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In this galvanizing book for all educators, Kristin Souers and Pete Hall explore an urgent and growing issue--childhood trauma--and its profound effect on learning and teaching. Grounded in research and the authors' experience working with trauma-affected students and their teachers, *Fostering Resilient Learners* will help you cultivate a trauma-sensitive learning environment for students across all content areas, grade levels, and educational settings. The authors--a mental health therapist and a veteran principal--provide proven, reliable strategies to help you * Understand what trauma is and how it hinders the learning, motivation, and success of all students in the classroom. *

Build strong relationships and create a safe space to enable students to learn at high levels. * Adopt a strengths-based approach that leads you to recalibrate how you view destructive student behaviors and to perceive what students need to break negative cycles. * Head off frustration and burnout with essential self-care techniques that will help you and your students flourish. Each chapter also includes questions and exercises to encourage reflection and extension of the ideas in this book. As an educator, you face the impact of trauma in the classroom every day. Let this book be your guide to seeking solutions rather than dwelling on problems, to building relationships that allow students to grow, thrive, and--most assuredly--learn at high levels.

Gathers information and advice for parents of children with Asperger's syndrome, helping parents to respond positively to the challenge and find the joy in their child's way of being.

This updated edition of the bestselling *All Cats Have Asperger Syndrome* provides an engaging, gentle introduction to autism. All-new cats take a playful look at the world of autism, and these fun feline friends will strike a chord with all those who are familiar with typical autistic traits, bringing to life common characteristics such as sensory sensitivities, social issues and communication difficulties. Touching, humorous and insightful, this book evokes all the joys and challenges of being on the autism spectrum, leaving the reader with a sense of the dignity, individuality

and the potential of autistic people.

Fotoboek met korte toelichting waarin het gedrag van kinderen met ADHD wordt vergeleken met dat van honden.

In de praktijk van het sociaal werk doen zich dagelijks morele vraagstukken voor waarvoor pasklare antwoorden ontbreken. Professionals en organisaties zoeken samen naar manieren om tot verantwoorde en verantwoordbare morele oordelen te komen. Het Moresprudentieproject heeft aan dit zoekproces een bijdrage geleverd. Dit praktijkonderzoek is uitgevoerd binnen de onderzoekslijn Ethiekwerk van het lectoraat Innovatieve Maatschappelijke Dienstverlening van Hogeschool Utrecht. In het onderzoek participeerden meer dan 300 professionals (zoals maatschappelijk werkers, sociaalpedagogische hulpverleners, verpleegkundigen en geestelijk verzorgers, uit meer dan 20 organisaties) door samen met collega's op de werkvloer te reflecteren over morele vraagstukken. Dit boek is de neerslag van een zoektocht naar morele praktische wijsheid (moresprudentie). In de bijdragen worden uiteenlopende the-

ma's aangesneden, zoals identiteit, verantwoordelijkheid en emoties. Diverse perspectieven passeren de revue, van ouders en kinderen, van studenten en docenten. Verschillende invalshoeken komen aan bod, vooral een ethische, maar ook in samenhang met methodische en didactische, juridische en maatschappelijke aspecten. Het vertrekpunt voor de reflecties zijn morele vraagstukken van professionals in beroepspraktijk.

"From his decades of research and work with thousands of families, leading authority Russell A. Barkley knows how overwhelming the everyday challenges of ADHD can be. This unique book guides parents to help their child or teen thrive and keep their loving connection strong, even in hot-button situations. Dr. Barkley presents 12 key parenting principles that address the most common problems that ADHD poses, such as family conflicts, difficult behavior, school problems, out-of-control emotions, and parental stress. He shows how cultivating a mindset of acceptance and compassion--together with an understanding of the executive function

deficits of ADHD--gives parents powerful new tools for supporting their child's success. Concise, inspiring, and filled with quick-reference lists and tips, this is the perfect book for parents to read cover to cover or pick up any time they need extra support"--

Volledig herwerkte en geüpdatete versie van deze opvoedingsklassieker Vele tienduizenden ouders en leerkrachten hebben sinds het verschijnen van de eerste editie van Zit stil! dankbaar gebruik gemaakt van deze basisgids voor het omgaan met overbeweeglijke kinderen. Voor deze nieuwe editie werd het boek aangevuld met de recentste wetenschappelijke inzichten. Een onmisbare handleiding voor het opvoeden van kinderen met ADHD en ADD, met vele concrete adviezen en praktische tips.

