviors using new data collected in 21 countries on 6 continents *Primary Care Pediatrics* Carol Green-Hernandez,Joanne K. Singleton,Daniel Z. Aronzon,2001 This pediatric primary care text takes a family centered approach examining issues from the perspective of the child and the caregiver Unlike most primary care texts it blends traditional health care with complementary therapies Throughout it identifies needs based on culture and ethnicity and lists community resources including websites where families can obtain more information or help Features include Case Studies Clinical Pearls and Clinical Warnings Compatibility BlackBerry R OS 4 1 or Higher iPhone iPod Touch 2 0 or Higher Palm OS 3 5 or higher Palm Pre Classic Symbian S60 3rd edition Nokia Windows Mobile TM Pocket PC all versions Windows Mobile Smartphone Windows 98SE 2000 ME XP Vista Tablet PC *Adolescent Health: Background and the effectiveness of selected prevention and treatment services* ,1991 This three volume work presents the Office of Technology s assessment of the physical emotional and behavioral health status of contemporary American adolescents including those living in poverty racial and ethnic minority groups Native Americans and rural adolescents Specific topics covered are identifying risk and protective factors for adolescent health problems evaluating options in the organization of health services and technologies available to adolescents assessing options in the conduct of national health surveys to improve collection of adolescent health statistics and identifying gaps in research on the health and behavior of adolescents

When people should go to the ebook stores, search opening by shop, shelf by shelf, it is truly problematic. This is why we provide the books compilations in this website. It will utterly ease you to look guide **Suicide And Attempted Suicide Among Children And Adolescents** as you such as.

By searching the title, publisher, or authors of guide you really want, you can discover them rapidly. In the house, workplace, or perhaps in your method can be all best place within net connections. If you take aim to download and install the Suicide And Attempted Suicide Among Children And Adolescents, it is utterly simple then, previously currently we extend the link to buy and create bargains to download and install Suicide And Attempted Suicide Among Children And Adolescents for that reason simple!

https://archive.kdd.org/book/virtual-library/Documents/sir_arthur_pinero_a_critical_biography_with_letters.pdf

Table of Contents Suicide And Attempted Suicide Among Children And Adolescents

1. Understanding the eBook Suicide And Attempted Suicide Among Children And Adolescents
 - The Rise of Digital Reading Suicide And Attempted Suicide Among Children And Adolescents
 - Advantages of eBooks Over Traditional Books
2. Identifying Suicide And Attempted Suicide Among Children And Adolescents
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Suicide And Attempted Suicide Among Children And Adolescents
 - User-Friendly Interface
4. Exploring eBook Recommendations from Suicide And Attempted Suicide Among Children And Adolescents
 - Personalized Recommendations
 - Suicide And Attempted Suicide Among Children And Adolescents User Reviews and Ratings

- Suicide And Attempted Suicide Among Children And Adolescents and Bestseller Lists
- 5. Accessing Suicide And Attempted Suicide Among Children And Adolescents Free and Paid eBooks
 - Suicide And Attempted Suicide Among Children And Adolescents Public Domain eBooks
 - Suicide And Attempted Suicide Among Children And Adolescents eBook Subscription Services
 - Suicide And Attempted Suicide Among Children And Adolescents Budget-Friendly Options
- 6. Navigating Suicide And Attempted Suicide Among Children And Adolescents eBook Formats
 - ePub, PDF, MOBI, and More
 - Suicide And Attempted Suicide Among Children And Adolescents Compatibility with Devices
 - Suicide And Attempted Suicide Among Children And Adolescents Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Suicide And Attempted Suicide Among Children And Adolescents
 - Highlighting and Note-Taking Suicide And Attempted Suicide Among Children And Adolescents
 - Interactive Elements Suicide And Attempted Suicide Among Children And Adolescents
- 8. Staying Engaged with Suicide And Attempted Suicide Among Children And Adolescents
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Suicide And Attempted Suicide Among Children And Adolescents
- 9. Balancing eBooks and Physical Books Suicide And Attempted Suicide Among Children And Adolescents
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Suicide And Attempted Suicide Among Children And Adolescents
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Suicide And Attempted Suicide Among Children And Adolescents
 - Setting Reading Goals Suicide And Attempted Suicide Among Children And Adolescents
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Suicide And Attempted Suicide Among Children And Adolescents
 - Fact-Checking eBook Content of Suicide And Attempted Suicide Among Children And Adolescents
 - Distinguishing Credible Sources

