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KEY=HANDBOOK - TRISTIN MIDDLETON

The Working Woman's Handbook

Ideas, Insights, and Inspirations for a Successful, Self-Made Career

Want to have an exciting, custom-built career? The Working Woman's Handbook can help you create it. It's the ultimate guide to job satisfaction, filled with practical advice on developing and driving a working life you love. Bursting with actionable tips, this book outlines an agenda for making and managing money, setting goals, and establishing success-oriented routines, with worksheets, exercises, and fool-proof "how-to" sections to help chart your course. From the lowdown on launching your own venture to a bullet-point checklist for an essential self-care regime, it will teach you to manage any dilemmas that crop up, and take the stress out of setting a budget. This no-nonsense manual comes packed with author Phoebe Lovatt's personal insights from her own career as a successful freelance journalist, moderator, and founder of The WW Club, the leading digital resource and global community for working women worldwide. It also includes words of wisdom from various creatives and industry leaders, such as Teen Vogue editor Elaine Welteroth, WAH Nails founder Sharmadean Reid, The Gentlewoman's Editor-in-Chief Penny Martin, and rising fashion designer Sandy Liang. Whether a first-time freelancer, budding businesswoman, or dedicated professional looking to enhance your prospects, The Working Woman's Handbook is a go-to career and lifestyle guide for ambitious young women everywhere.

The Meaning of Success

Cambridge University Press The Meaning of Success: Insights from Women at Cambridge makes a compelling case for a more inclusive definition of success. It argues that in order to recognise, reward and realise the talents of both women and men, a more meaningful definition of success is needed. Practical ways of achieving this are explored through interviews with female role models at the University of Cambridge. First-person stories bring alive the achievements and challenges women experience in their working lives, and the effect gender has on careers. The book stimulates a debate about how to bring about a more inclusive working environment.

The Oxford Handbook of Qualitative Research

Oxford University Press, USA "The Oxford Handbook of Qualitative Research presents a comprehensive and student-friendly overview of the field of qualitative research and is intended for students of all levels, faculty, and researchers across the social sciences. It provides strong focus on methods instruction with coverage of theoretical approaches, analysis, writing, evaluation, and the politics of research"--

The Consumer Insights Handbook

Unlocking Audience Research Methods

Rowman & Littlefield This practical introduction to audience research shows students that conducting consumer research is not only a necessary skill for any future media professional but that it can also be a creative and fun experience. Students learn how to plan for and complete a research projects from the initial RFP to the final presentation of findings.

Women in Developing Countries: A Reference Handbook

A Reference Handbook

ABC-CLIO This book provides a much-needed survey of the discrimination and violence against women in developing countries, and identifies the literature and resources available about this topic. • Supplies a chronology of significant events relevant to women in developing countries • Presents biographies of individuals who have advanced human rights for women, and others who play key policy or political roles • Provides a bibliography containing abstracts of selected books, handbooks, manuals, and films/DVDs that provide a wide perspective on major issues • Includes a glossary and basic subject index

Handbook of Women in Agriculture

Educreation Publishing The book is more interesting learning tool for undergraduate and postgraduate students focusing on women in agriculture course. The major task has been to be selective to include pertinent new materials to emphasize women work in agriculture and allied sectors. Among these are encounter in investigating different aspects related to women, gender concepts, status of women, issues and challenges of women in agriculture, role, responsibilities, access and control over productive resources, program for women in agriculture, extension needs and preferences of women in agriculture, women-friendly agricultural technologies, gender-related data and information sources, etc. With these innovations and systematic understanding, I hope students find this book illuminating since I found this as rewarding and enriching.

