

Coaching Cards For Children Barefoot Coaching Cards

Life coaching is a great way to help children and young people build self-esteem, set positive goals and deal with difficult issues such as bullying, anxiety and poor body image. This book sets out what life coaching is and how it works, what the benefits are, and how to go about coaching children and young people. Part 1 covers the background, theory and different types of coaching, and Part 2 explores the life coaching model and different techniques used, with examples of how coaching works in practice and how to build skills. The third part contains activities and photocopiable worksheets to use in practice with young people. They include general activities to develop self-esteem, set goals and build confidence, as well as activities for specific issues such as bullying, poor body image, relationships and anxiety. Suitable for use with young people aged 9-16, this practical guide is ideal for coaches, teachers, counsellors and youth workers wanting to put coaching into practice with young people, and is also suitable for parents to use at home with their child.

“Atkinson and Jewell invite each of us to reimagine one’s connection to the land

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while cultivating nature close to home. A must-read for anyone searching for inspired solutions for designing or refining a garden.” —Emily Murphy, founder of Pass the Pistil From windswept deserts to misty seaside hills and verdant valleys, the natural landscapes of the American West offer an astounding variety of climates for gardens. Under Western Skies reveals thirty-six of the most innovative designs—all embracing and celebrating the very soul of the land on which they grow. For the gardeners featured here, nature is the ultimate inspiration rather than something to be dominated, and Under Western Skies shows the strong connection each garden has with its place. Packed with Atkinson’s stunning photographs and illuminated by Jewell’s deep interest in the relationships between people and the spaces they inhabit, Under Western Skies offers page after page of encouraging ingenuity and inventive design for passionate gardeners who call the West home.

Train like an animal...to move like a human... Animal Moves is a groundbreaking new workout playout program from Darryl Edwards that utilises the functional and primal movements of the animal kingdom as inspiration for an exercise regimen that will have you the king or queen of the jungle in no time. Future-proof your body and reconnect with the fitter, stronger and healthier you with over 40 functional exercises, fun activities, and three, four-week fitness programs. With

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the help of its innovative 28-day movement plan, Animal Moves empowers you to move with more ease and efficiency when performing functional movements and to make everyday activities easier and more enjoyable. The compound movement exercises in Animal Moves targets the whole body at varied intensities enabling people of all fitness levels, and all ages, to lead more active and dynamic lives. improve strength, speed and stamina increase mobility, flexibility and stability look, feel and perform better Follow Darryl's easy-to-follow instructions, tips and photo illustrations to: save time - with high-intensity training methods save money - no gym membership required improve mood - using mindful movement reduce stress - with breathwork and relaxation have fun - on scheduled playout days

"There was no way moving to Los Angeles was going to make me give up my soul. After all, I'd already seen all the movies about Hollywood. I knew how things worked." Twenty-four year-old Russel Middebrook and his boyfriend have moved to Los Angeles so Russel can try to make it as a screenwriter. Almost right away, in a forgotten old house off of Sunset Boulevard, Russel meets Isaac Brander, a once-famous film producer who is convinced he can turn Russel's screenplay into a movie. Russel knows that success can't possibly come this easy. After all, most of Russel's Los Angeles friends are so desperate to make it that it's downright

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scary. His ex-boyfriend, Otto, is trying everything to become an actor, and Daniel, the sexy neighbor, doesn't even need a casting couch to get naked. So what's the catch with Mr. Brander? Could it be that movies about Hollywood don't tell the whole truth? But what does that mean for Russel's soul? Barefoot in the City of Broken Dreams, a companion book to Brent Hartinger's *The Thing I Didn't Know I Didn't Know*, is a fast-paced, funny story about the price of fame in Hollywood: the hilarious lengths people will go to achieve it, and the touching secret to survival when things don't work out exactly as planned. Advance Praise for Barefoot in the City of Broken Dreams: "A sharp, canny, highly engaging tour through a Hollywood of cunning characters and colorful intrigues, guided by the clever voice of Russel Middlebrook as an eager young screenwriter trying to bust in. I was charmed by every sly, sexy page." - Barry Sandler, screenwriter of *Making Love and Crimes of Passion* "With his trademark wit, warmth, and economy, Brent Hartinger brilliantly captures what it's like to move to L.A. and try and make it in Hollywood: the highs and the lows, the friends and the phonies, the fun and the frustration. And by the way, is it too late for me to be Russel Middlebrook when I grow up?" - Dennis Hensley, co-screenwriter of *Testosterone*, author of *Misadventures in the (213)* BRENT HARTINGER is an author, teacher, playwright, and screenwriter. *Geography Club*, the book in which

