

Read Free Living With Intensity Susan Daniels Pdf For Free

Trust Exercise Nov 07 2021 WINNER OF THE 2019 NATIONAL BOOK AWARD FOR FICTION “Electrifying” (People) • “Masterly” (The Guardian) • “Dramatic and memorable” (The New Yorker) • “Magic” (TIME) • “Ingenious” (The Financial Times) • “A gonzo literary performance” (Entertainment Weekly) • “Rare and splendid” (The Boston Globe) • “Remarkable” (USA Today) • “Delicious” (The New York Times) • “Book groups, meet your next selection” (NPR) In an American suburb in the early 1980s, students at a highly competitive performing arts high school struggle and thrive in a rarified bubble, ambitiously pursuing music, movement, Shakespeare, and, particularly, their acting classes. When within this striving “Brotherhood of the Arts,” two freshmen, David and Sarah, fall headlong into love, their passion does not go unnoticed—or untoyed with—by anyone, especially not by their charismatic acting teacher, Mr. Kingsley. The outside world of family life and economic status, of academic pressure and of their future adult lives, fails to penetrate this school’s walls—until it does, in a shocking spiral of events that catapults the action forward in time and flips the premise upside-down. What the reader believes to have happened to David and Sarah and their friends is not entirely true—though it’s not false, either. It takes until the book’s stunning coda for the final piece of the puzzle to fall into place—revealing truths that will resonate long after the final sentence. As captivating and tender as it is surprising, Susan Choi's Trust Exercise will incite heated conversations about fiction and truth, and about friendships and loyalties, and will leave readers with wiser understandings of the true capacities of adolescents and of the powers and responsibilities of adults.

Living with Intensity Dec 20 2022

Machine Oct 26 2020 A haunting story of guilt and blame in the wake of a drowning, the first novel by the author of Spectacle Susan Steinberg’s first novel, Machine, is a dazzling and innovative leap forward for a writer whose most recent book, Spectacle, gained her a rapturous following. Machine revolves around a group of teenagers—both locals and wealthy out-of-towners—during a single summer at the shore. Steinberg captures the pressures and demands of this world in a voice that effortlessly slides from collective to singular, as one girl recounts a night on which another girl drowned. Hoping to assuage her guilt and evade a similar fate, she pieces together the details of this tragedy, as well as the breakdown of her own family, and learns that no one, not even she, is blameless. A daring stylist, Steinberg contrasts semicolon-studded sentences with short lines that race down the page. This restless approach gains focus and power through a sharply drawn narrative that ferociously interrogates gender, class, privilege, and the disintegration of identity in the shadow of trauma. Machine is the kind of novel—relentless and bold—that only Susan Steinberg could have written.

Power Eating-4th Edition Dec 16 2019 More than a sports nutrition book, Power Eating is a scientific blueprint for helping strength and power athletes achieve superior performance. All chapters and meal plans in this updated edition reflect the latest research to enable competitive and novice athletes to gain power, reduce body fat, build muscle, tighten mental focus, and enhance training.

Behind the Closed Door Nov 14 2019

Gifted Grownups Jan 21 2023 Gifted Grownups, Marylou Kelly Streznewski's unprecedented, 10-year study of 100 gifted adults, examines how being identified as a "smart kid" early on affects career choices, friendships, and romantic pairings later in life. Why do some talented and gifted people become Mozarts and Einsteins or corporate chieftains, while others drop out of school, struggle to hold down jobs, or turn to self-destructive behavior? What are the signs of giftedness, its pitfalls, and its promise? Marylou Streznewski provides answers to these and other questions, and creates an intriguing picture of what it is like to have an accelerated mind in a slow-moving world.

Mornings in Jenin Jan 17 2020 A heart-wrenching novel explores how several generations of one Palestinian family cope with the loss of their land after the 1948 creation of Israel and their subsequent life in Palestine, which is often marred by war and violence. A first novel. Reprint. Reading-group guide included.

Dabrowski's Theory of Positive Disintegration Jul 23 2020 This book summarizes the research and application of the Theory of Positive Disintegration, one of the most influential theories in gifted education, and compares it to other theories of personality and psychological development.

