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Through cutting-edge research and thoughtful personal stories comes a “compassionate, friendly, and empathetic” (Kirkus Reviews) exploration of post-traumatic growth—the emerging idea that psychological trauma doesn’t destroy a person, but can instead spark future growth, self-improvement, and success. What if there’s an upside to experiencing trauma? Most survivors of trauma—whether they live through life-threatening illnesses or accidents, horror on the battlefield, or the loss of a loved one—can suffer for months, even years. But recently, psychologists have discovered that PTSD, or Post-Traumatic Stress Disorder, is only a piece of the whole experience. With the right circumstances and proper support, many trauma survivors also benefit after a terrible experience. They emerge stronger, more focused, and with a new perspective on their future. In the tradition of Po Bronson and Paul Tough, journalist Jim Rendon delivers a deeply reported and unique look at the life-changing implications of post-traumatic growth. The pain and anguish caused by traumatic events can become a force for dramatic life change. It can move people to find deeper meaning in their lives and drive them to help others. But how can terrible experiences lead to remarkable, positive breakthroughs? Upside seeks to answer just that by taking a penetrating look at this burgeoning new field of study. Comprised of interviews with leading researchers and dozens of inspiring stories, Rendon paints a vivid and comprehensive portrait of this groundbreaking field and offers a roadmap for anyone trying to understand how personal tragedy can lead to a more hopeful and positive future. "The Golden Age of the Post Card was 1898 to around 1913. Millions of them were produced, and many think the oldest ones are the most valuable, but that is not necessarily true. There are still large numbers of them still available. Birmingham began producing them somewhere in the middle. As the automobile became available to the average person, the roads began to be so much better, and families began to travel more easily. They liked to bring home something that reminded them of their trip. They also liked to send postcards to family and friends, as they traveled farther from home. The Post Card Exchange was started in 1909 by William H. Faulkner. He first appeared in Birmingham in 1903, and apparently was a traveling salesman and roomed in a boarding house downtown. He went to work for the R.D. Burnette Cigar Company, who also had begun printing postcards locally. That is apparently about when Faulkner decided to go into the business himself."-- Page 4 of cover During the "Orange Revolution" in Ukraine, the second largest country in Europe came close to a violent break-up similar to that in neighboring Moldova, which witnessed a violent secession of the Transdnistria region. Numerous elections, including the hotly contested 2004 presidential elections in Ukraine, and surveys of public opinion showed significant regional divisions in these post-Soviet countries. Western parts of Ukraine and Moldova, as well as the Muslim Crimean Tatars, were vocal supporters of independence, nationalist, and pro-Western parties and politicians. In contrast, Eastern regions, as well as the Orthodox Turkic-speaking Gagauz, consistently expressed pro-Russian and pro-Communist political orientations. Which factors -- historical legacies, religion, economy, ethnicity, or political leadership -- could explain these divisions? Why was Ukraine able to avoid a violent break-up, in contrast to Moldova? This is the first book to offer a systematic and comparative analysis of the regional political divisions in post-Soviet Ukraine and Moldova. The study examines voting behavior and political attitudes in two groups of regions: those which were under Russian, Ottoman, and Soviet rule; and those which were under Austro-Hungarian, Polish, Romanian, and Czechoslovak rule until World War I or World War II. This book attributes the regional political divisions to the differences in historical experience. This study helps us to better understand regional cleavages and conflicts, not only in Ukraine and Moldova, but also in other cleft countries. Threedecadesagopublic-keycryptosystemsmadearevolutionarybreakthrough in cryptography. They have developed into an indispensable part of our modern communication system. In practical applications RSA, DSA, ECDSA, and similar public key cryptosystems are commonly used. Their security depends on assumptions about the difficulty of certain problems in number theory, such as the Integer Prime Factorization Problem or the Discrete Logarithm Problem. However, in 1994 Peter Shor showed that quantum computers could break any public-key cryptosystem based on these hard number theory problems. This means that if a reasonably powerful quantum computer could be built, it would put essentially all modern communication into peril. In 2001, Isaac Chuang and Neil Gershenfeld implemented Shor's algorithm on a 7-qubit quantum computer. In 2007 a 16-qubit quantum computer was demonstrated by a start-up company with the prediction that a 512-qubit or even a 1024-qubit quantum computer would become available in 2008. Some physicists predicted that within the next 10 to 20 years quantum computers will be built that are sufficiently powerful to implement