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Reading Reflex

As we change what you say and do, we will change what you think and feel. --Andrew Salter

Welcomed as a revolutionary and effective approach to improve people's mental health and help

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them find happiness when it was first published in 1949, Andrew Salter's Conditioned Reflex Therapy introduced both the fundamental ideas of behavior therapy and many techniques still practised today. This classic guide, which is perhaps the first

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self-help book, includes specific methods for assertion, getting in touch with your feelings, relaxation, and using imagery to overcome phobias, anxieties, and depression. Captivating and direct, it still seems fresh, though it also conveys the spirit of New

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York City in the late 1940's. It vividly evokes the timeless concerns of people striving for happiness and self-actualization amid the energy of post-war America, the hum of traffic, the buzz of restaurants and cocktail parties. It will teach you how to

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**be more aware of your feelings
and more authentic in your life,
and thereby to be happier and
more fulfilled in your
relationships and career.**

**Shows parents how to help their
children raise their reading levels
by following a three step learning**

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program that builds comprehension strategies, strengthens phonic skills, and creates confident readers. A wonderful alternative to the tedious workbooks and overly academic approaches usually used. The best little teaching aids

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I have ever read. With my children as proof, these ways are far above other methods we have tried.

The New York Times bestselling author of Pucked and The Good Luck Charm delivers a Hollywood happily-ever-after where a

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famous heartthrob falls for his ultimate fangirl in this sexy standalone romantic comedy.
Goodreads's Hottest Romances of 2019 Featured in Entertainment Weekly Featured on PopSugar SheReads Most Anticipated Reads of 2019 Heroes & Heartbreakers's

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Anticipated Books of 2019 A total disaster? Or the start of something special? Kailyn Flowers always believed she was calm and controlled . . . that is, until she ended up sprawled all over Daxton Hughes, the former actor she totally crushed on as a

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teenager. Kailyn was mortified - not quite the meet cute she had always dreamed of - but Daxton unexpectedly sought her friendship as a result . . . only to heartlessly betray her soon afterwards. Eight years later, Dax needs Kailyn's help. Years of

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anger towards him haven't exactly left Kailyn inclined to oblige, but she also isn't heartless enough to refuse. She vows to be friendly, but soon their 'friendly' meetings turn into flirty dinner dates, and Kailyn can feel their chemistry is as

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explosive as ever. But how can she possibly let down her guard again to a guy who has heartbreak written all over him? 'Smartly plotted and perfectly executed rom-com with a spot-on sense of snarky wit and a generous helping of smouldering

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**sexual chemistry' Booklist
'Perfect for fans of Helen Hoang's
The Kiss Quotient. A fun and
steamy love story with high
stakes and plenty of emotion'
Kirkus Reviews 'Entertaining,
funny, and emotional' Harlequin
Junkie 'You can't go wrong with**

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Meet Cute' Bustle
Integrating Primitive Reflexes
Through Play and Exercise
Reflex
Healing Back Pain
A Teacher's Window Into the
Child's Mind
The Babinski Reflex

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Toe by Toe

How to Increase Your Child's Verbal Intelligence

Based on a Navy SEAL's inspiring graduation speech, this #1 New York Times bestseller of powerful life lessons "should be read by every leader in America" (Wall

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Street Journal). If you want to change the world, start off by making your bed. On May 17, 2014, Admiral William H. McRaven addressed the graduating class of the University of Texas at Austin on their Commencement day. Taking inspiration from the university's

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slogan, "What starts here changes the world," he shared the ten principles he learned during Navy Seal training that helped him overcome challenges not only in his training and long Naval career, but also throughout his life; and he explained how anyone can use

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these basic lessons to change themselves-and the world-for the better. Admiral McRaven's original speech went viral with over 10 million views. Building on the core tenets laid out in his speech, McRaven now recounts tales from his own life and from those of

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people he encountered during his military service who dealt with hardship and made tough decisions with determination, compassion, honor, and courage. Told with great humility and optimism, this timeless book provides simple wisdom, practical

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advice, and words of encouragement that will inspire readers to achieve more, even in life's darkest moments. "Powerful." --USA Today "Full of captivating personal anecdotes from inside the national security vault." --Washington Post "Superb, smart,

