

The Self Care Revolution

Self-careDe ultieme gids om goed voor jezelf te zorgenSpectrum

"Dychtwald and Morison offer a brilliant and convincing perspective: an essential re-think of what 'aging' and 'retirement' mean today and an invitation to help mobilize the best in the tidal wave of Boomer Third Agers." —Daniel Goleman, PhD, Author, Emotional Intelligence: Why It Can Matter More Than IQ Throughout 99 percent of human history, life expectancy at birth was less than 18 years. Few people had a chance to age. Today, thanks to extraordinary medical, demographic, and economic shifts, most of us expect to live long lives. Consequently, the world is witnessing a powerful new version of retirement, driven by the power and needs of the Baby Boomer generation. Consumers over age 50 account for more than half of all spending and control more than 70% of our total net worth – yet are largely ignored by youth-focused marketers. How will work, family, and retirement be transformed to accommodate two billion people over the age of 60 worldwide? In the coming years, we'll see explosive business growth fueled by this unprecedented longevity revolution. What Retirees Want presents the culmination of 30 years of research by world-famous "Age Wave" expert Ken Dychtwald, Ph.D., and author and consultant Robert Morison. It explains how the aging of the Baby Boomers will forever change our lives, businesses, government programs, and the consumer marketplace. This exciting new stage of life, the "Third Age," poses daunting questions: What will "old" look like in the years ahead? With continued advances in longevity, all of the traditional life-stage markers and boundaries will need to be adjusted. What new products and services will boom as a result of this

coming longevity revolution? What unconscious ageist marketing practices are hurting people – and business growth? Will the majority of elder boomers outlive their pensions and retirement savings and how can this financial disaster be prevented? What incredible new technologies of medicine, life extension, and human enhancement await us in the near future? What purposeful new roles can we create for elder boomers so that the aging nations of the Americas, Europe, and Asia capitalize on the upsides of aging? Which pioneering organizations and companies worldwide have created marketing strategies and programs that resonate with the quirky and demanding Boomer generation? In this entertaining, thought-provoking, and wide-ranging book, Dychtwald and Morison explain how individuals, businesses, non-profits, and governments can best prepare for a new era – where the needs and demands of the "Third Age" will set the lifestyle, health, social, marketplace, and political priorities of generations to come.

The 'Insider Guides to Success in Academia' offers support and practical advice to doctoral students and early-career researchers. Covering the topics that really matter, but which often get overlooked, this indispensable series provides practical and realistic guidance to address many of the needs and challenges of trying to operate, and remain, in academia. These neat pocket guides fill specific and significant gaps in current literature. Each book offers insider perspectives on the often implicit rules of the game - the things you need to know but usually aren't told by institutional postgraduate support, researcher development units, or supervisors - and will address a practical topic that is key to career progression. They are essential reading for doctoral students, early-career researchers, supervisors, mentors, or anyone looking to launch or maintain their career in academia. Reframing and Rethinking Collaboration in Higher Education and Beyond

delves deep into a Taxonomy of Collaboration underpinned by mindful choices – being present, aware, non-judgemental, curious and open – while also considering your and others’ strengths. In looking at how higher degree research students and early career researchers can approach collaboration, this book unpacks what collaboration is and points to the specific knowledge, skills, and abilities associated with achieving collaborative advantage. Covering a range of issues in a variety of contexts, this book: Helps you understand the meaning and value of working collaboratively. Prepares you for success in collaborative academic and postgraduate career activities. Invites you to use models, including the Taxonomy of Collaboration, to plan your collaborative projects. Explains options for different situations through realistic examples of commonly experienced collaborative issues or problems. Encourages you to think about collaboration from a strengths-based approach. Offers practical strategies for you can use to plan, organise and participate in collaborative activities, including ways to deal with problems and resolve conflicts. Full of practical tips, case studies, real life situations and lived experiences, this book offers strategies that can be used in online or hybrid collaborations and is ideal reading for anyone interested in finding out how to make collaborative practice work for them. Use trauma-informed strategies to give students the skills and support they need to succeed in school and life Nearly half of all children have been exposed to at least one adverse childhood experience (ACE), such as poverty, divorce, neglect, substance abuse, or parent incarceration. This workbook-style resource shows K-12 educators how to integrate trauma-informed strategies into daily instructional practice through expanded focus on: The experiences and challenges of students impacted by ACEs, including suicidal tendencies, cyberbullying, and drugs Behavior as a form of

communication and how to explicitly teach new behaviors
How to mitigate trauma and build innate resiliency

