

Springfield Pa 19064 Natural Insights For Well Being

From the lush forests of Appalachia to the frozen tundra of Alaska, and from the tallgrass prairies of the Midwest to the subtropical rainforests of Hawaii, the United States harbors a remarkable array of ecosystems. These ecosystems in turn sustain an exceptional variety of plant and animal life. For species such as salamanders and freshwater turtles, the United States ranks as the global center of diversity. Among the nation's other unique biological features are California's coast redwoods, the world's tallest trees, and Nevada's Devils Hole pupfish, which survives in a single ten-by-seventy-foot desert pool, the smallest range of any vertebrate animal. Precious Heritage draws together for the first time a quarter century of information on U.S. biodiversity developed by natural heritage programs from across the country. This richly illustrated volume not only documents those aspects of U.S. biodiversity that are particularly noteworthy, but also considers how our species and ecosystems are faring, what is threatening them, and what is needed to protect the nation's remaining natural inheritance. Above all, Precious Heritage is a celebration of the extraordinary biological diversity of the United States.

An unconventional history of Philadelphia that operates at the threshold of cultural and environmental studies, A Greene Country Towne expands the meaning of community beyond people to encompass nonhuman beings, things, and forces. By examining a diverse range of cultural acts and material objects created in Philadelphia—from Native American artifacts, early stoves, and literary works to public parks, photographs, and paintings—through the lens of new materialism, the essays in A Greene Country Towne ask us to consider an urban environmental history in which humans are not the only protagonists. This collection reimagines the city as a system of constantly evolving constituents and agencies that have interacted over time, a system powerfully captured by Philadelphia artists, writers, architects, and planners since the seventeenth century. In addition to the editors, contributors to this volume are Maria Farland, Nate Gabriel, Andrea L. M. Hansen, Scott Hicks, Michael Dean Mackintosh, Amy E. Menzer, Stephen Nepa, John Ott, Sue Ann Prince, and Mary I. Unger.

The head basketball coach at Villanova University outlines the leadership strategies he attributes to the successes of his NCAA championship team and how they can be adapted to enable personal and professional excellence.

From when the Phillies franchise was established in 1883 and a rookie manager led the team to its first National League pennant in 1915 to the World Series titles in 1980 and 2008, Larry Shenk, a longtime Phillies executive, provides insight into a potpourri of faces, places, events, and personalities in Phillies history. He takes readers through every no-hitter thrown by a Phillies pitcher and an incredible season by a relief pitcher who became the Most Valuable Player. Read about Mike Schmidt's most dramatic home run, the youngest pitcher to ever win a game in the big leagues, the greatest one-game performance in World Series history, the most unbreakable records in franchise history, and why the Phillies held spring training in Pennsylvania during the 1940s.

Traditions and Stories of Civic Engagement

A Religious Life of John Brown

A Short History of Erie, Pennsylvania to 1980

Democracy and Higher Education

The Life and Legacy of Dick Allen

Abraham Lincoln's Thirty-Year Struggle with Stephen Douglas for the Heart and Soul of America

Tumbling

Reveals the importance of innovation in American global competitiveness, profiling some of today's most compelling young innovators while explaining how they have succeeded through the unconventional methods of parents, teachers, and mentors.

For anyone wondering about the weather and climate from the Poconos and Philadelphia to Southern New Jersey and the Jersey Shore to Delaware, here are such facts as the hottest summer, snowiest winter, strongest tornado, and signs of global warming.

This work has been selected by scholars as being culturally important and is part of the knowledge base of civilization as we know it. This work is in the public domain in the United States of America, and possibly other nations. Within the United States, you may freely copy and distribute this work, as no entity (individual or corporate) has a copyright on the body of the work. Scholars believe, and we concur, that this work is important enough to be preserved, reproduced, and made generally available to the public. To ensure a quality reading experience, this work has been proofread and republished using a format that seamlessly blends the original graphical elements with text in an easy-to-read typeface. We appreciate your support of the preservation process, and thank you for being an important part of keeping this knowledge alive and relevant.

Documents the long-term political rivalry between Abraham Lincoln and Stephen Douglas from a human standpoint, offering insight into how their personal animosity toward one another directly impacted Lincoln's presidency, the Civil War, and other historical events.