Working Hard, Hardly Working

How to achieve more, stress less and feel fulfilled: THE #1 SUNDAY TIMES BESTSELLER

Random House THE #1 SUNDAY TIMES BESTSELLER 'Excellent.' The Times 'Offers a fresh take on how to create your own balance, be more productive and feel fulfilled in the high-pressure social media age.' Cosmopolitan, 12 BEST NEW BOOKS TO READ 'Serves some serious inspiration for the business-minded.' Bustle, TOP DEBUT BOOKS OF 2021 'Pinpoints and unpacks the confusing and impossible messages we are all fed about modern work, how we are supposedly meant to be "nailing" all areas of our life all at once.' Emma Gannon 'Essential reading for anyone who takes their working life seriously.' Anna Codrea-Rado _____ We all know the pressure of feeling like we should be grinding 24/7 while simultaneously being told that we should 'just relax' and take care of ourselves, like we somehow have to decide between success and sanity. But in today's complex working world, where every hobby can be a hustle and social media is the lens through which we view ourselves and others, this seemingly impossible choice couldn't be further from our reality. In Working Hard, Hardly Working, entrepreneur and self-proclaimed 'lazy workaholic' Grace Beverley challenges this unrealistic and unnecessary split, and offers a fresh take on how to create your own balance, be more productive and feel fulfilled. Insightful, curious and refreshingly honest, Working Hard, Hardly Working will make you reflect on what you want from your life and work - and then help you chart your path to get there. _____ A BOOK TO HELP YOU: Create your own Productivity Method: Work smart and do more of what you love Make your routine work for you: Optimise your habits and reap the benefits Understand your value: Get into your flow and enjoy your everyday Engage in effective self-care: How stepping back can help you move forwards _____ Real comments from Grace's readers: 'A truly important read' 'A refreshing and honest perspective I could really relate to' 'You should read this book!' 'So well-informed, funny and REAL' 'I got so much out of this lovely book' 'Incredibly wise, practically helpful and inspirational' 'A really helpful and insightful book' 'Every single person can benefit from this book' 'You will not regret buying this book' A #1 Sunday Times bestseller, April 2021

Lean In

Women, Work, and the Will to Lead

Random House Sheryl Sandberg's Lean In is a massive cultural phenomenon and its title has become an instant catchphrase for empowering women. The book soared to the top of bestseller lists internationally, igniting global conversations about women and ambition. Sandberg packed theatres, dominated opinion pages, appeared on every major television show and on the cover of Time magazine, and sparked ferocious debate about women and leadership. Ask most women whether they have the right to equality at work and the answer will be a resounding yes, but ask the same women whether they'd feel confident asking for a raise, a promotion, or equal pay, and some reticence creeps in. The statistics, although an improvement on previous decades, are certainly not in women's favour - of 197 heads of state, only twenty-two are women. Women hold just 20 percent of seats in parliaments globally, and in the world of big business, a meagre eighteen of the Fortune 500 CEOs are women. In Lean In, Sheryl Sandberg - Facebook COO and one of Fortune magazine's Most Powerful Women in Business - draws on her own experience of working in some of the world's most successful businesses and looks at what women can do to help themselves, and make the small changes in their life that can effect change on a more universal scale.

Women and Labour Market Dynamics

New Insights and Evidences

Springer Nature This book addresses women's changing role in and contributions to the Indian labour market. It explores how feminist theories and frameworks have changed over time and gradually been supplanted by new ones. The book explores the structural shift in women's employment from farm to non-farm jobs in services and industries, both theoretically and empirically. Further, it examines the steady rise of women in high skilled or 'new economy' sectors like information and communication technology, electronics and telecom; and in low skilled work such as domestic work, particularly in urban areas. It also scrutinizes how emerging sectors of the economy are experimenting with new forms of employment by changing the temporal (part-time work, flexible hours), spatial (location of work) and contractual (temporary contracts) dimensions. Beyond analysing the above-mentioned aspects, the book discusses perennial challenges such as patriarchy, socio-cultural norms and gender-based labour market inequalities across occupations as a 'glass ceiling' or 'sticky floor'. One of the book's most important contributions is inclusion of detailed labour market statistics for women, with long-term trends and patterns, as well as comparisons with other countries and regions. In closing, the book highlights women's participation in economic and non-economic activities and related quantification issues, i.e. the invisibility of women's work, which remains a highly contentious aspect. Given its content, the book offers a valuable asset for a broad readership including academics, NGOs, and policymakers. "The subject of low work participation rates for women has been of concern to economists, gender specialists and policy makers for decades. This book makes an important contribution in understanding the role of women in development and identifies some new policy directions that could be initiated to facilitate greater employment of women." - Rohini Nayyar, Former Principal Adviser, Yojana Aayog, Government of India "This book is timely and extremely relevant to the academic and policy debates in India. Given the puzzle of low and declining female labour force participation, it is critical to focus on where women work, beyond a supply-side perspective. In addition, efforts are needed to better measure women's work, which is typically underreported. In both these dimensions, this book makes an important contribution, which will be valuable for both academics and policymakers." - Sher Verick, Employment Policy and Analysis Programme (EPAP) of the International Training Centre (ITC), International Labour Organization "This book critically examines both theoretically and empirically the dynamics of changes in women's participation in and contribution to the fast-transforming Indian labour market. The aspects covered include the essential issue of how the new forms of employment are impacting temporal, spatial and contractual dimensions. An excellent and compulsory read for academicians and policy-makers involved in gender as well as labour economics." - Ritu Dewan, Former President, Indian Association for Women's Studies; Former Director & Professor, Dept. of Economics, University of Mumbai "The book is a required addition to the exiting literature on women's work and employment for its comprehensive and distinctive approach. It is a unique blend of macro and micro level perspectives and issues capturing statistics." - Neetha N., Acting Director & Professor, Centre for Women's Development Studies (CWDS), New Delhi

