

The Silent Passage Revised And Updated Edition

The Silent Passage **The Silent Passage** New Passages **The Silent Passage** *The Silent Passage* **Passages** Understanding Men's Passages **Hillary's Choice** Middletown, America **Silent Spring** **New Passages** Estrogen, 3rd Edition **New Dimensions in Women's Health** *New Hope For People With Bipolar Disorder Revised 2nd Edition* **Sex and the Seasoned Woman** **Couple's Retirement Puzzle** **Sex and the Seasoned Woman** *The Testosterone Factor* **The Silent Spikes 50 & Fabulous** *The Complete Idiot's Guide to Interpreting Your Dreams* **The Body in Everyday Life** **In Her Own Time** Model Rules of Professional Conduct **Awakening at Midlife** **Living Life As If Thinking Matters** **Ray Bradbury** *The Human Odyssey* Positive Aging **The Silent Echo** **Our Health Our Lives** Two Views on Women in Ministry Managing Menopause Beautifully **The New Truth About Menopause** **Self-Help Books** **Holy Bible** **Human Behavior** **Social Environment** *Sacred Encounter* **Encyclopedia of Women's History in America** *I Never Knew I Had A Choice: Explorations in Personal Growth*

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Sex and the Seasoned Woman Aug 22 2021 A seasoned woman is spicy. She has been marinated in life experience. . . . She can be alternately sweet, tart, bubbly, mellow. She can be maternal and playful. Bossy and submissive. Strong and soft. . . . The seasoned woman knows who she is. She could be any one of us, as long as she is committed to living fully and passionately in the second half of life. In her most groundbreaking work since Passages and The Silent Passage, bestselling author Gail Sheehy reveals a hidden cultural phenomenon—increased vitality in women’s sex and love lives after fifty. Sex and the Seasoned Woman is the story of an intimate revolution taking place under our very noses. Boomer generation women in midlife are open to sex, love, dating, new dreams, exploring spirituality, and revitalizing their marriages as never before. This is a new universe of passionate, liberated women—married and single—who are unwilling to settle for the stereotypical roles of middle age and are now realizing they don’t have to. As life spans grow longer and as societal constraints continue to loosen, older women—once free of the exhausting demands of young children, needy husbands, and demanding careers—find themselves ready to pursue the passionate life. They embrace their “second adulthood” as a period of reawakening. Written in Sheehy’s singularly compelling style, combining interviews and research, this book gives voice to more than a hundred fascinating and colorful women. The inspiring stories tell of wives who reinvigorate their marriages after their children leave the nest as well as divorced, widowed, and long-single women who find new dreams and new loves. Sheehy delineates a crucial link between cultivating a new dream and reopening the pathway to intimacy and sexual pleasure. She also examines the latest medical breakthroughs addressing symptoms that have unnecessarily curtailed women’s sex lives. From women who find their sexuality reawakened by a younger lover, to couples whose marriages survive health crises and grow stronger, to women who finally find a soulmate in their sixties, to stories from seasoned sirens in their seventies, eighties, and even nineties, these portraits cover an enormous range of experience. In them, Sheehy locates the universal patterns that enable us all to recognize and understand our own lives.

Awakening at Midlife Oct 12 2020 Fraught with physical, relational, professional, and psychological changes, midlife can be a challenging time. But according to Jungian-oriented psychotherapist Kathleen Brehony, "transformation at midlife offers unparalleled opportunities for a rich, meaningful second half of life."With special sections on recovering childhood dreams, enriching creative expression, learning to appreciate our physical selves, heightening consciousness, and more, this guide is a wake-up call for anyone who wants to reassess one's beliefs and find a path that leads to greater fulfillment, happiness, and passion for life's journey.

The New Truth About Menopause Jan 03 2020 Nearly every month brings alarming new headlines about menopause and hormone therapy, leaving millions of women who were taking those hormones or planning to take them unsure of what to do next. Even their doctors don't always know: After all, for years the medical establishment had been saying that hormones protected women against heart attacks and Alzheimer's disease. Now two distinguished leaders in the field have stepped forward to help women make sense of the latest findings. Drs. Landau and Cyr offer frank, expert advice for women who: *don't know whether to stop-or start--hormone therapy *are at risk for heart disease, osteoporosis, or breast cancer *suffer from disabling hot flashes or mood swings *want the facts on safe, effective alternatives to hormone treatment From evaluating new research to assessing their risk factors and goals, this book helps women go beyond the headlines to take charge of their own well-being.

