

Traveller Beginners Workbook

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Hay Fever Paul Carson 2013-04-18 This book looks at remedies both orthodox and less orthodox. It explains how doctors treat hay fever, and considers options other than medication, including immunotherapy. Allergy testing is also covered. The importance of nasal douching is stressed, with step-by-step instructions. Also includes self-help tips and alternative remedies. Catalog of Copyright Entries. Third Series Library of Congress. Copyright Office 1963 Includes Part 1, Number 1: Books and Pamphlets, Including Serials and Contributions to Periodicals (January - June)

Living with the Challenges of Dementia Patrick McCurry 2015-07-16 More than 800,000 people in the UK are currently affected by dementia, a figure set to increase as the population ages. This book, addressed to carers and loved ones, explores how to handle the difficult emotions involved in looking after a loved one with dementia, such as denial, shame, anger, guilt and grief. It examines the harrowing process of effectively losing a person on a day-to-day basis, and suggests the best ways to maintain psychological health and well-being. Topics include: · Understanding the changes in memory, personality and behaviour · Developing an understanding of personal challenge · Overcoming loneliness and isolation · How family dynamics may affect the caring experience · 'The long goodbye' - coping with progressive decline · Severe dementia and end of life care · Finding meaning in the experience - is there a 'positive' side of looking after someone with dementia?

Post-Traumatic Stress Disorder Kevin Gournay 2015-02-19 A traumatic event can turn your world upside down - but there is a way out. Once thought to be a rare condition, PTSD is a natural reaction to disaster and trauma in our lives. In addition, up to 25% of people have significant related problems such as anxiety, depression, or substance abuse. Symptoms include flashbacks, emotional numbness, acute anxiety, and physical reactions such as increased heart rate and nausea. This book takes a wide-ranging look at the nature of PTSD after distressing experiences such as war, sexual abuse or rape, natural and man-made disasters, car accidents, or the death of a loved one.

Duits voor Dummies Paulina Christensen 2011 Praktische conversatiegids voor jongeren; met cd.

Dr Dawn's Guide to Your Baby's First Year Dawn Harper 2016-07-21 A new baby presents many firsts, from first nappy change, feed and bath, to first smile along with the first of many sleepless nights! As GP and mother of three, Dr Dawn takes you through the steep learning curve that presents when you become a parent, taking you through the basics of feeding, changing and bathing. This reassuring book tells you what to expect, covering everything from nappy rash and sore nipples to premature babies, twins and emergencies. Other topics include: New mother - taking care of yourself Sleeping Travelling with your baby Teething Developmental checks and milestones Vaccinations and the diseases they protect against Infant ailments Medicines and first aid Safety in and around the home

Intermediate Russian John Murray 2013-06-26 Intermediate Russian provides a reference

grammar and related exercises in one volume. Varied texts from Russian sources give an insight into contemporary Russian society and culture. Features include: * texts and exercises reflecting contemporary Russian * concise grammar explanations * full exercise key * detailed index. Intermediate Russian, and its sister volume, Basic Russian, are ideal both for independent study and use in class. Together the books provide a compendium of the essentials of Russian grammar.

Irritable Bowel Diet Book Rosemary Nicol 2013-10-17 Irritable Bowel Syndrome affects up to 20 per cent of the population, and the right food can make a huge difference to how you feel. The Irritable Bowel Diet Book provides enormously popular recipes and suggestions for healthy and enjoyable meals. The new edition of this tried and tested book will help you identify which foods cause you problems, and is full of creative ideas for eating on a restricted diet. Topics include: • What is IBS • Wheat and other problem foods • Food allergy or food intolerance • Sensible advice about fibre in the diet • Exclusion diets, including FODMAPs • Recipes and ideas for breakfast, lunch and dinner • Bread, cakes and biscuits • What to choose for snacks and work lunches • Eating out • Resources and further help.