Shor's ideas and to break all existing public key schemes. Thus we need to look ahead to a future of quantum computers, and we need to prepare the cryptographic world for that future. Afterlife argues that proper conduct was believed essential for determining one's post-mortem judgment from the earliest periods in ancient Egypt and Greece. Part one examines Plato's eschatological myths regarding conduct as it affects one's afterlife fate. Part two traces the evolution of afterlife beliefs from Homer to the Dramatists and demonstrates that post-mortem reward and retribution, based on one's conduct, is already found in Homer. Pythagoreanism and Orphism further develop the afterlife beliefs that will have such enormous impact on Plato and later Christianity. The third part examines Egyptian religious texts of the 5th to 18th Dynasties for their understanding of virtues and vices that have afterlife consequences. In part four, the relationship between behavior and the afterlife beliefs of both societies are compared. In the earliest periods, the afterlife texts appear to be concerned only with the elite: the king in Egypt's Pyramid Texts and the heroes in Homeric Greece. Nevertheless, we show that, from the earliest times, both societies believed that the gods, primarily Maat in Egypt and Dike in Greece, were responsible for the proper ordering of the cosmos and anyone's violations of that order would reap the direst consequence--the loss of a beneficent afterlife. This book explores the reinterpretations of Poland's past which have been undertaken by Polish national and local elites since the fall of communism. It focuses on remembrance practices and traces the de-commemorating of communism to examine the ways in which collective remembering and forgetting shapes present power constellations in Poland and impacts on foreign and domestic policy. The book outlines the detail of the new hegemonic national myths which are being established but also investigates fragmentation and diversification of commemorative practices at the local level that has the most potential to challenge the dominant vision of national Polish identity, historically centred on martyrdom, heroism and independence, as less relevant to Poland's new aspirations for the future. One of the foremost chroniclers of the contemporary black experience offers an undeluded perspective on the 1980s. Here are crack, AIDS, and the Reagan rollback of the major advances of the civil rights movement. But Nelson George also shows how black performers, athletes, and activists made increasing inroads into the mainstream. This fast-paced, chronological retrospective profiles personalities from

Bill Cosby to Louis Farrakhan and explores such flashpoints as the first rap single and the infamous Willie Horton ad campaign. On the web: <http://www.nelsongeorge.com/> With the United States' superpower status rivalled by a rising China and emerging powers like India and Brazil playing a growing role in international affairs, the global balance of power is shifting. But what does this mean for the future of the international order? Will China dominate the 21st Century? Will the so-called BRICS prove to be a disruptive force in global affairs? Are we headed towards a world marked by frequent strife, or will the end of Western dominance make the world more peaceful? In this provocative new book, Oliver Stuenkel argues that our understanding of global order and predictions about its future are limited because we seek to imagine the post-Western world from a parochial Western-centric perspective. Such a view is increasingly inadequate in a world where a billions of people regard Western rule as a temporary aberration, and the rise of Asia as a return to normalcy. In reality, China and other rising powers that elude the simplistic extremes of either confronting or joining existing order are quietly building a "parallel order" which complements today's international institutions and increases rising powers' autonomy. Combining accessibility with expert sensitivity to the complexities of the global shift of power, Stuenkel's vision of a post-Western world will be core reading for students and scholars of contemporary international affairs, as well as anyone interested in the future of global politics. "A fascinating interpretation of our understanding of politics and global affairs, which demonstrates the evolving nature of power today. Oliver Stuenkel presents a compelling argument - not just about the "Rise of the Rest", but also the overlooked power and influence of the non-Western world. Highly engaging and instructive." Dr Shashi Tharoor, India's Minister of State for External Affairs (2009-10) "Oliver Stuenkel is one of the best new voices in the field of international politics. In *Post-Western World*, he explores the primary challenges of the global order and critiques the parochial, Eurocentric vision which conforms to international power structures. This book is essential reading for anyone seeking to understand what a multipolar world order would look like and how it might be effectively realized." Celso Amorim, Brazil's Minister of External Relations (1993-5, 2003-11) and Minister of Defence (2011-15) New York Times bestseller! "Few are better positioned to illuminate the vagaries of this transformation than Galloway, a tech entrepreneur, author and professor at New York University's Stern