Handbook of Japanese Sociolinguistics

Walter de Gruyter GmbH & Co KG This volume is the first comprehensive survey of the sociolinguistic studies on Japanese. Japanese, like other languages, has developed a highly diverse linguistic system that is realized as variation shaped by interactions of linguistic and social factors. This volume primarily focuses on both classic and current topics of sociolinguistics that were first studied in Western languages, and then subsequently examined in the Japanese language. The topics in this volume cover major issues in sociolinguistics that also characterize sociolinguistic features of Japanese. Such topics as gender, honorifics, and politeness are particularly pertinent to Japanese, as is well-known in general sociolinguistics. At the same time, this volume includes studies on other topics such as social stratification, discourse, contact, and language policy, which have been widely conducted in the Japanese context. In addition, this volume introduces "domestic" approaches to sociolinguistics developed in Japan. They emerged a few decades before the development of the so-called Labovian and Hymesian sociolinguistics in the US, and they have shaped a unique development of sociolinguistic studies in Japan. Contents Part I: History Chapter 1: Research methodology Florian Coulmas Chapter 2: Japan and the international sociolinguistic community Yoshiyuki Asahi and J.K. Chambers Chapter 3: Language life Takehiro Shioda Part II: Sociolinguistic patterns Chapter 4: Style, prestige, and salience in language change in progress Fumio Inoue Chapter 5: Group language (shūdango) Taro Nakanishi Chapter 6: Male-female differences in Japanese Yoshimitsu Ozaki Part III: Language and gender Chapter 7: Historical overview of language and gender studies: From past to future Orié Endo and Hideko Abe Chapter 8: Genderization in Japanese: A typological view Katsue A. Reynolds Chapter 9: Feminist approaches to Japanese language, gender, and sexuality Momoko Nakamura Part IV: Honorifics and politeness Chapter 10: Japanese honorifics Takashi Nagata Chapter 11: Intersection of traditional Japanese honorific theories and Western politeness theories Masato Takiura Chapter 12: Intersection of discourse politeness theory and interpersonal Communication Mayumi Usami Part V: Culture and discourse phenomena Chapter 13: Subjective expression and its roles in Japanese discourse: Its development in Japanese and impact on general linguistics Yoko Ujiie Chapter 14: Style, character, and creativity in the discourse of Japanese popular culture: Focusing on light novels and keitai novels Senko K. Maynard Chapter 15: Sociopragmatics of political discourse Shoji Azuma Part VI: Language contact Chapter 16: Contact dialects of Japanese Yoshiyuki Asahi Chapter 17: Japanese loanwords and lendwords Frank E. Daulton Chapter 18: Japanese language varieties outside Japan Mie Hiramoto Chapter 19: Language contact and contact languages in Japan Daniel Long Part VII: Language policy Chapter 20: Chinese characters: Variation, policy, and landscape Hiroyuki Sasahara Chapter 21: Language, economy, and nation Katsumi Shibuya