'A beautiful and important book that is both deeply engaging and usefully practical. I loved it.' CATHY RENTZENBRINK

'An insightful and well-timed book ... forces us to confront the stereotypes - and prejudices - we hold.' SUNDAY TIMES

'profoundly important...full of wisdom and bright insights on what it really means to love someone, by a fearless and generous writer. ' CLOVER STROUD 'A beautiful and timely reminder that each and every one of us has the ability to care, the capacity for empathy, and the potential to grow.'

ANDY PUDDICOMBE, FOUNDER OF HEADSPACE 'A wonderful book: compassionate, honest, carefully-reasoned and genuinely helpful... This will benefit many people.'

KATHERINE MAY, author of WINTERING 'An invaluable tool for any invisible carers or anyone who wants to learn how to better support their loved ones... we ALL have many, many things to learn from Penny's beautiful, wise, charming, thoughtful words' SCARLETT CURTIS, Sunday Times

bestselling author 'Moving and beautifully written, nuanced and wise, alert to every paradox at the heart of love. A hugely important book not only for current or future carers, but anyone learning to accept that life tends to resist our control.'

OLIVIA SUDJIC, author of EXPOSURE 'Tender captures the powerful capacity of people to care for others, and all the heartbreaking and heartwarming complexity that this involves. Penny brings the crucial, yet often overlooked, role of caring into our collective consciousness and, in doing so, demonstrates what it means to be human.'

-DR EMMA HEPBURN, author of A TOOLKIT FOR MODERN LIFE

'Penny Wincer's TENDER manages to combine both unromanticised honesty about the realities of care with a genuine uplifting hopefulness... is a must-read.'

RUTH WHIPPMAN, author of THE PURSUIT OF HAPPINESS We

are all likely - at some point in our lives - to face the prospect of caring for another, whether it's a parent, child or partner. It is estimated that there are 7 million people in the UK caring for loved ones. And yet these are the unpaid, unsung people whose number is rising all the time. In *Tender: the imperfect art of caring*, Penny Wincer combines her own experiences as a carer with the experiences of others to offer real and transformative tools and insights for navigating a situation that many of us are either facing or will face at some time. Penny Wincer has twice been a carer: first to her mother, and now as a single parent to her autistic son. *Tender* shows how looking after oneself is a fundamental part of caring for another, and describes the qualities that we can look to cultivate in ourselves through what may otherwise feel to be an exhausting task. Weaving her lived experience with research into resilience, perfectionism and self-compassion, Penny combines the stories of other carers alongside those who receive support - offering an often surprising and hopeful perspective. Penny hosts a podcast *Not Too Busy To Write*. In *Self-care for Tough Times*, Suzy Reading shows the reader how to be their own safe place during periods of stress, grief, loss or change. A gentle yet powerful process is included for developing a self-care toolkit to call on during difficult periods, such as relationship breakdown, illness or death in the family, financial strain or simply feeling completely exhausted by life. * It addresses many of the rising mental-health issues, such as anxiety, depression and burnout, and includes practices to promote resilience, self-worth and self-compassion. * It addresses how stress and emotional trauma are held in the body, and how these may be gently released through touch, movement and breath. There are three main parts to the book with self-care practices tailored to each: *Stress & overwhelm*, *Grief & loss*, *Change & transition*. The practices included are designed to promote healing and hope, and many are

designed to be quick and easy for times when the reader feels exhausted or vulnerable.