Emotional Intensity in Gifted Students Apr 12 2022 Teaching children how to manage their intense emotions is one of the most difficult aspects of parenting or educating gifted children. *Emotional Intensity in Gifted Students: Helping Kids Cope With Explosive Feelings* provides a much-needed resource for parents and educators for understanding of why gifted children are so extreme in their behavior and how to manage the highs and lows that accompany emotional intensity. Presented in an easy-to-read, conversational style, this revised and updated second edition contains additional chapters addressing temperament and personality development, as well as expanded role-plays and strategies designed to show parents and teachers how to interact and guide gifted children in a way that teaches them how to recognize, monitor, and adjust their behavior. Updated resources and worksheets make this practical resource a must-read for anyone wishing to make a positive and lasting impact on the lives of gifted children.

Unhooked Sep 24 2020 A specialist in treating addictions and a former patient outline a method of controlling any kind of addiction--including substance abuse and other compulsive behaviors that mask emotional pain--by understanding the underlying pain.

Thirty Girls Jun 21 2020 A New York Times Notable Book An Economist Best Book of the Year Esther Akello is one of thirty Ugandan teenage girls abducted from a Catholic boarding school by rebel bandits. Held captive by the Lord's Resistance Army, Esther is forced to witness and commit unspeakable atrocities. She struggles to survive, to escape, and to find a way to live with what she has seen and done. Jane Wood is a sensual, idealistic American writer who is traveling across Africa, hoping to give a voice to young people like Esther and to find her own center. In unflinching prose, Minot interweaves the stories of these two astonishing young women who, as they confront displacement and heartbreak, are hurtled inexorably closer to one another. With mesmerizing emotional intensity and stunning evocations of Africa's struggles and beauty, Susan Minot gives us her most brilliant novel yet.

The Smart Teens' Guide to Living with Intensity Feb 10 2022 Discover Yourself as an intense and excitable learner, whether you go to public school, private school, or homeschool, and whether you love school or not. Topics include.

My Education Jan 29 2021 An intimately charged novel of desire and disaster from the National Book Award-winning author of *Trust Exercise* and *A Person of Interest* Regina Gottlieb had been warned about Professor Nicholas Brodeur long before arriving as a graduate student at his prestigious university high on a pastoral hill. He's said to lie in the dark in his office while

undergraduate women read couplets to him. He's condemned on the walls of the women's restroom, and enjoys films by Roman Polanski. But no one has warned Regina about his exceptional physical beauty—or his charismatic, volatile wife. *My Education* is the story of Regina's mistakes, which only begin in the bedroom, and end—if they do—fifteen years in the future and thousands of miles away. By turns erotic and completely catastrophic, Regina's misadventures demonstrate what can happen when the chasm between desire and duty is too wide to bridge.

Emotional Agility May 01 2021 #1 Wall Street Journal Best Seller USA Today Best Seller Amazon Best Book of the Year TED Talk sensation - over 3 million views! The counterintuitive approach to achieving your true potential, heralded by the Harvard Business Review as a groundbreaking idea of the year. The path to personal and professional fulfillment is rarely straight. Ask anyone who has achieved his or her biggest goals or whose relationships thrive and you'll hear stories of many unexpected detours along the way. What separates those who master these challenges and those who get derailed? The answer is agility—emotional agility. Emotional agility is a revolutionary, science-based approach that allows us to navigate life's twists and turns with self-acceptance, clear-sightedness, and an open mind. Renowned psychologist Susan David developed this concept after studying emotions, happiness, and achievement for more than twenty years. She found that no matter how intelligent or creative people are, or what type of personality they have, it is how they navigate their inner world—their thoughts, feelings, and self-talk—that ultimately determines how successful they will become. The way we respond to these internal experiences drives our actions, careers, relationships, happiness, health—everything that matters in our lives. As humans, we are all prone to common hooks—things like self-doubt, shame, sadness, fear, or anger—that can too easily steer us in the wrong direction. Emotionally agile people are not immune to stresses and setbacks. The key difference is that they know how to adapt, aligning their actions with their values and making small but powerful changes that lead to a lifetime of growth. Emotional agility is not about ignoring difficult emotions and thoughts; it's about holding them loosely, facing them courageously and compassionately, and then moving past them to bring the best of yourself forward. Drawing on her deep research, decades of international consulting, and her own experience overcoming adversity after losing her father at a young age, David shows how anyone can thrive in an uncertain world by becoming more emotionally agile. To guide us, she shares four key concepts that allow us to acknowledge uncomfortable experiences while simultaneously detaching from them, thereby allowing us to embrace our core values and adjust our actions so they can move us where we truly want to go. Written with authority, wit, and empathy, *Emotional Agility* serves as a road map for real behavioral change—a new way of acting that will help you reach your full potential, whoever you are and whatever you face.