The Silent Passage Nov 05 2022 Gail Sheehy's landmark bestseller has become the bible for women concerned about menopause. Since The Silent Passage was originally published in the early 1990s, Gail Sheehy, a member of the board of the New York Menopause Research Foundation, has been at the forefront of the newest research on menopause. She has also continued to interview countless women throughout the country on the subject. In this updated and expanded edition, she presents essential new data in chapters on The Perimenopause Panic, Menopause in the Workplace, Estrogen and Brainpower, and New Frontiers in Treatment. Candid, enlightening, inspiring, and witty, with the latest information on everything from early menopause to Chinese medicine and natural remedies, The Silent Passage is an indispensable reference for every woman.

Managing Menopause Beautifully Feb 02 2020 A psychiatric nurse practitioner/sex therapist sorts out all the conflicting information about menopause and the ways to cope, offering dozens of vignettes from women who have faced and passed the change, beautifully.

Ray Bradbury Aug 10 2020 Presents a collection of critical essays about the works of Ray Bradbury.

In Her Own Time Dec 14 2020 Challenging much in contemporary developmental theory, this book sheds new light on developmental themes, passages, and issues in the lives of women from the perspective of pastoral care. In Her Own Time provides a much-needed framework for the pastoral care of women.

Human Behavior Social Environment Sep 30 2019

Holy Bible Oct 31 2019 A reasonably priced, quality black hardcover pew and ministry Bible featuring a large 12-point font.

New Hope For People With Bipolar Disorder Revised 2nd Edition Sep 22 2021 The second edition of this groundbreaking guidebook provides up-to-date treatments and compassionate guidance for anyone affected by bipolar disorder—from the recently diagnosed to chronic sufferers and their families. You’ll receive tips from world-renowned experts—including coauthor Nancy Rosenfeld, herself a bipolar survivor—and learn about vital new options and innovations in bipolar treatment and research, such as:•New precautions: why some patients can get worse rather than better when taking antidepressant medication•The inside story on atypical antipsychotic medications, antidepressants, and other medications that affect neurotransmitters•New genetic research, studies on serotonin, studies into childhood and adolescent bipolar disorder, and results of neuron imaging and neuropsychological testing•Advice on making instant, effective lifestyle changes, coping with stigma, and deciding whether or not—and how—to disclose your illness to others.•A guide to the many evolving forms of psychotherapy

Hillary's Choice Mar 29 2022 Why does she stay with him? Where does she go from here? The author who revealed a generation's Passages now answers all the questions about the most talked-about First Lady in American history. In Hillary's Choice, Hillary Clinton is rendered fully human for the first time. Here is the life of a woman that is also the story of a marriage--and the drama of a presidency. From her childhood with a demanding father and frustrated mother to her life as a professional wife determined to elect her husband president . . . from the sexual betrayals that nearly broke her to the national scandal that remade her . . . this is the epic journey of a modern American woman, a saga that begins in passivity, moves through self-punishment, and ends in power. Who was the one "other woman" who posed a serious threat to their marriage? What was the real reason for the health care failure? How did Hillary escape the snare of Kenneth Starr? How has she managed, through it all, to be a good mother? No matter what her future, the mysteries about Hillary Clinton's past have been fully resolved by Hillary's Choice, a stunning achievement from a master chronicler of our times.

The Complete Idiot's Guide to Interpreting Your Dreams Feb 13 2021 Explains how to remember dreams, interpret recurring dreams, recognize messages from the inner psyche, and resolve painful incidents while dreaming, with new sections on lucid dreaming spirit interpretation, and creating an environment conducive to sleep and dreaming. Original.

Sex and the Seasoned Woman Jun 19 2021 Combines interviews and research in an exploration of the sexual habits of a wide range of women--married and single--who are over fifty.

