

Looking After Your Body

Ulrike Schmidt, Janet Treasure

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 disabilties 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

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HEELS AND HOLINESS Jo Saxton and Sally Breen get to grips with all these questions giving a friendly practical guide to being a faithful disciple in today s world high heels and all Spiritual Reality Dr. Lydia Anne Mitchell Ph.D., 2018-06-23 All of us have wondered at some point or another whether there is a deeper meaning to our everyday activities Some of us may have even searched on a subconscious level for the missing component in our daily lives. The good news is that incorporating a sense of spirit into every day can fill missing gaps expand our lives and provide us with confidence and clarity in all decisions Lydia A Mitchell PhD shares an approachable and useful guide to developing spiritual awareness that shifts our focus away from an everyday view enables us to see the magic within and around us and transform the ordinary into extraordinary Through simple methods practical guidance and tools and real life stories Dr Mitchell helps us combine the spiritual and physical realities of life and consistently connect with the spirit to create a life that flows easily Spiritual Reality Transforming the Ordinary into the Extraordinary shares guidance created to help all of us link with the internal spirit to increase joy improve our outlook and take control of our lives How Emotions Are Made Shyz0 Mark, 2024-01-27 Do you ever wonder where emotions come from When you feel angry sad upset or jealous what produces those feelings And how are you able to put a label on the emotion you re actually experiencing How emotions are made answers those questions simply and understandably while doing away with some of the long held beliefs about evolution and emotional creation Are you born with a set of emotions that are triggered within a particular situation Or are emotions entierly personal created from past experiences and stored within the brain ready to experience again in the future In this book you ll explore deep theories behind how the brain works and how emotions are formed The human brain is a cultural artifact We don t load culture into a virgin brain like sofrware loading into a computer rather culture helps wire the brain **Passing the Torch** Ilze Alberts, 2018-03-20 Sustain and grow your family s capital throughout generations Families need to have vision and foresight to sustain the family s capital throughout generations Unfortunately many of them build wealth effectively but find near the end of their lives that it has little sustainability to prepare the next generations that will be the beneficiaries of their hard work Passing the Torch teaches high net worth families how to foster a strong family dynamic to be truly generational Inside first generation wealth creators will learn how to create a culture of sustainability and growth and endow subsequent generations with the tools and mindset necessary to prosper Subsequent generations will learn how to receive the torch sustain and grow the family s capital and pass the torch to the next generation Discover the importance of emotional intelligence Learn to view generational wealth from a behavioral lens Transcend financial instruction to find a sense of purpose and direction Map out your family s legacy Whether you re consulting an advisor or taking matters into your own hands this is the essential reference you need to sustain wealth for generations to come The Radiant Warrior Iason Chan, 2009-09-07 The Radiant Warrior explores and guides the reader through four core spiritual paths the Paths of Awakening Healing Empowerment and Surrender Based on Jason Chan's unique combination of energy work meditation and

spiritual insights from a variety of teachings including A Course in Miracles and Buddhist dharma The Radiant Warrior is designed to be a practical and complete guide to the journey to become a spiritual master Sod Sixty! Claire Parker, Muir Gray, 2016-02-04 Getting older doesn't matter Keeping active does Sod turning sixty make those small changes now and reap the rewards in your later decades In the bestselling Sod Seventy Sir Muir Gray demanded a bonfire of the slippers and a reframing of what it is to be seventy and older and how to make the most of your seventies by closing the fitness gap to stay fit and strong Sod Sixty is a fun friendly hands on guide to navigating your sixties a very different decade with very different demands Find out how to get fitter whatever your history how to eat healthily how to juggle looking after yourself with the responsibilities of family friends and work and how to make the most of this decade of change But this is no boot camp regime Sod Sixty acknowledges the reality of our daily lives and has a balanced approach packed with achievable practical and realistic strategies to improve your health and wellbeing Our sixties are often thought of as the turning point decade Use this as an opportunity to take stock to look after yourself reduce your risk of disease and make simple lifestyle and attitude changes that will have real impact later on Use your sixties to make sure you face your seventies more resilient and independent rather than more vulnerable as time passes This series appeals to anyone looking for straightforward practical non faddy advice to help them stay active and healthy Natural Homemade Beauty Leoniek Bontje, 2024-03-14 A beautifully designed instructive guide to creating luxurious safe and effective beauty products using ingredients from nature In this charming book you ll discover how to prepare an abundant range of products using plants and flowers many of which you ll be able to find around you or grow yourself It includes comprehensive easy to follow recipes for Rich moisturising cream with daisy extract Camomile based shampoo for glossy hair Sugar and honey body scrub Ginger oil for blemish control You will find a wealth of other delights such as body butter hair conditioner lip balm deodorant bath oil and even toothpaste Also included is a selection of fragrance products for your home such as a lavender and pine room spray made with vodka Each easy to follow recipe gives a complete description of the product making process so you can t go wrong There are handy visual guides to the plants you ll be using accompanied by ravishing photography Armed with this book you ll be able to create a whole beauty counter of products both for yourself and for gifting and you ll save money too Fabulously 40 and Beyond:women Margie Orford,2006

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