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Russel Middlebrook first appears (as a teenager), is also a successful stage play and a feature film co-starring Scott Bakula. In 1990, Brent helped found one of the world's first gay teen support groups, in his hometown of Tacoma, Washington. In 2005, he co-founded the entertainment website AfterElton.com, which was sold to MTV/Viacom in 2006. He now lives in Seattle with his husband, Michael Jensen.

Fleeing home from his military service in Afghanistan when his wife dies in an apparent freak household accident, Dr. Mike Scanlon struggles with the tragedy, his inability to bond with his new baby daughter and a downsizing in his medical practice only to discover a shocking secret that changes his understanding of everything. By the Edgar Award-winning author of *Come Home*. 300,000 first printing.

Examines the harmful effects that running in shoes can have on feet, knees, and hips and discusses the benefits of barefoot running, with advice on training, proper form, and dealing with weather and terrain.

For the person who longs to run their business from home, author Carrie Wilkerson says it is possible. She says to the reader: reclaim your time, determine your income, and change your lifestyle—all while keeping personal priorities intact. Successful at running her own seven-figure business from

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home—and an active speaker on the subject—the author demonstrates business models with tables and charts in an easy-to-understand format. Chapters include such subjects as finding a target market, marketing strategies, and brand development. Especially important are the common pitfalls listed to avoid in starting a business from home. To succeed as the barefoot executive, “Do what you are qualified to do most immediately for maximum profit,” the author says. “Then, you are free to pursue what you are passionate about.”

Widely recognised as a leading practical handbook on coaching, *The Coaching Manual* combines an understanding of coaching principles, skills, attitudes and behaviours, along with practical guidance and a comprehensive tool kit for coaches. *The Coaching Manual* demystifies the full coaching process, from first step to final meeting. This is the complete guide to coaching and includes: models, perspectives, skills, case studies, tips and advice.

Recommends the health benefits of walking barefoot; provides advice on training, technique, and conditioning, including the special needs of children, older people, and pregnant women; and discusses choosing footwear.

"*Jewish Fairy Tales and Legends*" by Gertrude Landa. Published by Good Press. Good Press publishes a wide range of titles that encompasses every genre. From well-known classics & literary fiction and non-fiction to forgotten?or yet undiscovered gems?of world

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literature, we issue the books that need to be read. Each Good Press edition has been meticulously edited and formatted to boost readability for all e-readers and devices. Our goal is to produce eBooks that are user-friendly and accessible to everyone in a high-quality digital format.

“Fascinating. Doidge’s book is a remarkable and hopeful portrait of the endless adaptability of the human brain.”—Oliver Sacks, MD, author of *The Man Who Mistook His Wife for a Hat*

What is neuroplasticity? Is it possible to change your brain? Norman Doidge’s inspiring guide to the new brain science explains all of this and more. An astonishing new science called neuroplasticity is overthrowing the centuries-old notion that the human brain is immutable, and proving that it is, in fact, possible to change your brain. Psychoanalyst, Norman Doidge, M.D., traveled the country to meet both the brilliant scientists championing neuroplasticity, its healing powers, and the people whose lives they’ve transformed—people whose mental limitations, brain damage or brain trauma were seen as unalterable. We see a woman born with half a brain that rewired itself to work as a whole, blind people who learn to see, learning disorders cured, IQs raised, aging brains rejuvenated, stroke patients learning to speak, children with cerebral palsy learning to move with more grace, depression and anxiety disorders successfully treated, and lifelong character traits changed. Using these marvelous stories to probe mysteries of the body, emotion, love, sex, culture, and education, Dr. Doidge has written an immensely moving, inspiring book that will permanently alter the

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way we look at our brains, human nature, and human potential.