In *Good Vibes, Good Life* beschrijft Vex King hoe je de kracht van positiviteit kunt benutten. Laat je inspireren tot een mooier en zinvoller leven. In *Good Vibes, Good Life* beschrijft Vex King hoe je de kracht van positiviteit kunt benutten. Hoe kun je echt van jezelf houden? Kun je negatieve emoties omzetten in positieve? Is het mogelijk om blijvend gelukkig te worden? Wat is je doel in het leven en hoe vind je dat? Vex King, die veel tegenspoed in zijn eigen leven overwon, inspireert met zijn antwoorden een volgende generatie spirituele zoekers. Hij helpt de lezer een leven te creëren om van te houden. Dit alles op een manier die eenvoudig te volgen, nuchter en herkenbaar is.

In the context of multiple forms of global economic, social, and cultural oppression, along with intergenerational trauma, burnout, and public services retrenchment, this book offers a framework and set of inquiries and practices for social workers, activists, community organizers, counselors, and other helping professionals. Healing justice, a term that has emerged in social movements in the last decade, is taught as a practice of connecting to the whole self, what many are conditioned to ignore -- the body, mind-heart, spirit, community, and natural world. Drawing from the East-West modalities of mindfulness, yoga, and Ayurveda, the author introduces six capabilities -- mindfulness and compassion; critical thinking and curiosity; and effort and equanimity -- which can guide practitioners on a transformative and empowering journey that can ultimately make them and their colleagues more effective in their work. Using case studies, critical analysis, and skill sharing, self-care is presented as an act of resistance to disconnection, marginalization, and internalized oppression. Healing justice is a trauma-informed practice that empowers social practitioners to cultivate the

conditions that might allow them to feel more connected to themselves, their clients, colleagues, and communities. The book also engages critically with self-care practices, including investigation into the science of mindfulness, cultural appropriation, and the commodification of self-care. The message is clear that mindfulness-based practices are not a panacea for personal, inter-personal, or political problems. But, they can put practitioners in a more authentic and powerful place to work from, which is particularly important in a world where there is more connection to technology, ideologies, and people who share one's beliefs, and less connection to the natural world, people who are different, and the parts of oneself that one tends to reject. The book also offers suggestions for how to share self-care practices with community members who have less access to wellness. *Stand Tall Like a Mountain* is specifically designed to help parents empower their children to:

- Learn tools for dealing with everyday emotions
- Express how they are feeling
- Learn about their bodies and minds in easy-to-read and understandable language
- Develop tools for nourishment and coping with challenges
- Use easy and fun yoga poses to promote positive feelings

We teach our children how to brush their teeth and cross the road safely; this book is about broadening their toolkit to include emotional first aid. Suzy Reading introduces practices to encourage noticing emotions, feeling calm, expressing feelings, falling asleep more easily, coping with anger and feelings of anxiety and nurturing confidence and kindness. Children are natural masters of curiosity and mindfulness, so the learning is not a one-way street. The book encourages parents to observe and seek opportunities to learn from their children too.

Self-care is daily nourishment that gives us a fighting chance to minimize illness, fatigue, depression and anxiety. Central to the idea of self-care is the idea that taking care of yourself is

not selfish and offers essential ways to stress-proof your body and mind. In this beautiful little book, Suzy offers 30 self-care practices for the reader to choose from depending on what they need. Chapters include practices for: - Rest & relaxation

- Energy boosters - Mind management - Emotional first aid

Als je elke ochtend begint met het eten van een levende kikker, zal de rest van de dag 'een makkie' zijn (aldus Mark Twain). 'Eat that frog' laat zien hoe je die spreekwoordelijke kikker op kunt eten, oftewel hoe je moet beginnen met de taken waar je het minst zin in hebt. De taken die je voor je uitschuift blijken namelijk bijna zonder uitzondering de taken te zijn die de grootste, meest positieve impact op je leven zullen hebben. In deze klassieker over productiviteit legt Brian Tracy uit dat succesvolle mensen niet alles proberen te doen, maar focussen op de belangrijkste taken en zorgen dat die goed gedaan worden. Hij vertelt je hoe je voorkomt dat technologie je tijd domineert en geeft eenentwintig praktische en haalbare stappen die je helpen om te stoppen met uitstellen. En vandaag nog je leven te veranderen.