School. In brisk prose and catchy illustrations, he vividly demonstrates how the largest technology companies turned the crisis of the pandemic into the market-share-grabbing opportunity of a lifetime." --The New York Times "As good an analysis as you could wish to read." --The Financial Times From bestselling author and NYU Business School professor Scott Galloway comes a keenly insightful, urgent analysis of who stands to win and who's at risk to lose in a post-pandemic world The COVID-19 outbreak has turned bedrooms into offices, pitted young against old, and widened the gaps between rich and poor, red and blue, the mask wearers and the mask haters. Some businesses--like home exercise company Peloton, video conference software maker Zoom, and Amazon--woke up to find themselves crushed under an avalanche of consumer demand. Others--like the restaurant, travel, hospitality, and live entertainment industries--scrambled to escape obliteration. But as New York Times bestselling author Scott Galloway argues, the pandemic has not been a change agent so much as an accelerant of trends already well underway. In *Post Corona*, he outlines the contours of the crisis and the opportunities that lie ahead. Some businesses, like the powerful tech monopolies, will thrive as a result of the disruption. Other industries, like higher education, will struggle to maintain a value proposition that no longer makes sense when we can't stand shoulder to shoulder. And the pandemic has accelerated deeper trends in government and society, exposing a widening gap between our vision of America as a land of opportunity, and the troubling realities of our declining wellbeing. Combining his signature humor and brash style with sharp business insights and the occasional dose of righteous anger, Galloway offers both warning and hope in equal measure. As he writes, "Our commonwealth didn't just happen, it was shaped. We chose this path--no trend is permanent and can't be made worse or corrected." The project that captured a nation's imagination. The instructions were simple, but the results were extraordinary. "You are invited to anonymously contribute a secret to a group art project. Your secret can be a regret, fear, betrayal, desire, confession, or childhood humiliation. Reveal anything -- as long as it is true and you have never shared it with anyone before. Be brief. Be legible. Be creative." It all began with an idea Frank Warren had for a community art project. He began handing out postcards to strangers and leaving them in public places -- asking people to write down a secret they had never told anyone and mail it to him, anonymously. The response was overwhelming. The secrets were both provocative and profound, and the cards themselves were works of art -- carefully and creatively constructed by hand. Addictively compelling, the cards reveal our deepest fears, desires, regrets, and obsessions. Frank calls them "graphic haiku," beautiful, elegant, and small in structure but powerfully emotional. As Frank began posting the cards on his website, PostSecret took on a life of its own, becoming much more than a simple art project. It has grown into a global phenomenon, exposing our individual aspirations, fantasies, and frailties -- our common humanity. Every day dozens of postcards still make their way to Frank, with postmarks from around the world, touching on every aspect of human experience. This extraordinary collection brings together the most powerful, personal, and beautifully intimate secrets Frank Warren has received -- and brilliantly illuminates that human emotions can be unique and universal at the same time. Are we still secular? If not, what can one possibly mean by "post-secular"? The answers depend on what one considers secular as well as the people, societies, and institutions that one considers. *Post-Secular Society* argues for the experience of living in a secular world and a secular age and the experience of living without religion as a normal condition. Religion in the Western world is often described as being marked to some degree by both innovation and disarray. The past couple of decades have seen the emergence of reformulated versions of theories of secularization, variants of rational choice and supply-side models of religion, and new theoretical perspectives on de-secularization of religion. In spite of these different approaches and perspectives, a majority of scholars agree that the West is experiencing a general "resurgence" of religion and that the public visibility of religious actors and discourses is on the rise across most Western societies. *Post-Secular Society* discusses the changes in religion related to globalization, as well as New Age and other forms of popular religion. The contributors review religion that is rooted in the globalized political economy, and the relationship of post-secularism to popular and consumer culture. They also detail current innovative discourse as a religious belief system; discuss theories of the post-secular, religious, and spiritual well-being; and consider healing practices in Finland and environmentalism. Based on extensive field work involving the leading figures of the diverse Syrian National Coalition, an umbrella initiative of opposition groups fighting against the Assad regime, this study critically evaluates the challenges ahead as well as the inherent opportunities for the