50 & Fabulous Mar 17 2021 Some women dread the approach of their fiftieth birthdays, fearing it’s goodbye to good times and good looks. Others barely notice the transition; they know how to welcome each age for its particular blessings. These are the women Jaki Scarcello calls ‘Women of the Harvest’—women who aren’t trying to turn back the clock, but reaping the fruits of a life well lived, recognising and receiving the real gifts this stage of life brings. Women for whom ‘fifty plus’ doesn’t mean less, but more. Drawing on her own experience, as well as exhaustive research into other women’s stories—a series of interviews conducted in five countries—Scarcello shows with wisdom and wit how changing our attitude toward ageing can bring about a ‘virtuous cycle’ of rejuvenation. Women who know this embrace the years after 50 with a spirit of optimism and energy that is truly liberating. They understand that in maturity a woman has the potential for genuine elegance, a beauty more than skin-deep that sparkles confidently and generously from the eyes, and a whole new brand of personal sexiness. On a deeper level, they possess a secret power and joy, which radiates outward into the world and illuminates everyone around them. These women who blossom in their 50s know that their time of life is a time of grace, and that it’s richer and more ripe with possibility now than at any other time in our history. Through their stories there runs a common thread of spiritual transformation—the harvest of a good life when it starts to divest itself of youth’s superficial anxieties. In the space that opens up beyond 50, experience and potential form a perfect fusion: this is the most fertile ground a woman ever knows.

Two Views on Women in Ministry Mar 05 2020 The role of women in positions of worship and church leadership is one of the most divisive and inconclusive biblical debates. Two Views on Women in Ministry furnishes you with a clear and thorough presentation of the two primary exegetical arguments so you can better understand each one's strengths, weaknesses, and complexities. Egalitarian - equal ministry opportunity for both genders (represented by Linda L. Belleville and Craig S. Keener) Complementarian - men and women fill distinctive ministry roles (represented by Craig L. Blomberg and Thomas R. Schreiner) This revised edition brings the exchange of ideas and perspectives into the traditional Counterpoints format. Each author states his or her case and is then critiqued by the other contributors. The fair-minded, interactive

Counterpoints forum allows you to compare and contrast the two different positions and form your own opinion concerning the practical and often deeply personal subject of women in ministry. The Counterpoints series presents a comparison and critique of scholarly views on topics important to Christians that are both fair-minded and respectful of the biblical text. Each volume is a one-stop reference that allows readers to evaluate the different positions on a specific issue and form their own, educated opinion.

Our Health Our Lives Apr 05 2020 A complete health-care guide for women combines the latest studies in gynecology, psychology, and nutrition, demonstrating how the medical system can be transformed to serve important needs.

Estrogen, 3rd Edition Nov 24 2021 ESTROGEN CAN CHANGE YOUR LIFE HRT (hormone replacement therapy) is the most effective way to challenge the physical changes that occur at menopause. When it is taken correctly, it is not only safe but it can actually protect you against health risks. Not every woman needs HRT but if you do, there's no reason to be afraid of it. In this book, extensively revised to highlight the latest findings, one of the country's top authorities on women's health clearly explains menopause and gives you the facts you need to make a decision that could change your life--whether or not to take HRT. In this authoritative and accessible guide, you will find out how HRT can: banish all of the common and uncommon menopausal symptoms from hot flashes and insomnia to crawling skin save your sex life from extinction reduce your chances of developing Alzheimer's disease cut in half the death rate from heart attacks and strokes prevent brittle bones and broken hips keep your skin younger, your muscles firmer, and your teeth stronger lower your cholesterol level improve your everyday memory Estrogen also discusses alternatives--from vitamin E, red clover, and soy to Fosamax and Raloxifene--and provides the real facts about HRT's possible link to breast cancer. Knowing the facts is the first step toward making an informed decision about your future. If you are a woman over forty, you owe it to yourself to read this book.

