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Jeff Michaels



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The Complete Travel Detective Bible Peter Greenberg,2007-10-02 This ultimate physician s desk reference for travelers addresses the questions anxieties concerns and desire for essential information that are common to seasoned and novice travelers alike Peter Greenberg best selling author trusted Today show travel editor and the man that writer Paul Theroux calls the liberator and defender of the traveling public offers an encyclopedic look at every aspect of the travel process both domestically and internationally from the true definition of travel terms to in depth explanations of how things really work Do you want to know which airline seats are the best and worst How you can vacation in a lighthouse a monastery or even a converted prison Which countries require you to get visas before you visit Or won t let you in even if you have a passport Which airlines are the worst bumping offenders How you can avoid hidden fees The Complete Travel Detective Bible offers up answers to these questions and much more Everything is cross referenced and each chapter is filled with useful charts lists and diagrams making for an easily accessible format Greenberg who has been to more than 146 countries is an expert without equal at outplaying the travel industry at its own games securing the best fares accommodations and service at the lowest possible prices He shares every one of these hard won ingenious insider secrets in this book making The Complete Travel Detective Bible the ultimate word on travel today

Principles and Practice of Travel Medicine Jane N. Zuckerman,2013-02-25 Principles and Practice of Travel Medicine Principles and Practice of Travel Medicine This second edition of Principles and Practice of Travel Medicine has been extensively updated to provide a comprehensive description of travel medicine and is an invaluable reference resource to support the clinical practice of travel medicine This new edition covers the many recent advances in the field including the development of new and combined vaccines malaria prophylaxis emerging new infections new hazards resulting from travel to long haul destinations health tourism and population movements The chapter on vaccine preventable diseases includes new developments in licensed vaccines as well as continent based recommendations for their administration There are chapters on the travel health management of high risk travellers including the diabetic traveller the immunocompromised those with cardiovascular renal neurological gastrointestinal malignant and other disorders psychological and psychiatric illnesses pregnant women children and the elderly With increasing numbers of ever more adventurous travellers there is discussion of travel medicine within extreme environments whilst the chapter on space tourism may well be considered the future in travel medicine Principles and Practice of Travel Medicine is an invaluable resource for health care professionals

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Ingg SMA , Yoga Nidra Richard Miller,2010-10-29 One of the most enjoyable parts of a yoga class comes when we rest in savasanathe corpse poseand realize deep serenity a sense of effortless joy and a glimpse into our true nature as unqualified presence How is this so Master teacher Richard Miller explains that this experience is a manifestation of yoga nidra the meditative state of mind body union at the heart of all yoga practice A powerful integration of book and CD audio learning Yoga Nidra is an ancient tantric yoga path that leads to inner freedom Through accessible language appropriate for any level of practice Miller takes us step by step through the traditional techniques of relaxation and meditation to help us move toward the realization of unqualified presencethe ultimate aim of yogaa goal unreachable through posture practice alone Through his expert guidance students will experience Deep relaxation for relief from day to day stress The development of one pointednessa key to spiritual awakening Healing from painful emotions such as fear grief and anger More effective and energizing sleep and much more

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Good Deed Guide James Grace,Lisa Grace,2015-11-17 Go Ahead Make A Difference We all wish people would be nicer to one another treat others with respect and be good to fellow neighbors But who knows how to go about doing that these days The Good Deed Guide has all the answers Learn To Help Someone Cross the Street Start a Neighborhood Watch Help a Friend Quit Smoking Jump Start a Car This fully illustrated handbook provides clear step by step directions for becoming a better neighbor a better friend and a better citizen All the tricks to putting a smile on someone s face are right here

Cyberpsychology & Behavior ,1998 **Intensive One-Session Treatment of Specific Phobias** Thompson E. Davis III,Thomas H. Ollendick,Lars-Göran Öst,2012-05-16 Whether it s dogs spiders blood heights or some other fear specific phobias are one of the most prevalent mental health problems affecting as many as one in eight people In recent years cognitive behavioral therapy CBT has emerged as particularly effective in treating young people and adults with specific phobias And of these methods one session treatment stands out as a long lasting cost effective intervention of choice Intensive One Session Treatment of Specific Phobias not only provides a summary of the evidence base it also serves as a practical reference and training guide This concise volume examines the phenomenology epidemiology and etiology of phobias laying the groundwork for subsequent discussion of assessment strategies empirically sound one session treatment

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Put Anxiety Behind You Peter Bongiorno ND Lac,2015-10-01 Everyone is affected by anxiety whether their own or that of an anxious loved one colleague boss or friend According to the NIMH nearly 20% of all American adults 40 million experience an anxiety disorder in any given year including panic disorder generalized anxiety disorder obsessive compulsive disorder post traumatic stress disorder and related phobias In Put Anxiety Behind You naturopathic doctor and licensed acupuncturist Peter Bongiorno offers a holistic approach for healing from these disorders and avoiding relapse In a warm and compassionate tone this book addresses causes provides perspective and offers natural remedies that work quickly and without any nasty side effects Readers will learn about the many possible underlying causes for their anxiety biochemical physical situational spiritual etc and will find suggestions for non pharmaceutical remedies including specific nutrients plant based medicines yoga poses massage techniques exercises and acupuncture acupressure points to try on their own for lasting relief Bongiorno also tackles how to safely wean from anti anxiety medication and how to supplement conventional medications with herbal and other natural remedies to increase efficacy and reduce side effects Dr Bongiorno recounts his own battle with anxiety and throughout the book shares his own experiences to help readers realize that anxiety can be a positive thing that becomes an inspiration and helps move us forward in a happier calm life

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Lose Weight: 21 Winning Tips Isobel McGrath,2018-02-02 It all starts with you This powerful inspiring book shows you how to change your mind set shed weight and keep it off for life Brian Tracy best selling international author of Get Over It and Get On with It Why we gain weight is more complex than just what we eat

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