New Life Options

The Working Woman's Resource Book

McGraw-Hill Companies

International Handbook of Inter-religious Education

Springer Science & Business Media This Handbook is based on the conviction of its editors and contributing authors that understanding and acceptance of, as well as collaboration between religions has essential educational value. The development of this Handbook rests on the further assumption that interreligious education has an important role in elucidating the global demand for human rights, justice, and peace. Interreligious education reveals that the creeds and holy books of the world's religions teach about spiritual systems that reject violence and the individualistic pursuit of economic and political gain, and call their followers to compassion for every human being. It also seeks to lead students to an awareness that the followers of religions across the world need to be, and to grow in, dialogical relationships of respect and understanding. An essential aim of interreligious education is the promotion of understanding and engagement between people of different religions and, therefore, it has great potential to contribute to the common good of the global community. Interreligious education has grown from the interfaith movement, whose beginning is usually identified with the World Parliament of Religions held in Chicago in 1893. This was the first time in history that leaders of the eastern and western religions had come together for dialogue, and to consider working together for global unity.

Work Rules!

Insights from Inside Google That Will Transform How You Live and Lead

Hachette UK A New York Times and Wall Street Journal Bestseller Daily Telegraph, Huffington Post & Business Insider Top Business Book to Read 'Every year, 2 million people apply for a job at Google - so what's the secret?' Guardian A compelling manifesto with the potential to change how we work and live, Work Rules! offers both a philosophy of the new world of work and a blueprint for attracting the most spectacular talent and ensuring the brightest and best prosper. The way we work is changing - are you?

Many Women Strong: A Handbook for Women Firefighters

FEMA

The Role of Sisters in Women's Development

OUP USA Psychological theory has traditionally overlooked or minimized the role of siblings in development, focusing instead on parent-child attachment relationships. The importance of sisters has been even more marginalized. Sue A. Kuba explores this omission in The Role of Sisters in Women's Development, seeking to broaden and enrich current understanding of the psychology of women. This unique work is distinguished by Kuba's phenomenological method of research, rooted in a single prompt: "Tell me about your relationship with your sister." Rich in detail, the responses (many of which are reproduced at length within the book) provide a complex picture of sister relationships across the lifespan. Integrating these stories with current literature about gender and family composition for sisters of difference (disabled and lesbian sisters) and ethnic sisters, this book provides useful recommendations for therapeutic understanding of the significance of sisters in everyday life, integrating diverse perspectives in order to address the ways clinicians can enhance psychological work with women clients. A valuable contribution to the field of mental health, The Role of Sisters in Women's Development is highly recommended for therapists who wish to broaden their inquiry into the sister connection, as well as anyone who wants to further understand the importance of sisterhood.

What Works

Harvard University Press Gender equality is a moral and a business imperative. But unconscious bias holds us back and de-biasing minds has proven to be difficult and expensive. Behavioral design offers a new solution. Iris Bohnet shows that by de-biasing organizations instead of individuals, we can make smart changes that have big impacts—often at low cost and high speed.

Women Working In The Environment

Resourceful Natures

Taylor & Francis Based on theoretical insights from ecofeminism, women and development, and postmodernism, and the convincing empirical work of numerous scholars, this book is organized around five aspects of gender relationships with the environment: Part 1-gender divisions of labor, Part 2-property rights, Part 3-knowledge and strategies for sustainability, Part 4-environmental and social movements, and Part 5- policy alternatives. Examining women's relationship with the environment using these five dimensions provides concrete, material examples of how women work with, control, know, and affect the environment and natural resources.

The Oxford Handbook of Religious Conversion

Oxford Handbooks This handbook offers a comprehensive exploration of the dynamics of religious conversion, which for centuries has profoundly shaped societies, cultures, and individuals throughout the world.

Good Idea. Now What?

How to Move Ideas to Execution

John Wiley & Sons Proven pathways for taking ideas to implementation We all have ideas—things we want to do or create—but only some of us will do what it takes to see those ideas come to pass. In Good Idea. Now What? readers will discover some of the essential values and principles that guide successful idea-makers, including the leveraging of mixed environments for creativity, working through resistance and setbacks, developing a practical plan for implementation that works, navigating collaborative opportunities, and communicating your idea to make it truly remarkable. Whether you're just a creative type, or the leader of an organization, you must figure out a creative process and develop an infrastructure for implementing your ideas. Good Idea. Now What? offers systematic advice for moving your ideas to execution. It will show you: The fundamental elements of a good idea Tangible pathways to follow after initial inspiration The importance of branding and its impact on ideas Practical advice for developing a loyal tribe of supporters who will take your idea to a whole new level It's not enough to be inspired. Learn how to follow through on your ideas and discover how great an impact you can have!