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**and succinct." --Forbes
The #1 New York Times bestseller.
Over 4 million copies sold! Tiny
Changes, Remarkable Results No
matter your goals, Atomic Habits
offers a proven framework for
improving--every day. James Clear,
one of the world's leading experts**

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on habit formation, reveals practical strategies that will teach you exactly how to form good habits, break bad ones, and master the tiny behaviors that lead to remarkable results. If you're having trouble changing your habits, the problem isn't you. The problem is

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your system. Bad habits repeat themselves again and again not because you don't want to change, but because you have the wrong system for change. You do not rise to the level of your goals. You fall to the level of your systems. Here, you'll get a proven system that can

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take you to new heights. Clear is known for his ability to distill complex topics into simple behaviors that can be easily applied to daily life and work. Here, he draws on the most proven ideas from biology, psychology, and neuroscience to create an easy-to-

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understand guide for making good habits inevitable and bad habits impossible. Along the way, readers will be inspired and entertained with true stories from Olympic gold medalists, award-winning artists, business leaders, life-saving physicians, and star comedians

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who have used the science of small habits to master their craft and vault to the top of their field. Learn how to:

- make time for new habits (even when life gets crazy);**
- overcome a lack of motivation and willpower;**
- design your environment to make success**

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easier; • get back on track when you fall off course; ...and much more. Atomic Habits will reshape the way you think about progress and success, and give you the tools and strategies you need to transform your habits--whether you are a team looking to win a

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championship, an organization hoping to redefine an industry, or simply an individual who wishes to quit smoking, lose weight, reduce stress, or achieve any other goal.

**Reading Reflex
The Foolproof
Phono-Graphix Method for
Teaching Your Child to Read** Simon

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and Schuster

Based on over twenty-five years of research, two authors explain their proven method for teaching basic reading skills to children by using what they already know and simple phonetics, and feature useful lessons, instruction plans,

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exercises and games. 25,000 first printing.

**And 70 Other Useful and Amusing
Metaphors from Science,
Psychology, Business, Sports, and
Everyday Life
Reader, Come Home
Meet Cute**

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Make Your Bed

Jumper

The Talent Code

Vice of Reading

A guide to the techniques and analysis of clinical data. Each of the seventeen sections begins with a drawing and biographical

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sketch of a seminal contributor to the discipline. After an introduction and historical survey of clinical methods, the next fifteen sections are organized by body system. Each contains clinical data items from the history, physical examination,

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and laboratory investigations that are generally included in a comprehensive patient evaluation. Annotation copyrighted by Book News, Inc., Portland, OR

Trigeminocardiac Reflex is a comprehensive tutorial reference

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to the science, diagnosis, and possible treatment of the trigeminocardiac reflex (TCR) that is usually initiated when the trigeminal nerve is disturbed during intercranial surgery. Since first reported in 1999 by co-Editor Bernhard Schaller, the research

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focused on TCR is expanding. While its instance is rare, new discoveries are not only increasing diagnosis, but also providing more effective treatment protocols. This text is ideal as a reference for clinical and research neurologists, as a

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general introduction for clinical presentation, and as a foundation for new research. Represents the first tutorial reference focused on the Trigemino-cardiac Reflex (TCR) Content organized by two of the leading scientists in the area, Dr. Tumul Chowdhury (University of

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Manitoba) and Prof. Bernhard Schaller (University of Southampton) Defines TCR, its onset, and possible treatments
Establishes a knowledge base for the future study of the TCR and treatment protocols
A #1 bestseller on Amazon for

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early childhood education with more than half a million copies in print, Teach Your Child to Read in 100 Easy Lessons will give your child the reading skills needed now for a better chance at tomorrow, while bringing you and your child closer together. Is your

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child halfway through first grade and still unable to read? Is your preschooler bored with coloring and ready for reading? Do you want to help your child read, but are afraid you'll do something wrong? Teach Your Child to Read in 100 Easy Lessons is a

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complete, step-by-step program that shows parents simply and clearly how to teach their children to read. Twenty minutes a day is all you need, and within 100 teaching days your child will be reading on a solid second-grade reading level. It's a sensible, easy-

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to-follow, and enjoyable way to help your child gain the essential skills of reading. Everything you need is here—no paste, no scissors, no flash cards, no complicated directions—just you and your child learning together. One hundred lessons, fully

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illustrated and color-coded for clarity, give your child the basic and more advanced skills needed to become a good reader.