Olivier Twist Charles Dickens 1840

Overcoming Emotional Abuse Susan Elliot-Wright 2016-02-18 Many women assume that abuse is always physical. But this is not always the case. Psychological, verbal and emotional abuse may not cause broken bones or black eyes, but when one person persistently inflicts severe mental pain on another by the use of fear, intimidation, humiliation and manipulation, the damage can be just as serious. The resulting deep emotional scars may take years to recover from. Susan Elliot-Wright explores the nature of this often subtle manipulative behaviour and what can be done to break the cycle. As well as offering emotional support, the author looks at the practicalities that may be involved, such as consulting a solicitor or gaining access to benefits. Subjects covered include: types of emotional abuse; who may be a victim, and why; how to protect yourself and any children; sources of help such as women's refuges; can an abusive relationship survive?; helping the abuser; forming a new life.

Coping with Endometriosis Jill Eckersley 2015-11-19 Endometriosis causes a variety of symptoms from painful periods and backache to fertility problems. If you have painful periods and wonder if you might have endometriosis, or if you've already been diagnosed, you need the best possible information, help and support. This book aims to help you understand your symptoms, talk to your doctor without embarrassment, and it explains the tests and the treatment options. There's also sympathetic advice to help you cope with pain, deal with your own feelings about having endometriosis, and talk to your partner about how you feel. "Women with endometriosis need simple, clear information to enable them to decide for themselves which kind of treatment may be right for them. This book is written in a clear question and answer format and covers everything from explanations of symptoms to treatments and self-help. A book aimed directly at women, in a language they can understand." - National Endometriosis Society

Living with Fibromyalgia NE Christine Craggs-Hinton 2014-11-20 Fibromyalgia is a long-term condition characterized by pain in the muscles, tendons, ligaments and nerves. Other symptoms include fatigue, sleep problems, allergies, irritable bowel syndrome, migraines, stiffness, anxiety, depression and problems with short-term memory and concentration. Living with Fibromyalgia offers tried-and-tested advice on how to reduce pain, boost energy levels and live more comfortably. In line with the latest thinking of fibromyalgia as a disorder of the CNS (central nervous system), this third edition looks at how an over-sensitised system may amplify pain messages and trigger the symptoms of fibromyalgia. It also looks at research into the link between poor sleep and the disorder. Other topics include: a physical cause? - the evidence for fine nerve damage in fibromyalgia sleep problems and management the benefits of yoga and music therapy updated recommendations on diet and supplements the importance of posture and exercise pain and stress management complementary therapies

Mijn wereld Peter Sagan 2018-10-04 Peter Sagan presteerde tussen 2015 en 2017 wat nog nooit iemand had gedaan: driemaal achter elkaar wereldkampioen wielrennen worden. Daarmee eiste hij direct een belangrijke plek in de wielerschiede op. Overal waar hij aan de start verschijnt, is hij favoriet voor de winst. Maar alleen naar zijn prestaties kijken zou hem tekortdoen. Hij fietst niet alleen, hij entertaint. In het zadel kan hij zijn wie hij is: hij toont zijn enorme passie voor wielrennen en heeft de onbedwingbare neiging om mensen ermee te vermaken. In deze autobiografie geeft hij voor het eerst een inkijkje in zijn persoonlijke leven. De lezer leert over zijn gruwelijke trainingen, zijn weergalozige toewijding, de druk die gepaard gaat met het rijden in de regenboogtrui, het geluksgevoel wanneer hij als eerste de finish bereikt, maar ook over de oprechte verslagenheid die hij voelde toen hij in 2017 na een chaotische massasprint in de Tour de France werd gediskwalificeerd, terwijl hij op weg was naar zijn zesde groene trui.

Joyce in the Belly of the Big Truck; Workbook Joyce A. Cascio 2005-05

Dr Dawn's Guide to Heart Health Dawn Harper 2015-06-18 This book is a one stop shop for all things cardiac. Starting with a lucid explanation of the anatomy of the cardiovascular system, it covers everything from high blood pressure and raised cholesterol to angina and heart failure, abnormal heart rhythms, disease of the valves of the heart, and diseases of the peripheral blood vessels. Who is at risk, and what you can do to reduce your risks, are also covered along with advice on lifestyle factors and realistic tips on how to help yourself. Dr Dawn also examines medical tests and examinations, when they may be necessary, and exactly what they're looking for.

