An upbeat, empathetic, and essential guide for young people with diabetes In Diabetes and Me: An Essential Guide for Kids and Parents, Kim Chaloner, who has been teaching award-winning science classes for fifteen years, gives kids the tools they need to take charge of their health and understand what it means to be diagnosed with diabetes. In this graphic guide, she walks four young people through the basics of diabetes, both Type 1 and Type 2, revealing . . . • The early signs of diabetes and how doctors can help • What it means to have Type 1 or Type 2 diabetes • What the pancreas is and how it works • How to manage the ups and downs of blood sugar levels • Strategies for diet and exercise • How to explain diabetes to friends and family members • And much more! Illustrated by the award-winning artist Nick Bertozzi, Diabetes and Me is an informative, empowering handbook for parents, teachers, and kids looking to learn more about how to handle one of today’s most common conditions.

Communication expert and popular speaker Quentin Schultze offers a
practical, accessible, and inspiring guide to public speaking, showing readers how to serve their audiences with faith, skill, and virtue. This thoroughly rewritten and expanded four-color edition has been tested and revised with input from Christian undergraduates and contains new chapters on timely topics, such as speaking for video, conducting group presentations, and engaging society civilly. A complete public speaking textbook for Christian universities, it includes helpful sidebars, tips, and appendixes. Additional resources for students and professors are available through Textbook eSources.

Offering practical and constructive advice for students giving presentations, this book presents a detailed explanation of how to conduct a successful presentation and how to feel at ease with public speaking. The book includes: Real-life examples illustrating how to achieve an effective presentation Explains the importance of body language, voice control and the relationship with your audience Demonstrates an awareness of cross-cultural communication a thoroughly up-to-date analysis of new technologies as a medium through which to communicate. Written from a practical perspective, this text will be essential reading for both undergraduate and postgraduate students and researchers, together with students on professional and vocational courses. SAGE Study Skills are essential study guides for students of all levels. From how to write great essays and succeeding at university, to writing your undergraduate dissertation and doing postgraduate research, SAGE Study Skills help you get the best from your time at university. Visit the SAGE Study Skills hub for tips, resources and videos on study success!

Jazz stories have been entwined with cinema since the inception of jazz film genre in the 1920s, giving us origin tales and biopics, spectacles and low-budget quickies, comedies, musicals, and dramas, and stories of improvisers and composers at work. And the jazz film has seen a resurgence in recent years--from biopics like Miles Ahead and HBO's Bessie, to dramas Whiplash and La La Land. In Play the Way You Feel, author and jazz critic Kevin Whitehead offers a comprehensive guide to these films and other media from the perspective of the music itself. Spanning 93 years of film history, the book looks closely at movies, cartoons, and a few TV shows that tell jazz stories, from early talkies to modern times, with an eye to narrative conventions and common story points. Examining the ways historical films have painted a clear picture of the past or overtly distorted history, Play the Way You Feel serves up capsule discussions of sundry topics including Duke Ellington's social life at the Cotton Club, avant-garde musical practices in 1930s vaudeville, and Martin Scorsese's improvisatory method on the set of New York, New York. Throughout the book, Whitehead brings the same
analytical bent and concise, witty language listeners know from his jazz segments on NPR's Fresh Air with Terry Gross. He investigates well-known songs, traces the development of the stock jazz film ending, and offers fresh, often revisionist takes on works by such directors as Howard Hawks, John Cassavetes, Shirley Clarke, Francis Ford Coppola, Clint Eastwood, Spike Lee, Robert Altman, Woody Allen and Damien Chazelle. In all, Play the Way You Feel is a feast for film-genre fanatics and movie-watching jazz enthusiasts.

The Essential Guide to Visual Communication is a concise introduction to the evolution, theory, and principles of visual communication in contemporary society. This guide helps students develop the skills they need to become critical consumers of visual media by examining images through the lens of visual rhetoric. Students see how images influence and persuade audiences, and how iconic images can be repurposed to communicate particular messages. Images selected and discussed throughout the text highlight examples of visual communication from earlier generations and the current digital environment that students encounter in their everyday lives.

