

Trying Again A Guide To Pregnancy After Miscarriage Stillbirth And Infant Loss

First published in 2003. Routledge is an imprint of Taylor & Francis, an informa company.

Full of simple strategies for happiness in children and teens with autism, this book is a must read for anyone dedicated to the wellbeing of a child on the spectrum. Bringing a refreshingly positive approach to mental health and autism, the guide is full of practical ideas for helping children strengthen their self-worth, optimism and receptivity to happiness. It also reveals how children can build resilience and better understand their feelings, giving them the skills to flourish and thrive and to ward off negative thoughts. The activities are ideal for all learning levels and can be done individually or in groups, at home or in the classroom. Talking about mental health in autism is all too often reduced to ways of 'curing illness' - this book helps to prevent poor mental health by making happiness a priority and an attainable goal.

Your baby's growing up! The joys and challenges of parenting a toddler are many, and you may be wondering how best to prepare for this exciting time. The Mother of All Toddler Books provides the skinny on what it's really like to raise a toddler, giving you

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expert guidance in everything from discipline and nutritional needs to sleep problems and behavioral issues. Packed with parent-tested advice, money-saving tips, and medically reviewed answers to all your toddler health questions, this comprehensive, entertaining guide is a must-have for surviving and enjoying this exciting time in your child's life. Warm and down-to-earth, *The Mother of All Toddler Books* covers the good, the bad, and the ugly sides of parenting a toddler, offering a hefty dose of reassurance for everything from toddler-proofing your home to toilet training without stress to administering first aid. Inside, you'll find proven strategies for coping with whining, dawdling, and tantrums, as well as handy growth charts, immunization schedules, safety checklists, a directory of key parenting and pediatric health organizations, and a listing of Internet resources. Concise, authoritative, and fun to read, *The Mother of All Toddler Books* has everything you need to raise a happy, healthy child! Praise for *The Mother of All* series *The Mother of All Pregnancy Books* "The must-read pregnancy book! Ann Douglas has created the most comprehensive guide to pregnancy we've ever seen." -Denise & Alan Fields, authors of *Baby Bargains The Mother of All Baby Books* "With humor, sensitivity, an easy, no-jargon style, and a million 'extras' that the leading baby books on the shelves don't cover, Ann Douglas holds nothing

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back. Finally a baby book written for women of my generation!" -M. Sara Rosenthal, author of The Breastfeeding Sourcebook

The SSCP certification is the key to unlocking the upper ranks of security implementation at the world's most prestigious organizations. If you're serious about becoming a leading tactician at the front lines, the (ISC) Systems Security Certified Practitioner (SSCP) certification is an absolute necessity- demanded by cutting-edge companies worldwide

Pregnancy loss can leave us with many unanswered questions, and knowing where to find answers is not always clear. This book is for you if, like me, you've been affected by pregnancy loss – currently or in the past. You might have had an early or late miscarriage, molar pregnancy, ectopic pregnancy, or stillbirth – or you might be the partner of someone who has had one or more of these experiences. Alternatively, your friend or family member might be affected by pregnancy loss and you want ideas on how to comfort them. Or you might work in healthcare, for a charity, or be a therapist wishing to provide better pregnancy loss care. Here you'll find practical advice and self-care strategies to help you cope during or after pregnancy loss. Plus ideas that will enable you to make sense of what's happened – including explaining different ways you may feel; outlining what you can expect during and after your loss; how to navigate physical and mental health

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care (if appropriate); considering the choices you may need to make; and, if you want to, thinking about how to remember your baby. This book is designed to help you feel like you are not going through your loss alone. It is a reminder that we all react – and cope – in different ways; and respects diverse needs when it comes to getting information, support, and care. While it is not a replacement of healthcare or therapy, it signposts you to other sources of support that can assist you. With straightforward information, reflection exercises, self-help resources, and other people's stories about how they coped with loss, you should feel better able to understand what is happening to you and more confident about seeking additional help if needed. Written especially for parents who have lost a child, *Trying Again* provides facts to help determine whether you, or your partner, are emotionally ready for another pregnancy.