Self-Help Books Dec 02 2019 Based on a reading of more than three hundred self-help books, Sandra K. Dolby examines this remarkably popular genre to define "self-help" in a way that's compelling to academics and lay readers alike. Self-Help Books also offers an interpretation of why these books are so popular, arguing that they continue the well-established American penchant for self-education, articulate problems of daily life and supposed solutions for them, and present their content in an accessible rather than arcane form and style. Using methods associated with folklore studies, Dolby then examines how the genre makes use of stories, aphorisms, and a worldview that is at once traditional and contemporary. The overarching premise of the study is that self-help books, much like fairy tales, take traditional materials, especially stories and ideas, and recast them into extended essays that people happily read, think about, try to apply, and then set aside when a new embodiment of the genre comes along.

The Testosterone Factor May 19 2021 In *The Testosterone Factor*, the first practical all-natural guide for midlife men, Dr. Shafiq Qaadri offers a groundbreaking strategy for assessing and overcoming—without hormonal supplements—the symptoms of male menopause, including depression, fatigue, explosive anger, loss of ambition, and, perhaps most widely recognized, loss of virility. He offers comprehensive worksheets to help readers quantify their symptoms and gauge their level of andropause, then arms them with specific, personalized strategies for improving their overall wellness. He also tackles that most sensitive of issues—"plumbing problems"—and discusses the pros and cons of Viagra and its cousins. By offering clear information in an upbeat tone, as well as a variety of lifestyle approaches, natural exercises, and step-by-step techniques, *The Testosterone Factor* helps the midlife andropausal man identify his priorities and follow a strategy that's best for him.

New Passages Dec 26 2021 THE #1 NEW YORK TIMES BESTSELLER Millions of readers literally defined their lives through Gail Sheehy's landmark bestseller *Passages*. Seven years ago she set out to write a sequel, but instead she discovered a historic revolution in the adult life cycle. . . People are taking longer to grow up and much longer to die. A fifty-year-old woman--who remains free of cancer and heart disease-- can expect to see her ninety-second birthday. Men, too, can expect a dramatically lengthened life span. The old demarcations and descriptions of adulthood--beginning at twenty-one and ending at sixty-five--are hopelessly out of date. In *New Passages*, Gail Sheehy discovers and maps out a completely new frontier--a Second Adulthood in middle life. "Stop and recalculate," Sheehy writes. "Imagine the day you turn forty-five as the infancy of another life." Instead of declining, men and women who embrace a Second Adulthood are progressing through entirely new passages into lives of deeper meaning, renewed playfulness, and creativity--beyond both male and female menopause. Through hundreds of personal and group interviews, national surveys of professionals and working-class people, and fresh findings extracted from fifty years of U.S. Census reports, Sheehy vividly dramatizes these newly developing stages. Combining the scholar's ability to synthesize data with the novelist's gift for storytelling, she allows us to make sense of our own lives by understanding others like us. *New Passages* tells us we have the ability to customize our own life cycle. This groundbreaking work is certain to awaken and permanently alter the way we think about ourselves. "SHEEHY CLEARLY STATES IDEAS ABOUT LIFE THAT HAVE NEVER BEFORE BEEN AS CLEARLY STATED." --Los Angeles Times Book Review "AN OPTIMISTIC ANALYSIS OF ADULT DEVELOPMENT IN PESSIMISTIC TIMES. . . It is grounded in the economic and psychological realities that make adult life so complex today." --The New York Times Book Review

Model Rules of Professional Conduct Nov 12 2020 The Model Rules of Professional Conduct provides an up-to-date resource for information on legal ethics. Federal, state and local courts in all jurisdictions look to the Rules for guidance in solving lawyer malpractice cases, disciplinary actions, disqualification issues, sanctions questions and much more. In this volume, black-letter Rules of Professional Conduct are followed by numbered Comments that explain each Rule's purpose and provide suggestions for its practical application. The Rules will help you identify proper conduct in a variety of given situations, review those instances where discretionary action is possible, and define the nature of the relationship between you and your clients, colleagues and the courts.

The Silent Spikes Apr 17 2021

New Dimensions in Women's Health Oct 24 2021 Covering all aspects of women's health including historical, epidemiological, economical, clinical, legal, ethical, special population, cultural and psychosocial issues.

The Silent Echo May 07 2020 *The Silent Echo* examines the contemporary female midlife novel and its failure to acknowledge and engage the aging female body. Examining novels by authors such as Margaret Atwood, Fay Weldon, Joan Barfoot, and Joyce Carol Oates, *The Silent Echo* integrates various social, psychological, and philosophical theories with those of cultural studies to analyze how and why the aging female body has become the silent echo at the core of women's fiction.