Here is the essential how-to guide for communicating scientific research and discoveries online, ideal for journalists, researchers, and public information officers looking to reach a wide lay audience. Drawing on the cumulative experience of twenty-seven of the greatest minds in scientific communication, this invaluable handbook targets the specific questions and concerns of the scientific community, offering help in a wide range of digital areas, including blogging, creating podcasts, tweeting, and more. With step-by-step guidance and one-stop expertise, this is the book every scientist, science writer, and practitioner needs to approach the Wild West of the Web with knowledge and confidence.

Vaccinology: An Essential Guide outlines in a clear, practical format the entire vaccine development process, from conceptualization and basic immunological principles through to clinical testing and licensing of vaccines. With an outstanding introduction to the history and practice of vaccinology, it also guides the reader through the basic science relating to host immune responses to pathogens. Covering the safety, regulatory, ethical, and economic and geographical issues that drive vaccine development and trials, it also presents vaccine delivery strategies, novel vaccine platforms (including experimental vaccines and pathogens), antigen development and selection, vaccine modelling, and the development of vaccines against emerging pathogens and agents of bioterror. There are also sections devoted to veterinary vaccines and associated regulatory processes. Vaccinology: An
Essential Guide is a perfect tool for designed for undergraduate and graduate microbiologists and immunologists, as well as residents, fellows and trainees of infectious disease and vaccinology. It is also suitable for all those involved in designing and conducting clinical vaccine trials, and is the ideal companion to the larger reference book Vaccinology: Principles and Practice.

Surveys show that most people fear public speaking more than death! So, how do you prepare effectively for a speaking engagement? What do you need to know about your body, your voice, the audience, the technology? Maggie Eyre has over 30 years’ experience as a media trainer, communications consultant and performer. In Speak Easy, she takes the reader through the complete process, from initial concept to final delivery. Included are chapters on body language, voice, health, warming up, managing your audience, fear, media skills, social media, how to use technology, grooming and learning your lines. The text is illustrated with anecdotes and case studies based on Maggie’s own work and experience, and is packed with useful tips. Practical and authoritative, this is the essential book for anyone facing a business presentation or an after-dinner speech.

Managing Local Government: An Essential Guide for Municipal and County Managers offers a practical introduction to the changing structure, forms, and functions of local governments. Taking a metropolitan management perspective, authors Kimberly Nelson and Carl W. Stenberg explain U.S. local government within historical context and provide strategies for effective local government management and problem solving. Real-life scenarios and contemporary issues illustrate the organization and networks of local governments; the roles, responsibilities, and relationships of city and county managers; and the dynamics of the intergovernmental system. Case studies and discussion questions in each chapter encourage critical analysis of the challenges of collaborative governance. Unlike other books on the market, this text’s combined approach of theory and practice encourages students to enter municipal and county management careers and equips them with tools to be successful from day one.

Nursing in the Community: an essential guide to practice is an introductory textbook for professionals and students who have chosen a career in community health care nursing. The book gives comprehensive coverage of the full range of professional issues, such as personal safety and the environment, in addition to public health, health promotion and family health nursing. This user-friendly text provides clear guidelines on how to transfer skills from the hospital/
acute setting to the community. In addition, it fully reflects current government health, social policy, the implications for the roles and responsibilities of the community health care nurse, and aims to support a trainee/new practitioner to function safely and effectively in the full range of community settings.

By reading this book, you will learn:-How to organize communications so that crucial information gets out fast.-Ways to prepare so that emergency responders can put their effort towards situation-specific issues. -Why some messages work better than others. -How to choose the right words. -Skills to be an effective spokesperson. -What you need to know about special populations or other unique factors in your audience. The Communications Golden Hour book helps you streamline emergency communications so that when the next critical incident occurs, you and your team know exactly what to do - and when. Learn how to organize around the first 60 minutes of an emergency and you will be ready for the next one - no matter what the emergency is.