Creating Innovators

American Men and Women of Science

The Future of Public Health

"Fire from the Midst of You"

Philadelphia

A Masonic Devotional

Inside the Box

When the Philadelphia Phillies signed Dick Allen in 1960, fans of the franchise envisioned bearing witness to feats never before accomplished by a Phillies player. A half-century later, they're still trying to make sense of what they saw. Carrying to the plate baseball's heaviest and loudest bat as well as the burden of being the club's first African American superstar, Allen found both hits and controversy with ease and regularity as he established himself as the premier individualist in a game that prided itself on conformity. As one of his managers observed, "I believe God Almighty himself would have trouble handling Richie Allen." A brutal pregame fight with teammate Frank Thomas, a dogged determination to be compensated on par with the game's elite, an insistence on living life on his own terms and not management's: what did it all mean? Journalists and fans alike took sides with ferocity, and they take sides still. Despite talent that earned him Rookie of the Year and MVP honors as well as a reputation as one of his era's most feared power hitters, many remember Allen as one of the game's most destructive and divisive forces, while supporters insist that he is the best player not in the Hall of Fame. God Almighty Himself: The Life and Legacy of Dick Allen explains why. Mitchell Nathanson presents Allen's life against the backdrop of organized baseball's continuing desegregation process. Drawing out the larger generational and business shifts in the game, he shows how Allen's career exposed not only the racial double standard that had become entrenched in the wake of the game's integration a generation earlier but also the forces that were bent on preserving the status quo. In the process, God Almighty Himself unveils the strange and maddening career of a man who somehow managed to fulfill and frustrate expectations all at once. WINNER, Edward Stanford Travel Writing Awards 2022: Illustrated Travel Book of the Year. From Stephen King's Salem's Lot to the superhero land of Wakanda, from Lilliput of Gulliver's Travels to Springfield in The Simpsons, this is a wondrous atlas of imagined places around the world. Locations from film, tv, literature, myths, comics and video games are plotted in a series of beautiful vintage-looking maps. The maps feature fictional buildings, towns, cities and countries plus mountains and rivers, oceans and seas. Ever wondered where the Bates Motel was based? Or Bedford Falls in It's a Wonderful Life? The authors have taken years to research the likely geography of thousands of popular culture locations that have become almost real to us. Sometimes these are easy to work out, but other times a bit of detective work is needed and the authors have been those detectives. By looking at the maps, you'll find that the revolution at Animal Farm happened next to Winnie the Pooh's home. Each location has an extended index entry plus coordinates so you can find it on the maps. Illuminating essays accompanying the maps give a great insight into the stories behind the imaginary places, from Harry Potter's wizardry to Stone Age Bedrock in the Flintstones. A stunning map collection of invented geography and topography drawn from the world's imagination. Fascinating and beautiful, this is an essential book for any popular culture fan and map enthusiast.

An inner-city Episcopal priest shares a lifetime of fighting for civil and women's rights in a heartfelt, moving autobiography. Father Washington's story is a window of insight into the struggles for justice and dignity in the latter half of the 20th century--an insightful, historically accurate personal memory of seven decades trying to make the world a better place for everyone.

A comprehensive guide to addressing the growing epidemic of thyroid disease from the perspective of the Ayurvedic tradition • Details the author's successful treatment protocols for Hashimoto's thyroiditis, hypothyroidism, and hyperthyroidism developed over more than 30 years of Ayurvedic practice • Explores the underlying causes of thyroid malfunction, the thyroid's connections to the liver and gall bladder, and the importance of early detection • Also includes treatments for common symptoms of thyroid disease, such as insomnia, depression, fatigue, and osteoporosis, as well as for weight loss and hair growth In this comprehensive guide for practitioners and those concerned with thyroid health, Marianne Teitelbaum, D.C., integrates the ancient medicine of Ayurveda with modern scientific findings to address the growing epidemic of thyroid disease. Revealing how the thyroid is the victim of many factors that conspire to create ill health--and how many cases of thyroid disease go undiagnosed--Teitelbaum focuses not only on treating thyroid problems and symptoms but also on diagnosing them at their earliest, most reversible stages. She outlines the basic principles of Ayurveda, including pulse diagnosis, a key tool for early detection, and explains the successful treatment protocols she has developed over more than 30 years of Ayurvedic practice. She details the underlying reasons for thyroid malfunction, such as inflammation, malnutrition, and toxins, and how the thyroid is connected with the health of the rest of body, including the liver and gall bladder. She explores the Ayurvedic treatment of thyroid-related conditions, such as Hashimoto's thyroiditis, hypothyroidism, and hyperthyroidism, offering guidance on the targeted use of herbs, specific dietary recommendations, proper detoxification, and Ayurvedic recipes. She also includes treatments and remedies for common symptoms of thyroid disease, including insomnia, depression, fatigue, and osteoporosis, as well as for luxurious hair growth and weight loss. Based on the treatment of thousands of patients, this book also shares success stories of thyroid healing and the scientific studies that support the author's Ayurvedic thyroid protocols. Offering an easy-to-follow yet comprehensive guide, Teitelbaum shows that optimum thyroid health as well as overall health are within everyone's reach.