Dit theorie- en praktijkboek geeft duidelijke en praktische uitleg over stress en burn-out en reikt oplossingen aan om hiermee in de praktijk om te gaan. Het bevat ook een bloemlezing van verrassende pareltjes van uitzonderlijke, nieuwe invalshoeken rond stress: Hoe kun je zelf met succes impact hebben op je stresssituatie? Welke prioriteiten

leg je het best bij stress? Hoe relatief is stress op het werk? Hoe zwaar is de invloed van privéstress? Wat is de band tussen stress en liefde? Hoe hoog is de stress bij en na een echtscheiding of na de dood van een geliefde partner of een kind? Hoeveel stress hebben gevangengezette misdadigers? Wat is de band tussen stress en mensenrechten en geweld? Wat is het gevolg van stress en burn-out in een bedrijf of organisatie? Wat is de band tussen stress en de essentie van waar geluk? In welke sectoren vinden we welke vormen van stress? Welke objectieve probleemcijfers kunnen we naast de stressoren leggen? Dit boek is bedoeld voor bedrijfsleiders, HR-verantwoordelijken, stressconsulenten en burn-outcoaches, en voor wie bedreigd wordt door stress of burn-out.

This fascinating new book addresses the most recent research and provocative findings on the use of pets in mental health therapy. The historical basis of using pets in therapy is reviewed, and numerous examples are provided of results incurred from prescribing pets to disabled, lonely, incarcerated, and institution-

alized individuals. The author provides convincing evidence of the therapeutic value of animals in making us happier, healthier, and more sociable. Although the terms human-animal bond and pet-facilitated therapy are relative newcomers to the scientific literature, the concepts they encompass have been with us for centuries. BACKCOVER COPY Research has shown that animals can promote humor, laughter, play, and a sense of importance in people. This fascinating book explores the provocative findings on the use of pets in mental health therapy. Although the terms human-animal bond and pet-facilitated therapy are relative newcomers to the scientific literature, the concepts they encompass have been with us for centuries. The historical basis of using pets in therapy is reviewed, and numerous examples show the astonishing results of prescribing pets to disabled, lonely, incarcerated, and institutionalized individuals. Odean Cusack, animal lover and writer, provides convincing evidence of the therapeutic value that animals have in making us happier, healthier, and more sociable.

Over 100,000 Copies Sold! Organizing books

fall short of addressing the unique needs of adults with ADD. They fail to understand the clinical picture of ADD and how it impacts the organizing process often making their advice irrelevant or frustrating when put into application. Books about ADD may address organization/disorganization but do so in a cursory fashion and on a very small scale in what are usually long books on the subject. This is a book that has ADD-Friendly advice with the ADDer in mind. This collaboration brings forth the best underlying understanding with the most effective and practical remedy from ADD experts in two important fields -- professional organization and clinical psychology. Finally, it offers organizing advice that ranges from self-help to utilizing the help of non-professionals, to using professional assistance. Thus it permits the reader to decide where they are at personally in the organizing process, and what level of support will be most beneficial to their unique situation.