post-conflict era in Syria. How does an ethnically and culturally plural empire, where Christians, Jews, and Muslims could ascend to the highest levels of political authority and influence, devolve into a disarray of nation-states defined by nationalist ideologies? With contributions from several of the Balkan countries that once were united under the aegis of the Ottoman Empire, this latest volume proposes new theoretical approaches to the experience and transmission of the past through time. Each contributor explores themes regarding the transmission of collective memories of post-Ottoman state formation and the malaise associated with a contemporary epoch that, echoing late modernity, we might term 'late nationalism'. "A psychologist uses post-traumatic stress disorder as a model for the partner wounded by infidelity to explore rage and emotional pain and to learn the secrets of recovery"--Provided by publisher. *Zone One* meets *Station Eleven* in this chilling, post-apocalyptic debut, perfect for fans of *The Walking Dead* and *The Handmaid's Tale*. When faced with the rapid and disorienting transition from communism to democracy, many eastern European leaders sought simple, immediately rewarding answers to complex policy problems. Undoubtedly, this hurried approach had a significant impact on the quality of democratic government in formerly communist countries. Through an analysis of urban politics in Prague between 1990 and 2000, *Governing the Post-Communist City* sheds new light on the factors that shaped policy in eastern Europe at the time of its democratic transformation. The first book-length study of post-communist urban politics in a city outside of Russia, *Governing the Post-Communist City* links the difficulties of democratic government in 1990s Prague to decisions made shortly after the fall of communism. Focusing on the issues of road infrastructure and downtown development, Martin Horak argues that local leadership was more concerned with insulating policy-making processes from public influence than with creating new policies suited to post-communist urban development. This set a precedent for the whole institutional environment of post-communist Prague and entrenched itself in the city's politics throughout the 1990s. Original, engaging, and authoritative, this study has much to say about the political climate in Prague after the downfall of communism, and makes insightful conclusions about the factors that contributed to present political

circumstances in the region. "The Council of Nicaea in 325 AD marked the beginning of a new era in Christianity. For the first time, doctrines were organized into a single creed. The Nicene and Post-Nicene Fathers did most of their writing during and after this important event in Church history. Unlike the previous era of Christian writing, the Nicene and Post-Nicene era is dominated by a few very important and prolific writers. In Volume IX of the 14-volume collected writings of the Nicenes and Post-Nicenes (first published between 1886 and 1889), readers will discover the early writings of Saint John Chrysostom, so named for his infamous gift with language. Mostly revered in the Eastern Orthodox Church, Chrysostom is more widely remembered for his writings that contributed to the Christian tradition of antisemitism and were exploited by the Nazis during World War II. In this book, he discusses his entry into the priesthood and offers sermons on a variety of topics, including demons and the proper conduct of Christians." In the 1970s, whites mobilized around a new version of the epic tale of plucky immigrants in the New World. Although this turn to ethnicity was for many an individual search for familial and psychological identity, Jacobson establishes a broader white social and political consensus responding to the political language of the Civil Rights movement. This book, for use in connection with a course focused upon the formal part of the criminal process, covers counsel, bail, the charging decision, preliminary hearing and grand jury review, the prosecution's location and scope, speedy trial, pleading and discovery, guilty pleas, jury trial, pretrial publicity, the trial, double jeopardy, sentencing, appeal, and collateral attack. All sections in the book are cross-referenced to comparable sections of the authors' seven-volume Criminal Procedure treatise containing more detailed analysis and citations to additional supporting authorities. Is South Los Angeles on the mend? How is it combating the blight of crime, gang violence, high unemployment, and dire poverty? In provocative essays, the contributing authors to "Post-Ghetto" address these questions by pointing out robust signs of hope for the area's residents--an increase in corporate retail investment, a decrease in homicides, a proliferation of nonprofit service providers, a paradigm shift in violence- and gang-prevention programs, and progress toward a strengthened, more racially integrated labor movement. By charting the connections between public policy and the health of a community, the authors offer innovative ideas and visionary strategies for further urban renewal and remediation. Contributors: Jake Alimahomed-Wilson, Andrea Azuma, Edna Bonacich, Robert Gottlieb, Karen M. Hennigan, Jorge N. Leal, Jill Leovy, Cheryl Maxson, Scott Saul, David C. Sloane, Mark Vallianatos, Danny Widener, Natale Zappia This book