The Self-Esteem Journal Alison Waines 2013-08-15 Do you lack confidence and never feel really happy? Do you wish you could stop judging yourself all the time and get on with your life? If so, this book will teach you simple techniques to boost your self-esteem and bring lasting results. By starting your own self-esteem journal, you can not only understand more about yourself, but learn how to give yourself the compassion, respect, acceptance and support you deserve. There are 45 stimulating exercises which invite you to explore how you truly feel about your life and examine the behaviours and beliefs that may be holding you back. Topics include: how to identify distorted self-beliefs; challenging your inner critical voice; ways to break the cycle of low self-esteem; how to turn worrying into problem-solving; sure-fire ways to get back in control By writing about your feelings, thoughts and experiences, you can open up a whole new relationship with yourself.

Imperium Ryszard Kapuściński 2007 Beschrijving van de reizen die de Poolse journalist en Ruslandkenner maakte door de Sovjet-Unie in de periode 1958-1991; tevens een poging tot analyse van van het nieuwe Rusland.

The Fibromyalgia Healing Diet NE Christine Craggs-Hinton 2014-11-20 Treatment for fibromyalgia has progressed in leaps and bounds over the past 10 years as recognition of the condition increases. FM is now the second or third most common diagnosis made by British rheumatologists, and was listed as one of the three most common diagnoses in a survey of Canadian rheumatologists. It is probably more common than these figures suggest. It's now

recognised that symptoms can be greatly improved by proper management. This book is packed with information about the best medications and self-help therapies available, with a strong focus on improving symptoms, including pain and aching muscles, fatigue and poor sleep, IBS, joint stiffness, headaches and migraine, urinary frequency, dizziness, sensitivity and cognitive problems. Other topics include: neurological dysfunctions in fibromyalgia how to reduce stiffness and fatigue coping with other problems such as addressing anxiety, depression and stress how exercise can help pacing and relaxation a healthy diet, including intolerances, allergies and supplements natural remedies

Coping with Diverticulitis Peter Cartwright 2016-09-15 Diverticular disease (DD) is a digestive disorder caused by enflamed diverticula, or pouches, in the colon. A common cause is constipation due to lack of fibre in the diet. Diverticulitis is very common, with about 60,000 new cases diagnosed each year in the UK and 300,000 in the USA. Symptoms are usually persistent abdominal pain plus disturbed bowel function (constipation or diarrhoea or alternating between the two). Diverticulitis sometimes becomes very severe leading to perforation of the bowel, forming an abscess or rarely peritonitis. This best-selling book looks at the treatment and self-management of DD - while the doctor can help, particularly with antibiotics, much can be done by the individual to minimise the effects of this condition. This new edition updates this best-selling book. Topics include: The medical treatment of diverticular disease Probiotics ('good' or 'friendly' live bacteria and yeasts said to be good for digestive health The increase of diverticular disease in the population Effects of diverticular disease

Problem Drinking Tim Cantopher 2016-11-17 Alcohol causes more misery, illness and death than any other substance. Alcohol is one of the three biggest lifestyle risk factors for disease and death after smoking and obesity, and a causal factor in more than 60 medical conditions, including various cancers, cirrhosis depression. In the UK in 2012-13, there were 1,008,850 hospital admissions related to alcohol consumption. Dying for a Drink is a no-nonsense, lively and accessible guide to alcohol and alcoholism, by bestselling consultant psychiatrist Dr Tim Cantopher. This new edition updates the recommended units of alcohol, and tracks the rise in alcohol-related conditions - in particular liver disease, now the fifth most common cause of death in the UK. Topics include: · alcohol the drug · why people drink too much · the effects of past experience, family and personality · impact of alcohol abuse on the body and brain · cutting down on or doing without drink · sleep and relaxation · problem-solving, time-management, and dealing with worry · drug treatments · the disease concept and Alcoholics Anonymous