Middletown, America Feb 25 2022 The single event that we know as 9/11 is over, but the shock waves continue to radiate outward, generated by orange alerts, terrorism lockdowns, and the shrinking of personal liberties we once took for granted. The stories in this book, of real people faced with extraordinary trauma and gradually transcending it, are the best antidote to our fears. *Middletown, America* is a book of hope. All Americans were hit with some degree of trauma on September 11, 2001, but no place was hit harder than Middletown, New Jersey. Gail Sheehy spent the better part of two years walking the journey from grief toward renewal with 75 members of the community that lost more people in the World Trade Center than any other outside New York City. Her subjects are the women, men, and children who remained after the devastation and who are putting their lives back together. Sheehy tells the story of four widowed moms from New Jersey who started out scarcely knowing the difference between the House and the Senate, yet turned their sorrow and anger into action and became formidable witnesses to the failures of the country's leadership to connect the dots before September 11. Sheehy follows the four moms as they fight White House attempts to thwart the independent commission investigating 9/11 and expose efforts at a cover-up. What would become of the young wives carrying children their husbands would never see, wives who had watched their dreams literally go up in smoke in that amphitheater of death across the river? Amazingly, each finds her own door to the light. Here, too, is the story of the widow and widower who met in the waiting room of a mental-health agency and brought each other back from the brink of despair across a bridge of love. Sheehy also reveals how bereft mothers who will never have another son or daughter found reasons to recommit to life. And she follows in the footsteps of the robbed children, documenting the incredible resilience of four-year-olds, the anger of teenagers, the courage of sisters and brothers. Sheehy follows survivors who escaped the burning towers only to find themselves trapped inside a tower of inner torment, from which it took love, family, and faith to free themselves. She is taken into the confidence of the night crew at Ground Zero, police officers who worked in that pit for eight months straight and then faced the "returning home" phenomenon. She recounts the confessions of religious leaders who struggled to explain the inexplicable to their flocks. Mental-health professionals confide in her, as do corporate chiefs, educators, friends and neighbors, town officials, and volunteers who rose to the occasion and committed themselves to healing their wounded community. As a journalist who conducted more than nine hundred interviews, Gail Sheehy is an impeccable researcher. As a writer with a novelistic gift, she weaves the individual stories into a compelling narrative. *Middletown, America* illuminates every stage of a tumultuous passage—from shock, passivity, and panic attacks, to rising anger and deep grieving, and on to the secret romances and startling relapses, the realignment of faith, the return of a capacity to love and be loved, and, finally, the commitment to constructing new lives.

New Passages Sep 03 2022 THE #1 NEW YORK TIMES BESTSELLER Millions of readers literally defined their lives through Gail Sheehy's landmark bestseller *Passages*. Seven years ago she set out to write a sequel, but instead she discovered a historic revolution in the adult life cycle. . . People are taking longer to grow up and much longer to die. A fifty-year-old woman--who remains free of cancer and heart disease-- can expect to see her ninety-second birthday. Men, too, can expect a dramatically lengthened life span. The old demarcations and descriptions of adulthood--beginning at twenty-one and ending at sixty-five--are hopelessly out of date. In *New Passages*, Gail Sheehy discovers and maps out a completely new frontier--a Second Adulthood in middle life. "Stop and recalculate," Sheehy writes. "Imagine the day you turn forty-five as the infancy of another life." Instead of declining, men and women who embrace a Second Adulthood are progressing through entirely new passages into lives of deeper meaning, renewed playfulness, and creativity--beyond both male and female menopause. Through hundreds of personal and group interviews, national surveys of professionals and working-class people, and fresh findings extracted from fifty years of U.S. Census reports, Sheehy vividly dramatizes these newly developing stages. Combining the scholar's ability to synthesize data with the novelist's gift for storytelling, she allows us to make sense of our own lives by understanding others like us. *New Passages* tells us we have the ability to customize our own life cycle. This groundbreaking work is certain to awaken and permanently alter the way we think about ourselves. "SHEEHY CLEARLY STATES IDEAS ABOUT LIFE THAT HAVE NEVER BEFORE BEEN AS CLEARLY STATED." --Los Angeles Times Book Review "AN OPTIMISTIC ANALYSIS OF ADULT DEVELOPMENT IN PESSIMISTIC TIMES. . . It is grounded in the economic and psychological realities that make adult life so complex today." --The New York Times Book Review