Miscarriage affects almost 1 million women in the United States every year. Yet each woman experiencing a pregnancy loss often feels alone and full of questions about the process and the aftermath. And today's health care system is simply not designed to shepherd a woman and her family through the loss with the information and understanding they need. A woman needs an experienced hand to help guide her through one of the most painful experiences of her life. Having

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experienced two miscarriages of her own, Dr. Kate's provides women and their families with the two things sorely missing from their experience: detailed answers to their questions about miscarriage, and support and guidance through the healing process. *Your Guide to Miscarriage and Pregnancy Loss; Hope and healing when you're no longer expecting* takes a woman through the journey of miscarriage diagnosis and treatment. It addresses all types of pregnancy loss—like ectopic and molar pregnancies, as well as ones that are often overlooked by the media and other books. Filled with accessible information, frequently asked questions and answers, and methods for coping with grief, the book empowers women undergoing pregnancy loss to take control over their experience. Written from the perspective of a medical professional who has cared for women having miscarriages for more than 20 years and a woman who has experienced two miscarriages herself, Dr. Kate's *Your Guide to Miscarriage and Pregnancy Loss; Hope and healing when you're no longer expecting* is an earnest conversation between doctor and reader that provides compassion and guidance, as well as hope for a woman's future pregnancy efforts.

From the author of Gillis Huckabee comes Sean Conway's powerful first collection of short stories. In *storySouth Magazine's Million Writer's Award-nominated "Scratch,"* a divorced man tries to control

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a raging breakout of poison ivy while his personal life erupts violently out of control. In "Ashes, Ashes" an unemployed laborer is unable to look forward, so consumed by his role in devastating events of the past. And in "January Thaw" a single mother struggles to let go of the life she once envisioned for the uncharted path of her present when her recently-widowed father moves in with her and her young son. Despite its title, *The Slowpoke's Guide to Getting It Right* is not, in fact, a guide. It is not a how-to book. If anything, these stories combine to form a how-not-to guide. Sean Conway's characters distract themselves from facing truths; they blame others for their own tragic decisions; they find themselves suddenly unprepared, face-to-face with life situations that they should have seen coming a mile away, but, like many of us, missed. Like many of us—perhaps even all of us—they're slowpokes.

This groundbreaking textbook and guide for library school students and librarians will help you—regardless of experience level or environment—learn the ins and outs of working with online databases, the best tactics for effective research online, and the methods for conveying these search skills to others. • Features discussions of databases by discipline, including social science, science, medicine, and humanities, covering both bibliographic and numerical databases • Provides readers with a toolkit of fundamental search skills to increase research effectiveness • Presents advice and techniques for both virtual and in-person teaching •

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Offers a companion website with additional information and exercises • Includes new "Additional Resources" sections for each database chapter, providing exposure to more database names and vendors, as well as a new section on discovery services

ZAAK GESLOTEN Iedereen in Little Kilton kent het verhaal: de knappe en populaire eindexamenscholiere Andie Bell werd door haar vriendje Sal Singh vermoord, waarna hij zelfmoord pleegde. Zelfs vijf jaar later ziet Pippa Fitz-Amobi nog de impact die de zaak op het dorp heeft gehad. Pip heeft zich altijd afgevraagd wat er nu precies is gebeurd. Wanneer ze de zaak kiest als onderwerp voor haar profielwerkstuk, komen er al snel geheimen boven die iemand liever verborgen had willen houden. Het lijkt wel alsof diegene haar tegenwerkt – zou de echte moordenaar nog leven? ‘Een cadeautje voor lezers die gek zijn op nagelbijtend spannende mysteries.’ – Kirkus Review

Bestselling author Bob Barnes shares the secrets to a vibrant and faith-filled life with readers of all ages. Drawing from his experience as a husband--married more than 57 years to Emilie Barnes--and a respected patriarch, businessman, author, and man of faith, Barnes provides brief, inspiring chapters about how to be young at heart by strengthening a heart for God let hope influence trials and daily routine live out devotion to God with discipline and commitment model compassion and generosity in practical ways build an influential foundation with humor and wisdom Readers will be encouraged by these life-transforming attitudes, actions, and priorities that will make an eternal impression on

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their quality of life and on those they love.

