

# Open Your Heart

## A Mid-Life Fable

Ruth Cherry, PhD

# Open Your Heart A Midlife Fable

**Niyi Osundare**

## **Open Your Heart A Midlife Fable:**

**Midlife Heart Matters** Felicia Dunbar,AI,2025-02-27 *Midlife Heart Matters* addresses the critical topic of cardiovascular wellness during midlife a period when heart disease risks often increase The book emphasizes the importance of dietary choices particularly the benefits of integrating olive oil into your daily routine to proactively manage and reduce cardiovascular risk Did you know that regular olive oil consumption can positively impact cholesterol levels and blood pressure The book presents evidence from clinical trials and epidemiological studies highlighting olive oil s protective effects against heart disease This book uniquely focuses on the proactive integration of olive oil as a key component of a heart healthy diet and lifestyle for those in midlife It begins by introducing the fundamentals of cardiovascular health and common risk factors It then delves into olive oil s composition varieties and specific mechanisms that benefit the heart Finally it provides practical applications through meal planning cooking tips and actionable strategies for incorporating olive oil into daily life empowering readers to take control of their cardiovascular health

**Spiritual Dimensions of Ageing** Malcolm Johnson,Joanna Walker,2016-11-24 Our understandings of both ageing and spirituality are changing rapidly in the twenty first century and grasping the significance of later life spirituality is now crucial in the context of extended longevity Spiritual Dimensions of Ageing will inform and engage those who study or practise in all fields that relate to the lives of older people especially in social psychological and health related domains but also wherever the maintenance and development of spiritual meaning and purpose are recognised as important for human flourishing Bringing together an international group of leading scholars across the fields of psychology theology history philosophy sociology and gerontology the volume distils the latest advances in research on spirituality and ageing and engages in vigorous discussion about how we can interpret this learning for the benefit of older people and those who seek to serve and support them

**Safe at Last in the Middle Years** Margaret Marganroth Gullette,2016-02-16 Discovering the midlife progress novel Gullette finds in recent fiction a pervasive tension between decline and a new ideology of aging Appropriately she invites the reader to join the writers in their therapeutic discourse Rosemary Franklin American Literature This book certainly makes you think What is it that can happen in middle age to make it as it is for many people the clearest and sweetest time of life Frank Conroy *The New York Times*

**SHE-Q** Michele L. Takei,2012-10-17 This book takes readers on a fascinating intellectual journey that showcases SHE Q as the next great emerging intelligence a force that can remake the world The hypothesis of SHE Q Why Women Should Mentor Men and Change the World is straightforward its potential enormous Females SHE Q declares are the superior whole brained empathic sex Society s failure to recognize that fact has caused women to labor under a limited male perspective skewing their knowledge capping their wisdom and separating them from Nature themselves and each other But it doesn t have to be that way Interweaving personal vignettes with broad based research the book marshals evidence from history science psychology and philosophy to underscore the validity of SHE Q It shows how the female brain works differently from the

male brain better integrating the left and right hemispheres so that SHE Q transcends both IQ intelligence quotient and EQ emotional intelligence Laying out a new feminine based understanding of the way women and men think and behave author Michele Takei demonstrates how women can apply this new found knowledge to mentor the men in their lives and achieve true equality   **SPIN** ,1999-07 From the concert stage to the dressing room from the recording studio to the digital realm SPIN surveys the modern musical landscape and the culture around it with authoritative reporting provocative interviews and a discerning critical ear With dynamic photography bold graphic design and informed irreverence the pages of SPIN pulsate with the energy of today s most innovative sounds Whether covering what s new or what s next SPIN is your monthly VIP pass to all that rocks   **Financial Mail** ,2004   *American Theatre* ,2003   *Seen That, Now What?* Andrea Shaw,1996-04-09 This revolutionary reference offers viewers a variety of ways to hone in on the right choice for an evening s entertainment Going beyond the broad categories Action Comedy Drama etc found in most guides this book features small groups of films arranged according to specific categories as historical swashbucklers screwball comedies and Busby Berkeley musicals Shaw eschews the standard star rating system to focus on more telling criteria   **The Writers Directory** ,2013