Communications expert Quentin Schultze offers a practical and accessible guide to public speaking, showing readers how to serve their audiences with faith, skill, and virtue.

A broad introduction to the changing roles of intellectual property within society Intellectual property is one of the most confusing--and widely used--dimensions of the law. By granting exclusive rights to publish, manufacture, copy, or distribute information and technology, IP laws shape our cultures, our industries, and our politics in countless ways, with consequences for everyone, including artists, inventors, entrepreneurs, and citizens at large. In this engaging, accessible study, Aram Sinnreich uncovers what's behind current debates and what the future holds for copyrights, patents, and trademarks.

For most people, nothing is so daunting as public speaking. Whether making a business presentation or an after-dinner speech, the same symptoms and fears appear: dry throat, sweaty palms, increased heart rate, fear of making a fool of yourself, saying the wrong thing, drying up altogether. All of these things can be overcome. In SPEAK EASY, Maggie Eyre shares her considerable knowledge and experience as a communications consultant and media trainer to show you how to build your confidence to speak in public with ease and flair. And confidence is the key. All of the advice in this practical book is aimed at developing the self-confidence every speaker needs to communicate effectively. There are many building blocks involved in the process, but Maggie Eyre explains how to use them all, with a host of anecdotes and examples to illustrate her points. Business leaders, politicians,
lecturers and media presenters have all successfully followed her advice. With SPEAK EASY, you too can be a successful public speaker.

Guides policy makers through implementation of public-private partnerships, legal frameworks, institutional arrangements, and mobilizing public and private finance.

Now updated for 2015! The best, most comprehensive guide for writers is now revised and updated, with new sections on ebooks, self-publishing, crowd-funding through Kickstarter, blogging, increasing visibility via online marketing, micropublishing, the power of social media and author websites, and more—making The Essential Guide to Getting Your Book Published more vital than ever for anyone who wants to mine that great idea and turn it into a successfully published book. Written by experts with twenty-five books between them as well as many years’ experience as a literary agent (Eckstut) and a book doctor (Sterry), this nuts-and-bolts guide demystifies every step of the publishing process: how to come up with a blockbuster title, create a selling proposal, find the right agent, understand a book contract, and develop marketing and publicity savvy. Includes interviews with hundreds of publishing insiders and authors, including Seth Godin, Neil Gaiman, Amy Bloom, Margaret Atwood, Leonard Lopate, plus agents, editors, and booksellers; sidebars featuring real-life publishing success stories; sample proposals, query letters, and an entirely updated resources and publishers directory.

“Designers, we’re going to Mood!” More than 10 years ago, Tim Gunn and Project Runway introduced millions of viewers to New York’s ultimate fabric mecca, Mood Fabrics. Now, the experts behind this fabric power-house bring their fabric and fashion know-how—plus their behind-the-scenes stories—to the sewing public. The Mood Guide to Fabric and Fashion is the ultimate guide for home-sewers, fashion students, aspiring designers, and Project Runway fans who want to learn everything they need to know to choose and use quality fabric. Drawing upon the expertise of the Mood staff, the book teaches readers the fundamentals—from where fabric is produced to the ins and outs of its construction—and features a fabric-by-fabric guide to cottons and other plant fibers, wools, silks, knits, and other specialty fabrics.

Provide management and directors of companies, both private and public, with a reference work on the most important principles of corporate governance. It discusses the requirements of the Companies act, the recommendations of the 2002 King Report and recent
requirements for directors of public-sector enterprises. Throughout the author makes clear how the relevant principles can be practically and progressively implemented.

This book is an indispensable how-to guide on flourishing when studying abroad, and how to use an international education to begin a fulfilling career after graduation. Written in an engaging and accessible style, using many examples, case studies, and links to resources, the book reduces the stress of studying abroad. Covering all aspects of the international student experience - inside and outside the classroom - the book encourages young people to perform their very best and succeed in their new environment. International students preparing for cross-cultural learning and recent graduates looking for employment will find this book both practical and inspiring.