Do you have a real relationship with God, or do you just have a religion? Do you know God, or do you just know about God? In *How Big Is Your God?* Paul Coutinho, SJ, challenges us to grow stronger and deeper in our faith and in our relationship with God—a God whose love knows no bounds. To help us on our way, Coutinho introduces us to people in various world religions—from Hindu friends to Buddhist teachers to St. Ignatius of Loyola—who have shaped his spiritual life and made possible his deep, personal relationship with God.

This powerfully intimate, plain-spoken memoir about fathers and sons, fortitude, and football from the face and voice of college football—Kirk Herbstreit—is not just “a window into the game, but also a peek into what makes him special: his heart” (David Shaw, head coach, Stanford University). Kirk Herbstreit is a reflection of the sport he loves, a reflection of his football-crazed home state of Ohio, where he was a high school star and Ohio State captain, and a reflection of another Ohio State football captain thirty-two years earlier: his dad Jim, who battled Alzheimer’s disease until his death in 2016. In *Out of the Pocket*, Herbstreit does what his father did for him: takes you inside the locker rooms, to the practice fields, to the meeting rooms, to the stadiums. Herbstreit describes how a combination of hard work, perseverance, and a little luck landed him on the set of ESPN’s iconic *College GameDay* show, surrounded by tens of thousands of fans who treat their Saturdays like a football Mardi Gras. He takes you into the

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television production meetings, on to the GameDay set, and into the broadcast booth. You'll live his life during a football season, see the things he sees, experience every chaotic twist and turn as the year unfolds. Not to mention the relationships he's established and the insights he's learned from the likes of coaches and players such as Nick Saban, Tim Tebow, Dabo Swinney, and Peyton Manning, as well as his colleagues, including Chris Fowler, Rece Davis, and his "second dad," the beloved Coach Lee Corso. Yes, Kirk Herbstreit is the undeniable face and voice of college football—but he's also a survivor. He's the quiet kid who withstood the collapse of his parents' marriage. The boy who endured too many overbearing stepdads and stepmoms. The painfully shy student who always chose the last desk in the last row of the classroom. The young man who persevered through a frustrating Ohio State playing career. The new college graduate who turned down a lucrative sales job after college to pursue a "no way you'll make it" dream career in broadcasting. Inspiring and powerful, *Out of the Pocket* "proves the importance of perseverance and family" (Peyton Manning).

This Participant's Workbook is designed to accompany you on an exciting journey of self-discovery. Grounded in Kouzes and Posner's celebrated Five Practices of Exemplary Leadership model, the interactive pages help you to uncover the deeper meanings of: Model the Way Inspire a Shared Vision Challenge the Process Enable Others to Act Encourage the Heart

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While growing up has never been easy, today's world presents kids and their parents with unprecedented challenges. The upside, posits Maureen Healy, is a widespread acknowledgment that emotional health, resilience, and equilibrium can be learned and strengthened. Healy is an expert on teaching skills that address the high sensitivity, big emotions, and hyper energy she herself experienced growing up. Three simple steps are key — Stop, Calm, and Make Smarter Choices. While not always easy, these steps are powerful, and Healy shows readers exactly how to implement them. Children move from acting out or shutting down, experiencing frequent physical symptoms such as head- and stomachaches, or hurting themselves or others, to recognizing they are being triggered, feeling their emotions, and using mindfulness strategies to respond from a calmer place.

Case studies of economically disadvantaged children and their labor in different Indian industries.