In *The Selfish Gene*, Richard Dawkins crystallized the gene's eye view of evolution developed by W.D. Hamilton and others. The

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book provoked widespread and heated debate. Written in part as a response, *The Extended Phenotype* gave a deeper clarification of the central concept of the gene as the unit of selection; but it did much more besides. In it, Dawkins extended

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the gene's eye view to argue that the genes that sit within an organism have an influence that reaches out beyond the visible traits in that body - the phenotype - to the wider environment, which can include other individuals. So, for instance,

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the genes of the beaver drive it to gather twigs to produce the substantial physical structure of a dam; and the genes of the cuckoo chick produce effects that manipulate the behaviour of the host bird, making it nurture the intruder as one of its own. This

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notion of the extended phenotype has proved to be highly influential in the way we understand evolution and the natural world. It represents a key scientific contribution to evolutionary biology, and it continues to play an important role in research in

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the life sciences. The Extended Phenotype is a conceptually deep book that forms important reading for biologists and students. But Dawkins' clear exposition is accessible to all who are prepared to put in a little effort. Oxford Landmark Science

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books are 'must-read' classics of modern science writing which have crystallized big ideas, and shaped the way we think.

Spelling It Out

A Highly Structured Multi-sensory
Phonetic Approach to Literacy

Atomic Habits

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Why Our Children Can't Read, and
what We Can Do about it

The Language Wise Method

The Mind-Body Connection

Raise Your Child's Reading Level

2 Grades Through this Simple

3-step Program

Ka-choo! Brrr. Yawnnnn. Have

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you ever wondered what makes you sneeze when you're in a dusty room? Or shiver when you get out of the bathtub? Or yawn when you're tired? All of these actions are reflexes. Your body makes them happen even though you

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don't tell it to. Budding young scientists will be amazed as Melvin Berger and Paul Meisel reveal the mysteries behind the reflexes that happen in our bodies every day and offer fun-filled experiments to

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try on family and friends.

Let's Read and Find Out

Science, Stage 2.

A neuropsychologist shows how outmoded methods for teaching reading have resulted in plummeting literacy levels and offers a

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new program, based on careful research, that teaches any child--including those with attention deficits--to read well. 35,000 first printing. Tour. Griffin, who possesses a secret ability to teleport

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to any place he has previously visited, vengefully remembers the men who murdered his parents and plots to avenge himself against the people who would kill him for his powers. This volume demonstrates how

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promoting children's engagement with reading can greatly enhance reading achievement. From leading literacy researchers and educators, the book illuminates what a child needs to become an engaged

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reader and presents a set of instructional principles designed to facilitate this goal. Helping teachers offer a coordinated emphasis on competence and motivation in reading instruction, chapters blend research

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evidence with practical recommendations. Topics covered include ways to provide children with a good foundation at the word level, help if they are in trouble, ample time and materials for reading,

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opportunities to share in a community of learners, instruction that is coherent, motivating, and responsive to each child's strengths and weaknesses, school-wide coordination of instruction, and

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continuities between home
and school.

The Long Reach of the Gene

The Extended Phenotype

The Reading Brain in a

Digital World

Conditioned Reflexes

Trigemino-cardiac Reflex

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A Journey with Reflexes
Beyond the Sea Squirt
The Epilepsies: Seizures,
Syndromes and Management is
the latest work from one of the
world's leading experts and
offers an exhaustive account of

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the classification and management of epileptic disorders. In thirteen chapters, Dr Panayiotopoulos gives clear and didactic guidance on the diagnosis, treatment and ongoing management of the full

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spectrum of epileptic syndromes with an insight and perception that only he can bring to the subject. This text is published in full colour throughout and is complemented by a pharmacopoeia and CD ROM

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with patient video-EEGs. An attractive, clear page layout and the accompanying supplementary material help the reader to easily identify the key components of each disorder, syndrome and seizure. Drawing

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on the author's outstanding collection of video-EEGs the accompanying CD ROM is cross-referenced within the text thus providing the reader with both a clinical and visual description of the various epileptic disorders

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and further aiding diagnosis.