Sex Work and Female Self-Empowerment

Routledge Prior research has tended to mirror popular representations of the female sex worker as a morally flawed individual and a victim of circumstances beyond her control. Sex Work and Female Self-Empowerment presents a fresh perspective on "the world's oldest profession" by considering the relationship between sex work and female self-empowerment from a variety of disciplinary and practical perspectives and presenting new data derived from the author's study of six self-employed indoor female sex workers (IFSWs). Informed by the author's training in clinical psychology and human sexuality studies and her more than fifteen years of involvement in the sex work profession, this book extends beyond social stereotyping and stigmatization and presents a more balanced view of the identities and aspirations of sex workers in contemporary society.

South African Women Living with HIV

Global Lessons from Local Voices

Indiana University Press Based on interviews with women who are HIV positive, this sobering pandemic brings to light the deeply rooted and complex problems of living with HIV. Already pushed to the edges of society by poverty, racial politics, and gender injustice, women with HIV in South Africa have found ways to cope with work and men, disclosure of their HIV status, and care for families and children to create a sense of normalcy in their lives. As women take control of their treatment, they help to determine effective routes to ending the spread of the disease.

Landmark Insights. Book 1

Live a Life You Love

Getting to the heart of the matter of our lives, to what matters most, Landmark Insights, Books 1, 2, 3, and 4 explore what it takes to create a life you love. Illustrated in full color, each insight in these inspiring volumes point out what's possible if we step outside of what we know, and recognize and embrace our capacity to bring forth an entirely new possibility for living-not because it is better, but simply because that is what human beings can do. Colorful, inspiring and everything in between, Landmark Insights beautifully illustrate a world that is mapped by possibility. These transformational insights explore what it takes to design our lives. Immediately applicable and relevant, these insights offer powerful new perspectives leaving us more fully in accord with our own possibilities in our personal and professional lives and our wider communities of interest.

Women Sport Fans

Identification, Participation, Representation

Taylor & Francis Women worldwide are making their presence felt as sport fans in rapidly increasing numbers. This book makes a distinctive and innovative contribution to the study of sport fandom by exploring the growing visibility and interest in women who follow sport. It presents the latest data on women's sport spectatorship in different regions of the world, posing new theoretical paradigms to study the globalised nature of female sport fandom. This book goes beyond conventional approaches to analysing the practices of women sport fans. By using a critical feminist perspective to investigate cultural conditions and social contexts (including globalisation, digital networked technologies, consumerism, neoliberalism and postfeminism), it brings into view a diversity of women's voices and experiences as sport fans. It sheds new light on the power dynamics of gender, ethnicity and sexuality influencing women's participation in sport spectatorship and interrogates the ways female sport fandom is made visible through transnational media networks. Women Sport Fans: Identification, Participation, Representation is fascinating reading for all those interested in sport and gender, the sociology of sport, or women's studies.

Successful Woman's Guide to Working Smart

Ten Strengths that Matter Most

Davies-Black Pub Provides women with strategies to help achieve success in business.

Talking Back

Thinking Feminist, Thinking Black

South End Press bell hooks writes about the meaning of feminist consciousness in daily life and about self-recovery, about overcoming white and male supremacy, and about intimate relationships, exploring the point where the public and private meet.

Feminist City

Claiming Space in a Man-Made World

Verso Books Feminist City is an ongoing experiment in living differently, living better, and living more justly in an urban world. We live in the city of men. Our public spaces are not designed for female bodies. There is little consideration for women as mothers, workers or carers. The urban streets often are a place of threats rather than community. Gentrification has made the everyday lives of women even more difficult. What would a metropolis for working women look like? A city of friendships beyond Sex and the City. A transit system that accommodates mothers with strollers on the school run. A public space with enough toilets. A place where women can walk without harassment. In Feminist City, through history, personal experience and popular culture Leslie Kern exposes what is hidden in plain sight: the social inequalities built into our cities, homes, and neighborhoods. Kern offers an alternative vision of the feminist city. Taking on fear, motherhood, friendship, activism, and the joys and perils of being alone, Kern maps the city from new vantage points, laying out an intersectional feminist approach to urban histories and proposes that the city is perhaps also our best hope for shaping a new urban future. It is time to dismantle what we take for granted about cities and to ask how we can build more just, sustainable, and women-friendly cities together.