The Body in Everyday Life Jan 15 2021 We all have a body, but how does it impact upon our day to day life? This book sets out to explore how ordinary women, men and children talk about their bodies, through four central themes:- * physical and emotional bodies * illness and disability * gender * ageing. A coherent collection of such empirical research, *The Body in Everyday Life* provides an accessible introduction to the sociology of the body, a field previously dominated by theoretical or philosophical accounts.

Positive Aging Jun 07 2020 In *Positive Aging*, KaiglerWalker explores and illuminates the quest women must take to free themselves from this cultural trap. Using myths, fairy tales, and a series of practical exercises, she peels back the layers of misunderstanding that distort the true nature of female beauty. Identifying the problem as essentially one of the spirit, she guides women through the myriad erroneous assumptions and preconceptions about the primal role of female beauty and aging.

Passages May 31 2022 Learn how to better navigate the challenges of adult life with Gail Sheehy's landmark bestseller—named one of the ten most influential books of our times by the Library of Congress. For decades, Gail Sheehy's *Passages* has been inspiring readers to see the predictable crises of adult life as opportunities for growth. She charts the stages between 18 and 50 as unfolding in a pattern of adult development: once recognized, more easily managed. *Passages* is an insightful road map of adulthood that illustrates with vivid stories our continuing personality and sexual changes throughout the "Trying 20s," "Catch 30s," "Forlorn 40s," and "Refreshed (or Resigned) 50s." One comment is continuously repeated by men, women, singles, couples, and people who recover from a midlife crisis: "This book changed my life."

Living Life As If Thinking Matters Sep 10 2020 *Living Life as if Thinking Matters* Why dissent is crucial to health, happiness, hope, and a better world This is a book about living life better and solving its dilemmas by putting thinking ahead of popular beliefs. We are all born on the starting line of life with blank mental slates. Then each of us has our mind filled in by parents, schools, peers, and experts. The result is a society stuffed with given beliefs, none of which we own, and as you will learn in this book most of which are wrong. Although important questions are often debated, there seems to be no satisfying solutions. Instead, shortsighted agendas prevail, money dictates decisions, and ethics seems a thing of the past. We all sense this misdirection and can feel helpless as the world spirals out of control. Since ultimately everything in life happens because of the way we think, solutions depend upon thinking too. That does not mean playing the victim and relying on others, but reaching within to see the sense, goodness, and direction that lie there. Dr. Wysong helps readers tap into their unlimited resources and take control. All of life's important topics are discussed in this encyclopedic, wise, and helpful book, including: how to achieve optimal health, think correctly about politics, family, love, sex, the environment, economics, government, and social issues, and how to self-improve and cultivate conscience. If you would like to understand life better, be healthier, happier, have meaning, contribute to a better world, and avoid some bumps and bruises along the way, this is your guidebook.

The Silent Passage Oct 04 2022 Looks at menopause, discussing the disquieting approach the medical community takes to it and offering commentary by some of today's most notable post-menopausal women

The Silent Passage Jul 01 2022 An updated edition of the best-seller by the author of Passages includes new data on perimenopause, menopause in the workplace, estrogen and brain-power, and new treatments. Reprint.

