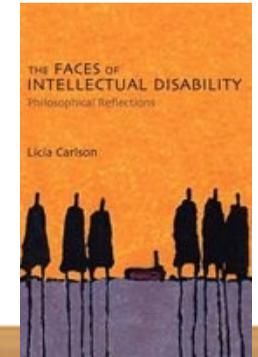
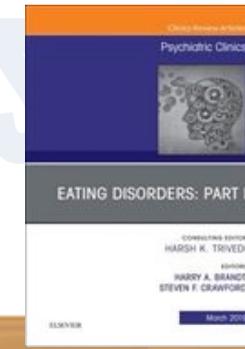
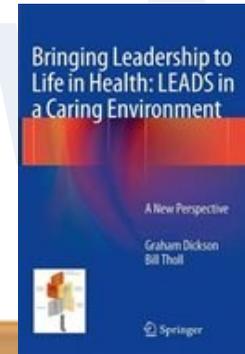
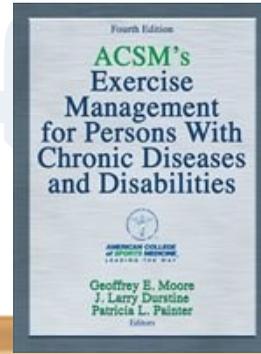
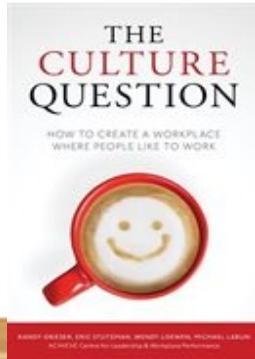
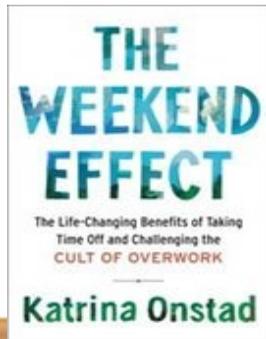


New Titles for August 2019



The Weekend Effect: The Life-Changing Benefits of Taking Time Off and Challenging the Cult of Overwork / Onstad

Katrina Onstad, herself suffering from Sunday-night letdown, digs into the history, the positive psychology and the cultural anthropology of the great missing weekend. She pushes back against the all-work, no-fun ethos and follows the trail of people, companies and countries who are vigilantly protecting their weekends for joy.

BF 575 O45 2017

The Culture Question: How to Create a Workplace Where People Like to work / Grieser

The authors of this book believe that people should be able to like where they work. When employees like the places they work, it's not only good for their mental health and well-being, it's also good for their organizations – both financially and otherwise. When a workplace culture is purposely created to be respectful and inspiring, employees are happier, more productive, and more engaged.

HD 58.7 G75 2019

ACSM's Exercise Management for Persons with Chronic Diseases and disabilities / ACSM

Developed by the American College of Sports Medicine (ACSM) with contributions from a specialized team of experts, this text presents a framework for optimizing patients' and clients' functionality by keeping them physically active. Featuring new content on common comorbid conditions, this edition is streamlined and updated to better suit chronic populations.

WB 541 A56 2016

Bringing Leadership to Life in Health: LEADS in a Caring Environment / Dickson

Globally, the health sector faces significant demands for reform and improvement to meet the needs of the 21st Century. To achieve that goal, highly sophisticated and capable leaders are required across all dimensions of the health system. This book describes the key challenges that demand reform, why better leadership is the source code for better system performance, and the issues that stand in the way of getting that leadership.

W 84 D52 2014

Eating Disorders: Part 1 An issue of Psychiatric Clinics of North America

Topics include: Diagnostic categories and criteria; Recent research on Anorexia Nervosa, Bulimia Nervosa, Binge Eating Disorder & ARFID; Psychological attributes of Eating Disorders, Genetics of Eating Disorders; Feeding & Eating Disorders in Children; The microbiome of Eating Disorders; Body image in the context of ED; The role of sociocultural factors in the etiology and more.

W3 .C6P7 v42 no1 2019

The Faces of Intellectual Disability: Philosophical Reflections / Carlson

Carlson presents the complex history of ideas about cognitive disability, the treatment of intellectually disabled people, and social and cultural reactions to them. Sensitive and clearly argued, this book offers new insights on recent trends in disability studies and philosophy.

WM 300 C28 2010



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