A witty collection of scientific terms metaphorically applied to everyday life

The author of the acclaimed Proust and the Squid follows up with a lively, ambitious, and

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deeply informative book that considers the future of the reading brain and our capacity for critical thinking, empathy, and reflection as we become increasingly dependent on digital technologies. A decade ago,

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Maryanne Wolf's *Proust and the Squid* revealed what we know about how the brain learns to read and how reading changes the way we think and feel. Since then, the ways we process written language have changed

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dramatically with many concerned about both their own changes and that of children. New research on the reading brain chronicles these changes in the brains of children and adults as they learn to read while

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immersed in a digitally dominated medium. Drawing deeply on this research, this book comprises a series of letters Wolf writes to us—her beloved readers—to describe her concerns and her hopes about

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what is happening to the reading brain as it unavoidably changes to adapt to digital mediums. Wolf raises difficult questions, including: Will children learn to incorporate the full range of "deep reading" processes that

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are at the core of the expert reading brain? Will the mix of a seemingly infinite set of distractions for children's attention and their quick access to immediate, voluminous information alter their ability to

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think for themselves? With information at their fingertips, will the next generation learn to build their own storehouse of knowledge, which could impede the ability to make analogies and draw inferences from what they

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know? Will all these influences change the formation in children and the use in adults of "slower" cognitive processes like critical thinking, personal reflection, imagination, and empathy that comprise deep reading and that

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influence both how we think and how we live our lives? How can we preserve deep reading processes in future iterations of the reading brain? Concerns about attention span, critical reasoning, and over-reliance on

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technology are never just about children—Wolf herself has found that, though she is a reading expert, her ability to read deeply has been impacted as she has become increasingly dependent on screens. Wolf draws on

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neuroscience, literature, education, and philosophy and blends historical, literary, and scientific facts with down-to-earth examples and warm anecdotes to illuminate complex ideas that culminate in a proposal for a

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biliterate reading brain.
Provocative and intriguing,
Reader, Come Home is a
roadmap that provides a
cautionary but hopeful
perspective on the impact of
technology on our brains and our

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most essential intellectual capacities—and what this could mean for our future.

The author explains the relationship between the reflex points on the feet and the internal organs, and shows how

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reflexology can be used in the diagnosis and treatment of illness.

Speech to Print

An Illustrated Memoir

The Foolproof Method for

Teaching Your Child to Read

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Hiroshima

Reflex Zone Therapy of the Feet
Impulse

What is the secret of talent? How do we unlock it? This groundbreaking work provides readers with tools they can use to

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maximize potential in themselves and others. Whether you 're coaching soccer or teaching a child to play the piano, writing a novel or trying to improve your golf swing, this revolutionary book shows you how to grow talent by tapping into a newly discovered brain mechanism. Drawing on cutting-edge neurology and firsthand

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research gathered on journeys to nine of the world ' s talent hotbeds—from the baseball fields of the Caribbean to a classical-music academy in upstate New York—Coyle identifies the three key elements that will allow you to develop your gifts and optimize your performance in sports, art, music, math, or just about anything. • Deep

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Practice Everyone knows that practice is a key to success. What everyone doesn't know is that specific kinds of practice can increase skill up to ten times faster than conventional practice.

- Ignition We all need a little motivation to get started. But what separates truly high achievers from the rest of the pack? A higher level of

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commitment—call it passion—born out of our deepest unconscious desires and triggered by certain primal cues.

Understanding how these signals work can help you ignite passion and catalyze skill development. • Master Coaching What are the secrets of the world ' s most effective teachers, trainers, and coaches? Discover the

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four virtues that enable these “talent whisperers” to fuel passion, inspire deep practice, and bring out the best in their students. These three elements work together within your brain to form myelin, a microscopic neural substance that adds vast amounts of speed and accuracy to your movements and thoughts. Scientists have

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discovered that myelin might just be the holy grail: the foundation of all forms of greatness, from Michelangelo ' s to Michael Jordan ' s. The good news about myelin is that it isn ' t fixed at birth; to the contrary, it grows, and like anything that grows, it can be cultivated and nourished. Combining revelatory analysis with illuminating

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examples of regular people who have achieved greatness, this book will not only change the way you think about talent, but equip you to reach your own highest potential.