A 28-year-old recluse with a unique allergy to physical contact with other people is forced to reenter the world after her mother's death, finding friendship with a 10-year-

old troubled boy and love with his adoptive father. Hal and Sidra Stone are the creators of "Voice Dialogue" process, a therapy that transforms the inner critic from crippling adversary to productive ally. The inner critic. It whispers, whines, and needles us into place. It checks our thoughts, controls our behavior, and inhibits action. It thinks it is protecting us from being disliked, hurt, or abandoned. Instead, the critical inner voice causes shame, anxiety, depression, exhaustion, and low-self-esteem. It acts as a powerful saboteur of our intimate relationships and is a major contributor to drug and alcohol abuse. Through examples and exercises, the Stones show us how to recognize the critic, how to avoid or minimize "critic attacks," and, most important, how the inner critic can become as intelligent, perceptive, and supportive partner in life.

Voor de ietwat ouderen onder ons doet de titel nogal vreemd aan. Een aantal glimlacht bij het lezen, een aantal schudden het hoofd meewarig om zoveel onbenul en de ietwat jongere lezers, opgegroeid met het nieuwe leren, knikken instemmend. Het is een

gevleugelde uitspraak van prof. Vastenhaeck zaliger. Mijn oude geschiedenisdocent gebruikte de uitspraak als we in al ons jeugdig temperament de jaartallen, koningen en keizers, belangrijke gebeurtenissen zoals zeeslagen, ondertekening van verdragen, oorlogen en andere gevechtsactiviteiten of andere min of meer belangrijke geschiedkundige feiten, met elkaar verwisselden zodat Napoleon en Julius Caesar wat ons betreft tijdgenoten waren. Prof. Vastenhaeck zaliger keek dan een beetje bozig naar de jonge geschiedenisdelinquent, zuchtte en debiteerde dan een beetje gedragen die voor mij onsterfelijke zin: Julius Caesar gezegd te Waterloo. De baldadige tijdverkrachter zocht dan radeloos in de spelonken van zijn geheugen naar de juiste man op de juiste plaats. De rest van de klas glimlachte en een aantal van mijn klasgenoten schudde meewarig het hoofd om zoveel onbenul. In de laatste jaren van mijn docenten carrière heb ik vast moeten stellen dat het met het Nederlandse geschiedenis- onderwijs vergaan is zoals met aardrijkskunde, biologie, natuurkunde, scheikunde, wiskunde en alle andere vakken, ze zijn `verGoo-

gled. Julius Ceasar, Napoleon, Karel de Grote, Auswich, Treblinka, de slag bij Nieuwpoort, VOC, zijn eigendom geworden van de krochten en bochten van het Google geheugen en zijn al lang geen parate kennis meer voor onze jeugd. Niemand staat nog verbaast te kijken als op de vraag: Noem drie landen aan de Middellandse Zee. het antwoord: Spanje, Italië en Denemarken wordt gegeven. De leerling haalt met dit antwoord nog twee van de drie punten, immers twee antwoorden waren goed gegokt. Hitler blijkt bij navraag voor sommige pubers een bondscoach van het Duitse nationale elftal te zijn geweest (wel een heeeel groot elftal dan) en dank zij Groen Linksig Femke kennen we de VOC alleen nog van de slavenhandel en niet meer als koene zeevaarders en handelslu die het begin van de Gouden Eeuw inleidden. Specerijen en kruiden, Amsterdam als wereldstad, Rembrandt, thee en koffie, een bloeiende en groteske zeevaartindustrie, worden niet meer verbonden met de VOC mentaliteit. Alleen de slavenhandel blijft over, wat trouwens in zijn tijds kader gezien de doodnormaalste zaak van de wereld was,

en waar vraag is komt vanzelf aanbod, toch? De Nederlandse nuchterheid is dank zij ` kennis heeft een halfwaardetijd van drie jaar overgegaan in een permanente staat van een soort van geestverruimende flow. Moderne charlatans als Jomanda en Emiel de ratelaar, honden-, katten-, parkieten- en paardenfluisteraars verdienen een goed belegde boterham aan de onnozele onwetendheid van de doorsnee Nederlander. Managers en Bestuurders kletsen graag uit de nek en presenteren zich als de alwetende, ondersteund door zwetsende adviseurs, HRM managers en andere krompratende nitwitten. De Nederlander gelooft het graag. Maatwerk, individueel onderwijs, i-padjes lessen, leren is niet nodig je kan alles opzoeken, rekenen is iets van vroeger, zweef zweef lieg lieg lieg lieg. De Nederlander gelooft het graag voor het heil van hun prinsjes en prinsesjes, de tere kinderziel moet niet teveel geteisterd worden met dingen die ze later toch niet meer nodig hebben. Is het niet? Hoe kan een school ` maatwerk en ` individueel onderwijs propageren terwijl de klasengrootte stijgt naar de doorsnee klas van vorige eeuw, namelijk 32 leerlin-