For readers of *Born to Run* by Christopher McDougall, *The Barefoot Running Book* lends practical advice on the minimalist running phenomenon Ditch those cushiony running shoes—they're holding you back and hurting your feet! You've heard about barefoot running and how it can reduce injury and allow for better form. Maybe you've even tried it and learned how shedding those heavy, overly- manufactured shoes can make running more enjoyable. Regardless of your expertise level, Jason Robillard—a leading expert on barefoot running education and director of the Barefoot Running University—synthesizes the latest research to ease you from barefoot walking to slow running to competitive and trail running vis-à-vis simple

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drills, training plans, and useful hints from fellow barefoot runners. Practical, easy-to-follow, and illustrated with black-and-white photographs throughout, *The Barefoot Running Book* shows how everyone can transition to barefoot and minimalist shoe running—safely and optimally.

Expert coach explains How to Think Like a Champion Greg Hatcher is the coach that you always wish you had. He is honest, sincere, straight to the point, a no pulled punches sort of a coach, who tells it like it is and leaves you knowing in no uncertain terms what you have to do to achieve greatness. Greg Hatcher has been coaching sports since the day he graduated from college in 1983. In his new book *Between the Ears: How to Think Like a Champion*, Greg shares 110 hard earned lessons learned from nearly 25 years of coaching. *Between the Ears* is designed to teach coaches, parents and children (and even adults) to think like champions. His book focuses on the crucial mental elements of sports and competition that can help kids and their parents have a more successful sporting experience. Hatcher explains simply in a heart to heart best friend and ally style that makes it easy for people of all ages young and old to understand the issue, see the right thing and want to do the right thing. He combines the best of what he learned from his decades of coaching experience in soccer, football, basketball, baseball, cross country, track and wrestling. Hatcher has a gift for storytelling, gives his all and packs everything he's learned from working with kids in all these sports so that they can help themselves become the best that they can be. It's no wonder that his kids are champions and have coaches from all over the country competing for them and offering them scholarships and full four year rides. They learned from a master. Happily, he has created this incredible book and shared his knowledge with the rest of us.

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Written by award-winning coach Kim Morgan, this book is aimed at new coaches working in a freelance or self-employed role. It is also a valuable resource for anyone involved in coaching, including trainers of coaches. The Coach's Survival Guide is an easy to use, accessible book, grounded in practice and experience and including case studies drawn from real-life practice. It is rooted in the real world, normalizing the insecurities felt by many coaches and acknowledging the realities of building a coaching business, while addressing the everyday issues that can hinder a coach's performance or confidence. Kim covers issues such as: - Dealing with Impostor Syndrome - Establishing credibility - Contracting and boundaries - Coaching dilemmas - Building your coaching business - Self-care for coaches This new book is intended to be a survival guide so that coaches can access instant support for dilemmas that occur in their coaching practice. "Reading this book was like spending time with a close friend; a combination of warmth, wit and illumination." Professor Damian Hughes, Professor of Organisational Psychology and Change "This book is an essential companion to anyone setting out as a professional coach. It provides knowledge, expertise and, perhaps most importantly, comfort for all the challenges that new coaches face." Tom Preston, C.E.O. The Preston Associates "At last, here is a book that acknowledges the very real challenges involved in building a coaching business - and provides a blueprint for success!" John Perry, Coach and Principal Teaching Fellow, the University of Southampton, UK "This is a hugely practical and accessible support guide to help you address the challenges you will face in developing your coaching practice, from setting up your practice, generating clients and managing yourself in the coaching relationship." John Leary-Joyce, Exec Chair AoEC International, author Fertile Void

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"Alison Gopnik, a ... developmental psychologist, [examines] the paradoxes of parenthood from a scientific perspective"--

"Childress provides extensive information about conducting EI visits and gathering information to individualize intervention and develop service plans. This workbook allows practitioners to reflect on what they do, why and how they do it, and how their practices influence the quality of EI services. In this way, they can learn to manage their workload and thereby avoid burnout through time management strategies, stress management, and ongoing professional development"--

Some children face traumatic or difficult events in their lives, and it's essential that they are helped to understand such events and given permission to talk. To do this, helping adults need to be equipped and confident to start these conversations. Conversation Starters for Direct Work with Children and Young People provides guidance and support for any adult who needs to talk to children about difficult issues. The issues covered include domestic abuse and drug use, mental health issues, adoption and fostering, family illness and bereavement, as well as giving evidence in court. Co-authored by the bestselling author of Direct Work with Vulnerable Children and Direct Work with Family Groups, this book combines seasoned practice wisdom with practical examples and activity ideas to enable you to best help the children in your care.