Written in the 1990s by American author Steven Gould, *Jumper* tells the story of Davy Rice as he escapes his tortured childhood to

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explore the world via teleportation and find his long lost mother.

With extensive updates and enhancements to every chapter, the new edition of "Speech to Print" fully prepares today's literacy educators to teach students with or without disabilities.

Perfect for professionals & parents working

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to improve a child's developmental delays (e.g., fine/gross-motor, vision, postural issues, auditory sensitivity, processing issues, ADHD tendencies, learning or behavioral challenges, etc.).

The Epilepsies

Engaging Young Readers

The Best We Could Do

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Seizures, Syndromes and Management :

Based on the ILAE Classifications and
Practice Parameter Guidelines

A Scientific Revolution in Reading

Make It Stick

Greatness Isn't Born. It's Grown. Here's
How.

Davy, who teleports for

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government cases, is taken captive by a mysterious group of people who brainwash him for their own purposes, forcing Davy's teleportation-capable wife, Millie, to rescue him. National bestseller 2017

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***National Book Critics Circle
(NBCC) Finalist ABA Indies
Introduce Winter / Spring 2017
Selection Barnes & Noble
Discover Great New Writers
Spring 2017 Selection ALA
2018 Notable Books Selection***

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An intimate and poignant graphic novel portraying one family's journey from war-torn Vietnam, from debut author Thi Bui. This beautifully illustrated and emotional story is an evocative memoir about

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the search for a better future and a longing for the past. Exploring the anguish of immigration and the lasting effects that displacement has on a child and her family, Bui documents the story of her

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family's daring escape after the fall of South Vietnam in the 1970s, and the difficulties they faced building new lives for themselves. At the heart of Bui's story is a universal struggle: While adjusting to

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life as a first-time mother, she ultimately discovers what it means to be a parent—the endless sacrifices, the unnoticed gestures, and the depths of unspoken love. Despite how impossible it

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seems to take on the simultaneous roles of both parent and child, Bui pushes through. With haunting, poetic writing and breathtaking art, she examines the strength of family, the importance of

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identity, and the meaning of home. In what Pulitzer Prize-winning novelist Viet Thanh Nguyen calls “a book to break your heart and heal it,” The Best We Could Do brings to life Thi Bui’s journey of

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understanding, and provides inspiration to all of those who search for a better future while longing for a simpler past. A step by step workbook which teaches the Phono-Graphix reading method. The book is

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comprehensive - giving teaching materials and pupil exercises - and practical, illustrating problems that may occur and how to deal with them. Carmen McGuinness is meeting John Stannard (Head

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of National Literacy Strategy) and Michael Barber (Head of Schools Effectiveness Unit) to demonstrate their method. 'A sparkingly-clear guide to teaching reading ... **READING REFLEX** is the essential

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***handbook for anyone who
wants to teach reading at
home or in the classroom'***
Daily Telegraph

***Dr. John E. Sarno's
groundbreaking research on
TMS (Tension Myoneural***

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Syndrome) reveals how stress and other psychological factors can cause back pain-and how you can be pain free without drugs, exercise, or surgery. Dr. Sarno's program has helped thousands of patients find

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relief from chronic back conditions. In this New York Times bestseller, Dr. Sarno teaches you how to identify stress and other psychological factors that cause back pain and demonstrates how to heal

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***yourself--without drugs,
surgery or exercise. Find out:
Why self-motivated and
successful people are prone to
Tension Myoneural Syndrome
(TMS) How anxiety and
repressed anger trigger muscle***

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spasms How people condition themselves to accept back pain as inevitable With case histories and the results of in-depth mind-body research, Dr. Sarno reveals how you can recognize the emotional roots

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of your TMS and sever the connections between mental and physical pain...and start recovering from back pain today.

And Papers from the Institute for Neuro-Physiological

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Psychology

***How to be Assertive, Happy
and Authentic and Overcome
Anxiety and Depression***

***Promoting Achievement and
Motivation***

An Interactive Guide to the

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***Symmetrical Tonic Neck Reflex
(STNR)***

Home Start in Reading

A Book of Reflections by A.A.