"Other Sheep I Have"

from Lilliput to Gotham City

A Greene Country Towne

Healing the Thyroid with Ayurveda

Integrative Sexual Health

Atlas of Imagined Places

Mindfulness-Based Play-Family Therapy: Theory and Practice

"This is one of the most enjoyable books I have read in some time. It is in the running for one of the top 5 books for 2015. I know the year is not even half over, but the book is that good." --Word Refiner An OpenBooks science fiction best seller of monsters, Gods, and aliens, unlike anything you've ever read. Philadelphia. Elzi on every corner, cops just itching to crack a skull, and the Gaespora lordin' it up in their high towers while the rest of the filth dribbled down the sewer. Saru had a way out. All she had to do was find the girl, one skinny stray with blue, blue eyes--bluer than anyone had ever seen--and ten million fat bucks were hers. Except someone was killing blue-eyed girls, and they were A-list, major-league, cold-sweat effective. And something about the end of all existence if she failed. No Dogs in Philly is a Lovecraftian Cyberpunk Noir with aliens, monsters, extra-dimensional death Gods and a hardboiled female protagonist. It tackles questions of existence and the role humans play in this particular universe. Rated R for strong language, mentions of sex, and graphic violence. Contains intense horror and potentially disturbing imagery. No Dogs in Philly may appeal to fans of H.P. Lovecraft, Neal Stephenson, China Mieville, Dan Simmons, Gyo, Tank Girl, Swamp Thing, Spawn, science fiction, horror, cyberpunk, absurdism, urban fantasy, new weird, weird fiction, slipstream, and speculative fiction. Keywords: dark books, gritty books, noir books, horror books, weird books, strange books, unique books, different books, controversial books, challenging books, surprising books, unsettling books, disturbing books, bizarre books, unusual books, scary books, absurd books, crazy books, violent books, bloody books, gory books, books like sandman slim, books like snowcrash, books like neal stephenson, books like neil stephenson, books like lovecraft, books like william gibson, books like gibson, books with dark covers, books with female heroines, black humor, quick reads, weird book series, books that make you think, gritty thrillers, dark thrillers, sci fi thrillers, weird thrillers, alien books, monster books, metaphysical books.

A weekly devotional for use by Freemasons or those interested in the spirituality of Freemasonry, based upon the Working Tools of a Mason. Centering on a different tool each day, with prayers and meditations for morning, noon, and evening, this devotional takes you on a spiritual journey throughout the week, connecting the events of daily life with these important symbols: The Compasses, 24" Gauge, Common Gavel, Plumb, Level, Square, and Trowel."Hope you don't mind, but one statement I plan on making, and I only say what I believe,"In my opinion, this is the best piece of Masonic reading since Joseph Fort Newton's "The Builders'" -- A Pennsylvania Mason

How are we to understand the nature and value of higher education's public purposes, mission, and work in a democratic society? How do-and how should-academic professionals contribute to and participate in civic life in their practices as scholars, scientists, and educators? Democracy and Higher Education addresses these questions by combining an examination of several normative traditions of civic engagement in American higher education with the presentation and interpretation of a dozen oral history profiles of contemporary practitioners. In his analysis of these profiles, Scott Peters reveals and interprets a democratic-minded civic professionalism that includes and interweaves expert, social critic, responsive service, and proactive leadership roles. Democracy and Higher Education contributes to a new line of research on the critically important task of strengthening and defending higher education's positive roles in and for a democratic society.