**The Writers Directory 2008** Michelle Kazensky,2007-06 Features bibliographical biographical and contact information for living authors worldwide who have at least one English publication Entries include name pseudonyms addresses citizenship birth date specialization career information and a bibliography   *The Utne Reader* ,1990   *Storytelling Magazine* ,1997   **Our Sunday Visitor's Family Guide to Movies and Videos** Our Sunday Visitor, inc,United States Catholic Conference,1999 This giant reference is the only book that tells you whether a movie is really healthy to watch for a Catholic family Includes both MPAA and USCC ratings plus plot descriptions and reviews from a Christian perspective

**Annual Editions** Karen Duffy,1993-02   **Human Behavior in the Social Environment** José B. Ashford,Craig W. LeCroy,Kathy L. Lortie,2006 Ashford LeCroy and Lortie s ground breaking book offers students a balanced integrated introduction to human behavior in the social environment Lively and comprehensive this book succeeds by helping students connect foundation knowledge with practice concerns Clarified through the introduction of study tables and concept maps at the end of each discussion behavior in the development chapters the authors look at biopsychosocial development across the life span using an integrative multidimensional approach discussing integrative practice theory treatment and services throughout This multidimensional framework provides a concrete tool for the reader to assess human behavior from a perspective that truly reflects the values and knowledge base of the social work profession Together the book s solid coverage of foundation knowledge integration of the biopsychosocial dimensions for assessing social functioning its multidimensional framework and its use of case studies to illuminate the applied aspects of HBSE content along with the authors consistent attention to diversity successfully combine to give readers a meaningful exciting experience   **Personal Growth and Behavior** ,1994   *Pages from the Book of the Sun* Niyi Osundare,2002   **Personal Growth and Behavior**

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flower orientation the flowers point upward or spread or curve outward flower petal color pink to red white flower petal length 3 4 5 mm flower shape the flower has an urn shaped corolla constricted at the opening the flower is bell shaped

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general information bulb solitary or clustered applanate globose to cylindric ovoid tunic purple red brown red pale brown red or yellow to pale yellow papery to thinly leathery entire leaves shorter than scape 0 5 2 cm wide terete fistulose

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floral formula and floral diagram google classroom a flower has the following characteristics zygomorphic bracteate gamosepalous calyx with valvate aestivation polypetalous corolla with vexillary aestivation diadelphous stamens basal placentation which of the following floral diagrams represents this flower

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stem underground bulb leaf a cluster of radical leaves emerges from the underground bulb cylindrical and fleshy having sheathy leaf bases with parallel venation inflorescence scapigerous i e the inflorescence axis peduncle arising from the

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the floral formula of allium cepa onion of the liliaceae family is as follows here the symbols represent systematic position of liliaceae kingdom plantae subkingdom tracheobionta super division spermatophyta division magnoliophyta class liliopsida subclass liliidae order liliales family liliaceae features of liliaceae family

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the flowers of allium are described as bowl shaped flowers in morphological terms with hidden nectarines generally they are in under part of the ovary onion flowers are a good source of floral nectar and pollen the nectar produced from the nectaries was found to be collected in three cups between

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onion allium cepa l bulbs are commonly used as food or as a herb showing pharmacological activities connected to natural beneficial compounds such as thiosulfinate saponins polyphenols and flavonoids the free amino acids arginine

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allium cepa is an evergreen bulb growing to 0 6 m 2ft see above for usda hardiness it is hardy to uk zone 5 and is not frost tender it is in flower from june to july the species is hermaphrodite has both male and female organs and is pollinated by bees insects suitable for light sandy and medium loamy soils and prefers well drained soil

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allium is a genus of monocotyledonous flowering plants with hundreds of species including the cultivated onion garlic scallion shallot leek and chives the generic name allium is the latin word for garlic and the type species for the genus is

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