The Mermaid Chair Dec 28 2020 A transcendent tale of a woman's self-discovery—the New York Times–bestselling second work of fiction by the author of *The Secret Life of Bees* and *The Book of Longings* Inside the church of a Benedictine monastery on Egret Island, just off the coast of South Carolina, resides a beautiful and mysterious chair ornately carved with mermaids and dedicated to a saint who, legend claims, was a mermaid before her conversion. When Jessie Sullivan is summoned home to the island to cope with her eccentric mother's seemingly inexplicable behavior, she is living a conventional life with her husband, Hugh, a life “molded to the smallest space possible.” Jessie loves Hugh, but once on the island, she finds herself drawn to Brother Thomas, a monk about to take his final vows. Amid a rich community of unforgettable island women and the exotic beauty of marshlands, tidal creeks, and majestic egrets, Jessie grapples with the tension of desire and the struggle to deny it, with a freedom that feels

overwhelmingly right, and with the immutable force of home and marriage. Is the power of the mermaid chair only a myth? Or will it alter the course of Jessie's life? What happens will unlock the roots of her mother's tormented past, but most of all, it will allow Jessie to discover selfhood and a place of belonging as she explores the thin line between the spiritual and the erotic.

Boosting Your Child's Natural Creativity Jul 15 2022 Take a deep dive into what creativity is, how it manifests itself, and how to support and nurture your child's (and perhaps your own!) creativity. Written for parents and teachers, *Boosting Your Child's Natural Creativity* is a guide to fostering creativity and sustaining the creative spirit in children both at home and at school. Creativity is both a capacity we are born with and a skill that we can further develop. In his fully revised and updated edition, the authors describe various theories of creativity, personality traits, programs, processes, and products that foster creativity. Filled with examples and practical suggestions, this exciting book describes parenting for creativity, teaching organizational skills, and ways to preserve and enhance one's own creativity.

Why I Don't Write Aug 24 2020 A superb collection of short fiction--her first in thirty years and spanning many geographies--from the critically acclaimed author of *Monkeys*, *Evening*, and *Thirty Girls*. A NEW YORK TIMES NOTABLE BOOK. A writer dryly catalogs the myriad reasons she cannot write; an artist bicycles through a protest encampment in lower Manhattan and ruminates on an elusive lover; an old woman on her deathbed calls out for a man other than her husband; a hapless fifteen-year-old boy finds himself in sexual peril; two young people in the 1990s fall helplessly in love, then bicker just as helplessly, tortured by jealousy and mistrust. In each of these stories Minot explores the difficult geometry of human relations, the lure of love and physical desire, and the lifelong quest for meaning and connection. Her characters are all searching for truth, in feeling and in action, as societal norms are upended and justice and coherence flounder. Urgent and immediate, precisely observed, deeply felt, and gorgeously written, the stories in *Why I Don't Write* showcase an author at the top of her form.

The Less Dead May 21 2020 In this "thought-provoking" thriller from the author of the Reese Witherspoon book club pick and national bestseller *Conviction*, a woman in crisis finds herself on the hunt for her own mother's murderer (People). Dr. Margo Dunlop is at a crossroads. Her adoptive mom just passed away, and Margo misses her so much she can't begin to empty the house--or, it seems, get her brother on the phone. Not to mention she's newly single, secretly pregnant, and worried about her best friend's dangerous relationship. In an effort to cheer herself up she goes in search of her birth mother. Instead she finds Nikki, her mother's sister. Aunt Nikki isn't what Margo expects, and she brings upsetting news: Margo's mother is dead. Worse, she was murdered years ago, and her killer is still at large—and sending Nikki threatening letters. Margo is torn. Should she stay out of this mess, or try to find justice? But then Margo receives a letter, too. Someone out there has been waiting and watching, and in Margo sees the spitting image of her mother . . . Darkly funny and deeply affecting, *The Less Dead* is a sharply modern new thriller from the bestselling author of *Conviction*, and a surprisingly moving story of daughters and mothers, secrets and choices, and how the search for the truth—and a long-hidden killer—will lead one woman to find herself.