gen? Elk weldenkend mens weet dat zoiets onmogelijk is. Hoe is het mogelijk dat er nog altijd mensen zijn die geloven dat ICT de docent kan vervangen? Waarom geloven er zo velen in de onfeilbaarheid van Google? Het kan alleen maar omdat de goegemeente het denken over onderwijs heeft overgelaten aan een stelletje charlatans die het Onderwijs in Nederland niet zien als een opstuwung in de vaart der vo

Live boldly as a woman with ADHD! This radical guide will show you how to cultivate your individual strengths, honor your neurodiversity, and learn to communicate with confidence and clarity. If you are a woman with attention deficit/hyperactivity disorder (ADHD), you've probably known—all your life—that you're different. As girls, we learn which behaviors, thinking, learning, and working styles are preferred, which are accepted and tolerated, and which are frowned upon. These preferences are communicated in innumerable ways—from media and books to our first-grade classroom to conversations with our classmates and parents. Over the course of a lifetime, women with ADHD learn through various channels

that the way they think, work, speak, relate, and act does not match up with the preferred way of being in the world. In short, they learn that difference is bad. And, since these women know that they are different, they learn that they are bad. It's time for a change. A Radical Guide for Women with ADHD is the first guided workbook for women with ADHD designed to break the cycle of negative self-talk and shame-based narratives that stem from the common and limiting belief that brain differences are character flaws. In this unique guide, you'll find a groundbreaking approach that blends traditional ADHD treatment with contemporary treatment methods, such as acceptance and commitment therapy (ACT), to help you untangle yourself from the beliefs that have kept you from reaching your potential in life. If you're ready to develop a strong, bold, and confident sense of self, embrace your unique brain-based differences, and cultivate your individual strengths, this step-by-step workbook will help guide the way. An enchanting, illustrated guide to the world's most magical places, from fairy tale forests to haunted

houses, from the author of Practical Magic. Magical Places is for armchair-voyagers and pilgrimage-makers alike. This beautiful volume will take readers on a charmed journey around the world, dipping into some of the most storied destinations in the farthest flung corners of the globe. With chapters like Places of Healing, Haunted Places, Magic in Nature, Fairy Tale Locales, The Past in the Present, and Ley Lines -- the arcing lines that traverse the planet, where magical phenomena frequently occur -- wanderlust is sure to be stoked for frequent travelers and the magic curious alike. With an eye towards the mystical, Magical Places will explore well-known sites like Stonehenge and Uluru, as well as lesser-known destinations like The Knucker Hole in England, Angkor Wat in Cambodia, the Fairy Glen on the Isle of Skye, and the pink lakes Retba in Senegal and Hillier in Australia. Many of these sites will be accompanied by sacred rituals, mystical incantations, and more inspired by the energy and history of these magical locations. Featuring beautiful illustrations with a smattering of lush, full-color photography, this book will entice read-

ers who long for adventure and enchantment in the world, who want to visit or at least learn about places where magic is real -- or once was.

How do adolescents with Asperger's Syndrome (AS) cope with sexual feelings and behaviour, and how do people with AS deal with intimacy and communication in sexual relationships? This guide provides practical advice on such issues as puberty, couples' therapy, and maintaining sexual boundaries.

Offers insights by a teenager with Asperger's syndrome into the difficulties of the disorder, including information on fascinations and obsessions, sensory perception, sleep, bullies, moral dilemmas, eating, and socializing.