Members for A.A. Members

Conditioned Reflex Therapy

The creators of the acclaimed Phono-

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Graphix method of reading instruction explain the importance of teaching children comprehension skills and present dozens of exercises and activities to improve those skills--as well as writing ability--in children from six to 18 years of age. Describes the reading education

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system and provides detailed instructions and diagnostic tests for use by parents

"A new edition with a final chapter written forty years after the explosion."

Spelling It Out is an indispensable guide for anyone who lacks

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confidence in spelling.

*The Foolproof Phono-Graphix
Method for Teaching Your Child to
Read*

Daily Reflections

*Teach Your Child to Read in 100
Easy Lessons*

An Easy & Proven Way to Build Good

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Habits & Break Bad Ones

How Words Work and How to Teach Them

The History, Physical, and Laboratory Examinations

Reading Rescue 1-2-3

At the most fundamental level the only reason we have a brain is

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because we move. To develop the ability to feel and think actually requires movement as a first step. Sea squirts illustrate this well. Sea squirt larvae have a very rudimentary brain and nervous system. However, they have no

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mouth or way to feed. The larvae are able to move to the sea floor where they cement themselves head first and this is where they will stay. As the sea squirt will never move from that spot it no longer needs its brain and nervous system

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so it starts absorbing it. This absorption gives the larvae enough nutrients to be able to build the circulatory, digestive and reproductive systems necessary to sustain its existence. It is because we move that we develop a brain

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that, eventually, is able to perform very complex tasks. It is the primitive reflex programme that provides the initial stimulus to develop the movement patterns that ultimately become our ability to move with coordination, ease and

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grace against gravity. It is movement that grows the brain that lays the foundation to understand the world. It is movement that develops the neurology that allows us to be creative, think, solve problems, control impulses and

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connect to others. It is movement that provides us with the ability to manipulate tools and develop technology. It is movement that takes us Beyond the Sea Squirt.RMTi follows a drug free approach to postural, learning,

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sensory, emotional and behavioural challenges. It does this by using movements and activities that replicate the innate movements made by a developing foetus and infant that are necessary to integrate primitive reflexes,

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establish life-long movement patterns, grow the brain, develop head control and muscle tone. Beyond the Sea Squirt is for those interested in RMTi and the stories of some of those who have used the programme to make

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beneficial changes.

This is a book of reflections by A.A. members for A.A. members. It was first published in 1990 to fulfill a long-felt need within the Fellowship for a collection of reflections that moves through the calendar

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year--one day at a time. Each page contains a reflection on a quotation from A.A. Conference-approved literature, such as Alcoholics Anonymous, Twelve Steps and Twelve Traditions, As Bill Sees It and other books. These reflections

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were submitted by members of the A.A. Fellowship who were not professional writers, nor did they speak for A.A. but only for themselves, from their own experiences in sobriety. Thus the book offers sharing, day by day,

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from a broad cross section of members, which focuses on the Three Legacies of Alcoholics Anonymous: Recovery, Unity and Service. Daily Reflections has proved to be a popular book that aids individuals in their practice of

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daily meditation and provides inspiration to group discussions even as it presents an introduction for some to A.A. literature as a whole.

Accessible exposition of the Nobel Prize-winning scientist's landmark

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work in experimental psychology. This translation was authorized by the author himself and remains the best introduction to his work. 18 figures.

A latest tale set in the world of Jumper finds Cent, the daughter of

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a man brutally pursued by the government and other dangerous adversaries for his ability to teleport, triggering an avalanche while illegally snowboarding and discovering her own teleporting abilities.

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Reading Reflex

the most heart-warming romcom

you'll read this year

Why I Sneeze, Shiver, Hiccup, &

Yawn

Language Essentials for Teachers

Clinical Methods

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*Little Things That Can Change
Your Life...And Maybe the World
Jumper: Griffin's Story*

Discusses the best methods of learning, describing how rereading and rote repetition are counterproductive and how such techniques as self-testing, spaced

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retrieval, and finding additional layers of information in new material can enhance learning.