The Women's Job Search Handbook

Ideals Publications Land the job that's right for you through a process of open-minded, creative self-assessment, and positioning.

Routledge Handbook of the History of Women's Economic Thought

Routledge The marginalization of women in economics has a history as long as the discipline itself. Throughout the history of economics, women contributed substantial novel ideas, methods of inquiry, and analytical insights, with much of this discounted, ignored, or shifted into alternative disciplines and writing outlets. This handbook presents new and much-needed analytical research of women's contributions in the history of economic thought, focusing primarily on the period from the 1770s into the beginning of the 21st century. Chapters address the institutional, sociological and historical factors that have influenced women economists' thinking, and explore women's contributions to economic analysis, method, policies and debates. Coverage is international, moving beyond Europe and the US into the Arab world, China, India, Japan, Latin America, Russia and the Soviet Union, and sub-Saharan Africa. This new global perspective adds depth as well as scope to our understanding of women's contribution to the history of economic thought. The book offers crucial new insights into previously underexplored work by women in the history of economic thought, and will prove to be a seminal volume with relevance beyond that field, into women's studies, sociology, and history.

The Book Review Digest

Annual cumulation

The Oxford Handbook of Sociology, Social Theory, and Organization Studies

Contemporary Currents

OUP Oxford Sociology and social theory has always been a major source of new perspectives for organization studies. Access to a series of authoritative accounts of theorists and research themes in sociology and social theory which have influenced developments in organization studies is essential for those wishing to deepen and extend their knowledge of the intersection of sociology and organization studies. This goal is achieved by drawing on a group of internationally renowned scholars committed in their own work to strengthening these links and asking them to provide critical accounts of particular theorists and research themes which have straddled this divide. This volume aims to strengthen ties between organization studies and contemporary sociological work at a time when there are increasing institutional barriers to such cooperation, potentially generating a myopia that constricts new developments. Used in conjunction with its companion volume, The Oxford Handbook of Sociology and Organization Studies: Classical foundations, the reader is provided with a comprehensive account of the productive and critical interaction between sociology and organization studies over many decades. Highly international in scope, theorists and themes are drawn from both the USA and Europe in equal measure. Similarly the authors of the chapters are drawn from both sides of the Atlantic. The result is a series of chapters on individuals and key research themes and debates which will provide faculty and post graduate researchers with appreciative, authoritative and critical accounts that can be drawn on to design courses or provided guided reading to the field

Women Don't Owe You Pretty

The debut book from Florence Given

Hachette UK 'THE BEAUTY MYTH' FOR THE INSTAGRAM GENERATION Women Don't Owe You Pretty is the ultimate book for anyone who wants to challenge the out-dated narratives supplied to us by the patriarchy. Through Florence's story you will learn how to protect your energy, discover that you are the love of your own life, and realise that today is a wonderful day to dump them. Florence Given is here to remind you that you owe men nothing, least of all pretty. WARNING: CONTAINS EXPLICIT CONTENT (AND A LOAD OF UNCOMFORTABLE TRUTHS). THE FEMINIST BOOK EVERYONE IS TALKING ABOUT. 'An incredible mouthpiece for modern intersectional feminism.' - Glamour 'A fearless book.' - Cosmopolitan 'A hugely influential young woman.' - Woman's Hour 'Rallying, radical and pitched perfectly for her generation.' - Evening Standard