A policeman on his first murder case A tattoo artist with a deadly secret And a twisted serial killer sharpening his blades to kill again... When Brighton tattoo artist Marni Mullins discovers a flayed body, newly-promoted DI Francis Sullivan needs her help. There's a serial killer at large, slicing tattoos from his victims' bodies while they're still alive. Marni knows the tattooing world like the back of her hand, but has her own reasons to distrust the police.

So when she identifies the killer's next target, will she tell Sullivan or go after the Tattoo Thief alone? Liam Creed lijkt een hopeloos geval. Hij is al zo vaak van school gestuurd dat hij de tel kwijt is. Zijn uitbarstingen brengen hem in grote problemen. Zijn ouders zijn de wanhoop nabij. En dat allemaal omdat hij geboren is met een onvermogen om stil te zitten en zich te concentreren: hij heeft ADHD. Zijn leven lijkt gedoemd te mislukken, tot hij in het kader van een speciaal programma voor kinderen met ADHD een hulphond mag opleiden. De hond heet Aero en doet Liam aan zichzelf denken. Hij moet de hond trainen, maar eigenlijk traint de hond hem ook. De jonge enthousiaste labrador is een voorbeeld voor Liam. Liam bewondert zijn energie, zijn onstuimigheid, zijn nieuwsgierigheid, zijn ontdekkingstocht en zijn vermogen om nieuwe dingen te leren. Ze maken Liam trots. Trots op de jonge hond en uiteindelijk ook op zichzelf.

Red is finally old enough to go into the city on her own. One day, she sets off with her trusty dog Woody to take a cake to Grandma, but the city makes Red feel hungry and she eats the cake. Determined

to find a new present for Grandma, Red journeys deeper into the city but she is consumed by a seemingly overwhelming amount of choice. Like all children, Red must find her own path and discover what matters the most. This stylish and beautiful book is the perfect gift.

All Cats Have Asperger Syndrome takes a playful look at Asperger Syndrome (AS), drawing inspiration from the feline world in a way that will strike a chord with all those who are familiar with AS. Delightful colour photographs of cats bring to life familiar characteristics such as sensitive hearing, scampering at the first sign of being stroked, and particular eating habits. Touching, humorous and insightful, this book evokes the difficulties and joys of raising a child who is different and leaves the reader with a sense of the dignity, individuality, and potential of people with AS. This engaging book is an ideal, gentle introduction to the world of AS. There is a great deal of truth in humour. If you have only just begun to discover why someone with Asperger's syndrome is different, this book will inform and

entertain you. The descriptions provide an accurate balance between the qualities and difficulties associated with Asperger's syndrome, while the photographs will make the journey of discovery enjoyable and remarkable.' - Tony Attwood, author of Asperger's Syndrome and The Complete Guide to Asperger's Syndrome

Illustrated in full colour throughout, these funny stories are about the important things in life - like food, family and fleas. Wolf and Dog are cousins. Wolf is wild and Dog is tame. Wolf lives in a forest on top of a hill. Dog doesn't. Dog has a basket. And a boss.

This book explains the ethical and conceptual tensions in the use of psychopathy in different countries, including America, Canada, the UK, Croatia, Australia, and New Zealand. It offers an extensive critical analysis of how psychopathy functions within institutional and social contexts. Inside, readers will find innovative interdisciplinary analysis, written by leading international experts. The chapters explore how different countries have used this diagnosis. A central concern is whether psychopathy is a mental disorder, and this has a

bearing upon whether it should be used. The book's case studies will help readers understand the problems associated with psychopathy. Academics and students working in the philosophy of psychiatry, bioethics, and moral psychology will find it a valuable resource. In addition, it will also appeal to mental health professionals working in forensic settings, psychologists with an interest in the ethical implications of the use of psychopathy as a construct and particularly those with a research interest in it.