Finally, a no-worry, no-guilt guide to feeding your baby, toddler and preschooler. Featuring real world solutions, this reassuring and wisdom-packed guide gives you the lowdown on: getting your child off to a healthy start nutrition-wise introducing first foods the step-by-step, no-worry way making nutritious, great tasting baby food serving up toddler- and preschooler-friendly meals and snacks feeding vegetarian kids dining in and dining out: mom-proven mealtime strategies geared to each age and stage coping with picky eaters and nourishing sick kids nutrition tips, allergy alerts and other essential health and safety information setting the stage for happy mealtimes and how you can help your child to develop a healthy relationship with food Includes: timesaving cooking tips and recipes from kitchen-savvy moms nutrition charts to ensure you've got your baby's nutritional bases covered meal planners and shopping lists — even a convenient food label decoder organizations, websites and books every parent should know about

"Written especially for parents who have lost a child, Trying Again provides facts to help determine whether you, or your partner, are emotionally ready for another pregnancy."

Reassurance for parents who struggle with anger, guilt, and despair after a miscarriage, stillbirth, infant death. Your guide to the emotions of pregnancy and early motherhood, from two of America's top reproductive psychiatrists. When you are pregnant, you get plenty of advice about your growing body and developing baby.

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Yet so much about motherhood happens in your head. What everyone really wants to know: Is this normal? -Even after months of trying, is it normal to panic after finding out you're pregnant? -Is it normal not to feel love at first sight for your baby? -Is it normal to fight with your parents and partner? -Is it normal to feel like a breastfeeding failure? -Is it normal to be zonked by "mommy brain?" In *What No One Tells You*, two of America's top reproductive psychiatrists reassure you that the answer is yes. With thirty years of combined experience counseling new and expectant mothers, they provide a psychological and hormonal backstory to the complicated emotions that women experience, and show why it's natural for "matrescence"—the birth of a mother—to be as stressful and transformative a period as adolescence. Here, finally, is the first-ever practical guide to help new mothers feel less guilt and more self-esteem, less isolation and more kinship, less resentment and more intimacy, less exhaustion and more pleasure, and learn other tips to navigate the ups and downs of this exciting, demanding time

The second edition of *A Straightforward Guide to Writing Romantic Fiction* is intended to give the reader a firm grounding in the art of writing romantic fiction. The reader is given an insight into the art of creative writing and the book contains all the basic information needed to develop a successful career. *A Straightforward Guide to Writing Romantic Fiction* provides all the knowledge needed to approach this increasingly marketable area with confidence.

There was a time when every voyage contained an

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element of the unknown. Today, however, the world spreads out before us carefully mapped and plotted. One must credit explorers with this transformation. Readers will devour these tales of explorers who have pushed geographic and personal boundaries, leaving virtually no corner of the globe off limits.

TECHNOLOGY IS EVOLVING AT THE FASTEST RATE WE'VE EVER SEEN, BUT IT MAY BE THE SLOWEST RATE WE'LL EVER SEE AGAIN! What does this mean for the future of the human race? Do we resist these changes or embrace them? Australian biomedical engineer, inventor and visionary Dr Jordan Nguyen has lived a life of curiosity and wonder - exploring positive opportunities in science and technology, including robotics, artificial intelligence, bionics, extended reality and avatars. He believes that technology is a powerful tool that we as humans can choose to harness to create a better tomorrow. In *A Human's Guide to the Future*, Dr Jordan takes us on a journey through the exciting innovations being developed around the world, along the fun and imaginative rollercoaster of his own adventures, and to envisage where our collective future is headed. So get your undies on the outside of your pants and slap on your best cape, because we're hurtling towards a new era. A Superhuman Era!