Leader of the anti-slavery Republican coalition and the wartime Union, Abraham Lincoln has become a model of a particular kind of democratic politician who led rather than followed. The latest volume in the very successful Profiles in Power series tells the story of a wartime leader who had to grapple with issues of responsibility, rights and nationalism. B- Richard J. Carwardine examines Lincoln's rise to power and his achievements as US president. The book explores the wider sources of Lincoln's authority and skills in embracing a broad range of elements within the Republican party. In particular, it looks at Lincoln's shrewd relationship with evangelical Protestantism. His ability to harness and channel the power of the Protestant constituency was key to his winning the presidency and rallying support behind his national and emancipatory vision. For those interested in Lincoln, the Presidency and the Civil War.

Community-based Environmental Protection

The Secretary of the Interior's Standards for Rehabilitation

The Social and Behavioral Sciences

Natural Treatments for Hashimoto's, Hypothyroidism, and Hyperthyroidism

Puritan Boston and Quaker Philadelphia

Narrative and Morality

Attitude

For more than 30 years, Yoga Journal has been helping readers achieve the balance and well-being they seek in their everyday lives. With every issue, Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds. We are dedicated to providing in-depth, thoughtful editorial on topics such as yoga, food, nutrition, fitness, wellness, travel, and fashion and beauty.

Bloom in Reverse chronicles the aftermath of a friend's suicide and the end of a turbulent relationship, working through devastation and loss while on a search for solace that spans from local bars to online dating and beyond to ultimately find true connection and sustaining love. Things move backwards, from death to life, like a reverse time-lapse video of a dead flower morphing from brittle, scorched entity to floral glory to nascent bud. The poems seek to find those places where the natural world connects to and informs experiences at the core of human relationships, and at times call upon principles and theories from physics and mathematics to describe the complexities of love and loss. It's a book where grief, melancholy, heartbreak, and disillusionment intersect with urban romanticism, hope, possibility, and love. Bloom is all of it, the terrible and the beautiful.

Incorporating mindfulness and family therapy into play-family sessions. When a child is offered a space to relax the "busy mind," his experience is comparable to mindfulness meditation. Therapists can help children remain in this calm state--in the state of the present moment--if they have the right tools and techniques to do so. During this stillness, a child can reach a level of consciousness that is parallel to the deepened awareness that occurs during mindfulness meditation. Conducting play sessions in this stage allows for healing and progress. Not only can the symptoms of children's pain be reduced in intensity and duration, but their self-esteem can be enhanced. This book presents a new and comprehensive framework for helping children through play therapy within the context of the family and incorporating ideas from the practice of mindfulness. This experience-based therapeutic model respectfully derives from the best roots of traditional family therapy and play therapy modalities. Additionally, it draws from child development theory, interpersonal neurobiology, and mindfulness. Either spontaneous play or directed play can be used according to the need.

In 1940s Philadelphia, a childless black couple, Herbie and Noon, are blessed with daughters when on two separate occasions children are left on their doorstep. A tale of a close-knit community where "brown faces laughed for real, not the mannered tee-hees of the workday, but booming laughs." A first novel.

Develop a Winning Mindset on and Off the Court

Noninsulin-dependent Diabetes

Theory, Practice, and Community Development

Bloom in Reverse

A Biographical Directory

The Wawa Way

A Town at Presque Isle

Based on the biographies of some three hundred people in each city, this book shows how such distinguished Boston families as the Adamses, Cabots, Lowells, and Peabodys have produced many generations of men and women who have made major contributions to the intellectual state and nation. At the same time, comparable Philadelphia families such as the Biddles, Cadwaladers, Ingersolls, and Drexels have contributed far fewer leaders to their state and nation. From the days of Benjamin Franklin and Stephen Girard down to the present, what leaders

largely been provided by self-made men, often, like Franklin, born outside Pennsylvania. Baltzell traces the differences in class authority and leadership in these two cities to the contrasting values of the Puritan founders of the Bay Colony and the Quaker founders of the City of Philadelphia. He values the calling or devotion to one's chosen vocation, Quakers have always placed more emphasis on being a good person than on being a good judge or statesman. Puritan Boston and Quaker Philadelphia presents a provocative view of two contrasting upper classes and also the conflicting values of hierarchy and egalitarianism in American history.