Dit boek geeft professionals in de geestelijke gezondheidszorg gereedschap om de zorg voor baby's, jongeren en ouders op zo'n manier te verbeteren dat ze bijdraagt aan het voorkomen van psychische aandoeningen. Op welke manier leiden onze stressvolle samenleving en het ontbreken van een gedeelde opvoedideologie tot het ontstaan van psychische aandoeningen? Het bevorderen van psychologische, psychomotorische en psychofysiologische stevigheid kan alleen bereikt worden als er vanaf de conceptie of misschien zelfs al daarvoor wordt ingezet op preventie. Preventie psychische aandoeningen

begint daarom bij het moment waarop in de intieme relatie de wens opkomt een kind te krijgen. Alle ontwikkelingsstappen die hierna volgen worden aan de hand van wetenschappelijk onderzoek, theorievorming en klinische praktijkervaring onder de loep genomen. Hulpverleners worden voorzien van praktische handvatten en tips om een nieuwe werkwijze toe te passen in de praktijk. Prof. Dr. Jan Derksen (1953) studeerde journalistiek, psychologie, sociologie, filosofie en psychofarmacologie. Hij doceert psychodiagnostiek aan de Radboud Universiteit en is hoogleraar aan de Vrije Universiteit van Brussel. Hier doceert hij psychodynamische psychotherapie. Ook leidt hij GZ-psychologen, psychotherapeuten en klinisch psychologen op in psychodiagnostiek, kortdurende psychodynamische psychotherapie en psychofarmacologie. Daarnaast is hij 40 jaar praktiserend klinisch psycholoog.

It is July 1945, Hitler's Third Reich has fallen, and Berlin is in ruins. Living on the edge of survival in the cellar of an abandoned hospital, Otto and his ragtag gang of kids have banded together in the

desperate, bombed-out city. The war may be over, but danger lurks in the shadows of the wreckage as Otto and his friends find themselves caught between invading armies, ruthless rival gangs and a strange Nazi war criminal who stalks them ... A climactic story of truth, friendship and survival against the odds, *Wolf Children* will thrill readers of Michael Morpurgo and John Boyne.

Longlisted for the Man Booker International Prize 2017 A New York Times Top 10 Best Book of the Year An Economist Best Book of the Year The life of Urbain Martien—artist, soldier, survivor of World War I—lies contained in two notebooks he left behind when he died in 1981. In *War and Turpentine*, his grandson, a writer, retells his grandfather's story, the notebooks providing a key to the locked chambers of Urbain's memory. With vivid detail, the grandson recounts a whole life: Urbain as the child of a lowly church painter, retouching his father's work; dodging death in a foundry; fighting in the war that altered the course of history; marrying the sister of the woman he truly loved; being haunted by an ever-present reminder of the artist

he had hoped to be and the soldier he was forced to become. Wrestling with this tale, the grandson straddles past and present, searching for a way to understand his own part in both. As artfully rendered as a Renaissance fresco, *War and Turpentine* paints an extraordinary portrait of one man's life and reveals how that life echoed down through the generations. (With black-and-white illustrations throughout)

This delightful revised edition of *All Dogs Have ADHD* takes an inspiring and affectionate look at Attention Deficit Hyperactivity Disorder (ADHD). With all-new images from the canine world, it explores a variety of traits that will be instantly recognisable to those who are familiar with ADHD. Charming colour photographs of dogs bring to life familiar ADHD characteristics such as being restless and excitable, getting easily distracted, and acting on impulse. It combines humour with understanding to reflect the difficulties and joys of raising a child with ADHD and celebrates what it means to be considered 'different'.

Mentalization-based child therapy, previously known as developmental therapy, is the latest branch on

the psychoanalytic tree of knowledge. It comprises a number of techniques that address deficiencies in specific areas of psychological development. It aims to treat children whose development has come to a standstill. A combination of data from psychoanalysis, infant research, attachment research, and neurobiology was of decisive significance in reaching this point. It is becoming clear that neurobiological processes can be understood very well on the basis of psychoanalytic frameworks. These new insights into people's mental functioning also serve to foster collaboration, resulting in an integration of the more relationship-oriented and the more competence-oriented treatments. This book aims to fill a growing need in mental health care for children and young people to receive an integrated treatment.