Prince of Wolves Jun 14 2022 “A far more gentle and romantic interpretation of the werewolf mythologies” from the bestselling author of *Prince of Dreams* and *Prince of Shadows* (Library Journal). Joelle Randall has traveled to the small town of Lovell in the Canadian Rockies with one goal: to confront the pain of her past. Twelve years ago, her parents died in a plane crash near Lovell and Joelle is determined to find the site of the accident, but she will need someone familiar with the area to guide her through the wilderness. Enter Luke Gévaudan, an enigmatic loner with a sketchy reputation—and irresistible allure. Joey is willing to trust the intense

mountaineer to get her where she needs to go. But she does not realize he is one of the last survivors of an ancient race of werewolves—and the biggest danger she will face on her journey will be her own heart. Praise for Susan Krinard “Susan Krinard was born to write romance.” —Amanda Quick, *New York Times*–bestselling author “The reading world would be a happier place if more paranormal romance writers wrote as well as Krinard.” —*Contra Costa Sunday Times* “A vivid, talented author with a sparkling imagination.” —Anne Stuart, *New York Times* bestselling author

The Book of Longings Jan 09 2022 “An extraordinary novel . . . a triumph of insight and storytelling.” —Associated Press “A true masterpiece.” —Glennon Doyle, author of *Untamed* An extraordinary story set in the first century about a woman who finds her voice and her destiny, from the celebrated number one *New York Times* bestselling author of *The Secret Life of Bees* and *The Invention of Wings* In her mesmerizing fourth work of fiction, Sue Monk Kidd takes an audacious approach to history and brings her acclaimed narrative gifts to imagine the story of a young woman named Ana. Raised in a wealthy family with ties to the ruler of Galilee, she is rebellious and ambitious, with a brilliant mind and a daring spirit. She engages in furtive scholarly pursuits and writes narratives about neglected and silenced women. Ana is expected to marry an older widower, a prospect that horrifies her. An encounter with eighteen-year-old Jesus changes everything. Their marriage evolves with love and conflict, humor and pathos in Nazareth, where Ana makes a home with Jesus, his brothers, and their mother, Mary. Ana's pent-up longings intensify amid the turbulent resistance to Rome's occupation of Israel, partially led by her brother, Judas. She is sustained by her fearless aunt Yaltha, who harbors a compelling secret. When Ana commits a brazen act that puts her in peril, she flees to Alexandria, where startling revelations and greater dangers unfold, and she finds refuge in unexpected surroundings. Ana determines her fate during a stunning convergence of events considered among the most impactful in human history. Grounded in meticulous research and written with a reverential approach to Jesus's life that focuses on his humanity, *The Book of Longings* is an inspiring, unforgettable account of one woman's bold struggle to realize the passion and potential inside her, while living in a time, place and culture devised to silence her. It is a triumph of storytelling both timely and timeless, from a masterful writer at the height of her powers.

The Artful Edit: On the Practice of Editing Yourself Mar 19 2020 Provides a wealth of examples, quotes, and case studies that include an instructional discussion of an editorial collaboration on *The Great Gatsby*, in an upbeat guide to the mechanics and techniques of self-editing that includes strategic tips and exercises. Reprint.

Student Bylines Mar 31 2021 "Featuring the writing & artwork from the first two years of *Student Bylines Magazine*.

In America Jun 02 2021 A glorious, sweeping new novel from the bestselling author of *The Volcano Lover*. *The Volcano Lover*, Susan Sontag's bestselling 1992 novel, retold the love story of Emma Lady Hamilton and Lord Nelson with consummate power. In her enthralling new novel--once again based on a real story--Sontag shows us our own country on the cusp of modernity. In 1876 a group of Poles led by Maryna Zalewska, Poland's greatest actress, travel to California to found a "utopian" commune. Maryna, who has renounced her career, is accompanied by her small son and husband; in her entourage is a rising young writer who is in love with her. The novel portrays a West that is still largely empty, where white settlers confront native Californians and Asian coolies. The image of America, and of California--as fantasy, as escape, as radical simplification--constantly meets a more complex reality. The commune fails and most of the émigrés go home, but Maryna stays and triumphs on the American stage. *In America* is a big, juicy, surprising book--about a woman's search for self-transformation, about

the fate of idealism, about the world of the theater--that will captivate its readers from the first page. It is Sontag's most delicious, most brilliant achievement. In America is the winner of the 2000 National Book Award for Fiction.