Catalog of Copyright Entries. Third Series Library of Congress. Copyright Office 1962

Coping with a Mental Health Crisis Catherine G. Lucas 2015-11-19 This book is for anyone experiencing acute depression, anxiety, or emotional turmoil which doesn't necessarily need to be medicalised. It offers holistic information that is not readily available within mainstream mental healthcare, encompassing the physical, emotional, psychological and spiritual. Topics include: · Why it's vital to get the right support · Revisioning mental health · Working with soul · Healing approaches · Taking responsibility for our healing · Reaching out for support · Finding the right health care professionals · Focussing on success stories · Getting rid of the toxic · Making lifestyle changes · Seeing illness as a gift

Gestational Diabetes Paul Grant 2016-10-20 Gestational diabetes, or diabetes during pregnancy, is an increasingly common medical condition, affecting around 35,000 women in England and Wales each year, with a threefold increase in diagnosis in the number of people diagnosed in the past ten years. A diagnosis of diabetes in pregnancy can be stressful and overwhelming and there are often more questions than answers, from 'why me?' to 'what's safe to eat?' to what's going to happen to my baby'? This book, written by by a leading consultant diabetologist, provides a practical, no nonsense approach to understanding the condition, reducing risks and achieving the balance of blood sugar that is crucial to a healthy outcome. Topics include: What is gestational diabetes? Coming to terms with the diagnosis Ante-natal care and support Diet and lifestyle Exercise Medication to help protect you and your baby Getting ready for delivery Your

baby's birth and afterwards Diet plans and recipes

TRAVELLER BEGINNERS WORKBOOK

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Wilde zwanen Jung Chang 2011-10-07 Het verschijnen van Wilde zwanen markeerde een van de grootste uitgeefsuccessen van de afgelopen decennia. Na een wat langzame start bracht de liefdesverklaring van Rudy Kousbroek in NRC Handelsblad daar verandering in, en sindsdien is het boek tientallen malen herdrukt. Wilde zwanen verscheen in 1992 in het Nederlands en wereldwijd werden er meer dan 10 miljoen exemplaren van verkocht. Het is daarmee het best verkochte boek dat ooit over China verscheen. Het geeft een panoramische visie van drie vrouwen op een complexe samenleving in de vorm van prachtige memoires, intieme portretten en een meeslepende kroniek van het twintigste-eeuwse China. Ondanks de haast onvoorstelbare gruwelen die Jung Chang en haar familie zijn overkomen, is Wilde zwanen een indrukwekkende getuigenis van optimistisch geloof in een rechtvaardige samenleving met gelijke rechten en kansen voor iedereen.

De vreselijke Twee slaan door Mac Barnett 2018-04-05 De Vreselijke Twee slaan door van Mac Barnett & Jory John hilarisch derde deel over de grappenmakers Mick en Nick De favoriete grappenmakers en oprichters van de Internationale Orde van de Wanorde zijn er weer! Mick en Nick gaan op zomerkamp, naar het vreselijk vriendelijke Camp Good Times, waarbij alles draait om vrede en goede vibes (oftewel: BOR-ING!). Doordat ze geen enkele mogelijkheid zien om een goede prank uit te halen, zien de Vreselijke Twee ab-so-luut niet in wat er nu zo goed is aan dit kamp. Maar dan breken kinderen uit het nabijgelegen Yelling and Push-Ups Camp in bij Camp Good Times en stelen ze de supergeheime snoepvoorraad. Iedereen is boos - en die malle expertise van Mick en Nick is meer dan gewenst! Ze breken met de vrolijke feelgood feelings van hun eigen kamp, maar kunnen hun sluwe geest en hechte vriendschap op tegen de vuisten van de rivaliserende campers? Over de andere delen uit de serie: 'Een hilarisch boek voor de niet-zo-gemotiveerde lezers en een logische opvolger voor de fans van Dagboek van een loser.' Moeders.nu '(...) nu is er De Vreselijke Twee nog vreselijker (van Jory John en Mac Barnett). En je snapt: dat is humor in de overtreffende trap.' Kidsweek.nl Lees de hele serie: De Vreselijke Twee De Vreselijke Twee nog vreselijker De Vreselijke Twee slaan door