Provides guidelines for United States Democrats to connect moral values to important policies, using practical tactics to guide political discourse away from extreme positions.

Covering the latest trends and technology changes, this is the fully updated and revised bestselling guide to telecommunications for the nontechnical professional. Includes sections on convergence, globalization, speech recognition, and 3G cellular networks.

More people are afraid of public speaking than of dying. Yet with proper preparation giving a speech is not difficult. Anyone can learn to speak effectively. This guide lets you in on the secrets of writing a good speech, and unlocks the power of body language. You will learn how to prepare your speech, and how to deliver it with power and conviction. You will also find advice on how to control your nerves and overcome your fears. Whether you are Best Man, delivering a sales pitch, or just saying a few words at a meeting, it pays to be well prepared. You will discover how to deliver your message in a powerful way, using humour, your own personal stories, and targeted research to support your ideas. No matter what your level of experience you will find useful hints and helpful information in this essential guide to public speaking. Chapter headings: First Steps Structuring Your First Speech Opening and Closing Body of the Speech Presentational Skills Visual Aids and Other Gimmicks Humour Nuts and Bolts Memorising Weddings Work Speeches Other Speeches Taking it Further This guide lets you in on the secrets of writing a good speech, and unlocks the power of body language. You will learn how to prepare your speech, and how to deliver it with power and conviction. You will also find advice on how to control your nerves and overcome your fears. Whether you are Best Man, delivering a sales pitch, or just saying a few words at a meeting,
it pays to be well prepared. You will discover how to deliver your message in a powerful way, using humour, your own personal stories, and targeted research to support your ideas. No matter what your level of experience you will find useful hints and helpful information in this essential guide to public speaking. Author: Anthony Galvin

A modern world that is bursting with data can often make us feel even more lost as we struggle to find meaning and look for the answers to life’s mysteries. Joseph Deitch shares his lifelong pursuit of wisdom and growth in an accessible, practical, down-to-earth gift to his readers. Elevate is a celebration of life and the potential that exists for all of us. It provides both answers and insights as it links awareness and action, East and West, ancient and modern, spiritual and scientific. It offers a formula for turning frustration into fascination and provides a universal framework for what works and why, what to do . . . and why we don’t.

Are you part of the 73% of the population that experiences anxiety from public speaking? Face your fears with this valuable guide that combines real-world case studies and practice activities to help build your confidence. You may not be afraid of heights or spiders but making a speech in front of a large crowd—whether it’s a wedding party, an awards ceremony, or even doing a presentation in the office—is sure to get your heart pounding and your palms sweaty. But with Your Guide to Public Speaking in hand, there’s no need to fear public speaking a second longer. This practical and indispensable guide teaches you to understand and work with your audience, take control of your own emotions, and create the perfect materials to supplement your speech and help drive your message home. With practice activities, real-world case studies, tips you never thought you needed—and more!—you’ll find everything you need to become a speech master in no time at all. From preparing for a video conference, rallying for support for a cause that’s important to you, or facing down multiple interviews, you can banish those fears and feel empowered no matter what the situation with Your Guide to Public Speaking.

As management ages and prepares to work longer than previous generations and Millennials join companies at steady rate, companies are suffering through tension and dissonance between Millennials and Boomers, and realizing that they can’t just wait for management to age out to fix it. Finding productive ways to work across the generation gap is essential, and the organizations that do this well will have significant strategic advantages over those that don’t. Millennials & Management: The Essential Guide to Making It Work at Work addresses a very real concern of large and small businesses nationwide: how to motivate,
collaborate with, and manage the millennial generation, who now make up almost 50% of the American workforce. The key is to change Boomer attitudes from disbelief and derision to acceptance and respect without giving up work standards. Using real world examples, author Lee Caraher gives leaders data-driven steps to take to co-create a productive workplace for today and tomorrow.