**** Reviewed and updated for the 2020-2021 financial year**** This is the only money guide you'll ever need That's a bold claim, given there are already thousands of finance books on the shelves. So what makes this one different? Well, you won't be overwhelmed with a bunch of 'tips' ... or a strict budget (that you won't follow). You'll get a step-by-step formula: open this account, then do this; call this person, and say this; invest money here, and not there. All with

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a glass of wine in your hand. This book will show you how to create an entire financial plan that is so simple you can sketch it on the back of a serviette ... and you'll be able to manage your money in 10 minutes a week. You'll also get the skinny on: Saving up a six-figure house deposit in 20 months Doubling your income using the 'Trapeze Strategy' Saving \$78,173 on your mortgage and wiping out 7 years of payments Finding a financial advisor who won't rip you off Handing your kids (or grandkids) a \$140,000 cheque on their 21st birthday Why you don't need \$1 million to retire ... with the 'Donald Bradman Retirement Strategy' Sound too good to be true? It's not. This book is full of stories from everyday Aussies — single people, young families, empty nesters, retirees — who have applied the simple steps in this book and achieved amazing, life-changing results. And you're next.

Practice Makes Perfect! Get the practice you need to succeed on the ACT! Preparing for the ACT can be particularly stressful. McGraw-Hill: 10 ACT Practice Tests, Sixth Edition explains how the test is structured, what it measures, and how to budget your time for each section. Written by renowned test prep experts, this book has been fully updated to match the latest test. The 10 intensive practice tests help you improve your scores from each test to the next. You'll learn how to sharpen your skills, boost your confidence, reduce your stress—and to do your very best on test day. Features Include: • 10 complete sample ACT exams, with full explanations for every answer • Updated content matches the new test requirements • In-depth explanatory answers for every question • Scoring worksheets to help you calculate your total score for every test • Free access to additional practice ACT tests online

The inspirational autobiography of the billionaire businessman determined to cure

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cancer and give away his entire fortune, Suitable for finding out what's going on in someone else's map of the world, then coaching them to enrich that map. This work is useful for setting goals, clearing obstacles, and shaking up limiting beliefs. It includes techniques for wiring in the infamous NLP Meta Model, the world's most powerful information-gathering and problem-solving tool.

Written especially for the teacher or camp director who wants to bring mindfulness, social and emotional learning (SEL), and the arts into their busy day through storytelling and fun games, this book offers a complete course that helps kids identify and talk about their feelings, self-regulate and self-soothe when stressed, and learn from easy mindfulness practices. Educator and theater director Andrew Nance is the author of the popular children's book *Puppy Mind*, which brought a new dimension of cuteness to the practice of mindfulness in the form of a rambunctious, playful puppy. In this book, Nance brings the puppy and a host of other friendly characters into the classroom to animate a 21-lesson curriculum centered around lively stories and easy-to-lead exercises for young students from kindergarten to third grade. Nance offers a teacher's guide to arts-based mindfulness exercises utilizing story-telling, theater games, and drawing to spark students' self-expression, self-awareness, and social and emotional well-

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being.

Two-time Newbery medalist Lois Lowry has crafted a beautiful picture book about the power of longing and the importance of reconnection between a girl and her father in post-WWII America. This is the story of young Liz, her father, and their strained relationship. Dad has been away at WWII for longer than she can remember, and they begin their journey of reconnection through a hunting shirt, cherry pie, tender conversation, and the crow call. This allegorical story shows how, like the birds gathering above, the relationship between the girl and her father is graced with the chance to fly.

A playful and easy way to teach yoga.