De vreselijke twee Mac Barnett 2015-04-07 Grappenoerlog in fantastische graphic novel voor 10+! Miles moet naar een nieuwe school in een kleine stad in Midden-Amerika waar koeien de belangrijkste industrietaak vormen. Hij is vastberaden om daar zijn reputatie als echte grappenmaker weer op te bouwen, maar hij krijgt concurrentie van Niles, ogenschijnlijk een vreselijke nerd en zijn toegewezen school-buddy, die zichzelf ook al als meester-grappenmaker ziet. Al snel raken ze in een 'prank war', waarbij ze over en weer de idiootste grappen uithalen. Uiteindelijk besluiten ze echter hun krachten te bundelen om de rector aan te pakken, die geobsedeerd is door zijn eigen gezag en het op Miles gemunt heeft. Samen bereiden Miles en Niles hun allergrootste grap ooit voor...

Chronic Fatigue Syndrome Megan A. Arroll 2014-07-17 Chronic Fatigue Syndrome (CFS/ME) affects around 250,000 people in the UK, and an estimated one million in the USA. With a characteristic profile of severe exhaustion, flu-like symptoms, and unrefreshing sleep, it has no cure, but often improves with treatment and self-help. This book, by an expert who herself experienced chronic fatigue, presents the latest thinking on the condition, along with tried and tested advice on how to manage it.

Whitaker's Books in Print 1998

Living with Hearing Loss Don McFerran 2014-10-16 An up-to-date, comprehensive book on how to manage hearing loss, by three experienced audiologists.

The Whole Person Recovery Handbook Emma Drew 2015-08-20 The idea of recovery is that

people learn to live with the past and with their imperfections, and find positive steps forward that work for them. Whole Person Recovery (WPR) aims to co-design treatment with the addict, build 'recovery capital', and maximise chances of success by supporting the addict to take control of their recovery. This joint process has been shown to be more effective than traditional approaches to treatment - and is fast influencing and overtaking such approaches. At the heart of the process is self-acceptance, safe space, trust, learning, human warmth and kindness. Topics include; · Substance abuse disorder and addictive behaviour disorder · Related mental health problems such as severe depression · Traditional recovery methods eg 12-step programmes · The importance of person-centred counselling · The baggage: finding ways to manage past feelings and experiences · Breaking routines: developing skills and capabilities for the future · Treatment: formal and informal services and support · Making a plan: formal and informal coping strategies The rest of my life: getting well and staying well.

Panic Workbook Carina Eriksen 2012-10-18 Panic disorder is common, affecting up to 10% in the Western world, and is often linked with other disorders - up to 60% of those with panic may also develop agoraphobia while 70% develop depression. This book takes the reader through tried and tested techniques to help break the automatic progress of a panic attack.

Een kleine stad in Duitsland John Le Carré (pseud. van David John Moore Cornwell.) 19??

Wanneer uit de ambassade in Bonn geheime papieren gestolen blijken te zijn, wordt een agent van de Britse geheime dienst opdracht gegeven de dader op te sporen.

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Living with IBS Nuno Ferreira 2012-07-19 If you have Irritable Bowel Syndrome (IBS), you're not alone - it affects up to 20 per cent of the population in the Western world. In fact, it is so widespread that some specialists have called it 'the common cold of the gastrointestinal illnesses'. Medical treatments are only moderately effective, and many experts now agree that the focus should be on improving quality of life for people with this condition. Living With IBS uses the principles of Acceptance and Commitment Therapy (ACT) to help people overcome the distress associated with IBS and to live a more vital and fulfilling life.