Winner of the 2009 James Beard Book Award for Best Book: Reference and Scholarship A groundbreaking guide to modern flavor pairings that will revolutionize the way you cook. Great cooking goes beyond following a recipe -- it's knowing how to season ingredients to coax the greatest possible flavor from them. Drawing on dozens of leading chefs' combined experience in top restaurants across the country, Karen Page and Andrew Dornenburg present the definitive guide to creating "deliciousness" in any dish. Thousands of ingredient entries, organized alphabetically and cross-referenced, provide a treasure trove of spectacular flavor combinations. Readers will learn to work more intuitively and effectively with ingredients; experiment with temperature and texture; excite the nose and palate with herbs, spices, and other seasonings; and balance the sensual, emotional, and spiritual elements of an extraordinary meal. Seasoned with tips, anecdotes, and signature dishes from America's most imaginative chefs, The Flavor Bible is an essential reference for every kitchen.

Virtually every human endeavor involves interpersonal communication. Leading Christian scholar and media commentator Quentin Schultze and respected professor of communication Diane Badzinski offer a solid Christian perspective on the topic, helping readers communicate with faith, skill, and virtue in their interpersonal relationships. Designed as a companion to Schultze's successful An Essential Guide to Public Speaking, this inviting book provides biblical wisdom on critical areas of interpersonal communication: gratitude, listening, self-assessment, forgiveness, trust, encouragement, peace, and fidelity. Given the rapid rise and widespread use of social media, the book also integrates intriguing insights from the latest research on the influence of social media on interpersonal relationships. It includes engaging stories and numerous sidebars featuring practical lists, definitions, illustrations, and biblical insights.

Countless studies demonstrate that students with parents actively involved in their education at home and school are more likely to earn higher grades and test scores, enroll in higher-level programs, graduate from high school, and go on to post-secondary education. Beyond the Bake Sale shows how to form these essential partnerships.
and how to make them work. Packed with tips from principals and teachers, checklists, and an invaluable resource section, Beyond the Bake Sale reveals how to build strong collaborative relationships and offers practical advice for improving interactions between parents and teachers, from insuring that PTA groups are constructive and inclusive to navigating the complex issues surrounding diversity in the classroom. Written with candor, clarity, and humor, Beyond the Bake Sale is essential reading for teachers, parents on the front lines in public schools, and administrators and policy makers at all levels.

Provides a structured approach to understanding public relations and corporate communications. Focus is on professional skills development and approaches that are widely recognised as ‘best practice’. Original methods are considered alongside well established procedures to ensure the changing requirements of contemporary practice are reflected.

Two premier renewal leaders help inspire and equip believers to receive and minister healing, stressing that God's miraculous healing is part of the Good News.

The Essential Guide to Doing Your Research Project 2e is the ultimate companion to successfully completing your research project. Warm and pragmatic, it gives you the skills and the confidence needed to succeed no matter what happens along the way. The book guides you through every step of your research project, from getting started to analysing data and writing up. Each stage is clearly set out, highlighting best practice and providing practical tips and down-to-earth advice for actually doing research. Key features include: Fully developed companion website including podcasts, worksheets, examples of real projects and links to journal articles Chapter summaries Boxed definitions of key terms Full glossary Suggestions for further reading Bursting with real world examples and multidisciplinary case studies, this book addresses the key questions posed by anyone hoping to complete a research project. It is the must-have textbook every student needs. Available with Perusall—an eBook that makes it easier to prepare for class Perusall is an award-winning eBook platform featuring social annotation tools that allow students and instructors to collaboratively mark up and discuss their SAGE textbook. Backed by research and supported by technological innovations developed at Harvard University, this process of learning through collaborative annotation keeps your students engaged and makes teaching easier and more effective. Learn more.