NEW YORK TIMES BESTSELLER • This instant classic explores how we can change our lives by changing our habits. **NAMED ONE OF THE BEST BOOKS OF THE YEAR BY The Wall Street Journal** • Financial Times In The Power of Habit, award-winning business reporter Charles Duhigg takes us to the thrilling edge of scientific discoveries that explain why habits exist and how they can be changed. Distilling vast amounts of information into engrossing narratives that take us from the boardrooms of Procter & Gamble to the sidelines of the NFL to the front lines of the civil rights movement, Duhigg presents a whole new understanding of human nature and its potential. At its core, The Power of Habit

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contains an exhilarating argument: The key to exercising regularly, losing weight, being more productive, and achieving success is understanding how habits work. As Duhigg shows, by harnessing this new science, we can transform our businesses, our communities, and our lives. With a new Afterword by the author “Sharp, provocative, and useful.”—Jim Collins “Few [books] become essential manuals for business and living. The Power of Habit is an exception. Charles Duhigg not only explains how habits are formed but how to kick bad ones and hang on to the good.”—Financial Times “A flat-out great read.”—David Allen, bestselling author of Getting Things Done: The Art of Stress-Free Productivity “You’ll never look at yourself, your organization, or your world quite the same way.”—Daniel H. Pink, bestselling author of Drive and A Whole New Mind “Entertaining . . . enjoyable . . . fascinating . . . a serious look at the science of habit formation and change.”—The New York Times Book Review

Do you need a WHY? YES--of course you do! And so does every kid. Why should we wait until we're adults to discover what we're passionate about in life? I believe it is vital to develop the strengths, passions, and interests of every child. By doing so, we not only increase self-esteem, wellbeing, and reduce anxiety, we also support emotional intelligence and social and emotional development. It is really simple. When people follow their passions, live a life of purpose, and

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practise gratitude, they focus on their goals and strengthen their impact. Can you imagine how amazing it would be if we were all able to focus on living the life of our dreams from a deeply centred purpose? My guess is that the world would be filled with more gratitude and love and that every person would know their strengths and be connected to their passions. Everywhere we look our education systems are focusing on the highest marks, the biggest paycheque, and are failing to teach our next generation about self-love, compassion, gratitude, and empathy. Clearly, this just isn't going to cut it! As adults, we CRAVE the skills that help make coping with life's ups and downs a little easier, so, what if we could equip our children with the knowledge to be more resilient, confident, and grateful? When you know your children's strengths then you also learn what makes them tick, how they think, and how they respond. This same information is equally as important for teachers to know. Although you personally may struggle with mathematics and logic, you might excel in English and speaking and writing--so why not use the principles of speaking and reading and writing and apply that understanding to mathematics? Not only will this make your, and your children's, learning that much easier, but also more enjoyable. My Happy Book aims to help every child nurture their social and emotional wellbeing and ignite their entrepreneurial mind. I believe that every child can change the future of our

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planet and make a real impact on this world. Can you imagine how amazing our future could be if principles of self-care, gratitude, kindness, finding your purpose, body love, and caring for the greater environment were taught from the age of 3? The book was created for children and early-to-mid teens (3-15 years). Parent directed from ages 3-8 and self directed 8 and up. It is packed with activities and templates for you and your child to fill out and self-reflect on who they really are. As this is no ordinary book, you'll find quotes, handwritten letters, and templates to help you think about the principles and put them into action in your life in a way that makes sense to YOU. This book has five parts and will take you on a journey of self-discovery, teach you how to appreciate your surroundings, learn from hardships, focus on the positive, and find activities to help you jump right into your passion project. There are shout pages for you to show gratitude for your family and friends, love that surrounds for your family and friends to fill out about you, a vision board, a guided passion project, consequences, boundaries, fear ladder and so much more. You can use your happy book however you feel it works best for you. You can draw, doodle, paste pictures, colour--whatever! This is your book and it is all about you. Keep it close to you, schedule time to work on it, and remember to go back and read it to see how far you've come and remember all of the wonderful things about you.