#1 NEW YORK TIMES BESTSELLER Our earliest experiences shape our lives far down the road, and *What Happened to You?* provides powerful scientific and emotional insights into the behavioral patterns so many of us struggle to understand. "Through this lens we can

build a renewed sense of personal self-worth and ultimately recalibrate our responses to circumstances, situations, and relationships. It is, in other words, the key to reshaping our very lives."—Oprah Winfrey This book is going to change the way you see your life. Have you ever wondered "Why did I do that?" or "Why can't I just control my behavior?" Others may judge our reactions and think, "What's wrong with that person?" When questioning our emotions, it's easy to place the blame on ourselves; holding ourselves and those around us to an impossible standard. It's time we started asking a different question. Through deeply personal conversations, Oprah Winfrey and renowned brain and trauma expert Dr. Bruce Perry offer a groundbreaking and profound shift from asking "What's wrong with you?" to "What happened to you?" Here, Winfrey shares stories from her own past, understanding through experience the vulnerability that comes from facing trauma and adversity at a young age. In conversation throughout the book, she and Dr. Perry focus on understanding people, behavior, and ourselves. It's a subtle but profound shift

in our approach to trauma, and it's one that allows us to understand our pasts in order to clear a path to our future—opening the door to resilience and healing in a proven, powerful way.

Hospice and Palliative Care for Companion Animals: Principles and Practice offers the first comprehensive reference to veterinary hospice and palliative care, with practical guidance and best practices for caring for sick and dying animals. Presents the first thorough resource to providing veterinary hospice and palliative care Offers practical guidance and best practices for caring for sick and dying animals Provides an interdisciplinary team approach, from a variety of different perspectives Gives concrete advice for easing pets more gently through their final stage of life Includes access to a companion website with client education handouts to use in practice

Ellis loves popcorn. Who doesn't? But one day her school goes on a healthy eating campaign and her dad's decide to follow suit, banning all snack foods from their house, INCLUDING POPCORN. Unfair. Ellis has got to get around that edict, so one night she

pops a bag of popcorn out back in the garage...and she's met with more than just her favorite salty snack. One kernel refuses to pop, and soon it's sprouted a face, arms, and legs! He introduces himself as Popcorn Bob, and he is NOT in a good mood. (Ever, really.) He's absolutely ravenous, and no amount of food keeps him from being hangry. Bob causes no end of chaos for Ellis, and she decides to rid herself of him once and for all, except...she actually starts to like him. A chapter book for all ages, Popcorn Bob is a laugh-out-loud story about the power of friendship, and a perfect bowl of popcorn.

Iconic couples' therapist and bestselling author of *Mating in Captivity* Esther Perel returns with a provocative look at relationships through the lens of infidelity. An affair: it can rob a couple of their relationship, their happiness, their very identity. And yet, this extremely common human experience is so poorly understood. What are we to make of this time-honored taboo—universally forbidden yet universally practiced? Why do people cheat—even those in happy marriages? Why does an affair hurt so much?

When we say infidelity, what exactly do we mean? Do our romantic expectations of marriage set us up for betrayal? Is there such a thing as an affair-proof marriage? Is it possible to love more than one person at once? Can an affair ever help a marriage? Perel weaves real-life case stories with incisive psychological and cultural analysis in this fast-paced and compelling book. For the past ten years, Perel has traveled the globe and worked with hundreds of couples who have grappled with infidelity. Betrayal hurts, she writes, but it can be healed. An affair can even be the doorway to a new marriage—with the same person. With the right approach, couples can grow and learn from these tumultuous experiences, together or apart. Affairs, she argues, have a lot to teach us about modern relationships—what we expect, what we think we want, and what we feel entitled to. They offer a unique window into our personal and cultural attitudes about love, lust, and commitment. Through examining illicit love from multiple angles, Perel invites readers into an honest, enlightened, and entertaining exploration of modern marriage

in its many variations. Fiercely intelligent, *The State of Affairs* provides a daring framework for understanding the intricacies of love and desire. As Perel observes, "Love is messy; infidelity more so. But it is also a window, like no other, into the crevices of the human heart."