This collection of essays from many of the world's pre-eminent drama education practitioners captures the challenges and struggles of teaching with honesty, humour, openness, and integrity. Collectively the authors possess some two hundred years of shared experience in the field, and each essay investigates the mistakes of

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best-intentions, the lack of awareness, and the omissions that pock all of our careers. The authors ask, and answer quite honestly, a series of difficult and reflexive questions: What obscured our understanding of our students' needs in a particular moment? What drove our professional expectations? And how has our practice changed as a result of those experiences? Modelled on reflective practice, this book will be an essential, everyday guide to the challenges of drama education. The (ISC) Systems Security Certified Practitioner (SSCP) certification is one of the most important credentials an information security practitioner can have. Having helped thousands of people around the world obtain this distinguished certification, the bestselling Official (ISC)2 Guide to the SSCP CBK has quickly become the book that many of

Everything you need to know to make housetraining easy and effective at any stage of your dog's life

The comprehensive pregnancy resource you can trust with medically reliable information and advice from obstetricians who are also moms. Drs. Yvonne Bohn, Allison Hill, and Alane Park are three top obstetricians who have personally welcomed more than 10,000 babies into the world. But they've been on the other side of the ultrasound too, experiencing the joys and anxieties of pregnancy and childbirth firsthand as mothers. Morning sickness, unexpected contractions, midnight feedings, even serious complications—they've been there! Now they share everything you need to know about this exciting, life-changing journey. Written in a clear and friendly style, The Mommy Docs' Ultimate Guide to

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Pregnancy and Birth offers the most up-to-date medical guidance. It's packed with real-life stories from new moms and practical tips straight from the Docs' office. From pre-conception to postpartum, you'll find answers to your most pressing questions, including: —Can birth control pills cause fertility problems? —When will I start showing? —Which prenatal tests do I really need? —Is my baby getting the right nutrition? —Is it true that I can't touch a cat, eat sushi, or color my hair for nine months? —If I get a cold, is it safe to take medication? —How do I create a birth plan? —What if I go into labor alone? —If I've had a cesarean delivery before, will I need to have one with my next pregnancy? —How can I make breastfeeding easier? This guide also includes chapters on diet and exercise, high-risk pregnancies, and the most often-repeated myths. Complete with illustrations of your baby's development, this book is your reassuring resource for a healthy and stress-free pregnancy.

They say babies don't come with instruction manuals, I tried to change this - this guide will be as close to one as you will get. It will answer questions that you hadn't even thought of. It focuses on conception to 3 years. They say babies don't come with instruction manuals, this guide will be as close to one as you will get It also has sections for you to record your journey and keep as a keepsake, making it an invaluable 2-in-1 complete guide/reference book, that you can keep referring to and a memory book, to keep forever. This book is in 2 parts this is part one. You will also need to purchase part two for the complete book (it is too large to publish as one book).

Have you ever tried something that didn't work? Did you

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give up, or did you give it another try? When things don't work, we can choose to learn and grow by Trying Again! It's all part of understanding My Feelings, My Choices. The Capstone Interactive edition comes with simultaneous access for every student in your school and includes read aloud audio recorded by professional voice over artists.

A helpful medical reference on conceiving and maintaining pregnancy from the Mayo Clinic, #1 on US News & World Report's 2020-2021 Best Hospitals Honor Roll. Deciding to start or build a family is a life-changing decision. Once the decision is made, there's a whole new set of unknowns—including whether the journey will be easy or difficult. How can you increase your chances of becoming pregnant? What health and lifestyle changes should you make to have a healthy pregnancy? And if you're struggling to become pregnant, what medical treatments are available? Where can you get emotional support if you can't get pregnant or if you've had a miscarriage? And when is enough? The fertility experts at Mayo Clinic offer answers to these questions and more. Through the pages of this book, they'll guide you through the process of trying for—and achieving—a successful pregnancy. You'll also hear throughout the book from couples and individuals who have struggled to have a family. For a variety of reasons—health conditions, unexplained infertility, or life circumstances—getting pregnant or deciding to have a family was difficult for them. These personal stories are to let you know that you're not alone in your journey, and to give you hope that with time and patience, pregnancy is often possible. From lifestyle and dietary recommendations to understanding your ovulatory cycle to medications and procedures that can improve fertility, this book is a comprehensive source of