"Mellow Out," They Say, If I Only Could Dec 08 2021

Evening May 13 2022 With two novels and one short story collection published to overwhelming critical acclaim ("Monkeys takes your breath away," said Anne Tyler; "heartbreaking, exhilarating," raved the New York Times Book Review), Susan Minot has emerged as one of the most gifted writers in America, praised for her ability to strike at powerful emotional truths in language that is sensual and commanding, mesmerizing in its vitality and intelligence. Now, with Evening, she gives us her most ambitious novel, a work of surpassing beauty. During a summer weekend on the coast of Maine, at the wedding of her best friend, Ann Grant fell in love. She was twenty-five. Forty years later--after three marriages and five children--Ann Lord finds herself in the dim claustrophobia of illness, careening between lucidity and delirium and only vaguely conscious of the friends and family parading by her bedside, when the memory of that weekend returns to her with the clarity and intensity of a fever-dream. Evening unfolds in the rushlight of that memory, as Ann relives those three vivid days on the New England coast, with motorboats buzzing and bands playing in the night, and the devastating tragedy that followed a spectacular wedding. Here, in the surge of hope and possibility that coursed through her at twenty-five--in a singular time of complete surrender--Ann discovers the highest point of her life. Superbly written and miraculously uplifting, Evening is a stirring exploration of time and memory, of love's transcendence and of its failure to transcend--a rich testament to the depths of grief and passion, and a stunning achievement.

The Gift of Intensity Oct 14 2019 This is a book about being successful, fulfilled and happy in a world in which you don't always feel you fit in. Many people are emotionally sensitive and intense and while these characteristics need not limit us, they often hold us back from expressing ourselves, being heard and taking charge of our life, love and work. This book is a complete guide which shows sensitive and intense people how to navigate, successfully and predictably, the fundamental relationships that make up their lives - demonstrating along the way that intense feelings are a gift not a curse. Grounded in the author's extensive clinical and personal experience, the book advises readers on challenges such as low self-esteem, family conflicts, loneliness, complex work challenges and times of emotional crisis. Readers are given actionable steps to change their lives.

Tough Love Feb 27 2021 Recalling pivotal moments from her dynamic career on the front lines of American diplomacy and foreign policy, Susan E. Rice—National Security Advisor to President Barack Obama and US Ambassador to the United Nations—reveals her surprising story with unflinching candor in this New York Times bestseller. Mother, wife, scholar, diplomat, and fierce champion of American interests and values, Susan Rice powerfully connects the personal and the professional. Taught early, with tough love, how to compete and excel as an African American woman in settings where people of color are few, Susan now shares the wisdom she learned along the way. Laying bare the family struggles that shaped her early life in Washington, DC, she also examines the ancestral legacies that influenced her. Rice's elders—immigrants on one side and descendants of slaves on the other—had high expectations that each generation would rise. And rise they did, but not without paying it forward—in uniform and in the pulpit, as educators, community leaders, and public servants. Susan too rose rapidly. She served throughout the Clinton administration, becoming one of the nation's youngest assistant secretaries of state and, later, one of President Obama's most trusted advisors. Rice provides an insider's account of some of the most complex issues confronting the United States

over three decades, ranging from “Black Hawk Down” in Somalia to the genocide in Rwanda and the East Africa embassy bombings in the late 1990s, and from conflicts in Libya and Syria to the Ebola epidemic, a secret channel to Iran, and the opening to Cuba during the Obama years. With unmatched insight and characteristic bluntness, she reveals previously untold stories behind recent national security challenges, including confrontations with Russia and China, the war against ISIS, the struggle to contain the fallout from Edward Snowden’s NSA leaks, the U.S. response to Russian interference in the 2016 election, and the surreal transition to the Trump administration. Although you might think you know Susan Rice—whose name became synonymous with Benghazi following her Sunday news show appearances after the deadly 2012 terrorist attacks in Libya—now, through these pages, you truly will know her for the first time. Often mischaracterized by both political opponents and champions, Rice emerges as neither a villain nor a victim, but a strong, resilient, compassionate leader. Intimate, sometimes humorous, but always candid, *Tough Love* makes an urgent appeal to the American public to bridge our dangerous domestic divides in order to preserve our democracy and sustain our global leadership.

Raising Creative Kids Sep 17 2022 How can you nurture creativity in your child? *Raising Creative Kids* shows parents and teachers how to guide and foster creativity and sustain the creative spirit we are born with. In addition to explaining various theories of creativity, the authors describe: Personality traits associated with creativity, Processes involved in creativity, Ways to parent for creativity, Activities that promote creative thinking, Programs to cultivate creativity, Teaching organization skills, How to preserve your own creativity Book jacket.