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Natural Running is the middle ground runners have been looking for. By learning to run the barefoot way, while wearing shoes, runners will become more efficient, stronger, and healthier runners. Backed by studies at MIT and Harvard, running form and injury expert Danny Abshire presents the natural running technique, form drills, and an 8-week transition plan that will put runners on the path to faster, more efficient, and healthier running. In Natural Running, Abshire explains how modern running shoes distort the efficient running technique that humans evolved over thousands of years. He reviews the history of running shoes and injuries, making the case for barefoot running but also warning about its dangers. By learning the natural running technique, runners can enjoy both worlds—comfortable feet, knees, and legs and an efficient running form that reduces impact and injuries. Natural Running teaches runners to think about injuries as symptoms of poor running form. Abshire specifies the overuse injuries that are most commonly associated with particular body alignment problems, foot types, and form flaws. Runners will learn how to analyze and identify their own characteristics so they can start down the path to natural running. Abshire explains the natural running technique, describing the posture, arm carriage, cadence, and land-lever-lift foot positioning that mimic the barefoot running style. Using Abshire's 8-week transition plan and a tool kit of strength and form drills,

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runners will move from heel striking to a midfoot or forefoot strike. Natural Running is the newest way to run and also the oldest. By discovering how they were meant to run, runners will become more efficient, stronger, and healthier runners.

The fourth edition contains guidelines on the development and evaluation of the health and safety of children in early care and education settings. This guide features 10 chapters of more than 650 standards and dozens of appendixes with valuable supplemental information, forms, and tools. **KEY FEATURES** More than 100 updated standards and appendixes Updated appendixes, including Signs and Symptoms Chart, Recommended Immunization Schedule, and Recommendations for Preventive Pediatric Health Care Completely revised and updated topics on environmental health, infectious diseases, and nutrition **TOPICS INCLUDE** Staffing Program activities for healthy development Health promotion and protection Nutrition and food service Facilities, supplies, equipment, and environmental health Play areas and playgrounds, and transportation Infectious diseases Children with special health care needs and disabilities Administration Licensing and community action And more ... Diagrams and practical examples from teachers' experiences around the world illustrate the advice given. Shows how to choose books, a room and

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resources. Explains how to establish a simple classification and cataloguing system. Shows how to encourage active teacher and student involvement. Explains how to make the most of limited resources. Ideal for teachers and others who are not trained librarians.

How maverick companies have passed up the growth treadmill — and focused on greatness instead. It's an axiom of business that great companies grow their revenues and profits year after year. Yet quietly, under the radar, a small number of companies have rejected the pressure of endless growth to focus on more satisfying business goals. Goals like being great at what they do, creating a great place to work, providing great customer service, making great contributions to their communities, and finding great ways to lead their lives. In *Small Giants*, veteran journalist Bo Burlingham takes us deep inside fourteen remarkable companies that have chosen to march to their own drummer. They include Anchor Brewing, the original microbrewer; CitiStorage Inc., the premier independent records-storage business; Clif Bar & Co., maker of organic energy bars and other nutrition foods; Righteous Babe Records, the record company founded by singer-songwriter Ani DiFranco; Union Square Hospitality Group, the company of restaurateur Danny Meyer; and Zingerman's Community of Businesses, including the world-famous Zingerman's Deli of Ann Arbor.

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Burlingham shows how the leaders of these small giants recognized the full range of choices they had about the type of company they could create. And he shows how we can all benefit by questioning the usual definitions of business success. In his new afterward, Burlingham reflects on the similarities and learning lessons from the small giants he covers in the book.

Our strengths can become our weaknesses. Our traits and habitual behaviours can become traps. In each chapter of *The Coach's Casebook* the reader follows a skilled coach working with a client who is struggling with one of the twelve traits which every coach will face in their coaching work - traits such as people pleasing, perfectionism, impostor syndrome, performance anxiety and procrastination. The coach shares their emotions, their thought processes and their reflections as they try to understand the psychological origins of these behaviours and to work out how to help their client. *The Coach's Casebook* includes inspirational insights from individuals who have triumphed over such traits and have succeeded in all walks of life figures such as Alec Stewart and Lewis Moody from the world of sport, Greg Dyke from the world of business, and Arctic explorer Pen Hadow. This book is above all designed to help you in your work as a coach. It gives you practical, tried and tested techniques which you can use today to help your clients to change the habits of a lifetime.

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