Reveals a complex new portrait of John Brown, radical abolitionist and leader of the 1859 raid on Harper's Ferry. John Brown is usually remembered as a terrorist whose unbridled hatred of slavery drove him to the ill-fated raid on Harper's Ferry, Virginia, in 1859. Tried and executed for treason, Brown attempted to spur a liberation movement among the slaves. Brown was the ultimate cause celebre for a country on the brink of civil war. "Fire from the Midst of You" situates Brown within the religious and social context of a nation steeped in racism, showing his roots in Puritanism and the unusual family heritage as well as his business and personal losses, retracing his path to the Southern gallows. In contrast to the popular image of Brown as a violent fanatic, DeCaro contextualizes Brown's actions, emphasizing the intensely religious nature of the antebellum US. The nature of Brown's radical faith and shows that, when viewed in the context of his times, he was not the religious fanatic that many have understood him to be. DeCaro calls Brown a "Protestant saint"—an imperfect believer seeking to realize his own perceived calling in divine providence. Theology of his day, Brown understood God as working through mankind and the church to renew and revive sinful humanity. He read the Bible not only as God's word, but as God's word to John Brown. DeCaro traces Brown's life and development to show how by forging faith in a new God, he saved an entire nation to a point of crisis. "Fire from the Midst of You" defies the standard narrative with a new reading of John Brown. Here is the man that the preeminent Black scholar W.E.B. Du Bois called a "mighty warning" and the one Malcolm X called "a real white liberal."

"A collection of essays examining how patterns of use and attitudes to green spaces within Penn's city plan and along the Schuylkill informed notions of place from the time of Philadelphia's founding to the formation of the modern Fairmount Park system in the mid-19th century. Integrative Sexual Health explores beyond the standard topics in men's and women's health, drawing on a diverse research literature to provide an overview of sexual biology and sexual dysfunction, diverse lifespan, lifestyle and environmental impacts on sexual function, integrative and traditional eastern and western treatment approaches to healing sexual difficulties. This comprehensive guide written by experts in the field provides clinical vignettes, detailed treatment strategies for mitigating the side effects of both medications and sexual dysfunction and lifestyle habits, and extensive further reading resources. Integrative treatment modalities not typically consulted in mainstream medicine, such as traditional Chinese medicine, Ayurvedic medicine, aromatherapy, and botanical medicine, are presented with the best evidence, in a concise, accessible format. Integrative Medicine Library, this volume is a must read for the specialist and non-specialist alike who wish to address sexual problems using an integrative medicine approach, and acquire tools to maintain lifetime optimal health and vitality that supports healthy sexuality. Integrative Medicine is a patient-oriented medicine that takes account of the whole person (body, mind, and spirit) as well as all aspects of lifestyle; it emphasizes the therapeutic relationship and makes use of appropriate therapies, both conventional and alternative. Series editor Andrew Weil, MD, is Professor of Integrative Medicine at the University of Arizona. Dr. Weil's program was the first such academic program in the U.S., and its stated goal is "to combine the best ideas and practices of conventional and alternative medicine into cost effective treatments without embracing alternative medicine." Philadelphia's Ecology in the Cultural Imagination

A 300 Year History
No Dogs in Philly
Fightin' Phillies

The Principles of Meteorology [microform]

The Long Pursuit

For many scholars, the study of community and community development is at a crossroads. Previously dynamic theories appear not to have kept pace with the major social changes of our day. Given our constantly shifting social reality we need new ideas and research that pushes the boundaries of our extant community theories. Theory, Practice, and Community Development stretches the traditional boundaries and applications of well-established community development theory, and establishes new theoretical approaches rooted in new disciplines and new perspectives on community development. Expanded from a special issue of the Journal Community Development, Theory, Practice, and Community Development collects previously published and widely cited essays, as well as new theoretical and empirical research in community development. Compiled by the editors of Community Development, the essays feature topics as varied as placemaking, democratic theory and rural organizing. Theory, Practice, and Community Development is vital for scholars and practitioners coming to grips with the rapidly changing definition of community.