Lifeboat 12 Nov 26 2020 “This page-turning true-life adventure is filled with rich and riveting details and a timeless understanding of the things that matter most.”—Dashka Slater, author of *The 57 Bus* “Brilliantly told in verse, readers will love *Ken Sparks*.” —Patricia Reilly Giff, two-time Newbery Honor winner “Lyrical, terrifying, and even at times funny. A richly detailed account of a little-known event in World War II.” —Kirkus Reviews “Middle grade Titanic fans, here’s your next read.” —BCCB “An edge-of-your seat survival tale.” —School Library Journal (starred review) A Junior Library Guild Selection The 2019 Golden Kite Middle Grade Fiction Award Winner A 2019 ALSC Notable Children’s Book The 2019–2020 Lectio Book Award Winner The 2020–2021 Florida Sunshine State Young Readers Award List The 2020 Oklahoma Library Association’s Children’s Sequoyah Book Award Winner The Connecticut Book Award Winner In the tradition of *The War That Saved My Life* and *Stella By Starlight*, this poignant novel in verse based on true events tells the story of a boy’s harrowing experience on a lifeboat after surviving a torpedo attack during World War II. With Nazis bombing London every night, it’s time for thirteen-year-old Ken to escape. He suspects his stepmother is glad to see him go, but his dad says he’s one of the lucky ones—one of ninety boys and girls to ship out aboard the SS *City of Benares* to safety in Canada. Life aboard the luxury ship is grand—nine-course meals, new friends, and a life far from the bombs, rations, and his stepmum’s glare. And after five days at sea, the ship’s officers announce that they’re out of danger. They’re wrong. Late that night, an explosion hurls Ken from his bunk. They’ve been hit. Torpedoed! The *Benares* is sinking fast. Terrified, Ken scrambles aboard *Lifeboat 12* with five other boys. Will they get away? Will they survive? Award-winning author Susan Hood brings this little-known World War II story to life in a riveting novel of courage, hope, and compassion. Based on true events and real people, *Lifeboat 12* is about believing in one another, knowing that only by banding together will we have any chance to survive.

Eleanor and Hick Jul 03 2021 A warm, intimate account of the love between Eleanor Roosevelt and reporter Lorena Hickok—a relationship that, over more than three decades, transformed both women's lives and empowered them to play significant roles in one of the most tumultuous

periods in American history In 1932, as her husband assumed the presidency, Eleanor Roosevelt entered the claustrophobic, duty-bound existence of the First Lady with dread. By that time, she had put her deep disappointment in her marriage behind her and developed an independent life—now threatened by the public role she would be forced to play. A lifeline came to her in the form of a feisty campaign reporter for the Associated Press: Lorena Hickok. Over the next thirty years, until Eleanor's death, the two women carried on an extraordinary relationship: They were, at different points, lovers, confidantes, professional advisors, and caring friends. They couldn't have been more different. Eleanor had been raised in one of the nation's most powerful political families and was introduced to society as a debutante before marrying her distant cousin, Franklin. Hick, as she was known, had grown up poor in rural South Dakota and worked as a servant girl after she escaped an abusive home, eventually becoming one of the most respected reporters at the AP. Her admiration drew the buttoned-up Eleanor out of her shell, and the two quickly fell in love. For the next thirteen years, Hick had her own room at the White House, next door to the First Lady. These fiercely compassionate women inspired each other to right the wrongs of the turbulent era in which they lived. During the Depression, Hick reported from the nation's poorest areas for the WPA, and Eleanor used these reports to lobby her husband for New Deal programs. Hick encouraged Eleanor to turn their frequent letters into her popular and long-lasting syndicated column "My Day," and to befriend the female journalists who became her champions. When Eleanor's tenure as First Lady ended with FDR's death, Hick pushed her to continue to use her popularity for good—advice Eleanor took by leading the UN's postwar Human Rights Commission. At every turn, the bond these women shared was grounded in their determination to better their troubled world. Deeply researched and told with great warmth, *Eleanor and Hick* is a vivid portrait of love and a revealing look at how an unlikely romance influenced some of the most consequential years in American history.

Living with Intensity Feb 22 2023 This book describes the overexcitabilities often associated with gifted children and adults, as well as strategies for dealing with children and adults who experience them. It also provides essential information on Dabrowski's Theory of Positive Disintegration. Learn practical methods for nurturing sensitivity, intensity, perfectionism.