13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

Suicide And Attempted Suicide Among Children And Adolescents Introduction

In the digital age, access to information has become easier than ever before. The ability to download Suicide And Attempted Suicide Among Children And Adolescents has revolutionized the way we consume written content. Whether you are a student looking for course material, an avid reader searching for your next favorite book, or a professional seeking research papers, the option to download Suicide And Attempted Suicide Among Children And Adolescents has opened up a world of possibilities. Downloading Suicide And Attempted Suicide Among Children And Adolescents provides numerous advantages over physical copies of books and documents. Firstly, it is incredibly convenient. Gone are the days of carrying around heavy textbooks or bulky folders filled with papers. With the click of a button, you can gain immediate access to valuable resources on any device. This convenience allows for efficient studying, researching, and reading on the go. Moreover, the cost-effective nature of downloading Suicide And Attempted Suicide Among Children And Adolescents has democratized knowledge. Traditional books and academic journals can be expensive, making it difficult for individuals with limited financial resources to access information. By offering free PDF downloads, publishers and authors are enabling a wider audience to benefit from their work. This inclusivity promotes equal opportunities for learning and personal growth. There are numerous websites and platforms where individuals can download Suicide And Attempted Suicide Among Children And Adolescents. These websites range from academic databases offering research papers and journals to online libraries with an expansive collection of books from various genres. Many authors and publishers also upload their work to specific websites, granting readers access to their content without any charge. These platforms not only provide access to existing literature but also serve as an excellent platform for undiscovered authors to share their work with the world. However, it is essential to be cautious while downloading Suicide And Attempted Suicide Among Children And Adolescents. Some websites may offer pirated or illegally obtained copies of copyrighted material. Engaging in such activities not only violates copyright laws but also undermines the efforts of authors, publishers, and researchers. To ensure ethical downloading, it is advisable to utilize reputable websites that prioritize the legal distribution of content. When downloading Suicide And Attempted Suicide Among Children And Adolescents, users should also consider the potential security risks associated with online platforms. Malicious

actors may exploit vulnerabilities in unprotected websites to distribute malware or steal personal information. To protect themselves, individuals should ensure their devices have reliable antivirus software installed and validate the legitimacy of the websites they are downloading from. In conclusion, the ability to download Suicide And Attempted Suicide Among Children And Adolescents has transformed the way we access information. With the convenience, cost-effectiveness, and accessibility it offers, free PDF downloads have become a popular choice for students, researchers, and book lovers worldwide. However, it is crucial to engage in ethical downloading practices and prioritize personal security when utilizing online platforms. By doing so, individuals can make the most of the vast array of free PDF resources available and embark on a journey of continuous learning and intellectual growth.

FAQs About Suicide And Attempted Suicide Among Children And Adolescents Books

How do I know which eBook platform is the best for me? Finding the best eBook platform depends on your reading preferences and device compatibility. Research different platforms, read user reviews, and explore their features before making a choice. Are free eBooks of good quality? Yes, many reputable platforms offer high-quality free eBooks, including classics and public domain works. However, make sure to verify the source to ensure the eBook credibility. Can I read eBooks without an eReader? Absolutely! Most eBook platforms offer web-based readers or mobile apps that allow you to read eBooks on your computer, tablet, or smartphone. How do I avoid digital eye strain while reading eBooks? To prevent digital eye strain, take regular breaks, adjust the font size and background color, and ensure proper lighting while reading eBooks. What the advantage of interactive eBooks? Interactive eBooks incorporate multimedia elements, quizzes, and activities, enhancing the reader engagement and providing a more immersive learning experience. Suicide And Attempted Suicide Among Children And Adolescents is one of the best book in our library for free trial. We provide copy of Suicide And Attempted Suicide Among Children And Adolescents in digital format, so the resources that you find are reliable. There are also many Ebooks of related with Suicide And Attempted Suicide Among Children And Adolescents. Where to download Suicide And Attempted Suicide Among Children And Adolescents online for free? Are you looking for Suicide And Attempted Suicide Among Children And Adolescents PDF? This is definitely going to save you time and cash in something you should think about.

Find Suicide And Attempted Suicide Among Children And Adolescents :

~~sir arthur pinero, a critical biography with letters~~

sinonimos y antonimos

~~sinonimos antonimobynonyms antonyms~~

sirius saba

~~sixty is fine if you look thirty nine~~

sisters drebbbluebrown cover

sizzle beach usa

sitdown with the sopranos watching italian american culture on tvs most talked about series

skazka o solnechnykh bratiakh skazki rabkazy povesti kniga dlia detei

six for mexico lythway large print series

~~sixteen candles 2006 calendar~~

six steps to the future

~~six questions~~

~~sintitier aux ifrs~~

~~sirenita la fantasia~~

Suicide And Attempted Suicide Among Children And Adolescents :