Depicts the city's founding by William Penn, its short reign as national capital, its role in the Revolutionary and Civil Wars, its industrial development, and its emergence as a modern city

"The Nation has lost sight of its public health goals and has allowed the system of public health to fall into 'disarray,'" from The Future of Public Health. This startling book contains proposals for ensuring that public health service programs are efficient and effective enough to deal not only with the topics of today, but also with those of tomorrow. In addition, the authors make recommendations for core functions in public health assessment, policy development, and service assurances, and identify the level of government--federal, state, and local--at which these functions would best be handled.

A comprehensive glossary of the major terms and concepts that characterize innovation, covering specific areas such as product development, creativity, finance and policy. Making complex terminology clear, it is ideal for both students and practitioners in the field.

A Theological Inquiry

How a Funny Name and Six Core Values Revolutionized Convenience

The Philadelphia Area Weather Book

Lincoln

American Men of Science

The Status of Biodiversity in the United States

A Proven System of Creativity for Breakthrough Results

Wawa, a family business with a history in dairy and manufacturing, expanded into retail in 1964, offering a friendly, personal alternative to supermarkets. Since then, the convenience store grew into a well-known company that competes against the biggest industry players in the world in three areas -- fuel, convenience, and food -- all while maintaining their personal approach and small business mentality. Now, almost 50 years later, Wawa has opened its first store in Florida and has begun to play on the national field. How did it happen? What are the reasons for their success? Why have they been able to go up against the big guys with nothing more than homegrown talent? With a mixture of personal history and business advice, Howard Stoeckel discusses the last 50 years of Wawa's growth, development, and expansion. It's the story of how a small company with a funny name made a big difference, and all it took was a little goose sense.

This book analyzes a rich and diverse body of philosophical and theological literature concerning the import of narrative for the understanding of morality. Nelson begins by examining the theses that to understand oneself, a tradition, and history as a whole, they must be understood in the context of a narrative. Recent philosophical writings on the relation of narrative to the moral concepts of social groups and individuals—including Alasdair MacIntyre's proposal for the rehabilitation of an ethic of virtue shaped by narrative—are explored. Issues discussed include the freedom of moral agents in relation to their narratives, the relation between narrative and universal moral rules, and the problem of relativism. Next, Nelson classifies theological uses of narrative as belonging to either a liberal-universalistic or postliberal-particularistic tradition and considers the implications of construing scripture as narrative for the problematic relation between scripture and ethics. The work of Stanley Hauerwas, the foremost narrativist in Christian ethics, is analyzed at length. Nelson argues that while narrative is a necessary focus, it does not exhaust the methodological agenda. Narrative is not, as its advocates sometimes suggest, a universal solvent for every theological problem and disagreement. An adequate Christian ethics must not lose sight of the universal, narrative-independent features of morality. Since the realm of the moral is an interweaving of narrative-dependent and narrative-independent features, Christian ethics stands to profit from both narrativist (coherentist) and rationalist (foundationalist) insights. The role of narrative is demonstrably a major topic of conversation across several fields in religious studies today. Particularly designed for scholars in ethics, theology, and the philosophy of religion, the book is a reliable guide to an expanding literature and a judicious introduction to these interdisciplinary discussions.

The Grid and the RiverPhiladelphia's Green Places, 1682-1876Penn State University Press

"This counterintuitive and powerfully effective approach to creativity demonstrates how every corporation and organization can develop an innovative culture. The traditional attitude toward creativity in the American business world is to 'think outside the box'-- to brainstorm without restraint in hopes of coming up with a breakthrough idea, often in moments of crisis. Sometimes it works, but it's a problem-specific solution that does nothing to engender creative thinking more generally. 'Inside the Box' demonstrates Systematic Inventive Thinking (SIT), which systemizes creativity as part of the corporate culture."--Provided by publisher.

A Resource Book for Protecting Ecosystems and Communities

A Lovecraftian Cyberpunk Noir

The Autobiography of Father Paul M. Washington

The Grid and the River

Pennsylvania Products Liability

Key Concepts in Innovation

Social and behavioral sciences