Speaking for the Dying Sep 05 2021 Seven in ten Americans over the age of age of sixty who require medical decisions in the final days of their life lack the capacity to make them. For many of us, our biggest, life-and-death decisions—literally—will therefore be made by someone else. They will decide whether we live or die; between long life and quality of life; whether we receive heroic interventions in our final hours; and whether we die in a hospital or at home. They will determine whether our wishes are honored and choose between fidelity to our interests and what is best for themselves or others. Yet despite their critical role, we know remarkably little about how our loved ones decide for us. *Speaking for the Dying* tells their story, drawing on daily observations over more than two years in two intensive care units in a diverse urban hospital. From bedsides, hallways, and conference rooms, you will hear, in their own words, how physicians really talk to families and how they respond. You will see how decision makers are selected, the interventions they weigh in on, the information they seek and evaluate, the values and memories they draw on, the criteria they weigh, the outcomes they choose, the conflicts they become embroiled in, and the challenges they face. Observations also provide insight into why some decision makers authorize one aggressive intervention after the next while others do not—even on behalf of patients with similar problems and prospects. And they expose the limited role of advance directives in structuring the process decision makers follow or the outcomes that result. Research has consistently found that choosing life or death for another is one of the most difficult decisions anyone can face, sometimes haunting families for decades.

This book shines a bright light on a role few of us will escape and offers steps that patients and loved ones, health care providers, lawyers, and policymakers could undertake before it is too late. **Calm in the Storm** Oct 18 2022 *Calm in the Storm* offers simple techniques and profound concepts to help you develop fundamental skills in settling over-whelming emotion. There are moments in our lives when emotion comes on so strong and so fast that we feel out of control, completely over-whelmed, and emotionally flooded. It can be bewildering and frightening, often leaving us with a sense of powerlessness, even despair. When we haven't yet developed the ability to shift out of that emotional intensity, even the simplest tasks become harder. Life becomes harder. Emotional distress can feel painful, and the thoughts that so often accompany that distress can be confusing and debilitating. This book will help you deepen your ability to settle intense and overwhelming emotion. Through the use of simple strategies that can be implemented anywhere, you will learn to recognize, observe, and shift your emotion. When we master strategies to healthfully soothe ourselves, to settle strong emotion, we build confidence. We start to feel stronger, more capable – in being with emotion and in life overall. This book will ignite hope and spark a renewed belief in your inner potential.

Spectacle Aug 16 2022 An inventive new collection from the author of *Hydroplane* and *The End of Free Love* * A San Francisco Chronicle, Complex, Flavorwire, Vol. 1 Brooklyn, Largehearted Boy and Slaughterhouse 90210 Best Book of the Year * In these innovative linked stories, women confront loss and grief as they sift through the wreckage of their lives. In the title story, a woman struggles with the death of her friend in a plane crash. A daughter decides whether to take her father off life support in the Pushcart Prize-winning "Cowboys." And in "Underthings," when a man hits his girlfriend, she calls it an accident. *Spectacle* bears witness to alarming and strange incidents: carnival rides and plane crashes, affairs spied through keyholes and amateur porn, vandalism and petty theft. These wounded women stand at the edge of disaster and risk it all to speak their sharpest secrets. In lean, acrobatic prose, Susan Steinberg subverts assumptions about narrative and challenges conventional gender roles. She delivers insight with a fierce lyric intensity in sentences shorn of excessive sentiment or unnecessary ornament. By fusing style and story, Steinberg amplifies the connections between themes and characters so that each devastating revelation echoes throughout the collection. A vital and turbulent book from a distinctive voice, *Spectacle* will break your heart, and then, before the last page is turned, will bind it up anew. "Experimental but never opaque, Steinberg's stories seethe with real and imagined menace." —Publishers Weekly

Boosting Your Child's Natural Creativity Nov 19 2022 Take a deep dive into what creativity is, how it manifests itself, and how to support and nurture your child's (and perhaps your own!) creativity. Written for parents and teachers, *Boosting Your Child's Natural Creativity* is a guide to fostering creativity and sustaining the creative spirit in children both at home and at school. Creativity is both a capacity we are born with and a skill that we can further develop. In his fully revised and updated edition, the authors describe various theories of creativity, personality traits, programs, processes, and products that foster creativity. Filled with examples and practical suggestions, this exciting book describes parenting for creativity, teaching organizational skills, and ways to preserve and enhance one's own creativity.