argues that Americans' belief in post-racialism, rooted in both ideology and material progress among racial minorities, is wrong because both old and new patterns of racism continue to hinder the acceptance of African Americans as true equals in American society, despite the recent mobility of the black middle class. Theory in the "Post" Era brings together the work and perspectives of a group of Romanian theorists who discuss the morphings of contemporary theory in what the editors call the "post" era. Since the Cold War's end and especially in the third millennium, theorists have been exploring the aftermath - and sometimes just the "after" - of whole paradigms, the crisis or "passing" of anthropocentrism, the twilight of an entire ontological and cultural "condition," as well as the corresponding rise of an antagonist model, of an "anti," "meta," or "neo" alternative, with examples ranging from "posthumanism" and "post-postmodernism" to "post-aesthetics," "postanalog" interpretation or "digicriticism," "post-presentism," "post-memory," "post-" or "neo-critique," and so forth. It is no coincidence, the contributors to this volume argue, that this "post" moment is also a time when theory is practiced as a world genre. If theory has always been a "worlded" enterprise, a quintessentially communal, cross-cultural and international project, this is truer at present than ever. Perhaps more than other humanist constituencies, today's theorists work and belong in a theory commons that is transnational if still uneven economically, politically, and otherwise. Theory in the "Post" Era reports the results of Romanian theory experiments that join efforts made in other places to foster a theory for the "post" age. This book shapes a situated body politics to re-think, re-write, and de-colonise social work as a post-anthropocentric discipline headed towards glocalisation, where human and non-human embodiments and agencies are entangled in glocal environmental worlds. It critically and creatively examines how social work can be theorised, practised, and written in renewed ways through dialogical and transdisciplinary practices. This book is composed of eight essayistic spaces, envisioning social work through embodied, glocal, and earthly entanglements. By drawing on research-based knowledge, autobiographical notes, stories, poetry, photographs, and an art exhibition in social work education, these essays provide readers with analysis and strategies that are useful for research, education, and practice as well as life-long learning. The book constitutes key literature for researchers, educators, practitioners, and activists in social work, sociology, architecture, art and creative writing, feminist and postcolonial studies, human geography, and post-anthropocentric philosophy. It offers the readers sustainable ways to re-think and re-write social work towards a glocal- and post-anthropocentric more-than-human worldview. Soccer fandom has traditionally been seen as an important part of adolescent, generally male, identity-making. In this timely and important contribution to the field of popular cultural studies, Steve Redhead looks at the way youth culture is being reshaped by media culture in its various aspects at the end of the millennium. He looks at "post-fandom", the style conscious shifting allegiances heavily influenced by advertising and popular music at the globalization and mediaization of sports culture through such events as the World Cup staged in America in 1994 and at the complicated relations between football and the law reflected in the public obsession with so-called soccer hooliganism at a time when the phenomena concerned seemed to be dying away. Once, humans were what they believed. Now, the modern person is determined by data exhaust—an invisible anthropocentric ether of ones and zeros that is a product of our digitally monitored age. Author Mark Jarzombek argues that the world has become redesigned to fuse the algorithmic with the ontological, and the discussion of ontology must be updated to rethink the question of Being. In Digital Stockholm Syndrome in the Post-Ontological Age, Jarzombek provocatively studies the new interrelationship between human and algorithm. Forerunners is a thought-in-process series of breakthrough digital works. Written between fresh ideas and finished books, Forerunners draws on scholarly work initiated in notable blogs, social media, conference plenaries, journal articles, and the synergy of academic exchange. This is gray literature publishing: where intense thinking, change, and speculation take place in scholarship. This isn't another one of those real estate marketing books that you read once and stick back in the bookcase, never to be read again. You want to know EXACTLY what to post on social media that will get results in your real estate business while building a powerful personal brand that attracts your ideal customer and drive referrals effortlessly. What to Post is a step-by-step guide that will help you create a fail-proof social media content strategy that will give you an unfair advantage on platforms like Facebook and Instagram and generate FREE real estate leads. This simple three-phase framework outlines exactly how to build your brand, create engaging content, improve your marketing and understand how to increase your reach online. PHASE ONE: BUILD YOUR BRAND Understand the