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answers from “one of the most reliable, respected health resources that Americans have” (Publishers Weekly). Grandparents, with their greater life experience, will often realize?Xeven before the parents?Xthat a child is gifted, and that the child will need additional emotional and intellectual sustenance. Grandparents Guide to Gifted Children includes: ?XEarly signs of giftedness ?XSpecial needs of gifted children ?XAreas of concern ?XUnique roles of grandparents ?XBuilding a bond with a grandchild ?XMaximizing grandparenting ?XEducation plans ?XWhen a grandparent is the parent ?XLeaving a personal legacy

"Covering the latest and breaking news in Facebook advertising, this updated edition introduces revised, expanded, and new chapters covering fundamentals, Newsfeed ads, sidebar ads, and BIG data. In addition, advertisers are taken farther than just Facebook itself. Marshall and coauthors provide priceless insight into the audience, exploring what was happening before the visitor clicked on an ad and what needs to happen after - ten seconds later, ten minutes later, and in the following days and weeks. Presented in the same step-by-step format that made Marshall's Ultimate Guide to Google AdWords a top seller, this book guides online marketers with a potential audience of 1.11 billion people via a completely different, unbelievably powerful online advertising channel. Facebook presents enhanced tools and exciting opportunities to capture clicks and create brand-loyal customers"--

Finally, a no-worry, no-guilt guide to sleep. There's no such thing as a one-size-fits-all sleep solution. That's why Sleep Solutions for Your Baby, Toddler, and Preschooler provides you with the tools you need to come up with a customized sleep solution that takes into account your child's temperament, your parenting philosophies, and the rest of your life. You'll also get the lowdown on: the physical,

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emotional and relationship fallout of sleep deprivation — along with an action plan for minimizing these effects what the world's leading sleep researchers have identified as the best-odds sleep promotion strategies for babies, toddlers, and preschoolers the science behind each of the major sleep training methods — along with the inside scoop on the major pros and cons, according to parents who've tried them co-sleeping, partners in exile (in the spare bedroom), and other hot-button topics in the world of sleep sleep transitions: from co-sleeping to solo sleeping; from crib to bed; from napping to no more naps nightmares, night terrors, bedtime refusal, and too-early risers Includes checklists, charts, and sleep tools, including a handy sleep log sleep books, websites, and organizations that every parent should know about There is a wealth of health information on the Internet.

Today's students of health studies and all health care professionals must be able to use this valuable resource and extract from it what is most relevant and useful. In order for them to do this purposefully and skillfully, they need to have a thorough understanding of how the system works and have the ability to navigate their way around it with ease. This text offers a photocopiable resource for lecturers. It shows students: how to get online; how to navigate the Worldwide Web how to find health information on the Internet; how to communicate with other health professionals; how to access free health and medical resources; how to publish on the web; how to use online help with health studies assignments; and how to search for jobs. Each chapter contains easy-to-follow activities and photocopiable worksheets.

The sequel to "The mother of all pregnancy books." Contains chapters on preparing for the early weeks of parenthood, getting to know your new baby, coping with the most common new parent worries, and much more. 2001.

Whether you're an expectant parent or you're just thinking

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about it, this comprehensive guide features a nonbossy, fresh, and fun approach to the greatest adventure life has to offer. Based on the best advice from over 100 Canadian parents, this information is served up with a uniquely Canadian spin. Never one to shy away from the tough topics, Ann Douglas addresses the concerns that all parents have to consider when facing pregnancy. With over 225,000 ?Mother of All? books sold in Canada, Ann Douglas provides the inside scoop on what it?s really like to have a baby The straight goods on preparing your body for pregnancy Practical advice on how to increase your chances for conceiving quickly The top ten worries for each trimester -- with a hefty dose of reassurance A glossary of pregnancy -- and birth-related terms A sneak peek of life after baby This book is the manual for those looking for real-world advice to help them during all the stages of pregnancy, from conception to birth and all that can occur throughout!

A guide to expand and enhance the tools available to financial professionals to solve problems effectively, efficiently and to strengthen accounting controls. This is the result of an extensive effort to develop an innovative, highly practical approach to the task of improving financial management and cash flow.