De wereld knoeit met onze geest. De mate van stress en angst neemt toe. Een snelle, gejaagde planeet zorgt voor een snel en gejaagd leven. We zijn meer verbonden, maar voelen ons steeds eenzamer. En we worden aangemoedigd om ons zorgen te maken over alles, van de wereldpolitiek tot onze BMI. Na jaren van depressie en paniekaanvallen, werd het voor Matt Haig tijd om stil te staan. Hij ging op zoek naar de link tussen wat hij voelde en de wereld om hem heen.

"Het is volle maan maar de zware bewolking en lichte regen belemmeren het zicht. De vuurtoren zwaait met vaste regelmaat haar licht over het trieste schouwspel. Het licht van mijn hoofdlamp gaat verloren in het donker. Langzaam begint het tot me door te dringen dat een stuk van mijn leven wordt

afgesloten". In "SoloMan" herbeleeft Jack van Ommen zijn ongelooflijk avontuur dat begon aan de Amerikaanse westkust en negen jaar later tot een voorlopig einde kwam in een wilde storm in de Middellandse Zee. Hij begon zijn droom in een negen meter zeilboot met \$150 op zijn bankrekening. Na 51 landen en 48.000 zeemijlen in het kielzog, komt er een abrupt einde aan zijn ontdekkingsreis. Hij verliest zijn boot en al zijn bezittingen. Dit is het verhaal van een levensveranderende ervaring op zee en hoe hij tegenslagen te boven komt met doorzetten, hoop en houvast in zijn geloof in God en mensheid. Jack van Ommen, Amsterdam 1937. Thuis haven: Gig Harbor, Washington, V.S. Eerdere uitgaves: "De Mastmakersdochters" 2012.

www.DeMastmakersdochters.nl Artikelen van Jack van Ommen verschijnen geregeld in Nederlandse en Amerikaanse tijdschriften. Website:

www.SoloMan.nl Blog: www.ComeToSea.us

The first edition of Skills for Midwifery Practice Australia and New Zealand edition builds on the success of the highly regarded Skills for Midwifery Practice by Ruth Johnson and Wendy Taylor, now in its fourth edition. Endorsed by the Australian College of Midwives, this text provides instruction and guidance on more than 100 clinical skills for midwifery students and midwives who wish to perfect their practice. Each clinical skill is presented logically

in a step-by-step format, providing a clear sequencing of information. Theory and evidence precedes each skill to thoroughly explain the underlying physiology of the scenarios encountered in midwifery practice. Woman-centred approach Structured to follow the logical progression from pregnancy through to labour and birth, and finally to postnatal care Australian and New Zealand guidelines, policies, standards, statistics, terminology and cultural considerations are included throughout Now includes an eBook with all print purchases

Compassie hebben met anderen, dat lukt meestal wel. Maar compassie hebben met jezelf is vaak een stuk moeilijker. Dat ontdekte psychologe en boeddhist Kristin Neff na haar pogingen om los te komen van de problematische relatie met haar vader. Steeds weer belandde ze bij verkeerde mannen en in relaties die haar niet gelukkig maakten, totdat ze beseftte dat ze pas liefde kon geven als ze zichzelf liefhad. Zelfcompassie gaat volgens Kristin Neff om drie dingen: begrip voor jezelf als je het moeilijk hebt, acceptatie dat lijden onvermijdelijk deel uitmaakt van het leven, en het onder ogen zien van je eigen emoties, zonder te oordelen.

Astrologer Stephanie Gailing offers a modern approach to the ancient healing art of astrology using foods, essential oils, flower essences, spa therapies, relaxation practices, and other healing

tools as they relate to each astrological sign. Along the way, he explores questions about the acquisition, control, and loss of political and economic power in a book that provides an essential perspective on the politics and law behind health policy in the United States."--BOOK JACKET.