New from the creators of *Captain Underpants*, it's *Dog Man*, the crime-biting canine who is part dog, part man, and ALL COP! George and Harold have created a new hero who digs into deception, claws after crooks, and rolls over robbers. When Greg the police dog and his cop companion are injured on the job, a life-saving surgery changes the course of history, and *Dog Man* is born. With the head of a dog and the body of a human, this heroic hound has a real nose for justice. But can he resist the call of the wild to answer the call of duty? This new series from Dav Pilkey may use conventional spelling but it is still full of all the same humour and fun of George and Harold's previous graphic novels!

Despite its inherent joys, the challenges of parenting can produce considerable stress. These chal-

lenges multiply—and the quality of parenting suffers—when a parent or child has mental health issues, or when parents are in conflict. Even under optimal circumstances, the constant changes as children develop can tax parents' inner resources, often undoing the best intentions and parenting courses. *Mindful Parenting: A Guide for Mental Health Practitioners* offers an evidence-based, eight week structured mindfulness training program for parents with lasting benefits for parents and their children. Designed for use in mental health contexts, its methods are effective whether parents or children have behavioral or emotional issues. The program's eight sessions focus on mindfulness-oriented skills for parents, such as responding to (as opposed to reacting to) parenting stress, handling conflict with children or partners, fostering empathy, and setting limits. The book dovetails with other clinical mindfulness approaches, and is written clearly and accessibly so that professionals can learn the material easily and impart it to clients. Featured in the text: Detailed theoretical, clinical, and empirical foundations of the program. The com-

plete *Mindful Parenting* manual with guidelines for eight sessions and a follow-up. Handouts and assignments for each session. Findings from clinical trials of the *Mindful Parenting* program. Perspectives from parents who have finished the course. Its clinical focus and empirical support make *Mindful Parenting* an invaluable tool for practitioners and clinicians in child, school, and family psychology, psychotherapy/counseling, psychiatry, social work, and developmental psychology.

Handreiking aan leerkrachten in het basisonderwijs om aan leerlingen met psychische en gedragsproblemen passend onderwijs te bieden.

"Have you ever wondered how a sheepdog, police horse, leopard or octopus is trained? Carrots and sticks brings behavioural science to life, explaining animal training techniques in the language of learning theory."--Back cover.

This book is an interdisciplinary collection shedding light on human-animal relationships and interactions around the world. The book offers a predominantly empirical look at social and cultural practices

related to companion animals in Mexico, Poland, the Netherlands, Japan, China and Taiwan, Vietnam, USA, and Turkey among others. It focuses on how dogs, cats, rabbits and members of other species are perceived and treated in various cultures, highlighting commonalities and differences between them.

Yoga: Critical Alignment is an innovative, illustrated guide to new practices that release the tension held in the body to create a new balanced alignment. In yoga, even seasoned practitioners have the habit of working the body from the surface layers of muscle. The muscles are linked to will power and discipline, and working hard on the mat can create unhealthy strain in the body. Author Gert van Leeuwen teaches his unique sequences of standing postures, inversions, forward bends, backbends, twists, and pranayama to get you to optimal alignment and ease. Each thoughtfully sequenced practice is meticulously illustrated so that you can keep this book at your side while you practice. Core topics include: • The role of the skeleton in movement chains and sequences • How to enhance the body's mobility

and deepen body awareness • Cultivating a meditation and pranayama practice • Instructions and

refinement: inversions, standing postures, forward bends, backbends,

twists, seated postures • Planning lessons for a home practice or a studio environment