In the twenty-first century, public health is everyone’s business. The
nursing and medical professions are well placed to provide advice to their clients, especially in respect to lifestyle change, and public health initiatives are supported by a range of statutory and voluntary organisations and health workers, ranging from health promotion specialists to smoking cessation advisers and nutrition assistants. Designed to help readers develop the practical skills they need to become effective public health practitioners, this concise text gives an easily digested overview of public health and health promotion theory in accessible language and diagrams, before moving on to the ways readers can apply this in practice. Providing an opportunity for practitioners to understand possible barriers to lifestyle change, debate health inequalities and responsibilities, and explore the role of the media in changing attitudes, it: Outlines the roles of specific organisations involved in the work of public health work. Covers health needs assessment, agenda setting and the technical aspects of how to research plan and evaluate effective practice either with individual clients or when devising programmes and initiatives for population groups. Details methods of helping people with motivation for lifestyle change, building rapport, ongoing support, monitoring and signposting to specific services. Discusses role of neighbourhoods and communities in improving health and how workers may support local populations to improve the health of their community. The Essential Guide to Public Health and Health Promotion is an accessible introduction to the principles and practice of health promotion and public health for all those new to working or studying in the area, whatever their professional background.

N-of-1 trials, a type of individualized randomized controlled trial, are relevant to almost every discipline in medicine and psychology. They can tell the clinician with precision whether a treatment works in that individual, which distinguishes from the information available from most other trial designs. They have the potential to revolutionize the way clinical medicine is practiced. Whether you are a busy clinician, a researcher or a student, this book provides everything you need to know about N-of-1 trials. Written and edited by some of the world’s leading experts on N-of-1 trials, the book presents state of the art knowledge about N-of-1 trials, with chapters on ethics, statistics, health economics, design, analysis and reporting, and more. Full of examples and well illustrated, it is a comprehensive compendium of issues surrounding the design, conduct, interpretation and implementation of N-of-1 trials in a health system.

This book explores the stigma of addiction and discusses ways to improve negative attitudes for better health outcomes. Written by experts in the field of addiction, the text takes a reader-friendly
approach to the essentials of addiction stigma across settings and demographics. The authors reveal the challenges patients face in the spaces that should be the safest, including the home, the workplace, the justice system, and even the clinical community. The text aims to deliver tools to professionals who work with individuals with substance use disorders and lay persons seeking to combat stigma and promote recovery. The Stigma of Addiction is an excellent resource for psychiatrists, addiction medicine specialists, students across specialties, researchers, public health officials, and individuals with substance use disorders and their families.

A study of the theory and practice of public relations on the Internet. It offers comprehensive advice on every aspect from understanding the difference between real world and virtual publics to PR tricks and techniques that attract new customers and keep the old ones coming back. It features well-known cases and quotes from the founders of successful Web sites.

Headlines are filled with tragic stories of senseless murders and suicides that have resulted from child and teen bullying. As social networking and technology add to the ways that kids can be bullied, parents feel powerless against this insidious force that compels even "good" kids to participate in or enable bullying in schools, in extracurricular activities, online, and at home. The Essential Guide to Bullying brings together the wisdom and experience of two people who have witnessed bullying's causes and tragic effects. School social worker Cindy Miller teams with Cynthia Lowen, the co-creator of Bully, to arm parents and teachers with the knowledge they need to: - Understand the societal and human forces that are causing bullying to escalate - Discover who is most at risk for being bullied, being a bully, or not helping a bullying victim - Target-proof their kids and teach them coping skills - Identify even the most covert bullying situations - Infiltrate the world of cyberbullying and head off its disastrous effects - Intervene to stop a bullying situation - Know what legal recourse they have to back up other anti-bullying efforts.

Featuring seven hundred entries on more than 170 subjects, this comprehensive guide to collectables on both sides of the Atlantic combs the museums and private collections of Europe and the U.S. for stunning images.

Treating the Trauma Survivor is a practical guide to assist mental health, health care, and social service providers in providing trauma-informed care. This resource provides essential information in order to understand the impacts of trauma by summarizing key literature in an
easily accessible and user-friendly format. Providers will be able to identify common pitfalls and avoid re-traumatizing survivors during interactions. Based on the authors’ extensive experience and interactions with trauma survivors, the book provides a trauma-informed framework and offers practical tools to enhance collaboration with survivors and promote a safer helping environment. Mental health providers in health care, community, and addictions settings as well as health care providers and community workers will find the framework and the practical suggestions in this book informative and useful.

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