Married for a Month Aug 04 2021 Two former lovers argue over the key to everlasting love in this charming, funny, and steamy romance from the "one of a kind" (RT Book Reviews) author Susan Mallery. Taylor McGuire, a hardworking single mom with a PhD in psychology, believes that compatibility is the key to a successful marriage. Bestselling relationship guru Jonathan Kirby believes it's sexual chemistry. So when these two former lovers meet up on national TV, it's more than just a difference of expert opinion that sets the sparks flying between them. And

when Taylor puts forth her theory on love, Jonathan can't help but challenge: "Want to bet?" So begins an unconventional contest—forty couples involved in a monthlong mock marriage for a chance to win one million dollars—which puts Taylor's and Jonathan's professional reputations on the line. As the competition heats up, so does the attraction. And as they fall for each other, the two experts realize that love is not a science...sometimes it's just magic.

Emotional Sensitivity and Intensity Mar 11 2022 NAVIGATE THE EXPERIENCE OF LIVING INTENSELY. Do people sometimes describe you as emotionally intense or oversensitive? Do you often feel overwhelmed or anxious in the face of a world which is loud, fast-moving and sometimes uncaring? Understand Emotional Sensitivity will give you in-depth information about emotional intensity and its overlapping traits, as well as practical advice to help with daily struggles. Written in a friendly and compassionate tone, it has much to reveal about who you are, why you feel the way you do, and how you can be more resilient and reach your full potential. Easy to read, accessible and jargon-free, it will answer questions raised by many emotionally intense individuals: Is there something wrong with me? How does this trait explain my life experiences so far? What can I do right now to better my life and to fulfil my potential? Where can I find others like me? You will: - Understand what it means to live with emotional intensity - Debunk the myths and stereotypes about this trait - Reframe the way you see yourself and to let go of self-limiting beliefs - Identify and liberate your unique potential ABOUT THE SERIES People have been learning with Teach Yourself since 1938. With a vast range of practical, how-to guides covering language learning, lifestyle, hobbies, business, psychology and self-help, there's a Teach Yourself book for whatever you want to do. Join more than 60 million people who have reached their goals with Teach Yourself, and never stop learning.

American Woman Feb 16 2020 "Susan Choi...proves herself a natural—a writer whose intelligence and historical awareness effortlessly serve a breathtaking narrative ability. I couldn't put American Woman down, and wanted when I finished it to do nothing but read it again." —Joan Didion A novel of impressive scope and complexity, "American Woman is a thoughtful, meditative interrogation of...history and politics, of power and racism, and finally, of radicalism." (San Francisco Chronicle), perfect for readers who love Emma Cline's novel, *The Girls*. On the lam for an act of violence against the American government, 25-year-old Jenny Shimada agrees to care for three younger fugitives whom a shadowy figure from her former radical life has spirited out of California. One of them, the kidnapped granddaughter of a wealthy newspaper magnate in San Francisco, has become a national celebrity for embracing her captors' ideology and joining their revolutionary cell. "A brilliant read...astonishing in its honesty and confidence," (Denver Post) *American Woman* explores the psychology of the young radicals, the intensity of their isolated existence, and the paranoia and fear that undermine their ideals.

Consuming Kids Oct 06 2021 Looks at the way corporations and advertisers target children as a profitable demographic, as well as their methods for getting past parental safeguards to make products of all kinds appeal directly to even the youngest children.

The Shortest Day Apr 19 2020 In this seasonal treasure, Newbery Medalist Susan Cooper's beloved poem heralds the winter solstice, illuminated by Caldecott Honoree Carson Ellis's strikingly resonant illustrations. So the shortest day came, and the year died . . . As the sun set on the shortest day of the year, early people would gather to prepare for the long night ahead. They built fires and lit candles. They played music, bringing their own light to the darkness, while wondering if the sun would ever rise again. Written for a theatrical production that has become a ritual in itself, Susan Cooper's poem "The Shortest Day" captures the magic behind the returning of the light, the yearning for traditions that connect us with generations that have gone before --

and the hope for peace that we carry into the future. Richly illustrated by Carson Ellis with a universality that spans the centuries, this beautiful book evokes the joy and community found in the ongoing mystery of life when we celebrate light, thankfulness, and festivity at a time of rebirth. Welcome Yule!

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