key elements of building a powerful (and memorable) personal brand and what components you control and how to leverage the ones you don't Clarify your unique value proposition and simply articulate how your service solves your customer's biggest problems Define your niche and develop a specific customer avatar to help you speak directly to your next client PHASE TWO: BUILD YOUR CONTENT Know exactly what to post on your social channels that will help you attract your ideal customer, capture their attention and get them to take action. Follow the "5 E's of Content," a fail proof formula to creating personal and valuable and content that will engage your ideal audience and skyrocket your engagement and reach Never run out of content ideas again and establish a consistent content creation strategy with 261 content idea starters and the "3 T Method." Write captions that convert using power words, time-tested copywriting formulas and enticing calls to action PHASE THREE: BUILD YOUR REACH Understand the secret sauce to mastering social media algorithms and how to work WITH them to create an unfair advantage in the feed that allows you to work smarter not harder. Actionable and EASY tips to explode your engagement, improve your video views while attracting and retaining current and future customers with relevant, credible and trustworthy content BONUS RESOURCE SECTION Top tools, apps and websites that will transform and amplify your content to the next level Social media content planner Content & Social Media FAQs This real estate marketing workbook is filled with templates, infographics and examples that can help you generate better results from your social media efforts. About the Author, Chelsea Peitz I got my real estate license in 2001 B.F. (Before Facebook) and spent a decade earning my living as a real estate agent without ever using social media because it didn't exist. I didn't grow up with the Internet of Things and I'm not a digital native, so I understand what it's like to feel overwhelmed by the constantly changing landscape of The Socials. While I'm no longer a Realtor, I've worked in this industry since 2001 and have a passion for making complicated processes simple, easy to understand and

actionable. My goal is to provide you with all the tools you need to master your social media marketing in one place. “Lee Kravetz has created a bit of a miracle, a plot-driven literary puzzle box whose mystery lives in both its winding approach to history and its wondrous story. It’s a book full of ideas about inspiration and a love for language that translates across borders, physical and generational.”—Adam Johnson, Winner of the Pulitzer Prize for Fiction for *The Orphan Master's Son* Blending past and present, and told through three unique interwoven narratives that build on one another, a daring and brilliant debut novel that reimagines a chapter in the life of Sylvia Plath, telling the story behind the creation of her classic semi-autobiographical novel, *The Bell Jar*. A seductive literary mystery and multigenerational story inspired by true events, *The Last Confessions of Sylvia P.* imaginatively brings into focus the period of promise and tragedy that marked the writing of Sylvia Plath’s modern classic *The Bell Jar*. Lee Kravetz uses a prismatic narrative formed from three distinct fictional perspectives to bring Plath to life—that of her psychiatrist, a rival poet, and years later, a curator of antiquities. Estee, a seasoned curator for a small Massachusetts auction house, makes an astonishing find: the original manuscript of Sylvia Plath’s semi-autobiographical novel, *The Bell Jar*, written by hand in her journals fifty-five years earlier. Vetting the document, Estee will discover she’s connected to Plath’s legacy in an unexpected way. Plath’s psychiatrist, Dr. Ruth Barnhouse, treats Plath during the dark days she spends at McLean Hospital following a suicide attempt, and eventually helps set the talented poet and writer on a path toward literary greatness. Poet Boston Rhodes, a malicious literary rival, pushes Plath to write about her experiences at McLean, tipping her into a fatal spiral of madness and ultimately forging her legacy. Like Michael Cunningham’s *The Hours*, Paula McLain’s *The Paris Wife*, and Theresa Anne Fowler’s *Z: A Novel of Zelda Fitzgerald*, *The Last Confessions of Sylvia P.* bridges fact and fiction to imagine the life of a revered writer. Suspenseful and beautifully written, Kravetz’s masterful literary novel is a hugely appealing read. This book reports on a comprehensive analytical, experimental and numerical study on the flexural response of post-tensioned masonry walls under in-plane loads. It explores an important mechanism in this new generation of structural walls, called “Self-centering”. This mechanism can reduce residual drifts and structural damage during earthquake ground motion, and is particularly favorable for structures which are designed for immediate occupancy performance levels. The book reports on the development and verification of a finite element model of post-tensioned masonry walls. It describes a detailed parametric study to predict the strength of post-tensioned masonry walls. New design methodologies and expressions are developed to predict the flexural strength and force-displacement response of post-tensioned masonry. Experimental study is carried out to better