Comforting and intimate, this “girlfriend” guide to getting pregnant gets to the heart of all the emotional issues around having children—biological pressure, in-law pressures, greater social pressures—to support women who are considering getting pregnant. Trying to get pregnant is enough to make any woman impatient. The Impatient Woman’s Guide to Getting Pregnant is a complete guide to the medical, psychological, social, and sexual aspects of getting pregnant, told in a funny, compassionate way, like talking to a good friend who’s been through it all. And in fact, Dr. Jean Twenge has been through it all—the mother of three young children,

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she started researching fertility when trying to conceive for the first time. A renowned sociologist and professor at San Diego State University, Dr. Twenge brought her research background to the huge amount of information—sometimes contradictory, frequently alarmist, and often discouraging—that she encountered online, from family and friends, and in books, and decided to go into the latest studies to find out the real story. The good news is: There is a lot less to worry about than you've been led to believe. Dr. Twenge gets to the heart of the emotional issues around getting pregnant, including how to prepare mentally and physically when thinking about conceiving; how to talk about it with family, friends, and your partner; and how to handle the great sadness of a miscarriage. Also covered is how to know when you're ovulating, when to have sex, timing your pregnancy, maximizing your chances of getting pregnant, how to tilt the odds toward having a boy or a girl, and the best prenatal diet. Trying to conceive often involves an enormous amount of emotion, from anxiety and disappointment to hope and joy. With comfort, humor, and straightforward advice, *The Impatient Woman's Guide to Getting Pregnant* is the bedside companion to help you through it.

The Mother of All Baby Books is the instruction manual that Mother Nature forgot to include with the new arrival — a hands-on guide to coping with the joys and challenges of caring for your new baby. It's a totally comprehensive guide that features a non-bossy, fresh, and fun approach to Baby's exciting first year. Based on the best advice from over 100 Canadian parents, *The Mother of All Baby Books* is the ultimate guide to bringing up Baby in the Great White North. *The Mother of All Baby Books* offers: the straight goods on what it's really like to become a parent a frank discussion of the top ten worries of new parents, presented with a hefty dose of reassurance the facts you need to make up your

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mind about breastfeeding, circumcision, immunization and other important issues comprehensive answers to all of your baby-related questions — including the ones that have you pacing the floor at 3:00 a.m.! medically reviewed, practical advice on coping with colic, diaper rash, nursing strikes, and other common first-year challenges insider secrets on shopping for baby without going broke a helpful glossary of baby-related terms a directory of Canadian organizations for new parents a list of Internet resources of interest to Canadian parents immunization schedules, baby growth charts, and more

What to expect. . . the first step. Answers to all your baby-making questions. Are there ways to improve our chances of having a girl (or boy)? Does stress affect fertility? Should we be having sex every day? Every other day? Three times a day? I'm 37. Does that mean I'll have a harder time getting pregnant? How long should we keep trying to conceive before we get some help? What fertility treatments are available—and how will we be able to pay for them? Expecting to expect? Plan ahead. Here's everything you need to know to help prepare for the healthiest possible pregnancy and the healthiest possible baby. Filled with practical tips, empathetic advice, and savvy strategies, all designed to help you get that baby of your dreams on board faster. How to get your body into the best baby-making shape. Which foods feed fertility. Which lifestyle habits to quit and which to cultivate. All about baby-making sex, from timing to positions to logistics—and how to keep it sexy. Figuring out your fertility (and his). When to seek fertility help, and the latest on tests, treatments, and reproductive technology. Expecting to become a dad? This book has you covered, too. Plus, all about the family-building options for single women and same-sex couples. Digital role-playing games such as Rift, Diablo III, and Kingdoms of Amalur: Reckoning help players develop skills in

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critical thinking, problem solving, digital literacy, and lifelong learning. The author examines both the benefits and the drawbacks of role-playing games and their application to real-world teaching techniques. Readers will learn how to incorporate games-based instruction into their own classes and workplace training, as well as approaches to redesigning curriculum and programs.

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