Wij leugenaars (We were liars) van E. Lockhart is een onvergetelijk verhaal voor iedereen die genoten heeft van Een weeffout in onze sterren van John Green. Leugens, familiegeheimen en macht: niets is wat het lijkt in de wereld van de zeventienjarige Cadence. E. Lockhart schreef met Wij leugenaars een verpletterende roman voor jongeren en volwassenen. Wij zijn Sinclairs. Niemand komt iets tekort. Niemand heeft het ooit mis. We wonen - in de zomer tenminste - op een privé-eiland voor de kust van Massachusetts. Misschien is dat alles wat je hoeft te weten. Behalve dat sommigen van ons leugenaars zijn. Lees dit boek. En als iemand je vraagt hoe het eindigt, lieg.

‘Een gids voor iedereen over échte gezondheid van binnenuit.’ – Reese Witherspoon ‘Verstandig, slim en zeer wijs.’ – Sienna Miller ‘Self-care (goed voor jezelf zijn) kun je zien als een zelfgebouwde reddingsboot. Je wordt nog altijd heen en weer geslingerd door de golven, maar nu vanuit een veilige en stevige basis én je kunt anderen makkelijk een reddingsboei aanreiken.’ Self-care is het op alle fronten goed voor jezelf zorgen, zodat je gelukkiger in het leven staat. En als je gelukkig bent,

kun je veel meer voor de mensen om je heen betekenen. Over een breed scala aan onderwerpen – zoals jezelf accepteren, relaties, liefde, voeding, je huis inrichten, reizen en werk – geeft dit boek je in korte hoofdstukken inspiratie voor kleine veranderingen die je in je leven kunt aanbrengen, die een grote impact hebben.

A simple framework to help better your personal self care practice.

Winner of Self Development Book of the Year - The Business Book Awards MAKE SENSE OF YOU As a psychologist, Fiona Murden helps smart people to improve their performance. Through a series of insightful questions, she will seek out their strengths, limitations and motivations to decode what it is that really drives them and what environments they will thrive in. All while putting them at ease, so she can create their truest personality profile. By mapping out this process of self-reflection in this award winning book, she has enabled all of us to explore our own stories and to live life with confidence in who we are and in knowing what works best for us. Since its first publication, Defining You has been awarded both the Self Development Book of the Year and the Axiom Business Book Award. Using this series of expert tools, let Fiona help you to get to know yourself better, understand what really makes you tick, and reach your full potential in life and work. With chapters on The Story of You, Describing You, Developing You, Confidently You and Optimising You, this fully revised and updated second edition also includes: - A look at your emotional resilience - coping with challenges and setbacks is a key factor in managing

our daily lives and governing our decisions. - A more in-depth exploration of mental health and how it affects focus and high performance. - A fully revised chapter on sleep and stress relief. - An introduction of the 3 S's concept - Sleep, Self Awareness and Social Support. 'Puts the spotlight on your own journey, helping you find your way to a happier, more successful life' Kenny Wilson, CEO, Dr Martens 'Whoever you are, and whatever point you find yourself, here's a bespoke map for what happens next' Jon Hendry, CEO, Prezzo Ltd 'Highly recommended for anyone serious about understanding themselves and becoming the very best they can be' Jo Warmesley, HR Director, Waitrose Self-care is the future of preventative medicine - it is the nourishment that gives us a fighting chance to minimize illness, fatigue, depression and anxiety. The Self-Care Solution offers an essential program to stress-proof the body and mind, bringing us back from the brink of energetic bankruptcy. Based on the latest scientific research into the mind/body connection, psychologist, yoga teacher and personal trainer Suzy Reading has developed a 'vitality wheel' that offers a complete head, heart and body self-care toolkit. Ditch the exhausted, caffeine-driven, working frantically you and be your inspired, effective and vital self again.