Carpentry The Carpentry curriculum helps learners to build general carpentry skills, before moving into advanced topical coverage of framing and finish carpentry, ... NCCER | Carpentry NCCER's curriculum in Carpentry teaches trainees to construct, erect, install and repair structures and fixtures made from wood and other materials. Carpentry Practice Test Take this free carpentry practice test to see how prepared you are for a carpentry licensing certification test. View Answers as You Go. View 1 Question ... NCCER Level 1 Carpentry Flashcards Study with Quizlet and memorize flashcards containing terms like Architect, Architect's Scale, Architectural Plans and more. Study Guide for Residential Carpentry and Repair 2nd ... Study Guide for Residential Carpentry and Repair 2nd Edition by NCCER Standardized Curriculum Ring-bound. \$209.99. This new 2012 reference replaces Carpentry ... study guide rough carpenter The 2422 Rough Carpenter Test is a job knowledge test designed to cover the major ... You will receive a Test Comment form so that you can make comments about ... Study Guide for Commercial Carpentry 2nd Edition: NCCER Study Guide for Commercial Carpentry replaces Masonry Level 3 Trainee Guide, Carpentry Level 2 Framing & Finishing Trainee Guide, Carpentry Level 3 Forms ... Study Guide for Residential Carpentry and Repair, 2nd ... Study Guide for Residential Carpentry and Repair, 2nd Edition. \$197.00. 3 in stock. Study Guide for Residential Carpentry and Repair, 2nd Edition quantity. How to Pass the NCCER Test for Carpenter Preparing for the test involves reviewing relevant carpentry textbooks, study guides, and resources provided by

NCCER. It's also beneficial to engage in hands- ... Study Guide for Residential Carpentry and Repair 2nd ... Study Guide for Residential Carpentry and Repair 2nd Edition by NCCER Standardized Curriculum (2015-08-02) [NCCER] on Amazon.com. Technology Made Simple for the Technical Recruiter ... Written in clear and concise prose, Technology Made Simple for the Technical Recruiter is an invaluable resource for any technical recruiter. Technology Made Simple for the Technical Recruiter, ... Written in clear and concise prose, Technology Made Simple for the Technical Recruiter is an invaluable resource for any technical recruiter. Technology Made Simple for the Technical Recruiter Technology Made Simple for the Technical Recruiter: A Technical Skills Primer ... This guidebook for technical recruiters is an essential resource for those who ... Technology Made Simple for the Technical Recruiter ... This technical skills primer focuses on technology fundamentals—from basic programming terms to big data vocabulary, network lingo, operating system jargon, and ... Technology Made Simple for the Technical Recruiter Sign up. Jump to ratings and reviews. Technology Made Simple for the Technical Recruiter: A Technical Skills Primer. Obi Ogbanufe. 4.00. 105 ratings11 reviews. Technology Made Simple for the Technical Recruiter Jul 9, 2010 — This guidebook for technical recruiters is an essential resource for those who are serious about keeping their skills up-to-date in the ... Technology Made Simple for the Technical Recruiter ... This technical skills primer focuses on technology fundamentals—from basic programming terms to big data vocabulary, network lingo, operating system jargon, and ... Technology Made Simple for the Technical Recruiter ... This technical skills primer focuses on technology fundamentals—from basic programming terms to big data vocabulary, network lingo, operating system jargon, and ... Technology Made Simple for the Technical Recruiter ... It is designed to equip recruiters with the necessary knowledge and understanding of technical roles, skills, and requirements. This book is not only a primer ... Technology Made Simple for the Technical Recruiter ... Buy the book Technology Made Simple for the Technical Recruiter, Second Edition: A Technical Skills Primer by obi ogbanufe at Indigo. Conceptual Physics by Hewitt, Paul Highly recommended as an introduction to high school physics. Reviewed in the United States on March 20, 2019. Almost finished reading this book with my ... CONCEPTUAL PHYSICS (TEXTBOOK + MODIFIED ... Hewitt's text is guided by the principle of concepts before calculations and is famous for engaging learners with real-world analogies and imagery to build a ... Conceptual Physics: Paul Hewitt: 9780133498493 Highly recommended as an introduction to high school physics. Reviewed in the United States on March 20, 2019. Almost finished reading this book with my ... Modified Mastering Physics with Pearson eText Paul Hewitt's best-selling Conceptual Physics defined the liberal arts physics course over 30 years ago and continues as the benchmark. Hewitt's text is guided ... Conceptual Physics by Paul G. Hewitt - Audiobook Hewitt's book is famous for engaging readers with analogies and imagery from real-world situations that build a strong conceptual understanding of physical ... Conceptual Physics Conceptual Physics engages students with analogies and imagery from real-world situations to build a strong conceptual understanding of physical principles ... Conceptual Physics | Rent | 9780321909107 COUPON: RENT Conceptual

Suicide And Attempted Suicide Among Children And Adolescents

Physics 12th edition (9780321909107) and save up to 80% on textbook rentals and 90% on used textbooks. Get FREE 7-day instant How good is the conceptual physics textbook by Paul G. ... Jul 24, 2019 — The conceptual physics textbook by Paul G. Hewitt is considered to be a classic in the field of physics education. Many. Continue reading. Welcome to Conceptual Physics! Home · Conceptual Physics · Paul G. Hewitt · Philosophy · Hewitt Drew-It · Books & Videos · Photo Gallery · Yummy Links · Contact Info. The perfect introductory physics book : r/AskPhysics If you want to learn physics, the Hewitt textbooks are good. If you want to read about physics topics, this one does a pretty good job of ...