



# Looking After Your Body

**Sheila Hollins, Justin Wilson**



## Looking After Your Body:

*Looking After Your Autistic Self* Niamh Garvey, 2023-03-21 I no longer try to mask my autism I now work to support my autism It is a myth that autistic children grow into less autistic adults In fact many autistic adults feel more overwhelmed as they age as the stresses of social demands such as relationships parenting or the work environment increase Niamh Garvey offers tips and tricks designed to reduce sensory and emotional stress and look after your autistic self From understanding what s happening when the stress response kicks in to using the detective habit to spot your individual strengths and triggers What s more every element of this book can be personalised to you Featuring strategies including quick calm plans for managing triggers and lived experience advice on understanding emotional regulation coping with sensory overload and how to look after your senses during intimacy this guide is here to ensure that you don t just survive adulthood you thrive in it

Looking After My Balls Sheila Hollins, Justin Wilson, 2018-06-06 It is important for every man to check his balls testicles regularly and to see his doctor immediately if he finds any changes that are not normal for him You can use pictures and information in this book to help men with intellectual disabilities to learn more about thir testicles and about how to look after them

*The Lean Machines* John Chapman, Leon Bustin, 2016-05-05 The Lean Machines are genuine experts in health and happiness and have helped thousands of people get lean and strong through their work as personal trainers and on their hugely popular YouTube channel Champions of balance moderation and individuality their advice is sensible accessible and not at all intimidating eat well move better and feel awesome Our aim is to help as many people as possible get healthy and understand that getting in great shape doesn t have to be hard or depressing Here they share their secrets in their first book a fun fully illustrated guide for becoming the best version of yourself Featuring easy nutritious recipes as well as simple workouts toning tips and mindfulness techniques the boys prove that having a healthy lifestyle is achievable and fun leanmachines

**Getting Better Bit(e) by Bit(e)** Ulrike Schmidt, Janet Treasure, 1993 This self help programme which has been evaluated in a randomised controlled trial provides detailed step by step advice for dealing with eating difficulties

**Clinician's Guide to Getting Better Bit(e) by Bit(e)** Ulrike Schmidt, Janet Treasure, 1997 This companion guide to Getting Better Bit e by Bit e is written for the health care professional to help maximize the benefit that patients obtain from the self help book in the treatment of eating disorders

**Creating Now** Dr. Adrian Harrison MBBS FRACP, 2016-02-01 Life is not simple It changes constantly and keeping your eye on numerous important matters takes a lot of attention energy and organizing ability This one reason why many people dont design the exact life they want or have a set of values that guides them with clarity But you can acquire all the skills that enable you to have your full potential right at your fingertips Happiness does not have to be put off until circumstances allow In this life changing book Dr Adrian Harrison begins by explaining how the human mind works immediately helping you to manage your thoughts and feelings more effectively You will also learn how to have more clarity creativity purpose and precision solve problems without stress create your ideal life

appreciate qualities in yourself and others and move easily toward lasting peace and happiness Begin now Now is the time to be fully empowered and contributing amazingly to the people in your life It all starts when you read **Creating Now** **Shine** Lorraine Kelly,2019-10-31 This is an utter tonic Lorraine at her most honest a genuinely helpful book DAWN FRENCH I love this book DAVINA MCCALL \_\_\_\_\_ Lorraine has been a fixture on our TV screens for 35 years and is beloved by thousands for her warmth and down to earth interviewing style Whatever life throws at her she always manages to keep that signature twinkle in her eye Now she s ready to share her life lessons There s a lot to keep up with nowadays family home work social media the news It s all too easy for days go by in a blur and before you know it you re exhausted and the year has passed in the blink of an eye Despite her hectic schedule Lorraine has learned how important it is to listen to your body and your heart and to take control of your life Whether making small changes to your daily routine or overhauling your lifestyle and achieving those bucket list goals Shine will show you how to live every day to the fullest Let Lorraine guide you on the journey to your best self with candid anecdotes from her own life tips from the experts and practical exercises You ll learn how to Spark how to stay positive confident and calm whatever life throws at you Glow encouragement and strategies for keeping your body healthy and your look fresh whatever your age Dazzle how to get the best out of your relationships family and work and make a difference to the world even if it s just your patch Uplifting warm and with beautiful hand painted illustrations Shine is a self help book told from the heart *The Growing Up Guide for Girls* Davida Hartman,2015-03-21 This charmingly illustrated guide for girls is full of facts and advice about growing up puberty body image friendship crushes and more Written in literal language and addressing sensory issues safety and social skills throughout it offers an ideal introduction to the teenage years for girls with autism aged 9 to 14 Eyes Wide Shut Theodorus Author,2020-02-03 Health How our Health is connected to our recent past how politics mentality thinking and more is connected to our health The connection to the chemical industry products that make us ill How we can change this How we need to question everything Stand up for ourselves stop being politically correct Education and its influence on our health **Wonderful Me** Nancy Shapiro,2024-05-09 Self care is not just for grown ups Wonderful Me is a fun guide for children featuring simple ways they can care for their mental physical and social wellbeing

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### **Looking After Your Body Introduction**

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