Atomic Habits

An Easy & Proven Way to Build Good Habits & Break Bad Ones

Penguin The #1 New York Times bestseller. Over 4 million copies sold! Tiny Changes, Remarkable Results No matter your goals, Atomic Habits offers a proven framework for improving--every day. James Clear, one of the world's leading experts on habit formation, reveals practical strategies that will teach you exactly how to form good habits, break bad ones, and master the tiny behaviors that lead to remarkable results. If you're having trouble changing your habits, the problem isn't you. The problem is your system. Bad habits repeat themselves again and again not because you don't want to change, but because you have the wrong system for change. You do not rise to the level of your goals. You fall to the level of your systems. Here, you'll get a proven system that can take you to new heights. Clear is known for his ability to distill complex topics into simple behaviors that can be easily applied to daily life and work. Here, he draws on the most proven ideas from biology, psychology, and neuroscience to create an easy-to-understand guide for making good habits inevitable and bad habits impossible. Along the way, readers will be inspired and entertained with true stories from Olympic gold medalists, award-winning artists, business leaders, life-saving physicians, and star comedians who have used the science of small habits to master their craft and vault to the top of their field. Learn how to: make time for new habits (even when life gets crazy); overcome a lack of motivation and willpower; design your environment to make success easier; get back on track when you fall off course; ...and much more. Atomic Habits will reshape the way you think about progress and success, and give you the tools and strategies you need to transform your habits--whether you are a team looking to win a championship, an organization hoping to redefine an industry, or simply an individual who wishes to quit smoking, lose weight, reduce stress, or achieve any other goal.

Routledge Handbook of Science, Technology, and Society

Routledge Over the last decade or so, the field of science and technology studies (STS) has become an intellectually dynamic interdisciplinary arena. Concepts, methods, and theoretical perspectives are being drawn both from long-established and relatively young disciplines. From its origins in philosophical and political debates about the creation and use of scientific knowledge, STS has become a wide and deep space for the consideration of the place of science and technology in the world, past and present. The Routledge Handbook of Science, Technology and Society seeks to capture the dynamism and breadth of the field by presenting work that pushes the reader to think about science and technology and their intersections with social life in new ways. The interdisciplinary contributions by international experts in this handbook are organized around six topic areas: embodiment consuming technoscience digitization environments science as work rules and standards This volume highlights a range of theoretical and empirical approaches to some of the persistent - and new - questions in the field. It will be useful for students and scholars throughout the social sciences and humanities, including in science and technology studies, history, geography, critical race studies, sociology, communications, women's and gender studies, anthropology, and political science.

Wellbeing at Work

Simon and Schuster What if the next global crisis is a mental health pandemic? It is here now. One-third of Americans have shown signs of clinical anxiety or depression, and the current state of suffering globally has risen significantly. The mental health pandemic manifests everywhere, not least in your workplace. As organizations around the world face health and social crises, as well as economic uncertainty, acknowledging and improving wellbeing in your workplace is more critical than ever. Increasingly, leaders and managers must support mental health and cultivate resilience in employees — not just increase engagement and performance. Based on more than 100 million Gallup global interviews, *Wellbeing at Work* shows you how to do just that. Coauthored by Gallup's CEO and its Chief Workplace Scientist, *Wellbeing at Work* explores the five key elements of wellbeing — career, social, financial, physical and community — and how organizations can help employees and teams thrive in those elements. The book also gives leaders ideas and action items to help employees use their innate talents and strengths to thrive in each of the wellbeing elements. And *Wellbeing at Work* introduces a metric to report a person's best possible life: Gallup Net Thriving, which will become the "other stock price" for organizations. In a world where work and life are more blended than ever, maximizing employee wellbeing takes on greater urgency. *Wellbeing at Work* shows leaders how to create a thriving and resilient culture. If you and your leaders don't change the world, who will? *Wellbeing at Work* includes a unique code to take the CliftonStrengths assessment, which reveals your top five strengths.

Playing Big

For Women Who Want to Speak Up, Stand Out and Lead

Random House 'At last. At last this very important book has been written . . . It will empower legions of women to step into their greatness.' Elizabeth Gilbert, author of *EAT, PRAY, LOVE* What could you achieve if you were confident enough to take risks? How much more fulfilled would you be if you ignored other people's perceptions and forged your own path? All too often talented women feel unable to share their opinions, challenge the norm or take the lead. But now it's time to play big. As the founder of a global leadership programme for women, Tara Mohr has spent her career teaching exceptional women to find their voice and their confidence. In *Playing Big* she shares her proven techniques for mastering self-doubt, dealing with criticism and communicating with authority. She also demonstrates how to become self-assured enough to stop planning and take a leap forward so that you can achieve the things you want most. 'The perfect catalyst for any woman who wants to go outside her comfort zone, find her voice and embrace the biggest possibilities of her life.' Kelly McGonigal, PhD, author of *The Willpower Instinct*