'I love this book!' - Mandy Lehto, Psychologies Magazine What if it were possible to help ourselves thrive, rather than simply survive? The Self-Care Revolution is designed to help and restore your day-to-day energy reserves so that, rather than running on empty, you will have the strength and spirit to excel with whatever life

brings. Discover the Vitality Wheel - a complete body and mind Self-Care Toolkit that will boost your health, happiness and resourcefulness. 'An inspiring, intelligent, warm and friendly toolkit. One of those books that you'll remember forever.' - Nicola Elliott, founder of Neom Organics 'An essential bible of how to live your best life. I can't wait to begin using my Vitality Wheel.' - Anya Hayes 'With intimate knowledge of the ways in which we might be struggling, Suzy guides you to a place of innate self-care and kindness without ever overwhelming or over-promising. Inspired.' - Eminé Rushton, Psychologies Magazine Wellness Director

Brené Brown beschrijft in *De moed van imperfectie* hoe moed, compassie en verbondenheid een belangrijke plek in je leven kunnen krijgen. Op basis van haar jarenlange studie kwam ze tot tien stellingen over een `bezield leven : leven vanuit het gevoel dat je de moeite waard bent. Op haar eigen, eerlijke, warme en grappige manier moedigt ze de lezer aan om perfectionisme te laten varen, stress als leefstijl los te laten, te vertrouwen op intuïtie en creativiteit de ruimte te geven. Dit boek gaat over de levenslange reis van `Wat zullen anderen wel niet denken? naar `Ik ben goed genoeg . `Brené Brown pakt moedig alle duistere emoties aan die de weg naar een voller leven belemmeren. Lees dit boek en wordt aangestoken door haar moed.

Daniel H. Pink 'Mijn nieuwe Super Soulmate. Oprah Winfrey Brené Brown heeft de afgelopen twintig jaar onderzoek gedaan naar de emoties en ervaringen die betekenis geven aan ons leven, en werkte de afgelopen zeven jaar nauw samen met leiders en cultuurveranderaars over de

hele wereld. Ze ontdekte dat allerlei bedrijfstakken, van kleine start-ups tot Fortune 50-bedrijven, met dezelfde vraag worstelen: 'Hoe ontwikkelen we moediger leiders en hoe verankeren we moed en durf in onze bedrijfscultuur?' In dit nieuwe boek combineert Brené haar onderzoeksresultaten met persoonlijke verhalen en voorbeelden om deze vraag te beantwoorden. Durf te leiden gaat over echt leiderschap: vanuit het hart en vol moed.

Nurture self-expression, self-care and discovery with this beautiful guided journal, one day at a time Journaling is one of the best self-care practices - writing things down relieves stress, helps to process emotions and express feelings, clear the mind and improve sleep. We can also set our goals and ambitions in motion and check in with our commitments such as nourishing ourselves through food and movement. And Breathe... is a journal for all of your wellbeing goals, activities and reflections. Take a little time out for yourself to get to know your needs, your dreams and desires. Eight self-care themes are included for self-discovery. Prompts and practices are included, along with ways to encourage free and expansive self-expression and self-discovery. Sections include: What is Self-care? Journaling for Self-care Movement & Nutrition Values & Purpose Goal Setting Coping Skills for Tough Times

Degrowth is an emerging social movement that overlaps with proposals for systemic change such as anti-globalization and climate justice, commons and transition towns, basic income and Buen Vivir. Degrowth in Movement(s) reflects on the current situation of social

movements aiming at overcoming capitalism, industrialism and domination. The essays ask: What is the key idea of the respective movement? Who is active? What is the relation with the degrowth movement? What can the degrowth movement learn from these other movements and the other way around? Which common proposals, but also which contradictions, oppositions and tensions exist? And what alliances could be possible for broader systemic transformations? Corinna Bukhart, Matthias Schmelzer, and Nina Treu have curated an impressive demonstration that there are, beyond regressive neoliberalism and techno-fixes, emancipatory alternatives contributing to a good life for all. Degrowth in Movement(s) explores this mosaic for social-ecological transformation - an alliance strengthened by diversity.

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