Niets is waar en alles is mogelijk Peter Pomerantsev 2015-02-09 Beroepsmoordenaars met een kunstenaarsziel, excentrieke toneelregisseurs zich als marionetten van het Kremlin laten gebruiken, suïcidale topmodellen, Hells Angels die zich kruisridders wanen en oligarchen die de revolutie preken: welkom in het glinsterende, surrealistische hart van het eenentwintigste-eeuwse Rusland. Het is een wereld die bulkt van nieuw geld en nieuwe macht en die zo snel verandert dat alle banden met de werkelijkheid verbroken zijn. Hij wordt bestierd door een dictatorschap dat veel subtieler is dan dat van de twintigste eeuw en dat in rap tempo het Westen naar de kroon steekt. Wanneer de Britse schrijver en producent Peter Pomerantsev in de zinderende wereld van de Russische televisie duikt, krijgt hij toegang tot alle corrupte hoeken en gaten van een land dat politiek en ethisch in een gapend gat lijkt te zijn verdwenen. In rokerige kamertjes ontmoet hij propagandagoeroes die de spil vormen van de Russische mediamachine. Hij gaat op onderzoek uit in Siberische maffiastadjes en bezoekt salons van superrijke Russen in Londen en de VS. Naarmate het Poetin-regime agressiever wordt, graaft Pomerantsev dieper in de rotheid van het systeem. Niets is waar en alles is mogelijk is een duizelingwekkend, scherpzinnig verhaal dat de lezer een onvergetelijke reis biedt door een land dat in sneltreinvaart van de decadentie naar de waanzin suist. Pomerantsev geldt als een van de best ingevoerde, scherpste waarnemers van het nieuwe Rusland. In Kiev geboren, in Engeland opgegroeid, vertrok hij begin 2002 voor tien jaar naar Moskou, waar hij voor de explosief groeiende televisie- en filmindustrie werkte. Zijn baan gaf hem unieke toegang tot zowel de Russische onderwereld als de rijke elite in Moskou, Londen en het Westen. 'Een virtuoos boek: een combinatie van messcherpe analyses en schitterend opgetekende, uit het leven gegrepen scènes en verhalen. Pomerantsev heeft een ragfijn gevoel voor het absurde. Hij maakt het absurde begrijpelijk en het begrijpelijke absurd - een machtig wapen bij het doorgronden van het bizarre nieuwe Rusland.' Joris Luyendijk

The Heart Attack Survival Guide Mark Greener 2012-04-19 Coronary heart disease, the commonest cause of heart attacks, remains the leading cause of death in the UK, despite rates falling in the last few decades, despite numerous therapeutic advances and despite increased awareness. Rates are especially high in economically deprived communities, some ethnic groups and at certain ages; but everyone's at risk. This book aims to help people at high risk prevent their first or subsequent heart attack as well as helping those who experience a heart attack get back to a normal life as soon as possible. As this book shows, combining drugs and lifestyle changes can help you survive - and prevent - heart attacks. Topics include: The anatomy and physiology of the cardiovascular system; Modifiable and non-modifiable risk factors such as smoking, diet, age, family history and sex; Causes and types of heart attack; Why heart attacks are more common at certain times of day; Prognosis - what makes survival more likely; Symptoms in men, women and the elderly; Diagnosis and treatment; After a heart attack - physical, psychological and lifestyle factors; Preventing heart attacks; Caring for a loved one after a heart attack.

Dr Dawn's Guide to Women's Health Dawn Harper 2015-06-18 This book covers key areas of women's health, notably breast and reproductive health, from the fertile years through to menopause. In addition to the normal menstrual cycle, it also looks at medical problems specific to women. Topics include: · breast cancer - screening, diagnosis, treatment, prognosis, genetics · benign breast disease - benign lumps, breast pain, infections menstrual problems - menorrhagia (heavy periods), dysmenorrhoea (painful periods), irregular periods · premenstrual syndrome - why it occurs, treatment · menopause - common and less well recognized symptoms; HRT and non-hormonal alternatives · cystitis · chronic pelvic pain · cervical screening and cervical cancer, including vaccination and controversies (supposed adverse effects etc) · cervical cancer, cervical polyps and erosions · endometriosis and endometrial cancer · ovarian cancer and benign ovarian disease · sexual health

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