Understanding Men's Passages Apr 29 2022 Her stunning bestsellers Passages and New Passages brilliantly mapped the changes we live through from youth to maturity. Now Gail Sheehy guides contemporary men through the turbulent challenges and surprising pleasures that begin at forty. As a man crosses that threshold, he is bound to ask midlife's most troubling question: Now what? Work anxieties, concerns over sexual potency, marital and family stress, issues of power, all take on new urgency as men contemplate the decades ahead. But as Gail Sheehy reveals in this major new book, midlife is precisely the period when men are most likely to reinvent themselves and become masters of their fate. In Understanding Men's Passages, Sheehy offers all men--and the women in their lives--an essential guide to self-discovery. Hundreds of bold, imaginative men--celebrities as well as everyday heroes--share here their most intimate desires, deepest fears, and most fervent cravings for renewal. Decade by decade, Sheehy uncovers the real issues facing men today: finding new passion and purpose to invigorate the second half of their lives, dealing with "manopause," surviving job change, enjoying post-nesting zest, defeating depression, and learning what keeps a man young. Informative and inspiring, grounded in fact and full of fascinating life stories, Understanding Men's Passages is a landmark that will take its place beside Gail Sheehy's epoch-making Passages and New Passages.

I Never Knew I Had A Choice: Explorations in Personal Growth Jun 27 2019 Thousands of readers have used the honest and inspiring I NEVER KNEW I HAD A CHOICE: EXPLORATIONS IN PERSONAL GROWTH, now in its Tenth Edition, to focus on their personal growth and effect personal change. Through their warm yet thoroughly research-based discussion of significant dimensions of life, Corey and Corey help students expand their awareness--and understanding--of the choices available to them. The text explores choosing a personal style of learning, the effects of childhood and adolescence experiences on current behavior, meeting the challenges of adulthood and autonomy, and many other issues related to personal growth and development. As they work through the text's self-inventories, exercises, and activities--and read first-person accounts of the difficult choices real people have made--students will gain insight into their lives, beliefs, and attitudes in a personally empowering way. Available with InfoTrac Student Collections <http://gocengage.com/infotrac>. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

The Human Odyssey Jul 09 2020 The core of this enlightening guide consists of 12 chapters, each describing a different period of life, with its own unique changes, struggles, and growth. A final chapter poses the possibility that the voyage may even continue after physical death.

Couple's Retirement Puzzle Jul 21 2021 The essential guide for couples to create a happy, healthy, and successful retirement! Retirement can be the best time of your life, but for couples, there's far more to it than cashing in on your 401(k). The most important asset you have during retirement is each other, yet many couples aren't sure where to begin to prepare for retired life or what to consider as they do. The Couple's Retirement Puzzle reveals ten key conversations couples should tackle before retirement to ensure a rewarding second half of life together, including: • Do we have enough money to support the lifestyle we want? • Should we retire simultaneously or separately? • Do we stay put or explore new frontiers? • What's the best way to stay healthy and fit after fifty? • How do we meet new friends and create new interests outside of work? • How will we balance time together and time apart? • And more! Filled with smart practical advice, engaging anecdotes, and helpful exercises, The Couple's Retirement Puzzle will guide you and your partner to a fulfilling retirement you can enjoy and celebrate together.

Sacred Encounter Aug 29 2019 This wide-ranging anthology takes a close look at the breadth of human sexuality from a Jewish perspective. The essays begin with a look at biblical and rabbinic views on sexuality, and then proceed to explorations of sexuality at different moments in the life cycle, sexuality and the marital model, diverse expressions of sexuality, examples of sexuality education, the nexus of sexuality and theology, and the challenges of contemporary sexual ethics. The Sacred Encounter is a thought-provoking and important Jewish resource. Perfect for personal study, or for high school or adult classes.

Silent Spring Jan 27 2022 Discusses the reckless annihilation of fish and birds by the use of pesticides and warns of the possible genetic effects on humans.

Encyclopedia of Women's History in America Jul 29 2019 A collection of biographical information about outstanding women in American history.

The Silent Passage Aug 02 2022 Gail Sheehy's landmark bestseller has become the bible for women concerned about menopause. Since The Silent Passage was originally published in the early 1990s, Gail Sheehy, a member of the board of the New York Menopause Research Foundation, has been at the forefront of the newest research on menopause. She has also continued to interview countless women throughout the country on the subject. In this updated and expanded edition, she presents essential new data in chapters on The Perimenopause Panic, Menopause in the Workplace, Estrogen and Brainpower, and New Frontiers in Treatment. Candid, enlightening, inspiring, and witty, with the latest information on everything from early menopause to Chinese medicine and natural remedies, The Silent Passage is an indispensable reference for every woman.