Bitter Tastes

Literary Naturalism and Early Cinema in American Women's Writing

University of Georgia Press Challenging the conventional understandings of literary naturalism defined primarily through its male writers, Donna M. Campbell examines the ways in which American women writers wrote naturalistic fiction and redefined its principles for their own purposes. *Bitter Tastes* looks at examples from Edith Wharton, Kate Chopin, Willa Cather, Ellen Glasgow, and others and positions their work within the naturalistic canon that arose near the turn of the twentieth century. Campbell further places these women writers in a broader context by tracing their relationship to early film, which, like naturalism, claimed the ability to represent elemental social truths through a documentary method. Women had a significant presence in early film and constituted 40 percent of scenario writers--in many cases they also served as directors and producers. Campbell explores the features of naturalism that assumed special prominence in women's writing and early film and how the work of these early naturalists diverged from that of their male counterparts in important ways.

Current Affairs May E-Book 2021 - Download PDF Now!

If you are appearing for any important Government Competitive examination then having knowledge of recent current affairs is a must since many questions related to this section can be asked in the examination. Check out the Current Affairs May E-book 2021 to get complete information about the latest affairs & boost up your preparation now!

Testbook.com Check out the latest current affairs may ebook 2021. Get all the latest updates regarding the current affairs. Also get direct links to view the PDF in offline mode!

Early Modern Women in the Low Countries

Feminizing Sources and Interpretations of the Past

Ashgate Publishing, Ltd. Employing an innovative range of materials from written sources to artworks, material objects, heritage sites and urban precincts, and combining historical, historiographical, museological, and touristic analysis, this study investigates how late medieval and early modern women of the Low Countries expressed themselves, how they were represented by contemporaries, and how they have been interpreted in modern academic and popular contexts.

The Working Woman's Legal Survival Guide

Scribner Book Company Historically, women have had to contend with harassment, discrimination, and unequal treatment on the job. Addressing these concerns, attorney Sack (*The Lifetime Legal Guide*, LJ 8/96) aims to give women information on their employment rights and the tools to use those rights to protect themselves. From the interview to termination of employment, he gives solid advice on handling a variety of situations and fully explains the rights and responsibilities of both employers and employees regarding such timely topics as pre-employment testing, illegal interview questions, access to employment records, or retaliatory acts by employers. Numerous checklists and sample letters may help readers state a claim for discrimination, draft a letter of resignation, create a consulting agreement, or conduct a sexual harassment investigation. A useful, solidly conceived work; recommended for most public libraries.

Handbook of Women Biblical Interpreters

A Historical and Biographical Guide

Baker Books The history of women interpreters of the Bible is a neglected area of study. Marion Taylor presents a one-volume reference tool that introduces readers to a wide array of women interpreters of the Bible from the entire history of Christianity. Her research has implications for understanding biblical interpretation--especially the history of interpretation--and influencing contemporary study of women and the Bible. Contributions by 130 top scholars introduce foremothers of the faith who address issues of interpretation that continue to be relevant to faith communities today, such as women's roles in the church and synagogue and the idea of religious feminism. Women's interpretations also raise awareness about differences in the ways women and men may read the Scriptures in light of differences in their life experiences. This handbook will prove useful to ministers as well as to students of the Bible, who will be inspired, provoked, and challenged by the women introduced here. The volume will also provide a foundation for further detailed research and analysis. Interpreters include Elizabeth Rice Achtemeier, Saint Birgitta of Sweden, Catherine Mumford Booth, Anne Bradstreet, Catherine of Siena, Clare of Assisi, Egeria, Elizabeth I, Hildegard, Julian of Norwich, Thérèse of Lisieux, Marcella, Henrietta C. Mears, Florence Nightingale, Phoebe Palmer, Faltonia Betitia Proba, Pandita Ramabai, Christina Georgina Rossetti, Dorothy Leigh Sayers, Elizabeth Cady Stanton, Harriet Beecher Stowe, St. Teresa of Avila, Sojourner Truth, and Susanna Wesley.