understand the behavior of post-tensioned masonry walls and also to evaluate the accuracy of the proposed design procedure and expressions. The book also includes an introduction to current research on unbounded post-tensioned masonry walls, together with an extensive analysis of previously published test results. Traumatic life experiences can be devastating and they inevitably shape who you are. Such events can also become a powerful force that awakens you to an undercurrent of your own aliveness. Trauma recovery involves learning to trust in your capacity for new growth. In order to grow, we must make use of our suffering in order to find our happiness. Within these pages, you will find an invitation to see yourself as the hero or heroine of your own life journey. A hero's journey involves walking into the darkness on a quest for wholeness. This interactive format calls for journaling and self-reflection, with practices that guide you beyond the pain of your past and help you discover a sense of meaning and purpose in your life. Successful navigation of a hero's journey provides opportunities to discover that you are more powerful than you had previously realized. Written by Dr. Arielle Schwartz, bestselling author of *The Complex PTSD Workbook*, this healing guide provides a step-by-step approach to trauma recovery that integrates: Mindfulness & yoga Somatic psychology EMDR therapy Parts work therapy Relational therapy Stephen Jenkins has chosen for the subject of this volume the oldest and most northerly of the post roads: that over which the first post rider went; which echoed to the war-whoop of the savage, saw the passage of soldiers during the French Wars; beheld the flocking of the minutemen upon the Lexington Alarm, later became the pathway of countless thousands of emigrants on their way to the rich valleys of the Mohawk and the Genesee, or to the fertile prairies of the Middle West. By this route, via New Haven, Hartford, Springfield, and Worcester, a monthly mail was established in 1673, "the first mail upon the continent of America," as the author declares. He traces these pioneer settlements to their present positions as manufacturing towns and cities. Recipient of the Pulitzer Prize for Feature Writing. What happens when one of the world’s most renowned musicians appears incognito outside of a Washington, D.C. metro station to play some of the most beautiful music ever composed? In the audacious social experiment, “Pearls Before Breakfast”, Gene Weingarten seeks out the answer to this question as he chronicles how an audience of rush hour pedestrians pass indifferently by as international wunderkind Joshua Bell plays his Stradivarius. He also examines a horrifying phenomenon in the remarkable story "Fatal Distraction", in which he speaks to thirteen mothers and fathers whose children died as the result of being left in a sweltering car during the hot summer months. The result is an emotional revelation that inspires readers to take a closer look at the world around them. This volume considers the challenges of democracy building in post-Soviet Armenia, and the role of civil society in that process. It argues that, contrary to the expectations of Western aid donors, who promoted civil society on the assumption that democratization would follow from the establishment of civil society, democratic regimes have failed to materialize, and, moreover, a backlash has emerged in various post-Soviet states. Armine Ishkanian explores how far the growth of civil society depends on a country's historical, political and socio-cultural context; and how far foreign aid, often provided with conditions which encouraged the promotion of civil society, had an impact on democratization. Based on extensive original research, including fieldwork interviews with participants, *Democracy Building and Civil Society in Post-Soviet Armenia* considers various democratization initiatives in recent years, and assesses how far the Armenian experience is similar to, or different from, the experiences of other post-Soviet states. A comprehensive guide for service members, veterans, and their families dealing with the all-too-common repercussions of combat duty, including traumatic brain injury, post-traumatic stress disorder, anxiety, depression, chronic pain and musculoskeletal injury, and substance abuse. Written by two doctors at the forefront of treating veterans and service members, *Overcoming Post-Deployment Syndrome* is a wellness handbook filled with evidence-based advice, exercises, and approaches for healing from post-deployment syndrome (PDS), preventing combat stresses from having a lasting negative impact, and returning to activity and wellness. Offering a practical blend of state-of-the-art traditional and holistic medicine to help physical, mental, emotional, and spiritual healing, *Overcoming Post-Deployment Syndrome* provides: Personal vignettes of servicemembers who are going through the process of successfully reintegrating into their families, workplaces, and communities. A twelve-week basic training in self-directed healing arts. A wealth of community and government resources, tips, and suggestions. The means to integrate traditional and complementary medicine techniques to treat common symptoms. A manual for all without traditional skills who want to build with timber framing.

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